



TIMOR AWAKENING 22

PROGRAM REPORT

25 FEB- 5 MAR 2023



"On a scale of 1-10, I was a 4 on arrival at the program, and now I am feeling a 10."

"You guys are making a difference in the veteran world and the lives that will be transformed is remarkable; I feel honoured to have participated, thank you."

"I got something from every session which created a small piece of the puzzle each time; I not only learnt from the program material but also from the sharing of all participants and mentors of the program."

TA22 Participants Comments

SECTION 1. OVERVIEW

Over the period Jan to Nov 2023, five Programs are to be delivered. Each has the objective of "Raising the health and wellbeing of veterans and their families" and involves the widest range of educational inputs, reflective experiences, individual peer mentoring and culminate in the development of a Health and Wellbeing plan.

Following COVID we still see the broader veteran community impacted by social isolation and many veterans with complex untreated or only partially treated health conditions. A spike in suicides occurred over Dec 22/Jan 23. It seems to many veterans as if Defence and DVA continue to wait for the Royal Commission (RC) findings before implementing initiatives in Health and Wellbeing. Apart from improvement to claims legislation, implementation of Royal Commission findings appears years away.

The current Government attention and funding remains focused on **acute care**, despite many submissions at the RC calling for urgent re-focus on **prevention and early intervention**.

Never – the - less, we at VCA and other service organizations continue to deliver programs to the extent of our capacity and continue to be fully subscribed with needy applicants. It is equally significant that health service provision is being impacted by the diminishment in numbers of clinicians / providers, especially in the mental health space, and in healing of moral injury.

This program was delivered at St George's, Rainbow Bay Gold Coast. Three facilitators, seven peer mentors and 16 new participants completed the full program. Six partners and four VCA team members participated in parts of the program.



Programs planned for 2023:

TA22 at Gold Coast, 25th February – 5th March 2023

TA23 is the ANZAC commemorative program, 22 April – 3 May 23 in Timor.

TA24 at Gold Coast, 15th-25th June 2023.

TA25 INTERFET anniversary Program 14th-27th September 2023, in Timor.

VCA Retreat 15th – 21st November 2023 at Gold Coast.

TA22 – 25th Feb – 5th Mar 23



TA22 was unique in that the majority of participants were active in assisting in the Veteran community, being veterans, partners, and a carer, who had both lived experience of trauma and complex health conditions. All were demonstrating symptoms of compassion fatigue and other conditions requiring healing. Our standard Health and Wellbeing syllabus and delivery was adjusted to recognize their situation. Remarkable improvements were demonstrated.

“I feel amazing today. I have a lot of clarity and a clear direction on change I want to make. Before coming, I was anxious and knew I need to make changes but didn’t know where to start.” **TA22 Participant**



The experience of this program heightened our awareness of the need not only to provide care to veterans with primary health issues, but **the increasing need to equip those who are providing care with mutual support and education in self-care.** A summary of TA22 participant evaluations is included below. The value of a face to face, residential, shared community experience continues to be appreciated.

Interviews two weeks after the program realized consistent comments that participants had felt empowered, enthused, and had a renewed sense of purpose in working in the veteran space. "I realize I can make a difference, I and have been inspired to see how the Team at VCA has found new purpose in helping others." "I received many insights into what I've needed and now have a plan to improve myself."

It is clear that participants greatly welcomed new insights into recovery from and prevention of compassion fatigue, moral injury, peer support, mentoring and the chance to deeply engage in "BIG TALK" with others experiencing similar situations. Surely many who work in the veteran space need these insights and mentoring into sustaining themselves amidst extraordinary demands on them now.

TA22: MEDIA GALLERY







TA22 QUALITATIVE AND QUANTITATIVE DATA

Timor Awakening Participant Evaluation and Feedback

Your reflections on the Program, your experience and growth:

1) How are you feeling today in comparison to how you were feeling before coming?

