



Effectiveness of Adult-Specific Events within Active Valor's Peer-Based Program



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Active Valor

A non-profit organization. Based in San Diego, CA.

- Founded by former Navy Seal Perry Yee

Mission: "Dedicated to giving new purpose to veterans by pairing them as mentors to of our nations fallen heroes, referred to as gold star children".

- The pairing is an ongoing relationship between veteran mentors and gold star children



Summary of Needs Assessment

1. Improved Event Registration Protocols:

A registration protocol will ensure a venue is secured, allows mentors to allocate their personal time, and strategizing of a budget

2. Facilitation of Survey Assessments:

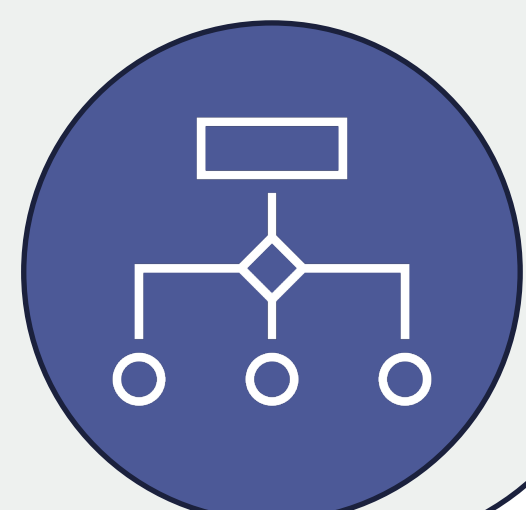
Implementation of surveys allow participants to anonymously provide input.

3. Establishment of Adult-Specific Events:

Introducing adult-specific events would allow for veterans and moms to deepen connections with peers, who have and are experiencing similar life events. Veterans and moms alike were unanimous in positive survey results for adult events

Learning Objectives

1. Developed a group protocol for an event for military widows,
2. Implemented an adult-specific event for military widows,
3. Developed a logic model for staff professional development



Literature Review

1. Benefits of Peer Support

- Among studies there were often no statistically significant difference in pre and post tests
- Participants reported the experiential element of peer support groups as beneficial and help provide normalization around grief experiences

2. Grief Symptoms

- Grief symptoms include isolation, anxiety, avoidance, loneliness, depression, and post traumatic stress.
- Participation in peer groups and making meaning of loss are positive coping strategies.

3. Community and Social Support

- Theories that guide peer-based services: social support, experiential knowledge, helper therapy principle, social learning theory, and the social comparison theory
- Peer-to-peer support allows everyone involved to heal in their own unique way.

