

Post-COVID Social Health Crisis Recovery

RFP for Coronavirus State and Local Fiscal Recovery Funds

SeekHealing

Jennifer Nicolaisen
204 Michigan Ave
Asheville
Asheville, NC 28806

jmnicolaisen@gmail.com
O: 8285470222

Jennifer Nicolaisen

204 Michigan Ave
Asheville
Asheville, NC 28806

jennifer@seekhealing.org
O: 7037314421

Application Form

Question Group

Buncombe County requests proposals for projects to help the community recover from and respond to COVID-19 and its negative economic impacts.

Buncombe County has been awarded \$50,733,290 in Coronavirus State and Local Fiscal Recovery Funds (Recovery Funding), as part of the American Rescue Plan Act. This infusion of federal resources is intended to help turn the tide on the pandemic, address its economic fallout, and lay the foundation for a strong and equitable recovery.

Buncombe County is committed to investing these funds in projects that:

- Align to county strategic plan and community priorities
- Support equitable outcomes for most impacted populations
- Leverage and align with other governmental funding sources
- Make best use of this one-time infusion of resources
- Have a lasting impact

Proposals shall be submitted in accordance with the terms and conditions of this RFP and any addenda issued hereto.

[Click here for the full terms and conditions of the RFP](#)

Coronavirus State and Local Fiscal Recovery Funds*

Name of Project.

Post-COVID Social Health Crisis Recovery

Amount of Funds Requested*

\$80,421.00

Recovery Fund Eligible Category*

Please select one:

Enhance behavioral and mental health services

Brief Project Description*

Provide a short summary of your proposed project.

SeekHealing requests funds to increase accessibility of social health services to individuals and communities hardest-hit by the pandemic and social isolation from quarantine measures. These services offer experiential learning about healthy communication and connect community members with each other in order to minimize the factors of loneliness that exacerbate mental health and substance use disorders (SUD).

With this project, we will fund several one-time or COVID-19 related programming costs to raise public awareness and improve social health for those most at-risk or impacted by the pandemic. We will: 1) purchase a passenger van to aid participant transportation needs, 2) update our brand, website, and expand outreach strategies to support an anti-loneliness and SUD resource awareness campaign in partnership with DHT and VAYA, 3) subsidize access to holistic wellness services to 100 low-income, high-risk individuals, 4) cover facilitation costs for 200 online support meetings.

Project Plan*

Explain how the project will be structured and implemented, including timeframe.

This project will be 3 Phases starting September 2021 and completed by the end of December 2022. During Phase 1 rebranding and website design will begin in partnership with Purpose Craft, a marketing agency that works with non-profit organizations. Rebranding includes discovery workshop, logo concept designs, feedback sessions and edits, and finalized image assets; website redesign includes market research, sitemap design, content upload, and long term website updating capacity through a back-end content management. In Phase 1 the passenger van will be purchased; with research, test drives, and mechanical inspection of available vehicles conducted before acquisition. 2 current staff members will receive orientation and training, and be placed on the vehicular insurance policy. Estimated completion time for Phase 1 is November, with mobility services offered 4 days a week to residents for transportation to and from in-person gatherings and special events. In Phase 2 beginning in September, our anti-loneliness and SUD resource outreach campaign will commence in conjunction with Dogwood Health Trust and VAYA Health. Objectives include: direct mail campaign to the 10 Housing Authority of the City of Asheville (HACA) residential projects and surrounding neighborhoods; PSA campaign with local TV and radio stations; paid social media advertising with audits to ensure efficacy; and billboard rental for 3 months. These campaigns will highlight our emotional support phone system (LL), anonymous text-to-subscribe alerts (OSA) regarding overdose spikes and contaminated drug supplies from authorized stakeholders, our Peer Support Specialist CEU-certified seminar series (LT), and other social health services offered by SeekHealing. Through this funding, the HACA projects and surrounding neighborhoods will receive 3 pieces of collateral via USPS highlighting program services over the following 6 months. SeekHealing outreach staff will connect with site managers of HACA projects and partnered mental health service organizations to provide printed collateral in community resource spaces on premise, resupplying as needed for 12 months. Phase 3, beginning December 2021, will constitute a renewal of SeekHealing's online support meetings and increased engagement of holistic wellness services (EC) within disadvantaged communities. Meetings are held 5 days a week via Zoom, with funds covering personnel costs for professional facilitation for approximately 10 months of online meetings. Meanwhile, 100 eligible clients who are at risk for experiencing a death of despair will be on-boarded into the EC program. Clients receive an assessment and guidance from staff to aid in choosing which service best fits their needs and recovery goals; with participants receiving at least 1 subsidized access voucher to holistic wellness services for acupuncture, massage, EMDR psychotherapy, herbal medicine support, or other wellness services offered through established local providers.