- A lot calmer and my emotions are more regulated.
- I feel amazing today. I have a lot of clarity and a clear direction on change I want to make. Before coming, I was anxious and knew I need to make changes but didn't know where to start.
- Overwhelmed but in a good way; I feel I have opened up and feeling hope again for the first time.
- Less anxious, clear/ clarity, insightful, validated, connected, relieved, acknowledged, supported.
- Feeling privileged to be with like-minded tribe sharing and just being together.
- I am feeling more positive about making changes to my life to help myself and to help others.
- Relaxed and more aware of myself.
- I feel great, I feel motivated to make necessary changes towards a more fulfilling life.
- Less overwhelmed emotionally and ready to make changes.
- Calmer- was quite anxious and stressed on arrival. Excited to get started on a few plans
- Significantly more connected to the people and mentors in the course and more connected to everyone in the Open Arms team.
- Less anxious, more enlightened, increased resilient to change, recharged even though I am drained.
- I was anxious on arrival – this was for multiple reasons: one reason being due to my anxiety and the other being the one responsible for my team to participate so there was concern if it didn't go well. However today I feel that it could not have gone better! The team leant in and explored beyond what I could ever imagined! I myself feel a bit emotionally wrecked but I think this is the start of my personal changes.
- Physically better. I have not had much chance to engage in PT, team activities and exposure since the arrival of my newborn.

2) What discussion topic was the most interesting and impactful?

- I liked the overall emphasis on wellbeing, including exercise and nutrition.
- Compassion fatigue: I thought there was something wrong with me but now understand what's going on and how I can work on fixing it.



- Compassion fatigue – great video and clip; big talk – cutting through the crap and just connecting with someone was very powerful; circle time – everyone’s bravery to be open; John’s talk – wow sharing and feeling his journey with him.
- Mentors – I had 2 great mentors in my life that had a massive impact. Talking about the importance of finding a good mentor and how peer support provides mentorship was a lightbulb moment.
- Compassion fatigue – very relevant to personal situation.
- Holistic health and selfcare.
- Theory provided on peer mentoring, backed by life experience and thoughtful discussion; experiential stories/journeys of John and Pete are powerful inflection reflection points in developing and showing the real-life impact of the theory discussed in the program; Christians short talks on Psychology.
- The topics about the values of my story, and that my voice should be heard.
- I found the circle at the end of the day to be the most impactful, it was great to hear and see people open up and share their insights. I also enjoyed Pete’s life story as if provided me with a new perspective on my obstacles.
- John White’s compassion fatigue.
- Compassion fatigue – wasn’t aware of it as an actual condition; John White and Pete Rutland’s different stories that inspire resilience were incredibly impactful.
- Big talk – had the fortunate experience of completing it with a team member who had never met and had the most wonderful conversation with them; John White talk was absolutely brilliant; Pete from RSL advocate was a great talk about resilience.
- Professional – difference between peer and mentor; personal – moral injury
- Compassion fatigue- big light bulb moment for me; active listening; moral healing; John and Pete’s stories.
- Farmer Dave and organic sustainable farming. It is an area I have been interested in and believe is important but have not had the time and space to engage. Great Kickstarter for a new project and future research/ experimentation (wish he gave more information handouts though)

3) What was the most effective part of the program, in terms of education or inspiring your intention to change, and why?

- I really liked the big talk exercise and the openness of speakers that shared their stories it really set the scene for the group to be able to share our own experiences.
- Morning swims – Colin’s energy, Rowena’s positivity; trying activities I would normally say no to - yoga, surfing; Educational – all of it was amazing and delivered so well.
- Circle work-reflections – provides everyone with the opportunity to share at their own pace and without any negativity.
- Loved journey circle and listening to others - insight to add to my own insight. Great connecting with mentors on course, every one of them had a lot of value to add to the



program.

- Reiteration of self-care and community.
- The focus on extending beyond just being “okay” to live a life of joy and meaning and then using this to reach out to others.
- A change in habits and daily progress.
- I thoroughly enjoyed the VHA education talks prior to PT as it reemphasized what I already knew about routine and the importance of exercise. I also liked being around Vets - it has inspired me to join a vet surfing ESO and take up surfing.
- Listening to other stories which made me realise I am not alone, and that people do care for the wellbeing of veterans.
- Circle time – to hear different opinions on the same on similar topics give you different ways to look at things. This allows you to grow your tool bag to help yourself and others.
- 2 very inspiring individuals John and Pete discussing their life experiences in such an open, direct, and vulnerable way. I’ll never complain about my injuries again and focus on what I can do rather than what I can’t.
- Circle time and personal reflection; listening to personal stories (Brad, Pete, John, Scotty); stories gave me strength and motivated me for change; circle time allowed me to reflect and be vulnerable and hear other people’s stories.
- Farm tour and nutrition and the physical activity! It’s the stuff I know I should be doing but I needed a reminder of the importance of both nutrition and exercise have on your overall health.
- The informal. One on one chats outside of the activities and forming connections, which were supported by classic activities around vulnerability and ‘big talk’.

