



TIMOR AWAKENING 26
PROGRAM REPORT
17 to 25 FEBRUARY 2024



"I found the programme to be well thought out. With forethought for possible triggers amongst participants. A worthwhile and valuable cause in veteran health and well-being will highly recommend this programme!!"

"The staff and mentors are excellent communicators and leaders: the programme flowed well and was well thought out, it was mind blowing for me and I'm extremely appreciative of the opportunity to come, many thanks."

TA26 Participants Comments





SECTION 1. OVERVIEW

Over the period Jan to Nov 2024, four programs are to be delivered. Each has the objective of “Raising the health and well-being of veterans and their families” and involves the widest range of educational inputs, reflective experiences, and individual peer mentoring and culminates in the development of a Health and well-being 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 Royal Commission calling for urgent re-focus on **prevention and early intervention**.

VCA and other service organizations continue to deliver programs to the extent of our capacity and continue to be fully subscribed to 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.

TA26 was delivered at St George’s, Rainbow Bay Gold Coast. 15 new participants, 8 peer mentors, and 7 support crew attended the program. It was great to welcome a number of families join us at different times during the program. We strongly encourage all participants and volunteers to bring the families. Having families may be the only way for a participant to attend, it adds to the experience for all involved, the partners get great benefit from joining and there is ample time for the families to have quality family time as the facilities at St Georges was envisaged.

Programs planned for 2024:

TA26 at Gold Coast: 17 February – 25 February 2024

TA27 ANZAC Commemorative Program: 21 April – 1 May 24 in Timor-Leste.

TA28 at Gold Coast: 15th-25th June 2024.

TA29 INTERFET Anniversary Program: 14th-27th September 2024, in Timor-Leste.

VCA Retreat: 13 – 18 November 2024 at Gold Coast.

“It is going to be difficult to go home as I actually feel more at home here than I do in my actual home. Thank you to the entire team at VCA for everything you do for our veteran community, but also the impact you are making in Timor. I have much love and respect for every single mentor, support staff, Jason in his role and every other person involved. Thank you!”





TA26, 17 Feb – 25 Feb 2024

TA26 had a broad range of participants at different stages in their journey. We had nine veterans having separated from the ADF. We also had three currently serving ADF members attend the program, along with two support people, all sharing lived experiences 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 recognise their situation. Remarkable improvements were demonstrated.



“My first day was filled with a mix of emotions, including fear and feeling overwhelmed. Especially that involved meeting other people and sharing personal stories. It was reassuring to know that others in the programme have similar feelings and experiences which created a sense of camaraderie and support. It’s important to give yourself time to adjust and lean on others for support when needed.”

A summary of TA26 participant evaluations is included below. The value of a face-to-face, residential, shared community experience continues to be appreciated. An early presentation of quilts from the Quilts of Valor Australia was a special moment for the participants and clearly something that will hold a special place in each of the recipients homes.

The program was filled with topics and activities that encompassed all aspects of health and well-being. Each day was started with physical fitness activity, which was tailored to the group and facilitated by our peer mentors and the amazing team from the Veterans Health Association. Beach sprints and volleyball were a highlight for the group.

We had the privilege of having subject matter expert and leader in her field present. Jen Jefferies (Naturopath, Aroma Therapist & Veteran) is an internationally renowned presenter and her session ‘Fueling the body & Mind’ was enlightening and provided everyone in the room with ideas to fuel positive change.

We also had the privilege of having a mindful movement session at Rhythm Wellness Studio. This session was an amazing opportunity for the group to participate in a session





that not only involved movement but also tapped into a range of mindfulness practices that can be done to reduce stress and tension in the body.

The program also saw us visit the Veterans Organic Garden and contribute to the project as a large group of volunteers, along with gaining further insights into the importance of organic food and being outdoors in nature.

As part of the journey and to encourage our participants to try new things and reconnect with that sense of adventure and learning we also provided them with the chance to tackle the waves. The surf lesson is a great opportunity for the group to do something outside of their comfort zone while also having a lot of fun. The smiles and laughs coming from the group were a sight to see on Rainbow Beach.

Interviews two weeks after the program produced consistent comments that participants had felt empowered, enthused, and had a renewed sense of purpose in working in the veteran space. "I realise 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."

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.





TA26 QUALITATIVE AND QUANTITATIVE DATA

Timor Awakening Participant Evaluation and Feedback

Your reflections on the Program, your experience and growth:

What was your Timor Awakening?