Statement of Need*

Describe the need that this project will address. Include data to demonstrate the need, and cite the source of the data.

According to the 2018 Buncombe County Community Health Assessment (CHA), "People with greater social support, less isolation, and greater interpersonal trust live longer and healthier lives than those who are socially isolated." As a social health organization, SeekHealing provides experiences of human connection and community that address these interpersonal needs within the greater context of the mental health ecosystem. The CHA also identifies substance use, general mental health, and depression/anxiety/stress as the top 3 mental health conditions critical to address; with People of Color and Those living in Poverty as segments of the population suffering most. Racialized communities overwhelmingly populate subsidized

public housing with more than 71% of HACA project residents identifying as African Americans according to Gillooly 2011 The State of Black Asheville: Housing Report. For that reason, this project will focus on addressing these populations. The Buncombe County Strategic Plan 2020-2025 further illustrates the need to support those at risk for opioid overdose, specifically: “North Carolina has been significantly impacted by the opioid epidemic. In 2017, the state had a rate of 19.8 opioid overdose deaths per 100,000 persons. This is 5.2 deaths per 100,000 persons higher than the national average. Buncombe County is no exception with an opioid overdose death rate almost twice that of North Carolina.” This project seeks to fulfill stated Strategic Plan objectives to “increase prevention and treatment programs and equip County professionals and partners with appropriate and adequate tools and training.” Finally, “nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent)” according to the Cigna 2018 U.S. Loneliness Index [which utilized the UCLA Loneliness Scale]; Buncombe County is no exception to this need for mitigating loneliness through clinically informed community engagement systems.

Link to COVID-19*

Identify a health or economic harm resulting from or exacerbated by the public health emergency, describe the nature and extent of that harm, and explain how the use of this funding would address such harm.

The public health isolation protocols implemented to slow the spread of COVID-19 have devastated communities near and far, both economically and psychosocially. When lockdowns prevented safe in-person gatherings, individuals turned to digital realms for human engagement often finding interactions devoid of meaningful connection. Those without access to digital solutions to address their unmet need for connection became more and more isolated. SeekHealing’s online support meetings create a facilitated, trauma-informed space that meets people’s needs for healthy social interactions as defined by the Relational Cultural Theory for social health. By offering more genuine online support meetings that use techniques to maximize interpersonal connection, SeekHealing solidifies access to those psychosocially impaired by effects of the pandemic. This project will further support an updated, more easily navigable website to effectively promote the LL as a critical resource to those experiencing loneliness, a lack of human connection, an unstable home environment or loss of employment as a result of COVID-19, and/or to those struggling with substance use. With little to no promotion, SeekHealing’s LL and partner organization Sunrise’s Warm Line already receive close to 1,000 calls per month, some lasting as long as 5 hours. Furthermore, purchase of a passenger van will increase access to healthy social engagement experiences for those without transportation or access to digital solutions, and the free holistic wellness services will provide a crucial, more accessible wellness support to those with high mental health risks who cannot or do not otherwise access traditional medical health services. Finally, the outreach campaigns and subsidized access to holistic wellness services will target BIPOC populations, low-income residents, and those struggling with substance use disorder; the population segments most negatively impacted by the social isolation effects of the pandemic.

Population Served*

Define the population to be served by this project, including volume and demographic characteristics of those served.