4) **How was your support on the program?**

- I felt very supported and safe enough to contribute to the group activities.
- Great, Nathan often checked in and was very kind and gentle which I appreciated.; I also was lucky enough to have the support of my colleagues who are also my close friends.
- My mentor Dawn, AKA woolfie AKA Gwen. Is a beautiful lady with a big heart and a kind soul. Her support throughout has been amazing, she needs a pay rise, but all the support from ‘mentors’ has been fantastic. Thank you.
- Awesome – Scotty Mac is the man. I think he gained from us as much as we gained from him.
- Amazing! 10/10 – Pete was flexible giving me time and space when needed.
- Support on the TA program has been great from the team peer mentor to all the other mentors and the participants.
- Excellent, mentally, physically, emotionally, and logistically I was supported; my mentor Lee was constantly supporting and checking in with me.
- Excellent, all TA staff were approachable, friendly, and willing to help.
- Adequate



- Good – Dawn is a very kind and compassionate person and easy to talk to
- Adequate. My mentor checked in when he needed to. I didn't feel I had a lot of time with him but as he explained he felt we were travelling fine; he didn't need to. the support from the rest of the team was really good.
- I felt supported throughout the course.
- Amazing support all around.
- Amazing. The TA/VCA team are the most compassionate, patient, and energetic people I have ever met!
- Great, people were understanding, considerate and accommodating of my circumstances with wife and baby. This was important in managing and potentially distracting circumstance.

5) How does this program differ from other programs or treatment you have experienced?

- I have not been on a program like this to be able to compare
- This was the best program I have been on. I felt there was a perfect balance of intensity and own time which allowed me to wind down and reflect. I am usually exhausted on other programs making it more difficult to properly absorb the content.
- Its honest, live experience with humour, safety, and non-judgement. I have loved it.
- This is the first program I have done like this.
- Real Connection!!
- To date, I have not encountered any other similar live in programs. This is where I think the strength lies with this program
- This program is wholistic, focusing on mind and body and also the focus on assisting others in whatever way you can.
- This is my first program.
- I have never felt more inspired to make so many changes to my life. I am excited to get home and get started. The positivity and authenticity of the mentors was great.
- Specific to what I needed. The inclusion of Open Arms staff added a different perspective to the veteran space.
- The holistic view and focus on growth and the future rather than the past. The access that you have at any time to people that have endured similar situations to you so valuable.
- Its holistic this course tries to touch on all the aspects of your life and provide you with the information necessary to make change.
- Longer more immersive, less clinical, and more human to human.
- I have never done anything like this! I have dabbled in therapy etc. and of course applied techniques I have learnt in my career. This made everything make sense from a wellbeing perspective!
- The holistic aspect, many programs/ retreats I have been on have perhaps gone 'deeper'



with the material covered and circle time sharing but have lacked in other areas holistic health (especially PT, fiestas, and nutrition). Also, there is a good blend of fun/play and serious talk. Many great programs I have been on focus in the serious/trauma side and can be rather intense and emotionally draining.

6) What could be done to improve the Timor Awakening Program?

- My husband would have benefited from being here and being able to join in on activities.
- I honestly have no suggestion; I have been blown away by all aspects.
- More Yoga times! Ommm; maybe more swimming time.
- I think a walk and talk at the start of the program would be a great ice breaker, especially for the more introverted. (Outside of the walk for Pt)
- Nothing extra comes to mind -great work team!!
- An extended session with Christian on practical psychological change
- Continue to develop the program as more finding/ education/ updates occur.
- Perhaps more constructive social activities, a chance to have a conversation with outcomes during the program with a person you don't know.
- I think having more than 2 people (mentees) in a mentor group maybe 4 -6 and 2 mentors would be beneficial but overall, the program is very good; we say a lot during this program and with the majority of veterans suffering some form of injuries more movement throughout the day could be beneficial.
- I felt that there was a bit too much of a focus/ push to learn to become a mentor or to better understand the process.
- More 1:1 with the mentor, from simple designated check ins to more structured chats. Would be a soft into to someone who may be averse to help seeking.
- I honestly can't answer this right now. I have found it to be transformative and I worry if anything changed it would lost that magic.
- More depth in some of the topics with contributions from different disciplines. One example – 'big talk' is a great topic and way to let the zone. However, many big/relevant stories remained centered.

7) What is the greatest challenge? In what area do you feel stuck?

