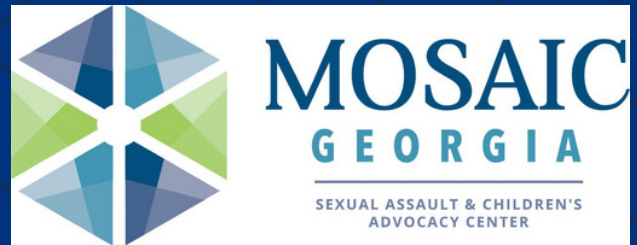


# Wholeness Collective

2022 LAUNCH REPORT



## WHOLENESS COLLECTIVE: WELLNESS AND HEALING PROGRAMMING

Since 1986, Mosaic Georgia has discreetly offered a “mosaic” of services to more than 13,500 kids and adults who experienced sexual violence, child abuse, and similar crimes. The goal of the *Wholeness Collective* is to encourage and support long-term healing and wellness of these survivors. In its first three months, the Wholeness Collective hosted a total of 24 free healing and wellness classes.

### STATS FROM PROGRAM LAUNCH OCTOBER - DECEMBER 2022

According to registration data, 66 participants took part in the Mosaic Georgia *Wholeness Collective* launch. 29 out of the 66 participants gave responses for the anonymous pre- and post- surveys. The pre-survey had a 44% response rate, and the post-surveys had 24% response.



7

Trauma-informed teachers and facilitators

66

Total participants and registrants

44%

Class survey response rate

## RESPONSES FROM PRE & POST SURVEYS

The following columns display the averages and percentage differences between the pre- and post- survey responses taken by 29 participants. A Likert scale was used to measure responses from surveyors for the following questions (Scale used: 1= Strongly Disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree). The averages of ordinal responses agreeing with stated questions are reflected on the left, The difference between the averages of pre- and post- results are shown on the right.

The days/time offered worked well for my schedule. **81%**

The office in Duluth is convenient for me. **86%**

My facilitator/teacher made me feel at ease. **94%**

My activity/class felt safe. **94%**

Mosaic Georgia staff treated me with respect and were sensitive to my needs. **100%**