- That I need to be back home in QLD! It's time for me to start helping others on their journey because I have it in me (no matter what thoughts in my head are telling me).
- Appreciation of all ADF people give.
- Seeing how previously withdrawn people open up and heal before your eyes in a programme like this. A sense of calling to begin a trauma recovery initiative in my own industry, clergy and chaplains.
- It's all about community. The army "unit" or ships company or Air Force squadron is a community where everyone has a part to play otherwise that "position" wouldn't be established. We have lost a sense of community particularly when we depart service. Timor Awakening is and offers community.
- Deeper connection with my spirituality. Many new resources, supporting personal growth strategies and enhancing self-awareness. A strong purposeful, self-love approach, dignity, humility, compassion and grace.
- Quilts of valor, that letter is my Timor Awakening.
- I'm not alone in my journey but my own journey is unique, and it may be able to help others.
- To apply less judgment - to others, to opportunities I am presented and most of all, myself; to apply that same kindness to all aspects of my life that I would like to see from others. I am allowed to love and support myself.
- My first day was filled with a mix of emotions, including fear and feeling overwhelmed. Especially that involved meeting other people and sharing personal stories. It was reassuring to know that others in the programme have similar feelings and experiences which created a sense of camaraderie and support. It's important to give yourself time to adjust and lean on others for support when needed.
- Embracing my kindness and understanding, acknowledging both strength and vulnerabilities will stop letting go of resentment, forgiving myself, freeing my mind from past grievances. Learn to live in the moment so I can cultivate a sense of inner peace, through mindfulness and holistic practices.
- Gratefulness, compassion, understanding myself. I am no longer only learning but beginning to put what I have learned into action.
- Through the presentations, sharing every life experience and watching/listening to others that have transitioned. I now know I have sold my soul to an organization that I will also leave as it will leave me. This programme does not judge others.
- The light bulb was the presentation by Jen Jefferies. As she spoke about taking small steps and to not hold onto guilt. The Quilts of Valour, the ice bath, I have felt no pain





for the first time in over 10 years it felt euphoric. My mentor Scotty and the other two people in my group gave me encouragement and so much support.

- My aim is to embrace vulnerability. It has been a journey of embracing naked emotions, allowing others to witness my tears, and expressing openly. It's about revealing my scars and the stories behind them. While vulnerability feels messy, awkward, and unfamiliar, I have realised there is no perfect time for it. Unfortunately, I have often delayed being vulnerable, leading to unnecessary anxiety. Josh has seen specks of my vulnerability, but the truth is I struggle to let people truly understand me because I haven't truly understood myself. Gary's discussion on forgiveness has made me confront my avoidance of vulnerability. Sharing this reflection with you, I now see vulnerability as a display of my strength and authenticity, allowing genuine emotional expression.

How are you feeling today in comparison to how you were feeling before coming on this trip?

- More at ease and calm in myself. I have a bright future outlook to go ahead.
- I feel I belong to a network of like-minded people who support and care for each other. I was burnt out and now I have a spring in my step to continue to serve our people.
- I feel consolidated, overall and I feel so much better.
- I feel wonderful and enlightened, rested, and focused.
- I feel like I have found my place in this group and have been able to connect with others who understand and support me. The stress and agitation I initially felt have dissipated and I am able to focus on my own well-being.
- I am feeling so relaxed and confident in my own life and my ability to make changes to my life.
- Night is to day, is how I'm feeling in comparison. I feel well educated.
- Timor Awakening has reinvigorated my desire to continue contributing to veteran health.
- Confident, capable, empowered, focused, supported.
- Re-energised. Full of purpose and inspiration.
- I felt anxious about the sheer extent of the programme, but it is run so well that my fears were pushed away on day one.
- I feel like me again, I was apprehensive about coming not because of the programme but more about the connections to my ex-husband. This was just a story I was telling myself and it didn't come true.
- I feel tired but very energised.
- More grateful and happier with my social connections.
- Fantastic, I've seen a lot of healing.
- This programme has been a wonderful and different experience for me as a peer mentor. I feel very energised after this experience.
- Before coming I was anxious. Now I feel lighter and a sense of relief and have more of a connection to the veteran community.





What discussion topic was the most interesting and impactful?