The HACA projects serve more than 1355 low-income individuals and family households, with approximately 6000 households total receiving collateral through the direct mail campaign. With an average of 2+ individuals per household we anticipate reaching between 8000 and 10000 adult-age residents with this direct mail campaign, more than 50% identifying as BIPOC and more than 80% identifying as low-income. The majority of these residents will be uninsured and suffer from other access disparities including transportation or financial solvency. We anticipate ~1,000,000 general public impressions made with the anti-loneliness and SUD resource marketing campaign. Participants engaging through online support meetings will include those without access to reliable/safe transportation, those who experience in-person social anxiety, and those who previously or actively identify with SUD with at least 300 residents utilizing this service. The mobility services offered will serve low-income individuals, those without access to reliable/safe

transportation, and individuals who need access to healthy social engagement structures with at least 200 participants utilizing this service during the project's 12 month scope averaging 4 persons served per trip. The 100 clients receiving access to holistic wellness services will consist of low-income and high risk individuals including those with a previous or ongoing bond with opiates, methamphetamine, or crack-cocaine; those having suffered from an overdose experience; or individuals who have recently gone through medical detox.

Results*

Describe the proposed impact of the project. List at least 3 performance measures that will be tracked and reported. If possible, include baselines and goals for each performance measure.

Quantitatively, this project aims to measurably decrease loneliness among ongoing program participants by at least 20% on the UCLA Loneliness Scale (Version 3). We also expect a 50% increase in average attendance of our online support meetings with a current baseline average (as of June 2020) of 8 participants per session, and a 50% increase in quarterly EC participation rates with a current baseline average of 7 receiving services. Additionally, we anticipate engaging at least 75 new participants who reside in the HACA projects, and believe 1000 county residents or more will receive SeekHealing services during the scope of this project. Qualitatively we aim to shift social perceptual stigma, and promote compassion and understanding regarding individuals who engage in drug use and the efficacy of harm reduction and holistic wellness services. We also aim to qualitatively decrease the burden on case management and crisis services in Buncombe County acting as a referral source for non-clinical psychosocial needs.

Evaluation*

Describe the data collection, analysis, and quality assurance measures you will use to assure ongoing, effective tracking of contract requirements and outcomes.

We will utilize the UCLA Loneliness Scale (Version 3) which uses a 4-point rating scale (1= never; 4= always), participants during onboarding will answer 20 questions, such as "How often do you feel left out?" and "How often do you feel part of a group of friends?". Staff will reverse-code these measurements (with higher values indicating increased feelings of loneliness) and average the results to create a baseline score among participants. After at least 3 program engagements, participants will be asked to complete the UCLA Loneliness Scale (Version 3) questionnaire again, with staff evaluating post-engagement averaged scores comparatively to onboarding initial scores. Volunteers completing LT will also measure qualitative outcomes in shifting stigma around drug use and harm reduction services through the statements (1) "What most people don't know about people who struggle with trauma or drug use is ..." or (2) "I believe that harm reduction is an effective approach for helping people who struggle with substance use because...". We will solicit testimonials from referral partners to show that (1) "My clients were more successful because they received community support in their recovery" and (2) "Our services became more efficient because we were able to redirect requests for non-clinical psychosocial services to SeekHealing." Individuals receiving holistic wellness services will provide testimonials that speak to the efficacy of their subsidized access in aiding their recovery goals. Client on-boarding includes registration to track residents address to correlate to HACA participation rates and our database includes a section to track EC client engagement as well.

Equity Impact*

How will this effort help build toward a just, equitable, and sustainable COVID-19 recovery? How are the root causes and/or disproportionate impacts of inequities addressed?

