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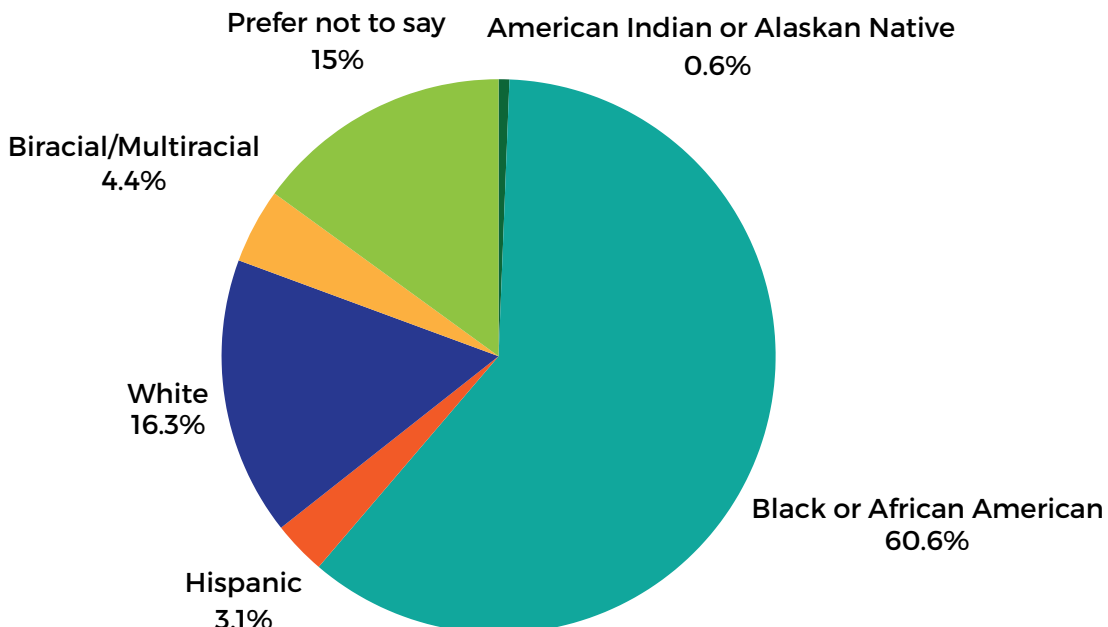
MID AMERICA TRANSPLANT GRANT Final Report

In our commitment to cultivate resilience and community well-being, we initiated a series of healing circles to help address emotional and psychological needs of residents and providers in disinvested communities. These circles aimed to create safe spaces where participants could share their experiences, process trauma, build connections and experiences, foster mutual support, and promote emotional healing with others facing similar challenges.

Over the past year, we successfully facilitated 20 healing circles, engaging over 200 participants from different backgrounds. The healing circles were conducted in collaboration with local community centers and organizations. Each session was designed to encourage open dialogue and emotional expression. Our team of trained facilitators worked closely with these partners to ensure the circles were accessible and culturally relevant. The circles incorporated various healing modalities, including storytelling and mindfulness exercises.

Demographics

Race/Ethnicity



We envision the St. Louis region committed to achieving zero health disparities through a community driven approach that yields health equity in all policy and outcomes.

Gender

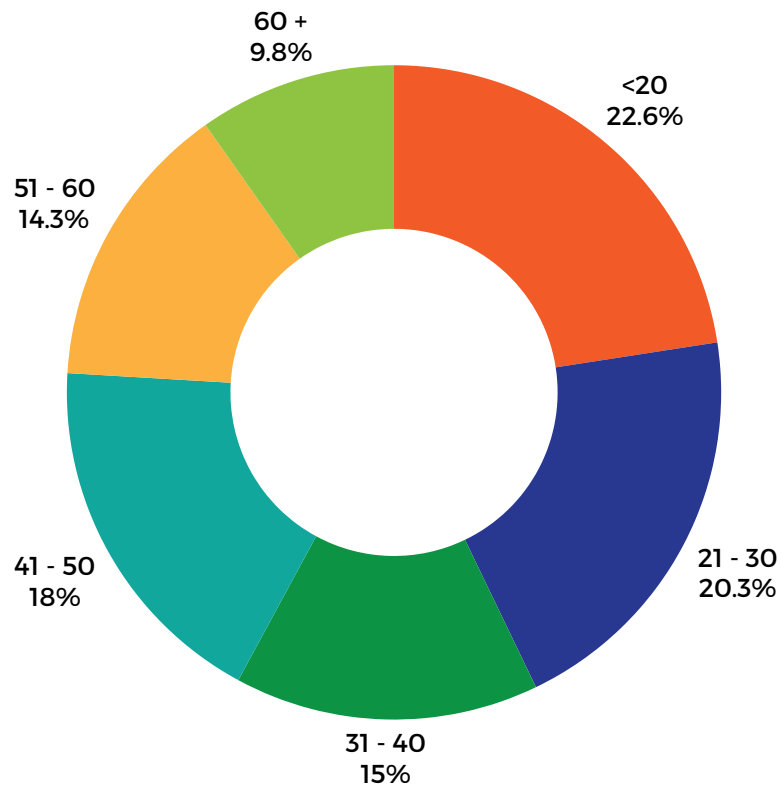
Gender	Count	Percent
Man	55	34%
Woman	81	51%
Trans*	1	1%
Nonbinary	0	0%
Prefer not to say	23	14%
Total	160	100