- Vulnerability as I find this hard to do myself, but I have learned to embrace it this week.
- Forgiveness.
- Big talk because it showed how to make stronger connections with people.
- Circle time.
- Moral injury, I find John White fascinating and relatable. I also found Jen very informative and answered a lot of questions on why my body is the way it is.
- Jen Jeffries, I felt that it consolidated a lot of the other topics but provided those practical steps to take. very valuable.
- Sleep talk and principles, undoing habits of a lifetime.
- General Wellness planning which brought together various aspects, but I benefit most from the round table and thoughts from others.
- Forgiveness was key, self-care and love, compassion, authenticity, diet!!
- The quilts of Valour letter held a powerful message for me.
- I think everything had something impactful or a specific light bulb moment.
- Discussion about both forgiveness and satisfaction in life were really impactful and changed my outlook on my future decisions.
- Meditation and deep breathing are powerful that can have profound effects on your physical, mental, and emotional well-being.
- Father Gary his discussions on veteran's suicide.
- Hearing everyone's stories of growth reminds me that there is light after periods of darkness. Forgiveness.
- Suicide prevention and moral injury are topics that impact me to learn more about and practice methods of support to others. Remain focused on prevention education.
- Jen Jefferies sessions on holistic health.
- Compassion fatigue; I resonated with this, if I had known or understood this or if my Chain of Command understood this, maybe I wouldn't have discharged. Forgiveness: this broke down a very tall brick wall I had built.

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

- Jenn Jeffries, as she discussed to take small steps, not hold guilt. Very approachable.
- Bringing all ages/life experiences together to form a tribe to share life experiences and lessons learned. People to inspire people is powerful and embracing.
- The Timorese people, their ability to cope and be resilient. Their ability to forgive.
- The holistic health areas and better eating.





- The group setting created a supportive and encouraging environment where all could hold each other accountable, provide feedback and offer encouragement.
- The book activity was incredibly inspiring and has challenged me to make changes with regards to my education and self-motivation.
- I found it all effective. It gave me confidence to continue my healing progress, to keep educating myself, to eventually become a mentor myself.
- The comradery and banter between the mentors and participants were all involved and put people at ease.
- The collaborative community of vets and the holistic approach to recovery creates the possibility for a purposeful future.
- “Mandating” PT and programme events. There needs to be structure without “ordering” people to turn up.
- Surfing lessons where you are facing fears, learning new skills and learning to trust key principles that are counter intuitive.
- The conversations with each other, in our smaller groups but also in the larger groups.
- Circle time, the many people's stories of life and their vulnerability. With each circle time you could see their change in confidence grow.
- All of it, the programme has been refined overtime and the balance of presentations in content is just right.
- Jen Jeffries presentation on holistic health due to showing how to incorporate holistic care to your daily life.
- Togetherness that is offered to the veterans.
- Jen Jeffries presentation because it all makes sense.
- Having enough time out to allow processing.
- Every topic was helpful plus well thought out. I have taken something away from every part of the programme. The ice bath was probably the most symbolic for me, to relax not fight it plus let it go, making ice/life easier to deal with.

How was your support on the program?

- Amazing. The constant input from peer mentors - check-ins and reminders as well as the support and community fostered within the tribe was what got me through.
- I never felt not supported. Mentors were always there and wouldn't judge me or anybody, they were always giving their wisdom from their own lived experiences.
- My mentor Pete was very knowledgeable and was able to guide members of his group through arduous times.
- Fantastic!! Every one of the mentors, presenters, support staff and external providers were knowledgeable and generous.
- Very good support. Family from home, peer mentors and my fellow participants were all great.
- Excellent.





- Above expectation. Every mentor and participant were willing to hold the space for each other without trying to find a solution but just listened.
- Well, supported by my peers, and love my TA Brothers and Sisters.
- At a high level, there is always someone available to approach and gain insights or assistance from.
- The programme was outstanding and that mentors were always there with positive responses. This kind of support can make a big difference in people's outcomes.
- The support was second to none. The mentors are very talented and like-minded individuals; their journey is ongoing, which is hopeful for us participants.
- Brilliant.
- The support provided was positive, encouraging with space to speak when comfortable. A professional supporting programme at multiple levels of "I got you mate!".
- Very well supported.
- Very good
- great from all elements of the team, specifically my mentor and other participants on this programme.
- I cannot fault this programme, i even had so much support with the kids also.

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

- The activities implemented alongside the group lessons, discussions have reminded us to enjoy life and that seeking help and personal growth doesn't have to be a task - life lessons come from all aspects.
- Finding my tribe again.
- The involvement of veterans who have walked the walk and now talk the talk.
- Targeted specific military conditions! Delivered by authentic, compassionate, humble, and extremely knowledgeable veterans.
- I've only had General Hospital/medical clinic treatment and it tends to be a bit focused on just the ailment in front of them; this is holistic. It treats things that aren't broken but still need and benefit from "Topping up".
- Most services 2 veterans have only a fraction of the contact time. This is long enough to lead to immediate and long-term transformation.
- Being surrounded by other veterans and the lived experience of the mentors for stop the vulnerability and connections.
- Different because you are in a room of your peers that genuinely care and are dealing with similar issues you have or had.
- Education rather than experience and post programme support.
- A family focus and acceptance of everyone.
- This is my first programme.