This project aims to engage with individuals who feel left out, unserved, or underserved by current mental health infrastructures and social networks. We must prioritize restorative measures to the

populations hardest hit by the pandemic to ensure that recovery from this global crisis creates a more equitable world than before. Our initiatives provide trauma-informed support services and social containers to those suffering from SUD, mental health episodes, and/or traumatic experiences that were exacerbated by quarantine measures. Our program models the practical implementation of Relational-Cultural Theory, which focuses on mutually-supportive and mutually-beneficial relationship building techniques to empower diversified participants. Our clients, and those targeted by this project, identify through a variety of dimensions including LGBTQ+, individuals previously homeless or incarcerated, those who previously or actively use drugs, racialized populations, and people looking for meaning and purpose in their lives. By cultivating a community structure that brings these populations together in service to themselves and others, our intentions are to reduce social stigma and disconnection which have perpetuated an “us vs. them” mentality exacerbated by COVID-19. Individuals with strong, healthy social relationships and the capacity to build and sustain them, benefit from the capital these community networks create for their members. Residents of public housing and surrounding communities suffer through access disparities which only increase the sense of despair that leads to anxiety/depression, SUD, and social isolation; thus impacting social determinants of health and basic needs including stable home environments, employment opportunities, food security, and healthy social engagement. Our programs connect people in the community who are willing and able to provide support with those who need to receive it: an essential part of global pandemic recovery.

Project Partners*

Identify any subcontractors you intend to use for the proposed scope of work. For each subcontractor listed, indicate:

- 1.) What products and/or services are to be supplied by that subcontractor and;
- 2.) What percentage of the overall scope of work that subcontractor will perform.

Also, list non-funded key partners critical to project.

Purpose Craft- Professional branding and website redesign agency. 9.5% of total project funds

Lauren Clark- Marketing consultant who is responsible for coordinating and implementing the anti-loneliness and SUD resource campaign. 24% of total project funds

Holistic Wellness Providers- People’s Acupuncture of Asheville (Acupuncture), Suzanne Pazandak (Shiatsu Massage), No Taste Like Home and Christina Bertelli (Herbal Medicine Support), Jake Klein (EMDR Psychotherapy), Luke White (Ayurvedic Medicine & Qigong), Daniel Kane (Sound Healing Meditation), Pivot Point (Wilderness Therapy) 9% of total project funds.

Sunrise Community for Recovery and Wellness- Partner for our LL operation. They are providing Peer Support Specialists to help staff the LL phone system and facilitate program access to communities of people who use drugs, those recently incarcerated, and those without stable housing

CARE Team and Recovery Community Collaborative- Harm reduction and recovery stakeholders provide input for our OSA phone system service.

VAYA Health- Catalyzing anti-loneliness and SUD resource outreach campaigns by funding material costs and consultant fees to highlight LL, LT, and OSA social health initiatives. Marketing will inspire public awareness of SeekHealing’s other programming resources by association. Funding will cover printed collateral costs to be used in direct mail campaign.

Dogwood Health Trust- Catalyzing anti-loneliness and SUD resource outreach campaigns by funding material costs to highlight LL, LT, and OSA social health initiatives. Marketing will inspire public awareness of SeekHealing’s other programming resources by association.

Capacity*

Describe the background, experience, and capabilities of your organization or department as it relates to capacity for delivering the proposed project and managing federal funds.

SeekHealing began offering services in 2018 and has since engaged with more than 2,000 unique participants. With programming guided by clinical health professionals, addiction specialists, social scientists, and community stakeholders; our mission is to inspire a culture that addresses systemic mental health disparities through the lens of social health. We aim to support human connection in our community by providing trauma-informed social services that address the root causes of loneliness, trauma, and addiction. Free-of-charge services include: clinically-grounded group support meetings, our LT educational seminar series, social check-ins and small acts of kindness, delivered home-cooked meals or Narcan, 1:1 participant pairings to practice healthy relationship building, subsidized access to holistic wellness services, and our LL and OSA telephone systems. Many of our programs rely upon and encourage community-driven engagement as opposed to services rendered becoming bottlenecked due to staffing shortages; in 2020 our organization logged over 1500 hours of volunteer engagement. Capacity-building in 2020 created 2 FTE positions and 5 part-time positions, supported by over 30 contracted facilitators and guided by a robust Board of Directors. Our ongoing partnership with VAYA Health demonstrates our capacity to manage federal funds and includes legal and accounting structures in place to support these types of partnerships. We also perform a quarterly review process that ensures continued tracking of program metrics for back-end reporting as part of our open data plan and public charity transparency goals, and to ensure quality assurance regarding this proposal's expectations.

