

# **Innovative Strategies for Patient Centered Care: Supporting Wellness**

**May 6th, 3:30-4:30pm**



# *Presenters*



**SAMANTHA DUNGCA**  
Summit Healing Arts



**DINA GONSALVES-PEREZ**  
The Phoenix Gym



# *Session Objectives*

- 1** Identify at least 2 wellness offerings, such as yoga and exercise, that can be integrated into treatment options at their OTP.
  - 2** Identify at least one wellness organization with which OTP can partner to expand patient options for group activities.
  - 3** Implement at least one new partnership to improve patient care and treatment engagement in their OTP.
- 



**Has your OTP ever offered a wellness activity (like yoga, exercise, mindfulness, or art) as part of treatment options? *(Select one)***

- Yes, we currently offer wellness activities
- We have in the past, but not currently
- No, but we are interested in doing so
- No, and we're not sure if it's feasible for us

# Summit Healing Arts

The vision is to have inclusive & innovative communities that feel empowered to use healing arts to support a better holistic lifestyle.



**SUMMIT**

Our purpose is to open new pathways for healing practices and self awareness to revitalize the approach toward recovery while building a safe & trustworthy community.

# Our Story



## Samantha Dungca, CEO & Founder

- Yoga teacher by trade - 550 RYT Certified
- Trauma-informed wellness practitioner & energy worker
- 6 years teaching yoga - 10 years coaching experience
- Current Owner of Soulflower Retreats (previously known as Soulflower Yoga and Wellness)
- 2 years teaching in addiction recovery
- Inspired by the overwhelming response from clients, I created a more indepth curriculum and was invited to teach in more clinics.
- Today, we service 7 clinics in Northeastern, MA and in the process of onboarding more.
- We are a small group of top notch teachers who bring a unique value to the curriculum.



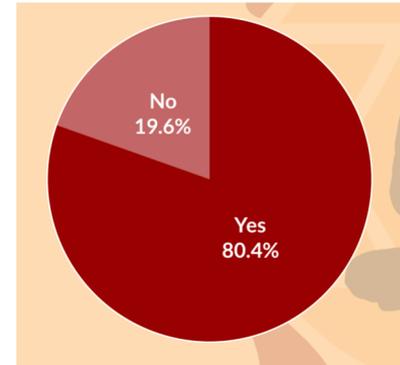
# Importance of Holistic Health

## Mind, Body, Spirit

Holistic health practices address the oneness of mind, body, & spirit which promotes overall wellbeing & quality of life. The focus is on the individual's needs for whole "being" healing.

**Healing looks different for everyone!**

80.4% of all participants said "YES" when asked if yoga contributed to their healing.



(yoganatomy.com, 2017)

# ***Gaps in Holistic Care***



- Accessibility & Support Systems
- Integrating the Services
- Culture (remove the taboos)
- Education & Awareness
- Consistency (staying committed)



# ***Holistic Health in Clinical Care***



## **Research & Evidence**

When preventative holistic health practices are combined with conventional medicine, the outcomes of treatment can be greatly improved with increased patient satisfaction.

- Addresses physical, emotional, mental, & social factors contributing to addiction
- Helps create a more rounded treatment strategy with greater success
- Reduces stress, anxiety, and tension that can be triggering
- Supports healing the root of our traumas
- Empowers individuals by promoting self care & personal growth consistently



# Enhanced Services for Holistic Care



Summit offers enhanced services to new & existing support groups with a qualified teacher and flexible wellness-based curriculum.



**Yoga** (movement & philosophy), **Mindfulness**, **Sound Healing Meditations**



**Mindful Art Classes** - incorporating artists, techniques, time periods, relatability, art journaling, crafting, exploring individual creativity, community service, team work, astrology, meditation, plants, herbs, oils, crystals... Art is Everywhere.



**Community Gardening** - working with the Earth is a highly effective grounding practice. We explore planning, planting, nurturing, growing, and harvesting all together as a group.

# Big Goals



- To make programs like these MORE accessible to MORE people!
- To create ways for clinicians to begin to learn these techniques and implement them regularly.
- To create a yoga certification course for clients who show commitment.
- To create a grant program for clients who are doing well in recovery and the groups to go on short, local wellness retreats for deeper healing.



**Summit is currently servicing 7 clinics in Eastern, Ma and growing:  
Boston, Fitchburg, Lawrence, Lowell,  
Lynn, Taunton, & Yarmouth.**

# Partnership with OTPS



## Benefits of Partnering with Summit Healing Arts

- Enhanced Recovery Services
- Compliments Other Support
- Personalized Guidance
- Community Building
- Long Term Support
- Stress Free Transitions

## How to Partner

- **Contact Samantha Dungca** to set up a consultation (through the website, email, or by calling).
- Discuss the options available to you & pick a group time.
- Enjoy the benefits of wellness and a renewed energy.

# ***Connect with Samantha!***



1-407-222-1382



Email: [samantha@summithealingarts.org](mailto:samantha@summithealingarts.org)



Website: [www.SummitHealingArts.org](http://www.SummitHealingArts.org)



*Thank You & Namaste*

# The Phoenix

Through hundreds of weekly sober events and activities, we're creating safe spaces for all individuals to connect, build friendships, find support, and have fun.



**THE PHOENIX**

**Fueling a movement that  
builds on the power of  
community and  
belonging to change how  
society approaches  
addiction and recovery.**

# A hypothesis of positive change, built on evidence...

If people impacted by addiction came together to do meaningful activities and support one another...