- It's inclusive and shared experiences can offer solitude to the soul. It's flexible, safe and inclusive.
- It's real, it's not just words. Their words are backed up with real action, it steers away from reliving the issues and focuses on forgiveness.
- The programme encompasses family and provides the facilities to include all family members regardless of age. The programme offers all participants to have a voice and inspires people to step outside of their comfort zone.
- It is unique and very special, like anything else I know.
- The most major differences are that there are more participants and the use of WhatsApp for communication to the group/individuals in the group and having a mentor to three participants works wonderfully.
- This is the best and first programme I have been a part of regarding my service of 55 years.

What could be done to improve the Timor Awakening Program?

- Having a physio would help people he might be a little banged up.
- Reduce "Siesta" time to finish earlier allowing for personal admin.
- Most veterans have serious complex musculoskeletal injuries, so maybe a sauna and continuing the ice baths.
- Some mixing/break out activities to help participants bond quicker and more deeply. This would enable slightly better interactions earlier, also rotating individuals more as I heard some of the same things from the same people.
- Space for a presentation from a Christian perspective on how faith can transform and heal. Plenty of space given to eastern spirituality. This would balance it better. Saint George's exists thanks to the passion of an Anglican minister after all.
- The only thing I could see that might be of benefit is to have some focus on female veteran well-being. There are just a few differences for males, I'm very happy to support the development of this if need be.
- I feel the programme flows well with the right amount of everything.
- Continual evaluation of feedback from staff and participants.
- Mixing the groups when doing group work.
- Being my first Timor Awakening, I found the daily programme very interesting and rewarding.
- Increasing awareness about the programme within the veteran community and among potential participants earlier the better.
- Follow up a monthly circle time group, online if need be.
- An opportunity to go mobile and hold the programme in other locations in different states at other defence accommodation in Australia.
- Large ice bath for ease for the bigger people who may be broken.
- A conversation on the presentations some of the sessions are a little stale.





What is your greatest challenge? In what area do you feel stuck?

- I am still trying to understand how to work spirituality into my life and what that means to me.
- Self-worth/love. Being non-judgmental to myself.
- I am no longer stuck.
- Once left alone to deal with things Without the support of tribe, unit or community.
- Getting balance right with an extremely busy life.
- Leaving the guilt at the door about self-care. I know how important it is but very easily stop doing it to help others.
- My greatest challenge was dealing with men that were more used to leading rather than listening. I found they wanted to go their own direction and not work as a team. I found myself repeating myself on several occasions for people still not to get the point.
- Frustration with some participants.
- Maintaining changes to assist with health and well-being.
- I'm stuck dealing with difficult memories. I allow myself to acknowledge my emotions without judgment.
- I feel stuck in kicking addictive habits, I need to engage in valuable resources and ask for help.
- I no longer feel stuck.
- I feel stuck with compassion fatigue creating a challenge for me to have a spring in my step that I have lost.
- Maintaining my health and lifestyle.
- The book review, with being dyslexic and lack of confidence I felt somewhat stuck.
- Effort to change for the better.

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.

- Face to face contact and support. Making veterans feel listened to and providing systems by which they can receive immediate support when in dire need.
- DVA To finance more suicide awareness programmes to significant ESO's
- utilising trained veteran liaison officer to support veterans in distress during welfare cheques (QAS, QPS) SI, suicide attempts, overdose.
- Consider West Coast and VIC/TAS and VIC/SA and Other states events as the model would be easily exported, this would be if presenters can be found in funding can be secured.
- Programs like this that work need to be made available across the nation.
- Remembering we are humans and not robots. Stop putting so much red tape around process is for eligibility, we put our hand up to serve our country, we didn't put our hand up to be injured. You need to be accountable.





- Listen to the veteran and act on the recommendations, not only on the Commission findings, but also on veterans that are involved in this programme. This programme should be in every state.
- The need to adopt this peer-to-peer holistic model.
- Access to peer mentors early and a high level of training for mentors.
- Improve access to mental health services, increased funding for mental health programs and services specifically tailored to veterans. Ensure that these services are easily accessible and available to all.
- Support community engagement, connection, emphasizing early intervention and destigmatizing mental health discussions.
- Prevent - don't cure. It's important to find out who struggles with love at the start of their career.
- Engage early with people to prevent delays in processing intakes or claims. Simplify their process is to seek support for more.
- DVA Programme open to all veterans, not on colour of veteran card. More networking to the grassroots of the veteran community for example a face-to-face information session.
- Continue to support this program or programs like this.
- Making this programme known and available to people who are discharging from service.

Who do you have to hold you to account for the changes you wish to make or have made?