Budget*

Provide a detailed project budget including all proposed project revenues and expenditures, including explanations and methodology. For all revenue sources, list the funder and denote whether funds are confirmed or pending. For project expenses, denote all capital vs. operating costs, and reflect which specific expenses are proposed to be funded with one-time Buncombe County Recovery Funds.

Download a copy of the budget form [HERE](#). Complete the form, and upload it using the button below.

Recovery-Funds-budget-template(1).xlsx

Special Considerations*

Provide any other information that might assist the County in its selection.

2020 SeekHealing Impact Report FINAL.pdf

During 2020, our organization saw a steep rise in service requests, with a 50% increase in participants receiving services compared to 2019 leading to capacity-building and expansion of programming. The COVID-19 pandemic has shaken up nearly every aspect of our society, but has also opened up collaborative efforts to address the area's mental health and addiction crises. We feel our values align with those embodied by Buncombe County government including respect, integrity, collaboration, honesty, and equity; and we actively engage with partners who integrate these character commitments to community excellence. Our organization works hand-in-hand with Sunrise Community for Recovery and Wellness on our LL system and other community organizing efforts, while the OSA system receives input from CARE Team stakeholders to raise public awareness regarding critical harm reduction information. We receive participant referrals from JFK ADATC, RHA C3356, Mission Hospital, and other area medical providers; and we collaborate with area harm reduction and recovery organizations including WNCAP (who we co-create our local Overdose Awareness Day with), Willow Place for Women, October Road Recovery, Oasis Recovery Center, Insight Women's Recovery Center and others. We also work closely with other social-focused and nature-centered entities such as Making Whole, where we hold our weekly socials which feature a home cooked meal and No Taste Like Home, who provides guided foraging tours into wilderness areas amongst other nature-connection services to our clients. We are dedicated and aligned to fulfill a post-COVID recovery that benefits individuals and communities alike who need support from each other most of all. Thank you for your time and attention reading through our proposal.

File Attachment Summary

Applicant File Uploads

- Recovery-Funds-budget-template(1).xlsx
- 2020 SeekHealing Impact Report FINAL.pdf

List expenses here			\$	-		
List expenses here			\$	-		
Total			\$	188,421.00		

SeekHealing

2020 Impact Report



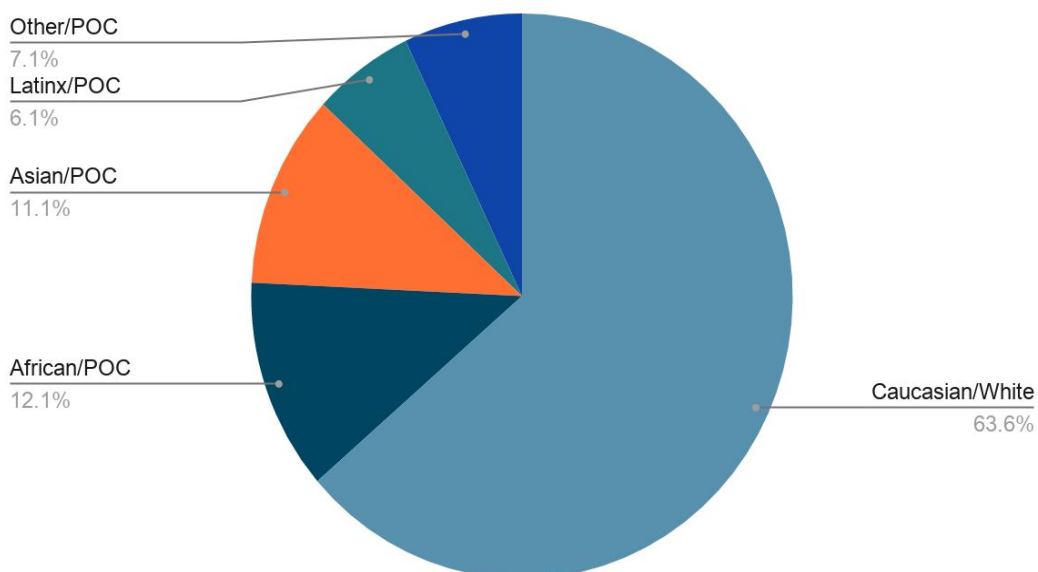
This document serves to impart the metrics, analytics, and highlights for SeekHealing, an Asheville, NC-based 501(c)3 working to reduce deaths of despair (drug overdoses and suicides) through social health initiatives and non-abstinence based recovery programming.