- Prioritizing myself
- The anxiety before the program was tricky however deciding to attend with an open mind helped to reduce the anxiety.
- Feeling things, I have not for a long time.
- I have had a lot of clarity from this program, I think I feel more 'free' than stuck.
- My greatest challenge was being away from family. However, the support I received from staff and participants made this challenge easier to overcome.



- I personally did not identify any challenges for myself on the program; all staff were open and approachable.
- Connecting with others, making big and small talk; I find friend ships and conversation difficult.
- Spiritual awareness, I need to dedicate time and effort in this area.
- I still feel as though I should be able to share more but I am improving.
- Fearing change. Remaining in my comfort zone.
- Worrying about what other people think of me.
- I actually found myself getting in my head throughout the course in different periods, feeling socially awkward and overcompensating which had made me realise that I still have work to do with myself acceptance.
- I feel my connection to my soul is uncharted - this course has given me food for thought.
- Anxiety, phobia public speaking

8) What is your advice for DVA and the ESO community to enhance results in reducing Veteran Suicide, domestic violence and helping veterans onto the earliest possible path of wellbeing.

- Continue to invest in lived experience and see the value of seeking guidance from veterans prior to implementing change.
- More education to staff and an understanding of support services available, with the confidence of managing expectations - eg., wait times, availability, risk.
- DVA need to offer more supports for Carers and families, that will reach further.
- Inspire a new purpose and meaning by a foundation of community and connection.
- Working together rather than independently; supporting each other which make a stronger support base for those who are struggling.
- Focus on developing meaning and purpose in veterans lives and support programs that do this. De-emphasis the focus on dependence that I believe the current DVA/ESO environment cultivates.
- DVA need to have more human interaction not just automated responses. More employees, this will reduce clients and allow more personal interaction.
- Streamline the claims process and advertise the full suite of available services and how to access them.
- Gaining access to current serving soldiers. At recruit training/ officers training but also to roll out a wellness program package within Defence not just to soldiers transitioning out of Defence.
- ESO would be better if they talked to each other more, more collaboration is needed in the space; DVA need more staff, the demand is too high; I think the ADF should provide staff with compulsory MHFA & ASIST training or at a minimum safe Talk, biannually.
- Education and early intervention in order to dispel myths.
- Peer support programs



9) How do you intend to engage in ongoing support for your personal growth?

- Look for more organisations that fit what I'm looking for and prioritising my needs and actually reach out and be involved in opportunities available.
- Connecting more in the community
- I am going to book in with my GP for an overall health check and for referrals to an exercise physio and nutritionist.
- Check in with professional mentors to see how I'm tracking, further psychoeducation and study/ learning.
- Find a mentor!
- Increase my network with different tribes to allow me the ability to give more options for my clients and friends.
- I intend to go to a psychologist or therapist to explore my mental wellbeing further. I have avoided this assistance for many years.
- Stay in touch with VCA; reach out to ESO's.
- I am going to join a veteran surfing group. Something I never thought I needed or would do.
- Connecting more within my community
- Staying connected to relationships established through two Timor Awakenings and identifying some mentors.
- I think I'll reach out to one of my friends and ask if he's interest in becoming accountable buddies with me; ill consider putting money aside for seminars of interest; continue supervision both internal/external for work.
- Lean heavily into my internal/external supervision; focus on what I can control and engage into these activities.
- Linking in with a mentor; filling my own cup more; applying a routine.

10) Please provide feedback for St Georges Defence Suites as a venue. Please list recommendations to pass on to St George's Management.

- I think it's a great venue, extremely calming location and seemed to be a good location for support from external parties.
- The venue is amazing, the rooms were very comfortable, clean, and secure. They are also family friendly.
- Towel and sheet change service (one for one swap). The accommodation, location and standard were amazing, Thank You.
- Awesome, a Jacuzzi or hot spa; daily or inter-stay cleaning for rooms and towels/ linen changes.
- Great staff; outstanding facilities; Thank you!
- The venue for this course is perfect. The ability for me to facilitate my own self-care has been awesome.



- This is an excellent venue for the program, its environment is complementary to the nature of the program. One improvement I could suggest is an on-site sauna, there are proven mental and physical benefits to sauna use.
- Awesome facilities, extra towels more readily available.
- Increase housekeeping (linen/towel change).
- St Georges apartments are perfect. I would definitely stay here again, particularly now knowing the history.
- Fabulous venue. Maybe some bean bags or other sitting options in the common room.
- Great location, friendly staff, good facility.
- Could not fault this amazing space, we will be back.
- Cannot fault them! Absolute luxury, amazing location

11) Additional comments or feedback.