- My partner, my parents and my stepbrother he will act as my mentors.
- Myself
- growth comes from within.
- Myself, Gary stone, other veterans, friends and sisters!
- Myself.
- My peer mentors who are back home.
- My peers and mentor from TA26 and my kids.
- Myself
- Family, friends and other mentors.
- By holding myself accountable you take ownership of your actions, decisions and progress which can lead to greater motivation and success in desired outcomes.
- I'm going to ask my wife, after I explain what journey I want to take. Provide increased funding and health resources and engage and find a holistic approach.
- My family and myself.
- My friends, peer support worker, Padre and my TA mentor. My son will be supportive if we share our plan.
- My daughter
- Myself, VHS psychologist, and I'd like to stay in the VCA loop for life.
- Mates in the veteran community, TA26 mentor and Jen Jeffries.
- My partner Josh who is also on this programme.





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

- Seeing my psych every couple of months - engaging with my family and partner for weekly check-ins and evaluate my recent progress.
- Keep engaging with VCA and future programmes
- rely on mentors to guide through hard times.
- Continued physiotherapy, maintaining physical and mental health frameworks currently utilised. Establishing networks with veterans in various organisations.
- Volunteering with TA, VCA and other ESO's such as RSL and legacy and remain connected to my "tribe", in particular in Timor-Leste.
- Begin professional supervision sessions.
- Keep doing the thing I am doing and don't let anyone get in the way.
- Volunteer for more activities like this and to stay involved with veterans and the different organisations I feel good.
- Reviewing videos and support material and discuss with mentors.
- Create a plan outline the steps, resources and timelines are needed to achieve your goals. Make sure your plan is manageable and also track your progress, this is how I intend to engage on my own personal growth.
- Look at the Victorian RSL and see what they offer, hopefully same as QLD RSL. Learn more holistic approaches to life and engage in medical care.
- I want to help facilitate.
- Stay in contact with TA and our TA26 people will stop seek out PD opportunities and conduct self-education. Attend the TA peer mentor programme.
- Emailing Jen Jeffries and keeping in contact with my mentor plus my group of three.
- Visit Stafford RSL and keep engaging with psychologists and reflect on my personal well-being plan.





Any additional comments or feedback

- “Fricken Awesome” 9/10
- I found the programme to be well thought out. With fore thought for possible triggers amongst participants. A worthwhile and valuable cause in veteran health and well-being will highly recommend this programme!!
- Fantastic effort from all involved! Even support staff, peer mentors and executive staff. A great programme first up from Jason Taane.
- The staff and mentors are excellent communicators and leaders: the programme flowed well and was well thought out. It was a mind blowing awakening for me and I’m extremely appreciative of the opportunity to come, many thanks.
- It is going to be difficult to go home as I actually fear more at home here than I do in my actual home. Thank you to the entire team at VCA for everything you do for our veteran community, but also the impact you were making in Timor. I have much love and respect for every single mentor, support staff, Jason in his role and every other person involved. Thank you!
- I particularly think the family involvement is great and should be kept and encouraged. At St Georges I think a nice hot spa and sauna in the rear area would be nice, I can't fault any other aspect.
- Purchasing some food netting, fly covers and table warmers to keep food warm are some ideas to ensure the food is kept warm and from insects. The warmers can maintain the temperature of the dishes for extended periods.
- For the farm trip, more of a heads up on suitable clothing required. It was hot and runners didn't cut it in mud, gloves and wide brim hats should be brought.
- Thanks for holding the space.
- Praise to continue this programme enhances this opportunity for military command teams to be educated about the programme and conduct presentations at SRC’s and TRW and rehabilitation platoons at 1RTB and SOI. Sustain the extended TA family at the start of the programme an end, it brings a friendly vibe. Thank you for your inspiring education on health and well-being and being nonjudgmental to all regardless of their life journey/quest is extremely powerful.
- Would love to attend any VCA activities on the Gold Coast.





TIMOR AWAKENING 26 - REVIEW OF PARTICIPANT DATA

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

There were 15 participants on the program. Full data was collected from 15 participants on TA26 at two time points: The commencement of the program (17th February 2024) and the conclusion of the program (25th February 2024). TA26 was the 23rd program that was evaluated, and it demonstrated the program's positive efficacy. A high percentage of the participants showed significant improvements in their health and well-being in the areas of Personal Well-Being, Moral Injury, Depression, Stress and Anxiety. We want 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 shows a positive impact on the participants.

DEMOGRAPHICS

Demographic data collected on 15 participants revealed the following. 12 participants identified as male and 3 as female. The average age of participants was 51 years, 13 out of 15 participants had a history of serving with the military services. All thirteen (100%) participants had served in the Army. Of those with military service, 40% reported being medically discharged. At the start of the program, participants reported their employment status 5 (33%) were retired, 4 (26%) were employed full-time, and 6 (40%) were unemployed.

