About

Over the past year, CreatiVets has implemented pre and post surveys to measure, capture, collect, analyze program outcomes. This performance-based approach allows us to adapt and evolve to the ever-changing needs of the veterans we serve. Further, we can better communicate program outcomes to our internal and external stakeholders.

Every CreatiVets participant in the 2019 songwriting and arts programs were given pre and post-program web-based surveys. These surveys asked them to self-rate about various aspects of their physical and mental health. Additionally, participants are asked questions about goal setting. Below is a quick snapshot.

- Post surveys sent one month after completion of program
- 19 complete pre and post records
- 95% response rate

Key Findings

Impact on self-reported physical and mental well-being

CreatiVets asked participants several questions regarding their current physical and mental health. For all areas of physical and mental well-being there were no declines from pre to post and in 11 of the 13 areas assessed there was positive change, of which nine were found to be either significant or marginally significant changes. Below are the survey results.

<table>
<thead>
<tr>
<th>Survey Questions</th>
<th>Number of Responses</th>
<th>Pre-Survey Mean</th>
<th>Post-Survey Mean</th>
<th>Change Pre to Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past month approximately how many times have you:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spent time with extended family**</td>
<td>18</td>
<td>1.35</td>
<td>2.28</td>
<td>0.93</td>
</tr>
<tr>
<td>Gone out with your significant other**</td>
<td>18</td>
<td>1.53</td>
<td>2.55</td>
<td>1.02</td>
</tr>
<tr>
<td>Engaged in a creative activity**</td>
<td>19</td>
<td>2.11</td>
<td>3.47</td>
<td>1.36</td>
</tr>
<tr>
<td>Spent time with friends**</td>
<td>19</td>
<td>2.22</td>
<td>3.47</td>
<td>1.02</td>
</tr>
<tr>
<td>Spent quality time with your children*</td>
<td>17</td>
<td>2.75</td>
<td>3.29</td>
<td>0.54</td>
</tr>
<tr>
<td>Engaged in a moderate or vigorous physical activity*</td>
<td>19</td>
<td>2.44</td>
<td>3.05</td>
<td>0.61</td>
</tr>
<tr>
<td>Over the last 3 months, how satisfied have you been with:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Your physical health**</td>
<td>19</td>
<td>2.22</td>
<td>3.10</td>
<td>0.88</td>
</tr>
<tr>
<td>Your emotional/mental health**</td>
<td>19</td>
<td>2.22</td>
<td>3.42</td>
<td>1.20</td>
</tr>
<tr>
<td>How much do you agree with the following statements:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

\(^1\) * = p<.10; ** = p<.05

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Goal Setting

The mental and physical wounds of war forever change the brave men and women who served. So many of our veterans suffer from PTS and struggle to transition when they return home. CreatiVets programs provide veterans with opportunities to use the music and arts to start the healing process and gives them the tools needed to continue to use art and music to improve their health, wellness and quality of life.

Of the 19 veterans that completed the survey, 14 reported having a goal they would like to achieve during the program, and five reported they didn't know if they had a goal. 92% of those saying they had a goal, reported in the post survey that goal was achieved.

We also asked participants if they had set or completed emotional, physical or intellectual goals since completing the CreatiVets program. All participants reported setting goals, with 72% setting emotional goals, 5% intellectual goals and 22% physical goals. The following were the goals reported:

- “Be more open and sharing with my wife. I also wanted to really dive into songwriting and this program gave me the tools to do just that”
- “I’ve been more open to learning how to play guitar and have actually enrolled in some classes. I’ve been more open to new experiences and have shared the song I helped write with family and friends. Learning to play the guitar has helped put other things into perspective as well. I’ve bought some home equipment and have set up a home gym. I’m currently working on those two things quite rigorously. But of all the new things I’ve experimented with, the song writing has turned out to be extremely helpful and quite frankly, extremely cathartic.”
- “I feel better physically and emotionally. I am seeking employment.”
- “Spend more time with my wife and kids”
- “I’ve continued to make progress in rehabbing my knee and have worked with a personal trainer two times each week to work on strength. I am now in voc rehab at VA to find a better career that doesn’t bury me like my current job does. I volunteered to be the secretary of a local veterans charity to work to help active duty and veterans. I’ve struggled emotionally but continue to work on better self-care, positive and healthy hobbies like learning the guitar and

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I’m continuing individual and group therapy. I have a long way to go physically, mentally and emotionally but I have a plan to reach my goals.”