- Thank you so much.
- Thank you for the educations but for the well needed reset.
- Awesome program, I have learnt a lot.
- Great program I feel privileged to have heard so many inspiring stories, what is most inspiring is the fact VCA mentors are volunteers.
- The mentors on the course were fantastic, very warm, and welcoming. It's the people that make the course great.
- Loved it and loved to see how you roll.





TIMOR AWAKENING 22 - REVIEW OF PARTICIPANT DATA

Prepared by Mrs. Candice Carroll, Client Support Officer and Mrs. Christina Hully, Psychologist.

There were 16 participants on the program. Full data was collected from 15 participants on TA22 at two time points: Commencement of the program (25th February 2023) and the conclusion of the program (5th March 2023). TA22 was the 19th evaluated program which demonstrates the positive efficacy of the program. A high percentage of the participants showed significant improvements in their health and wellbeing in the areas of Personal Well-Being, Moral Injury, Depression, Stress and Anxiety. We would like to note that we have participants who were on this program and past programs who were not ex-serving but are partners or family members of participants who were veterans. The anecdotal comments at the beginning of the report reflect a fascinating diversity of positive outcomes, the program is seen to show a positive impact on the participants.

DEMOGRAPHICS

Demographic data collected on 16 participants revealed the following. 10 participants identified as male and 6 as female. The average age of participants was 40 years ($M = 40$ years, $SD = 9.31$), 13 participants had a history of serving with the military services. Eleven (84%) participants had served in the Army and two in the Navy (15%). Of those with military service 31% reported that they had been medically discharged. At the start of the program one (29%) participant reported that they were retired, 15 (93%) reported that they were employed.

HEALTH STATUS

MENTAL HEALTH

All TA22 participants provided information about their current and previous treatment for mental health conditions. At the commencement of the program, 4 participants were taking medication for a psychiatric condition, and 4 participants were under the care of a psychiatrist. 8 participants were receiving psychological treatment.



TA22 PROGRAM EFFICACY

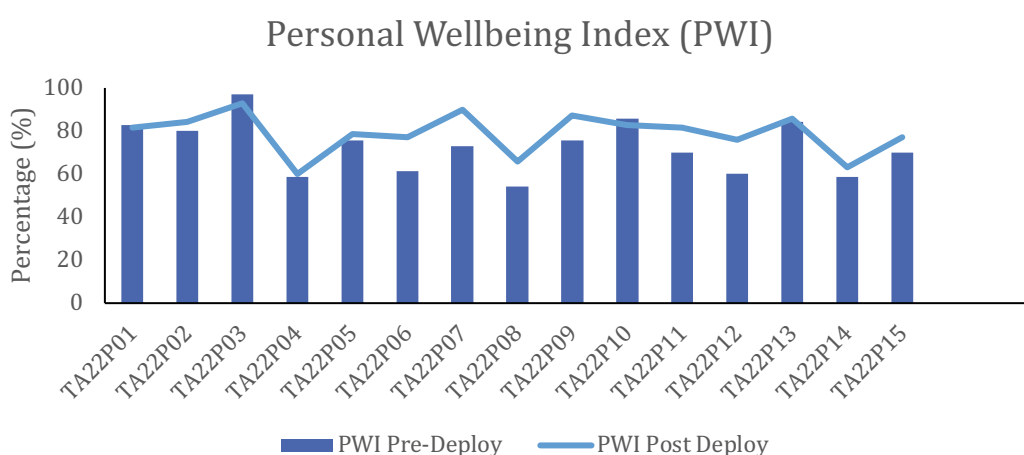
OUTCOMES

Participants completed standardized self-report assessments at Pre- and Post-program to aid an understanding of the symptoms of psychological distress and general health and wellbeing of the participants undertaking the program to Timor on the TA22. These included the Depression, Anxiety and Stress Scale 21-Item Version (DASS21), and the Personal Wellbeing Inventory (PWI). De-identified Pre- and Post-program results on each assessment area are demonstrated below.

PERSONAL WELLBEING INVENTORY (PWI)

Participants completed the Personal Wellbeing Inventory (PWI) at Pre and Post – program herein referred to as Time 1 and Time 2, respectively. The PWI is a 7-item self-report scale designed to assess global satisfaction with life across the key domains of standard of living, health, achieving in life, relationships, safety, community-connectedness, and future security. Respondents rate how satisfied they are in each domain of life on a Likert scale from 0 (No satisfaction at all) to 10 (Completely satisfied). The scale includes optional items pertaining to satisfaction with spirituality or religion, and satisfaction with life. The scale has demonstrated sound psychometric properties and has been used cross-culturally (International Wellbeing Group, 2013; Lau et al, 2005; Misajon et al, 2016).