Project Description and Implementation

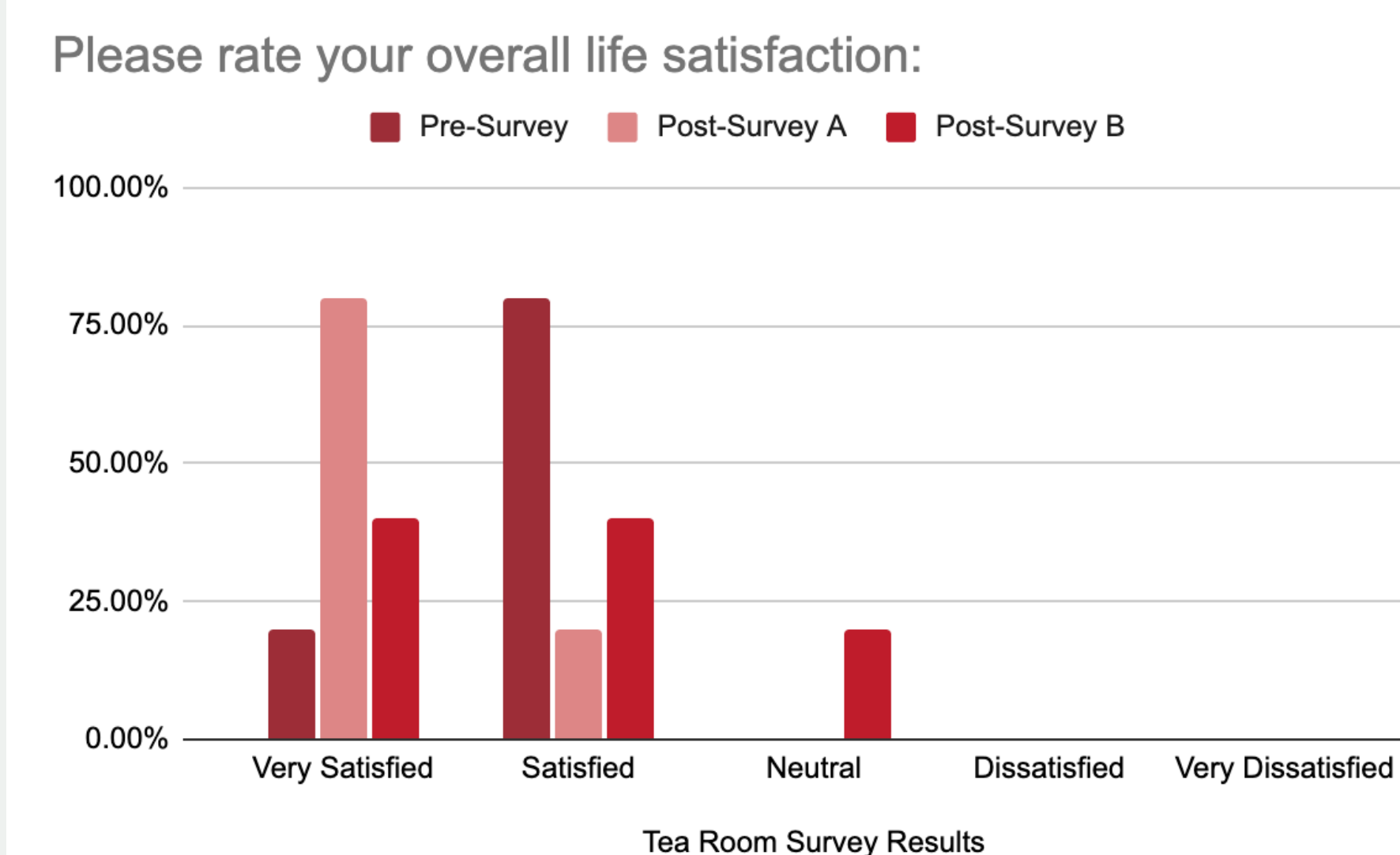
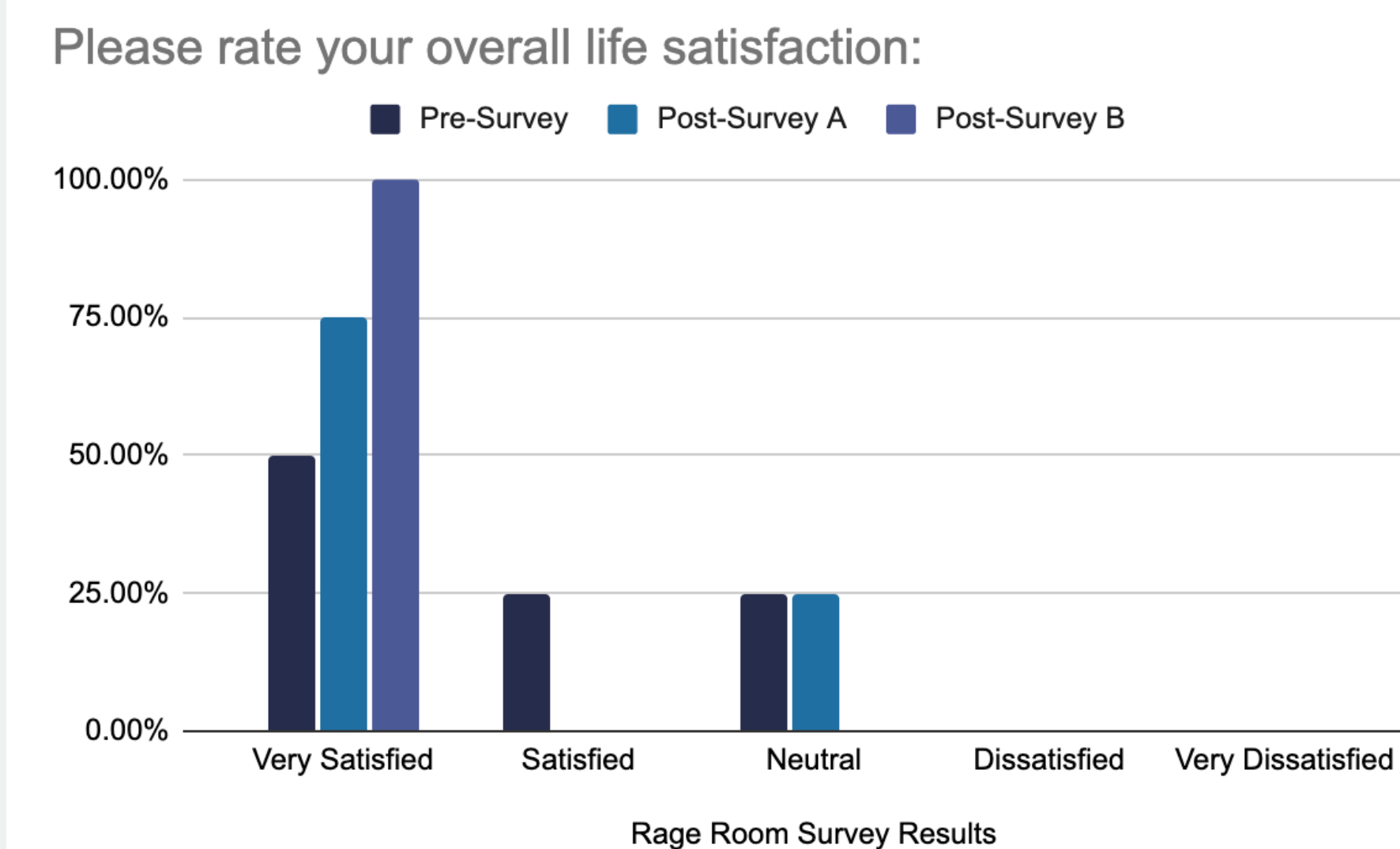