- “Be more active and engaged”
- “Before the program it was hard to relate at events, distance was a regular thing, angry outbursts was frequent. My biggest thing about my PTSD is the trigger of screams. Screams from sports, kids playing, kids fighting, movies or shows. Screams hunt me in my sleep and the echoes of my silence. Screams from the men, women, and kids that I couldn’t save. This program allowed me to release something I was holding for 10 yrs. A casualty that reminded me of my wife. Her screams that I can’t forget. I could honestly feel the release. No other program did that, no medication could drown it. Now I have something beautiful to remind me it is ok. The screams turned into melody. I can never repay CreatiVets enough for that. It has changed my outlook at events, my kids screaming when fighting or playing don’t provoke as much. My attitude has shifted more in a positive direction.”
- “Learn to play the guitar. Healthier eating, writing songs, less drinking”
- “To unite with my wife more, and to open more about my kids.”
- “I’ve not put down the pen side I came home from CreatiVets. Music is how we tell our story, it’s awesome!”
- “My goals were to improve my mood through a new outlet, interact with people more and participate in school.”
- “Playing guitar and writing songs”
- “This program helped me in getting closer to my friends and family.”
- “I went back to doing my hobby.”
- “I have gotten back on my diet and hitting the gym more often.”
- “Changed jobs immediately after CreatiVets. It’s a temporary thing doing construction. Just enrolled in college to start in January for HVAC services. Appreciate all you guys did for me thank you!”
- “I have quit smoking for just over 3 months now. I have been working full time. Learning new skills/trades at work. Built a table.”
- “Lose 5lbs, improve my personal relationship with my wife and reduce stressors”

Repurpose/Repackaging of Memory

After CreatiVets programs, veterans will have tangible pieces of art that they can incorporate into their transition and recovery. For example, participants of our songwriting program were asked in the post-surveys how they felt about their completed song.

The songwriting process clearly had a strong, positive impact on participants, with all agreeing they experience positive feelings when they listen to their song, 94% percent of those strongly agreeing. They also all agreed that they like sharing their song with others, with 67% strongly agreeing.

Net Promoter Score (NPS)

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Most veterans are referred to our programs by their fellow veterans. The program had an NPS of 100 – the best score a program can receive, will all saying they would recommend the CreatiVets program.

“Thinking like an artist”

The core objective of every CreatiVets program is not about creating art or songs; it is about teaching veterans how to incorporate art and music into their lives to improve their health, wellness, and quality of life. In fact, over 90% of program participants have little or no experience with music and art before they start a CreatiVets program. Scientific research has shown, our minds seem built to enjoy and analyze art deeply, and creating it, no matter your skill level, is good for you. ²

“A voice without saying a word”

CreatiVets programs provide a non-threatening way into mental health treatment for veterans, who are often resistant to traditional forms of therapy. By creating music or art, veterans can share their experiences through a song or a piece of art. Only 10% report they agree that they feel comfortable talking about their military experiences outside of their immediate family. While participants report that they are uncomfortable speaking to people about their military experience, 100% say that they strongly agree that they are comfortable sharing their songs or artwork.

Comments and Suggestions

At the end of the survey we asked participants if they had any comments or suggestions, below were some of the responses:

- “This program was such a great opportunity for me. Being able to shed light on my experiences in a new light was eye opening”
- “This program has and will continue to change lives for the better. It needs to be expanded to impact more lives.”
- “Thank you for this opportunity, you will never understand the joy and peace having my song gives me. I played it to family members and friends and it’s like they finally got it. Their reaction was not what I’d expected, it was love. So thank you”
- “The whole experience was amazing. It was a very unique experience.”


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• “This was truly a great experience with wonderful facilitators and mentors. I enjoyed the small group that participated and I didn't feel uncomfortable to share my experience with songwriters.”

• “I absolutely loved the CreatiVets experience let me open up a new chapter in my life and is making it easier to talk to my family.”

• “Initially I didn’t want to share my song with anyone outside my closest family and friends. I shared it with my veteran friends and they pushed me to share it. I'm glad I did. I recommend CreatiVets to every veteran I know. I've shared my experience with my group, my providers and the members of my veteran groups. What you did for me is beyond words. I went through this exactly when I needed to. So thankful.”

• “I can say I mentally released pounds of mental pressure I have been holding for a while. With my cognitive growth the music therapy was great for me, my family has noticed the positive impact as well. Thank You to all involved.”

• “Don't change anything! My new playlist is CreatiVets songs! So powerful, a great way for vets to communicate to other vets.”

• “Was a great experience”

• “This was one of the best experiences I have ever had as a vet. I was able to let go and talk to strangers about how I feel and why I feel the way I do for the first time. Thank you for having me.”

• “Amazing program, a lot of growth and expanding that window of tolerance. Thank you so much for the opportunity to be a part of it!”

Contact

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