A challenging year for so many due to the COVID-19 pandemic, our organization pivoted to accommodate public health protocols, implemented strategic capacity building efforts, and hosted 2 online social health summits; all while continuing to offer our community engagement and holistic healing services free-of-charge to an ever expanding body of diverse participants.

By the numbers ...


- Over 425 facilitated program offerings (Connection Practice meetings, Art Therapy sessions, Sound Meditation, Listening Training, Outreach Programming events, and “Emotional Socials” serving a free meal) in 2020.
- Created and distributed over 250 self-care Herbal First Aid Kits through community partners including WNCAP, Haywood St. Congregation, and AHOPE.
- Received and responded to over 700 calls and hundreds of text messages on the Listening Line.
- Provided over 300 meals to members in our community.
- Logged nearly 1500 hours of volunteer engagement.
- Since program inception in 2018, over 1100 individuals have received services, with nearly 500 active [received services in the last 12 months] during 2020.
- Annual growth (both financials and participants) since program inception has been at least 50% each year.
- Data show receptivity across all demographics with 36% of total participants identifying as POC: especially important given historical barriers to traditional recovery models among People of Color.

Participant Demographics (1124 individuals served since 2018)



In the spotlight ...

- Thanks to support from external agencies this year, we were able to launch responsive COVID programming including **herbal first aid** to people who use drugs as well as a no-contact Listening Line. As one of our guiding principles is harm reduction and provision of social & holistic health services to all people whether they use drugs or not, one of our program projects was offering much-needed herbal support to people who were experiencing extreme stress and anxiety related to housing instability and/or unexpected drug shortages during the pandemic.
- With the shift to online gatherings for safe, large audience capacity and extending outreach; we showcased our programming and partnerships with two social health

One Big Table
Dec. 4-6, 2020
 An online festival fundraiser accelerating human connection for healing trauma and addiction.
Featuring

Dr. Gabor Maté

conferences: **We Are The Medicine** in June, and **One Big Table** in December, which featured SeekHealing's Advisory Council members including Dr. Gabor Maté and other renowned presenters. These 2 events helped us raise nearly \$20,000 and solidified our capabilities to disseminate high-quality content for shifting public perception and stigma around trauma, addiction & harm reduction.

- We successfully re-started the **Extra Care Program** which is designed to create an immersive experience of healthy relationship and human connection after detox and/or treatment, as well as provide free access to holistic health services. Since the launch in September, we have onboarded 7 participants into this 6-month long IOP of non-prescriptive harm reduction, intentional self-discovery, recovery, and healing. Results from our Extra Care pilot program in 2018-19 showed an astounding 86% success rate (where participants followed their self-directed recovery intentions [60% abstinence/40% abstain from drug of choice] for at least 6-12 months, even with 33% experiencing lapse of use during enrollment).
- We activated the **Listening Line**: a non-crisis emotional support phone service (call or text 828-547-0222) for anyone in the community at-large to reach out to for human connection. Staffed by our dedicated volunteers, all of whom have

completed the Listening Training series, this community resource has fielded over 1000 responses (calls/texts) since starting in August.



- The creation of our core staff positions this year (Community Engagement Lead, Outreach Coordinator, Extra Care Program Manager, and Fundraising Coordinator) has significantly **increased our capacity for programming** and allowed the Executive Director to focus on content creation and strategic development for sustainable expansion.

Gratitude from the community ...