TA26 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 Gold Coast program on the TA26. 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)

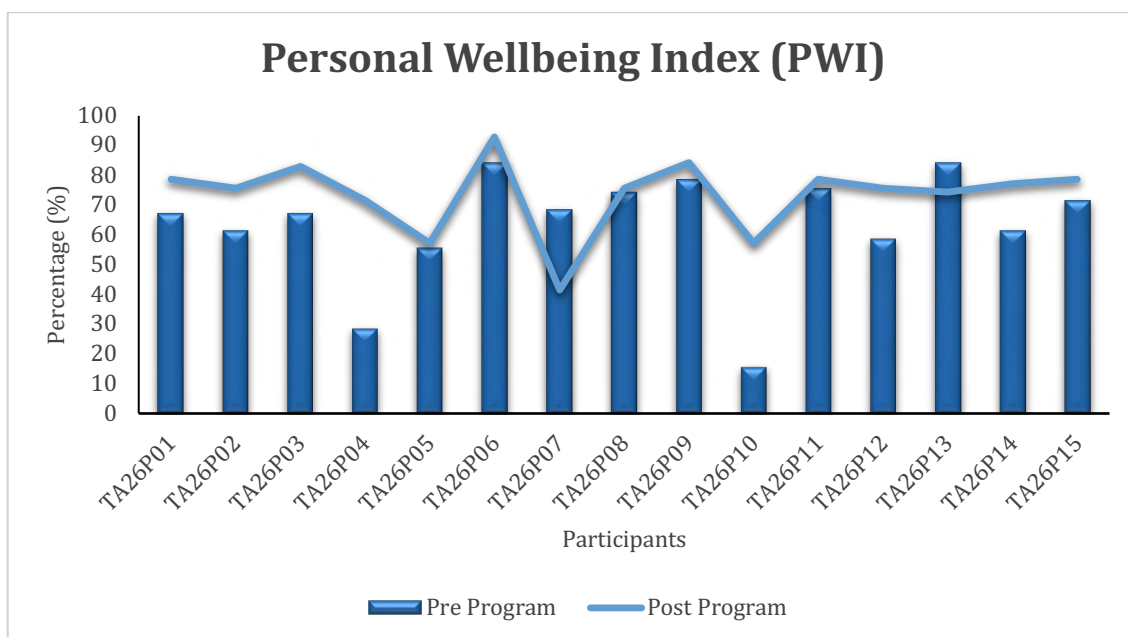
Participants completed the Personal Wellbeing Inventory (PWI) at Pre and Post – program herein referred to as Time 1 and Time 2, respectively. The PWI is a 7-item self-report scale designed to assess global satisfaction with life across the key domains of standard of living, health, achieving in life, 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 ($M = 63.52, SD = 19.03$) to Time 2 ($M = 73.43, SD = 12.68$), $t = -2.21, p = .044$. Indicating that on this occasion there was a significant improvement in Personal Wellbeing Inventory within the group.

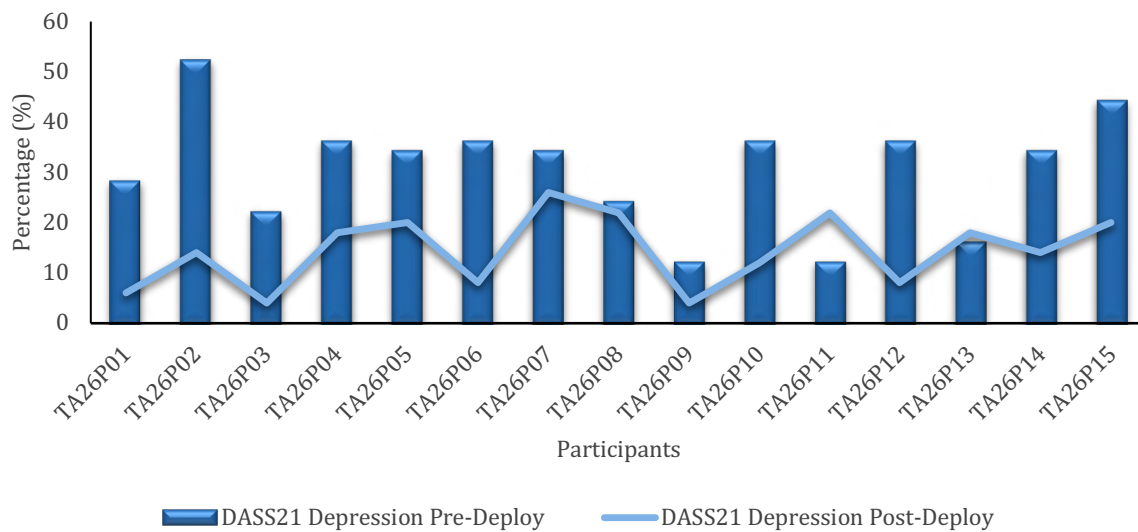




DEPRESSION, ANXIETY AND STRESS

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.