Scores on separate items can be interpreted as independent variable domains, or the seven items can be summed to yield an average score, with higher scores representing higher subjective wellbeing.



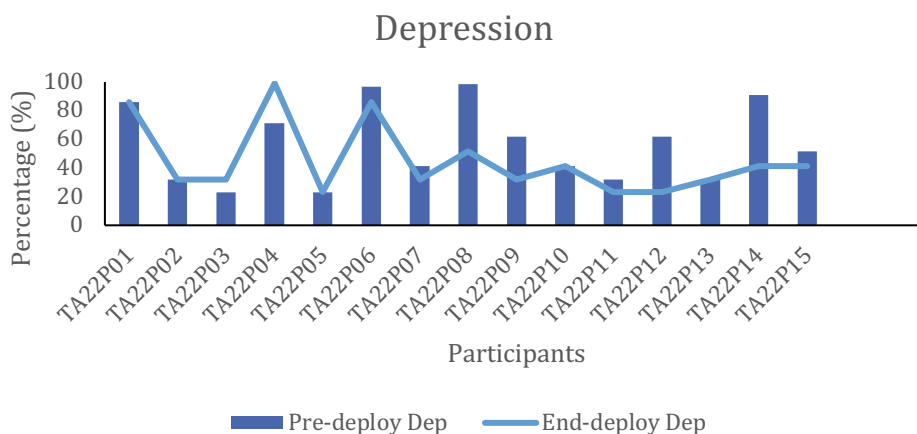


Each participant's de-identified results on subscales at Time 1 and Time 2 are shown in the following graphs. Start of the program the participants were experiencing lower scores on the Wellbeing Inventory. Post-program results indicated that participants experienced higher scores on the Wellbeing Inventory.

Further statistical analysis of the scores on the PWI was conducted to examine if the difference between Pre- and Post-program scores for the group were of clinical significance. Analysis was based on the 15 participants who provided data at both time points. Two tailed *t*-test demonstrated that on average, there was a significant reduction in the group's overall scores on the PWI from Time 1 ($M = 72.48, SD = 12.29$) to Time 2 ($M = 77.88, SD = 9.60$), $t = -3.50, p = 0.003$. Indicating that on this occasion there was a significant improvement in Personal Wellbeing Inventory within the group.

DEPRESSION, ANXIETY AND STRESS

Participants completed the Depression, Anxiety and Stress Scale 21-Item Version (DASS-21) at Pre- and Post-program - herein referred to as Time 1 and Time 2, respectively. The DASS-21 is used to screen for mental health symptoms associated with depression, anxiety, and stress. It is used widely in clinical settings to guide mental health professionals and to evaluate interventions.



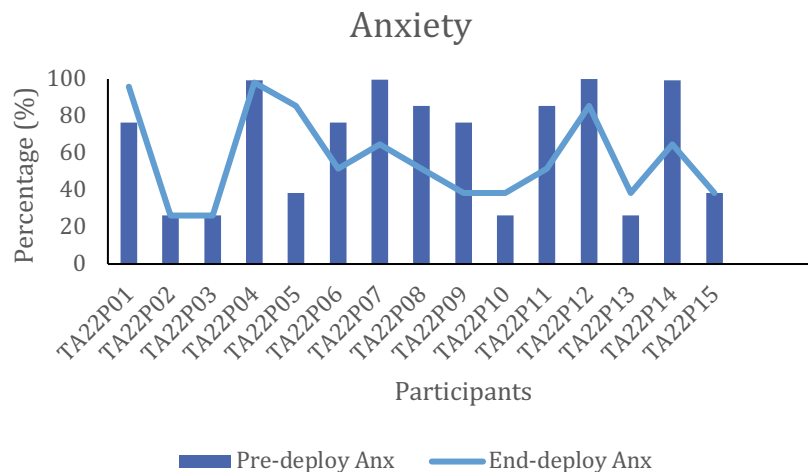
* Elevated Range > 78; Clinical Range > 95

Graphic representation shows that several the participants experienced elevated symptoms of depression, anxiety, and stress at pre-program. It is also evident that the majority of participants reported a decrease in some or all of these symptoms at the conclusion of the tour, bringing most within the normal to mild range when compares with the general population.