- *“SeekHealing came into my life when I desperately needed connection and a sense of family. I have been involved with SeekHealing ever since and couldn't imagine my life without it now. I've never felt more supported, more connected, and more importantly - NOT JUDGED. It truly SAVED my life as a former heroin IV user and I am forever grateful.” -Shawn S.*
- *“Seek Healing is a place where I can let my guard down, be totally raw and vulnerable and feel safe at the same time. I am encouraged to come as I am, meaning if I am angry, lonely, heartbroken, gitty or any other emotion I am welcomed. I have never felt judged or pitied. I continually discover new things about myself by the curious questions the other Seekers ask.” -Mike E.*



- *“I stumbled upon SeekHealing by happenstance one fateful day a couple years ago and I had no idea what I had found. Although I didn’t have any addictions, I did have depression. It was during a weekend long Listening Training that I found the missing piece to my life: Authentic Connection Practice- a practice that comes from a non-judgement, guilt/shame-free perspective that allows individuals to talk about ANYTHING in a safe container without the fear of it all. They are a flagship of transformative recovery!” -William M.*
- *“SeekHealing has expanded not only my sober community but my mind & heart. It is refreshing to find a workable program outside of the same old, tired 12-step programs which, while I’m glad exist, are too limiting for my [recovery] style.” - Paul B.*
- *“Calling SeekHealing a nonprofit or a charity prevents one from knowing the joy, the movement, the revolution that is SeekHealing. The culture of care and compassion is not limited to a mantra or a mission statement. The leadership team at SeekHealing mean what they say, say what they mean, and live their lives authentically and open-heartedly. They promote accountability but not at the cost of autonomy. They promote encouragement and growth, even if it might be uncomfortable and awkward at first. They’re an organization worth interacting with on all levels: as a volunteer, as a participant, as a donor, and as a curious member of the public.” -Sri K.*
- *“I have attended rehab nine times. All the months I spent in rehab, everything I learned, does not compare with how valuable one weekend with SeekHealing was for me.” - Farrell G.*



A bright and connected future awaits ...

Although the fear and uncertainty of a modern plague has shaken and sheared the very fabric of society this year, our community continues to grow and lean in to each other for exactly the kind of physical and emotional support needed to overcome the challenges of isolation. We are committed to providing the social foundations that catalyze meaningful relationships and create resiliency within individuals and communities alike. Looking ahead we are determined to continue paving the path for all humans to experience healing through the ineffable power of human connection in the following ways:

- **Listening Training 2.0** will be coming online early 2021. This new course has been developed in partnership with Sara Ness of Authentic Revolution, and will be the deepest dive yet into the frameworks and techniques of relational understanding and practical social engagement. The training is designed to empower individuals in local communities to become facilitators for connection and belonging in their neighborhoods, workplaces, and networks at-large.
- **Racial equity and inclusion** are paramount to reducing the disparities experienced by People of Color in access to recovery and support services. SeekHealing has launched a strategic effort for racial equity in our programming as well as our staff demographics. Most Americans, and disproportionately People of Color, do not have adequate access to quality mental health support services. We openly acknowledge that we are an active part of an unacceptable situation, and we are committed to the fight against systemic racism in this community and

with our neighbors. To this end, we are shifting some of our funding and programming priorities to 1) actively engage more People of Color in SeekHealing programs, as well as 2) build relationships with individuals in local Communities of Color who may benefit from funded training to become certified facilitators.

- **Program expansion into Haywood County** beginning with outreach meetings and Listening Training in the local detention center. Lack of effective prosocial skills has been proven to be one of the primary reasons for unsuccessful re-entry following release. Our Listening Training series is an interactive course to learn the foundations of social connection: how to better listen to yourself, and others. Partnering with Realness Project out of Boulder, CO we will also be offering relational skills workbooks as a tool for rehabilitation to those who remain incarcerated.
- **Continued and evolving collaborations** between individuals and community partners are the backbone of what makes our program work. We invite and encourage anyone wanting to participate in our vision of nonhierarchical engagement and alternative healing modalities, to reach out and join us as we heal ourselves and each other. *Together, we will!*



50 S. French Broad Ave. #300 Asheville, NC 28801
www.SeekHealing.org