Depression



* Elevated Range > 21; Clinical Range > 28

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 program, bringing most within the normal to mild range when compares with the general population.

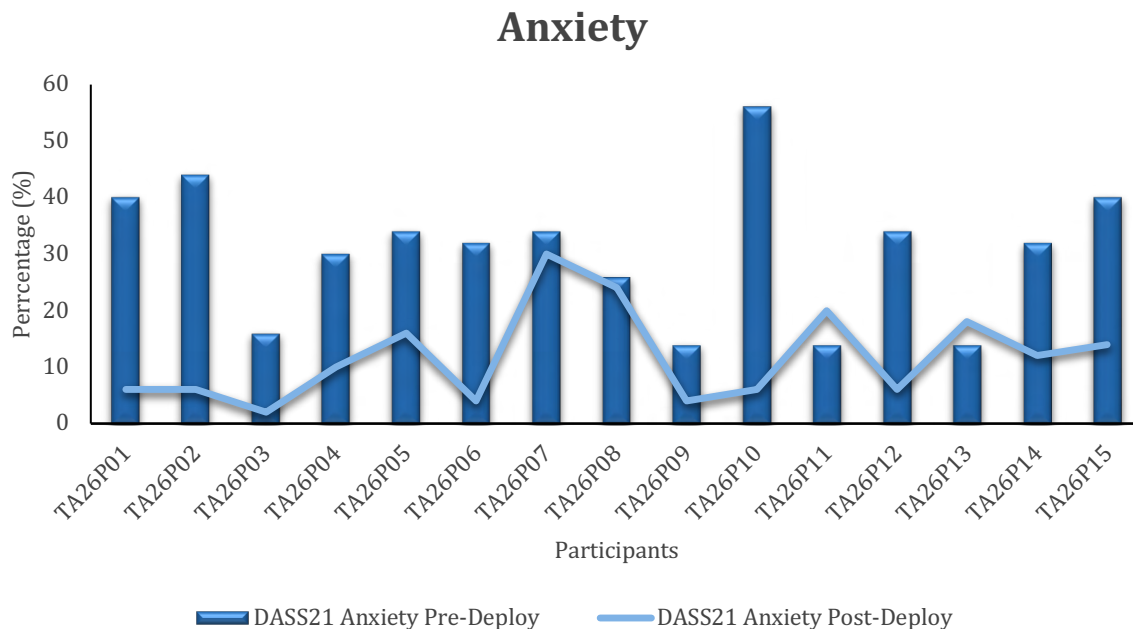
Each participant's de-identified results on subscales at Time 1 and Time 2 are shown in the following graphs. Start of the program 15 participants were experiencing symptoms of depression what are considered to be of clinical concern. Post-program results indicated that none of the participants remained 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 ($M = 30.4, SD = 11.40$) to Time 2 ($M = 14.40, SD = 7.14$), $t = 4.84, p = .000$. Indicating that there was a clinically significant improvement (reduction) in the





symptoms of depression within the group, as you can visually see there is a decrease for all participants.



* Elevated Range > 15; Clinical Range > 20

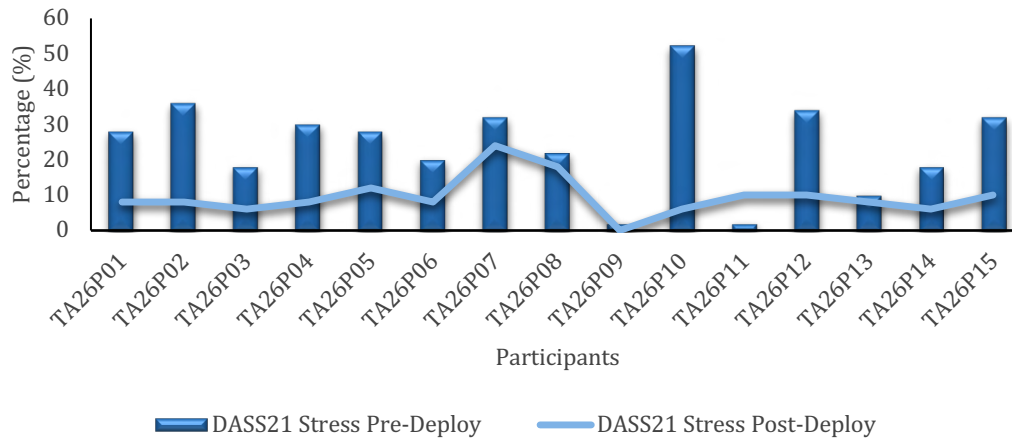
On the start of the program 11 of participants were experiencing symptoms of anxiety that are considered to be within the clinical range. Post-program results indicated that 3 of the participants remained in this range.