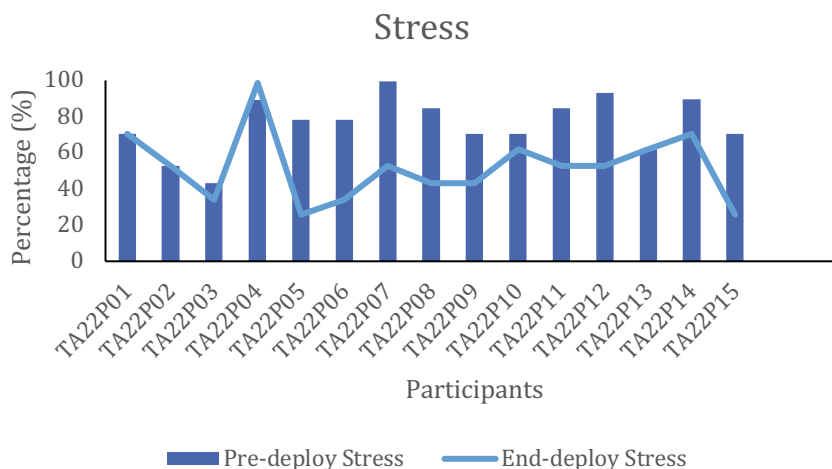
Each participant's de-identified results on subscales at Time 1 and Time 2 are shown in the following graphs. Start of the program 15 participants were experiencing symptoms of depression what are considered to be of clinical concern. Post-program results indicated that none of the participants remained in this range.

Further statistical analysis of the scores on the Depression subscale of the DASS-21 was conducted to examine if the difference between Pre- and Post-program scores for the group were of clinical significance. Analysis was based on the 15 participants who provided data at both time points. Two tailed *t*-test demonstrated that on average, there was a significant reduction in the group's overall scores on the Depression subscale of the DASS-21 from Time 1 ($M = 56.24, SD = 24.65$) to Time 2 ($M = 45.05, SD = 24.86$), $t = 2.03, p = .061$. Indicating that on this occasion there was a not a clinically significant improvement (reduction) in the symptoms of depression within the group, as you can visually see there is a decrease for most participants.



On the start of the program 4 of participants were experiencing symptoms of anxiety that are considered to be within the clinical range. Post-program results indicated that 2 of the participants remained in this range.

Further statistical analysis of the scores on the Anxiety subscale of the DASS-21 was conducted to examine if the difference between Pre- and Post-program scores were of clinical significance. Analysis was based on the 15 participants who provided data at both time points. Two tailed *t*-test demonstrated that on average, there was not a statistically significant reduction in participants' overall scores on the Anxiety subscale of the DASS21 from Time 1 ($M = 65.31, SD = 30.98$) to Time 2 ($M = 57, SD = 24.40$), $t = 1.28, p = .221$, indicating that on this occasion there was not a clinically significant improvement (reduction) in the symptoms of anxiety within the group, but note there is some reduction.