I have a strong sense Of wellbeing. **17%<sup>^</sup>**

I feel like I have a lot of agency in my life. **28%<sup>^</sup>**

I feel good about where I am in my healing right now. **11%<sup>^</sup>**

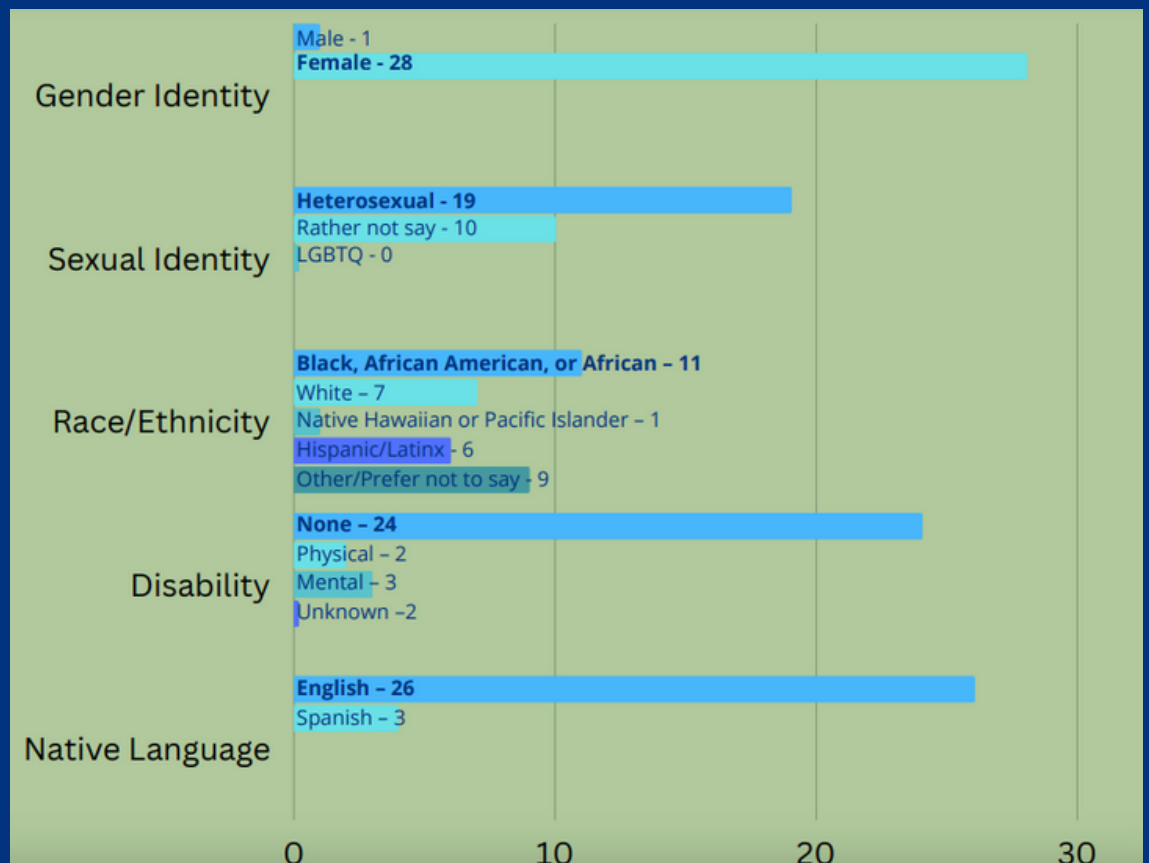
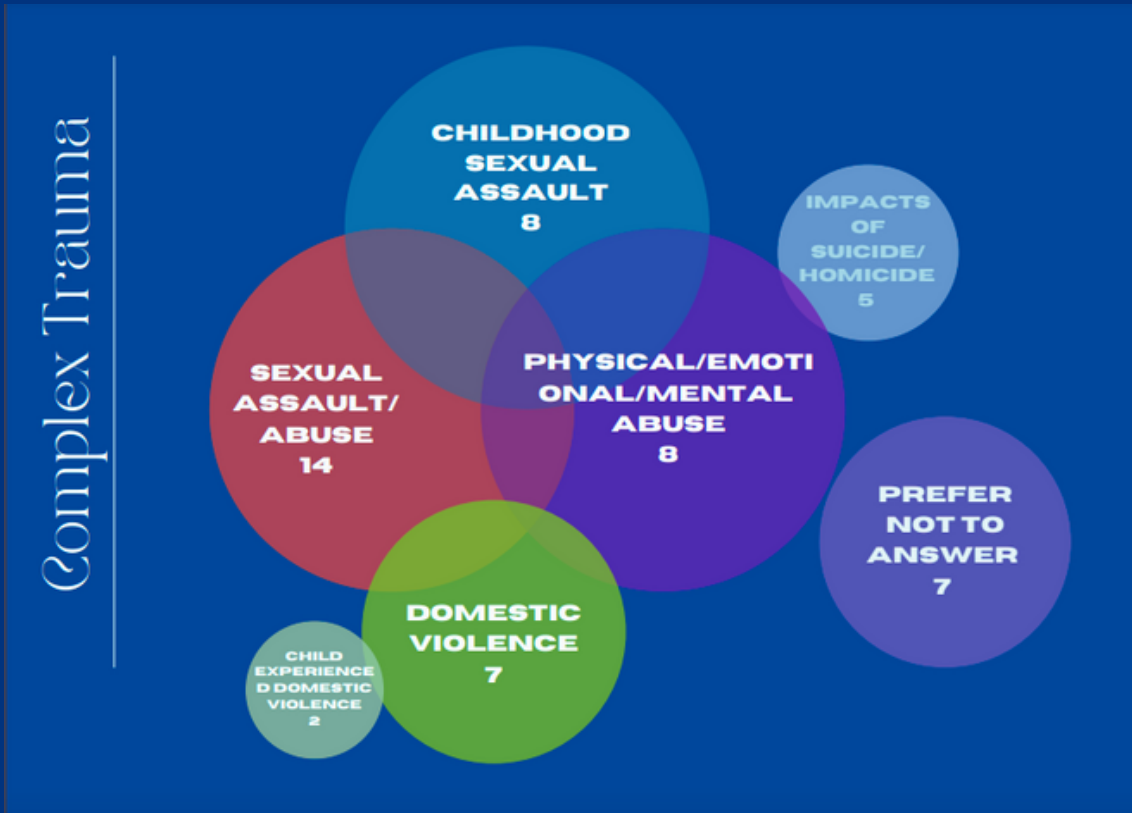
I am aware of different ways to heal from traumatic experiences. **7%<sup>^</sup>**

I feel empowered to create healthy lifestyle changes. **8%<sup>^</sup>**

Rate your level of self-esteem right now. **-2%**

The only decrease in respondent results. According to our mental health advisors, a challenge for participants in the area of self-esteem is to be expected as we address and unearth trauma through these activities.

Venn diagram of nominal responses to "I am a Survivor of..."



Bar graph of nominal responses to various demographic identifications