

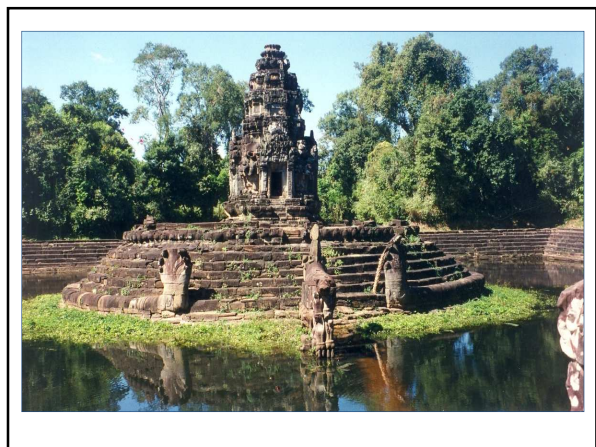
The CENTER for VICTIMS of TORTURE with VERITAS Harvard Program in Refugee Trauma BELLEVUE/NYU PROGRAM FOR SURVIVORS OF TORTURE

Health Promotion Groups for Cambodian Torture Survivors

James Lavelle L.I.C.S.W
Co-Founder, Harvard Program
in Refugee Trauma

July 19, 2017

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Brief History

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Why Health Promotion?

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Outline of Health Promotion Curriculum



1. The Meaning of Health
2. Nutrition
3. Exercise
4. Stress Management and Sleep Hygiene
5. Health Practitioner-Patient Communication

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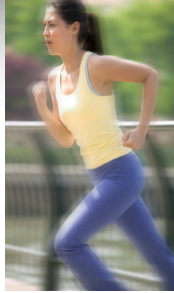
Program Evaluation of Health Promotion

- Pre-Test and Post-Test
- 17 Data Points, Eligibility, Torture History
- HSCL-15
- A report of 126 participants

Berkson et al. Journal Torture 2014
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Additional Outcome Questions:

- 1. Self perception of health rating
- 2. Energy rating
- 3. Bodily pain rating
- 4. Social functioning
- 5. Exercise activity level
- 6. Relaxation/meditation



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- 7. Quality of sleep
- 8. Nightmares
- 9. Food/Nutrition
- 10. Need for social services
- 11. Need for legal services



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The Science of Health Promotion

The prevalence of chronic disease in traumatized communities/persons is high. The experience of extreme violence plants the seed of poor health in the survivor, which will blossom into debilitating illnesses over time. Prevention strategies early on in this process is therefore a top priority.

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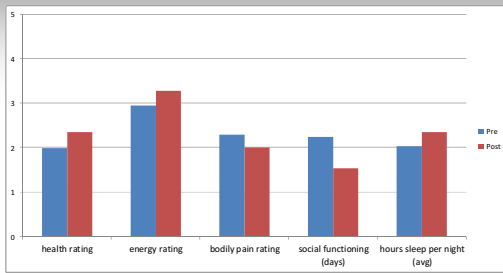
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Health Promotion Outcome Indicators

- Self perception of health rating: In general, how would you rate your health?
– 1=poor 2=fair 3=good 4=very good 5=excellent
- Energy rating: In general, how much energy do you feel you have?
– 1=none 2=a little 3=some 4=quite a lot 5= very much
- Bodily pain rating: Last week, how much did pain interfere with your normal work/activities?
– 1=extremely 2=quite a lot 3= moderately 4= slightly 5=not at all
- Social functioning: how many days out of the past week were you totally unable to work or carry out your normal activities because of your health?
– 1=Seven 2=five to seven 3= three to five 4=one to three 5= zero
- Quality of sleep: On average, how many hours per night do you sleep?
– 1=none 2=less than four 3= four to five 4= five to seven 5=more than seven

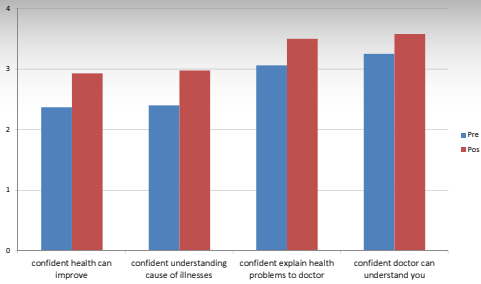
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Health Promotion Outcome Indicators



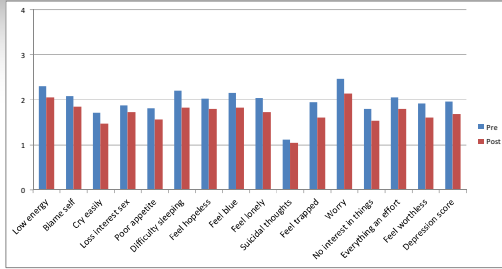
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Graduation

- Certificate
- Free 1 year pass to the YMCA

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Take Home Message

A culturally-tailored health promotion group for Cambodian-Americans is an evidence-based practice which benefits individuals and communities.



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