Income

Income	Count	Percent
<5	17	16%
5 - 10k	1	0%
11 - 20k	13	12%
21 - 30k	7	6%
31 - 50k	33	31%
51 - 70k	24	22%
71 - 100k	6	6%
100k +	7	7%
Total	108	100

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Age

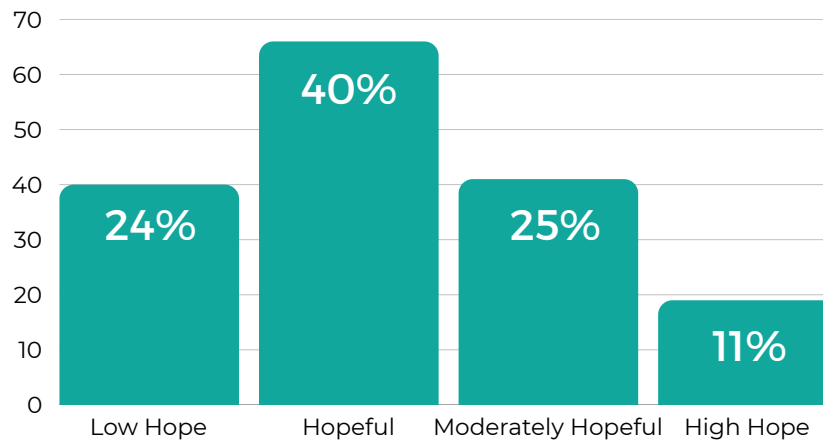


Location	Attendance
Urban League	11
Covenant House	12
Father and Families Support Center	10
Better Family Life	11
Better Family Life	13
Boys and Girls Club	38
Covenant House	12
Epworth	7
Mission STL	18
Gateway 180	8
Youth and Family Center	9

Location	Attendance
Youth and Family Center	5
Epworth	7
Mission STL	10
Hogan St Regional Youth Center	12
Hogan St Regional Youth Center	11
Bridge 2 Hope	5
Guardian Angels	3
Urban League/Headstart	8
Epworth	15

Adult Hope Scales

The Adult Hope Scale (AHS) measures Snyder's cognitive model of hope which defines hope as "a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals)" (Snyder, Irving, & Anderson, 1991, p. 287). The scale is 12 questions scored on an 8-point Likert scale from Definitely False to Definitely True. The results are presented in a graph below:



1 in 4 respondents reported Low Hope.

Social Connectedness Scale

The Social Connectedness Scale is 20 questions and scored on a 6-point Likert scale. Higher scores indicate feeling more socially connected. 3 in 4 participants reported a score between mildly disagree and mildly agree. Paired with the significant amount of people who reported feeling Low Hope, it is possible that more opportunities for social connectedness like the Healing Circle provides would be beneficial.

Average Score	Count	Percent
Under 2	7	4%
2 to 3	8	5%
3 to 4	121	76%
4 to 5	21	13%
5 to 6	2	2%
Total	159	100

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3 month follow up: Participants were offered an opportunity to complete the Adult Hope Scale and Social Connectedness Scale 3 months after completing a Healing Circle. A \$15 digital gift card was provided as incentive to encourage responses. Unfortunately, only 25 participants completed the follow up which is too few to provide an analysis. The evaluation strategy for the new grant cycle will be adjusted to improve capturing change that happens within participants following their Healing Circle.

Survey Responses

Respondents were given the following statements and asked to rate them on 4 point scale where 1 = strongly disagree and 4 = strongly agree

- I was satisfied with my facilitator. **95% Agree or Strongly Agree**
- I felt my facilitator created a safe space for me to share my feelings. **97% Agree or Strongly Agree**
- My group had people I could relate to. **93% Agree or Strongly Agree**
- I learned something today that I will use to continue my healing. **96% Agree or Strongly Agree**
- I feel confident in my ability to use a new skill or strategy I was taught today. **93% Agree or Strongly Agree**
- I would recommend these healing circles to others. **96% Agree or Strongly Agree**

Organ Donation

Respondents were asked the following questions around Organ Donation:

- Are you currently selected as an organ donor on your license?
- Have you or a family ever received an organ or tissue donation?

Response	Are you currently selected as an organ donor on your license?	Have you or a family member ever received an organ or tissue donation?
No	51	66
Yes	19	4
Total	70	70

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