- Total of 6 moms
- 2-4 hour events
- Event included: peer-based portion and an art portion.
- Art instruction was given
- Research-based educational handouts were provided

Inclusion Criteria: Military widow at least 3 years removed from loss, with a child that participates in Active Valor programs.

Evaluation and Outcomes

Quantitative data was collected using Google form pre-tests that were sent prior to the event and post-tests that were sent immediately after the event and one week post event



Focus Group

Qualitative data was collected via focus group over Zoom platform with 5 participants. They were given the opportunity to compare and contrast the two events.

Each survey was also ended with open ended questions about their experience

Scholarly Deliverables

Rage Room:



Tea Room:



Logic Model:



Discussion and Implications

In general survey results for each question followed this trend:

- Lower scores for the pre-test
- A spike or increase in scores for post-test A
- A decrease or return to original scores for post-test B

In general, the consensus among participants was that the groups were beneficial based on focus group discussion

What it means to feel satisfied with life:

- "Participating in life. Not doing things because I'm afraid or by myself. Succeeding at something new or failing at something new."

What it means to feel connected to peers:

- "Feeling comfortable and having the ability to be vulnerable"
- "We can let our guard down because these peers understand"

Limitations:

- Sample size
- Location
- Attendance
- Compact timeline of DCE

Acknowledgements

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References & Appendices