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 a statistically significant reduction in participants' overall scores on the Anxiety subscale of the DASS21 from Time 1 ($M = 30.66, SD = 12.25$) to Time 2 ($M = 11.87, SD = 8.30$), $t = 4.37, p = .000$, indicating that there was a clinically significant improvement (reduction) in the symptoms of anxiety within the group.





Stress



* Elevated Range > 26; Clinical Range > 34

Graphic representation shows that 3 of participants were experiencing symptoms of stress that are considered to be within the clinical range. 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 ($M = 24.26$, $SD = 13.30$) to Time 2 ($M = 9.46$, $SD = 5.52$), $t = 4.37$, $p = .000$, indicating that on this occasion there was a clinically significant improvement (reduction) in the symptoms of stress within the group.

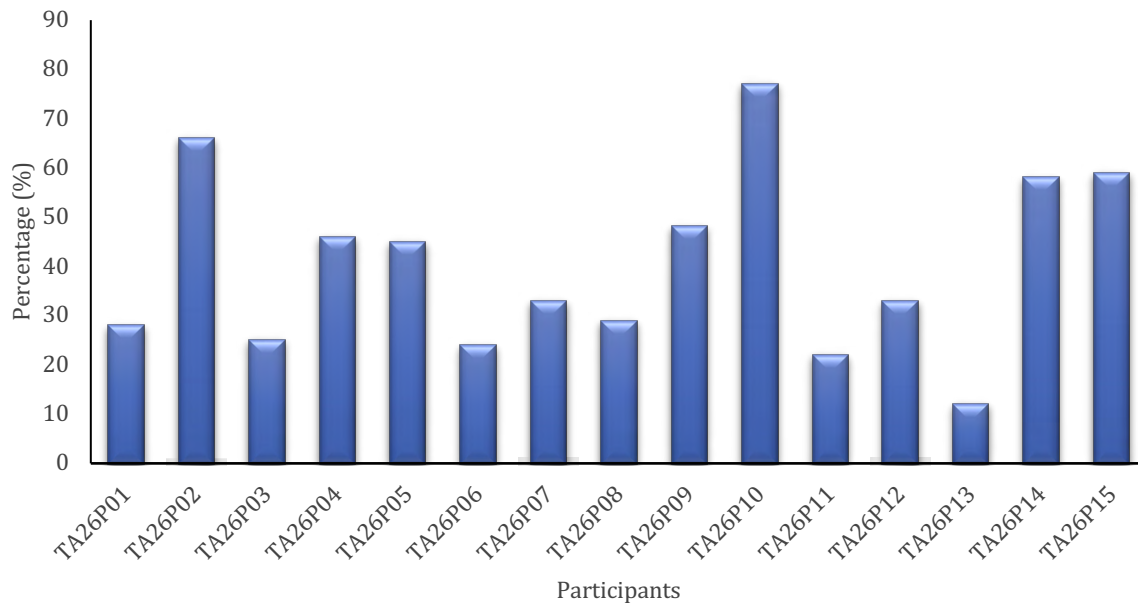
MORAL INJURY

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.





Moral Injury Score



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 12% and 77% 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.

TA26: 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 26. Overall, we are shown the positive changes in DASS-21 and the PWI. Post TA26 there were two participants who remained in the high levels of anxiety participant 8 and 11, whilst one participant remained high in anxiety and PWI results decreased. Although their post-program scorings in the DASS-21 and PWI are high or decreased, we are unable to pinpoint the exact reasoning for this. All participants were followed up with regards to this scoring who have informed us that they all had big awakenings on the program, and realised areas of healing that needed to be done. All participants have been offered ongoing support and a further follow-up will be undertaken to ensure that ongoing growth is maintained.





Referrals to other agencies

All participants were briefed on RSL and Open Arms services and brochures were made available. During discussions and the wellbeing plan process referrals for continued healing and support were identified and specified for individuals based on their location and situation. 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 large range of daily images from the program are on our websites and Facebook pages.

Other matters of significance.

Fundraising is a yearly concern due to increasing prices for everything. Funding of positions by ADF and DVA would be a long-term solution. We are very fortunate to have sponsors, though forward guarantees don't exist with 1-2 year sponsorship contracts.

END REPORT





WE THANK ALL OUR SUPPORTERS AND SPONSORS