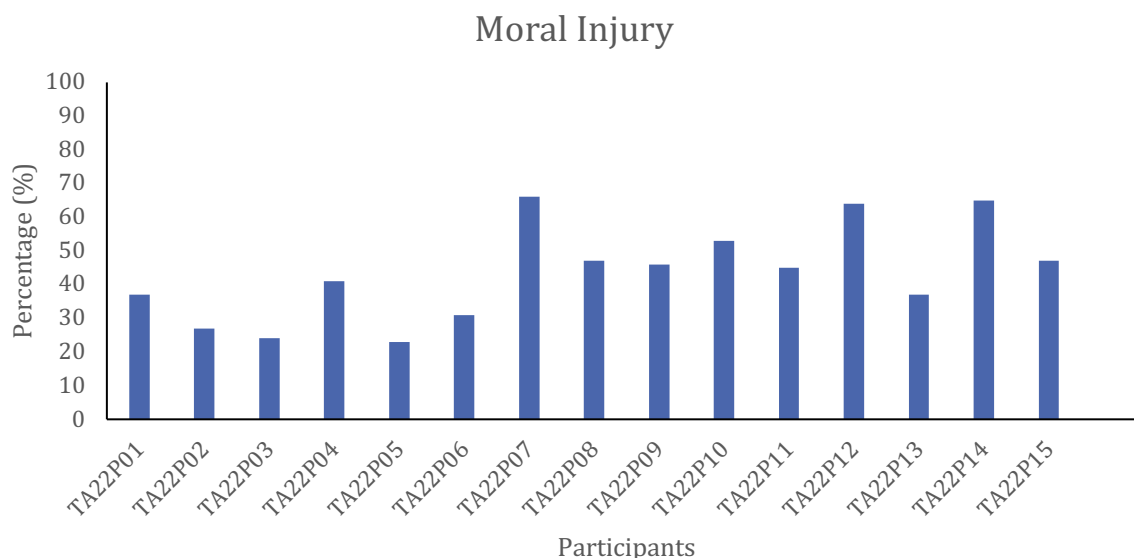


Graphic representation shows that 1 of the participants experienced elevated symptoms of stress at pre-program. Post-program results indicated that none of the participants remained in this range.

Further statistical analysis of the scores on the Stress subscale of the DASS21 was conducted to examine if the difference between Pre- and Post-program scores were of clinical significance. Analysis was based on the 15 participants who provided data at both time points. Two tailed *t*-test demonstrated that on average, there was a significant reduction in participants' overall scores on the Stress subscale of the DASS21 from Time 1 ($M = 75.77, SD = 15.34$) to Time 2 ($M = 51.97, SD = 19.35$), $t = 4.39, p = .000$, indicating that on this occasion there was a clinically significant improvement (reduction) in the symptoms of stress within the group.

MORAL INJURY

15 Participants completed the Moral Injury symptom Scale – Military (MISS-M) version short form. The MISS-M is a 17-item measure of moral injury (MI) designed to use in Veterans and Active serving military participants, consists of 10 theoretically grounded subscales that assess the psychological and spiritual/religious symptoms of Moral Injury: guilt, shame, betrayal, moral concerns, loss of meaning/purpose, difficulty forgiving, loss of trust, self-condemnation, spiritual/religious struggles, and loss of religious faith/hope.



Considering the impact on Moral Injury on veterans is a developing area in the military psychology. According to Koenig (2017) there is opportunity for a negative psychological and spiritual impact on military personnel who in the course of work undertakes tasks that are a contravention of personal beliefs and values. As can be seen from the data all military members experienced between 8% and 89% degrees of Moral Injury. The current MISS-M does not cover all of the scope to evaluate pre and post responses as most of the questions are not comparative, whilst we attempt to remediate Moral Injury on the programs it is not possible to show this graphically at this stage.

TA22: POST PROGRAM RECOMMENDATIONS

POST PROGRAM PARTICIPANT CONTACT

At the time of preparing this report, all participants have had a follow up phone call, 2 weeks post Timor Awakening 22. Overall, we are shown the positive changes in DASS-21 and the PWI. Post TA 22 there were two participants who remained in the high levels of depression, anxiety, and stress participant 4 and 1. Although their post-program scorings in the DASS-21 are high, we are unable to pinpoint the exact reasoning for this. Both participants were followed up with regards to this scoring who have informed us that they both had big awakenings on the program. Participant 4 mentioned that they had not realised that the emotions they were feeling could possibly be linked with depression, stress or anxiety, and was going to follow this up with a doctor when they got home. All participants have been offered ongoing support and a further follow-up will be undertaken to ensure that ongoing growth is maintained. Follow up responses have included:



"I'm doing well. I still find I'm riding the waves of good vibes from TA22."

"I've been trying to be better prepared and make better choices which helps me get ready for the day."

"I feel more confident in speaking with veterans and now have tools to help them."

"I feel that TA made a big difference in my life, and I now look forward to becoming a peer mentor."

"I'm back at the gym, my doctor has reduced my medication, I've joined a veteran surfer's group, and I'm looking forward to life."

"I feel empowered, I feel I have a purpose, and I can make a difference in our community."

"I've started doing several items I wrote down on my Health & Wellbeing Plan so I'm feeling empowered by the Program and grateful to have been given the opportunity to attend."

"I'm travelling well after the Program and will certainly be recommending some of my clients attend."

"I'm so grateful for this experience that has helped me so much as a carer"

"I cant speak more highly of the Program. It's had profound effect on me."

"This has had significant benefit to m. in my role as a Peer

Referrals to other agencies

All participants were briefed on RSL and Open Arms services and brochures were made available. Participants shared their experiences of the range of agencies available, shown various websites and provided a USB with the full range of VCA resources.

Images

A massive range of images are on our websites and Facebook pages.

Other matters of significance.

Budgeting remains problematic for us due to increasing prices for everything.



**WE THANK ALL OUR SUPPORTERS AND SPONSORS
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