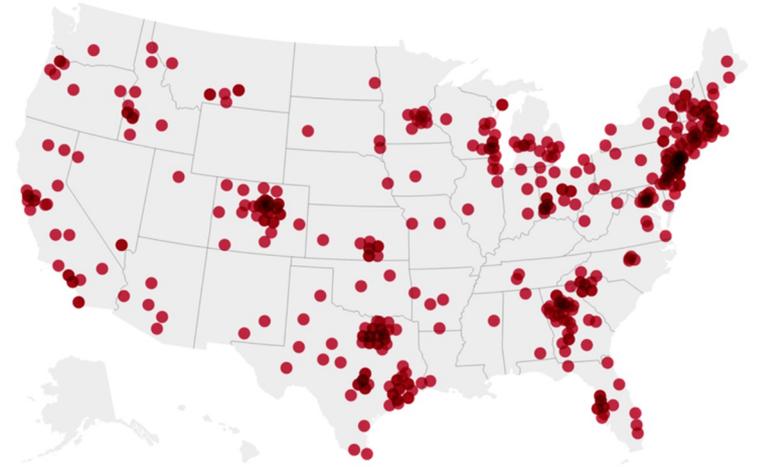
And if we ensured that the culture that defined the community was safe, supportive, inclusive, and accessible...

that members would sustain their recovery and their lives would be significantly improved.



# We find strength in numbers

Over **500,000** members to date.



**50**

US States, plus  
the UK and Canada

**150**

Prisons with  
Phoenix programming

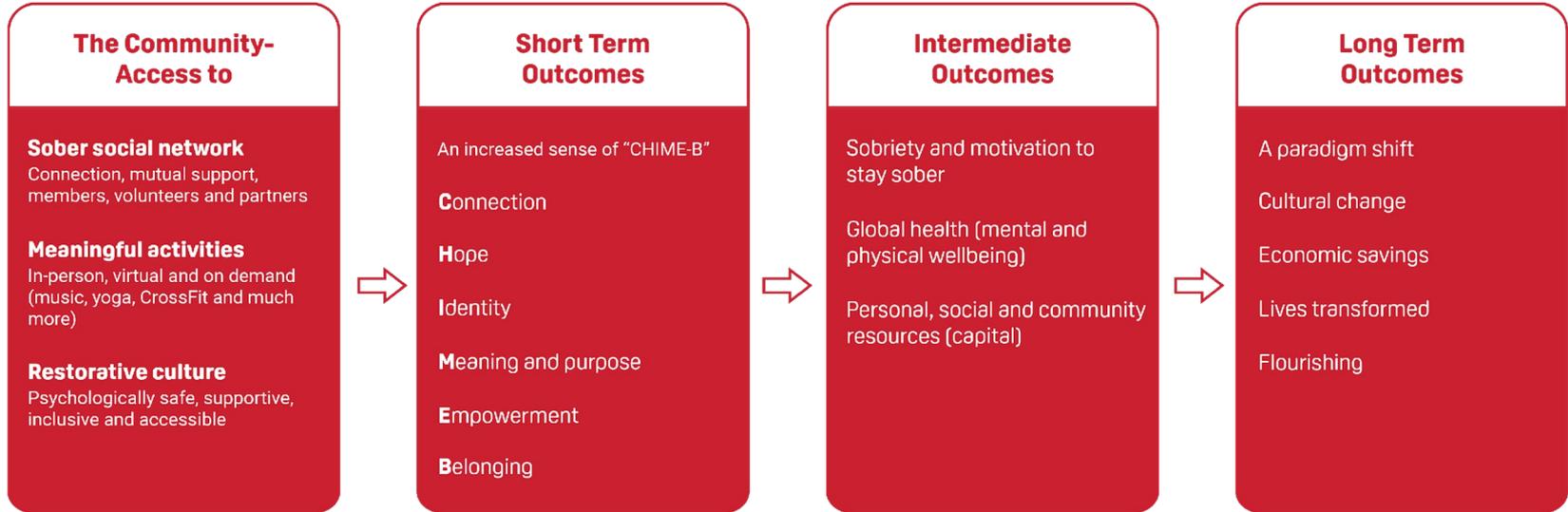
**1,500+**

Volunteers

**70+**

Virtual activities per week

# The Phoenix: Sober Active Community Model



# CHIME



An evidence-based framework known to support those in recovery from substance use, mental health, and individuals transitioning away from involvement in the criminal legal system.

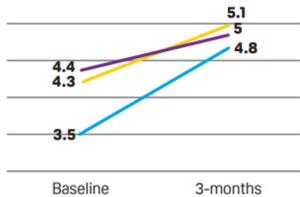
(Leamy et al., 2011)

# Individual Outcomes at 3-months: CHIME

## CONNECTEDNESS



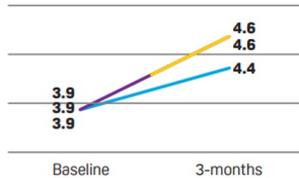
Mean scores at baseline and 3-months for **Connectedness** by recovery status



## HOPE



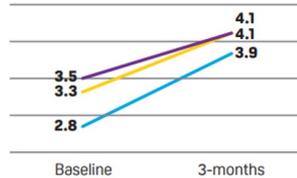
Mean scores at baseline and 3-months for **Hope** by recovery status



## IDENTITY



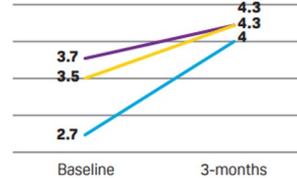
Mean scores at baseline and 3-months for **Identity** by recovery status



## MEANING IN LIFE



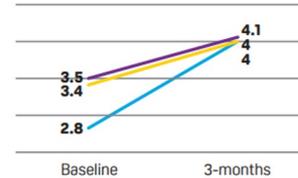
Mean scores at baseline and 3-months for **Meaning in Life** by recovery status



## EMPOWERMENT



Mean scores at baseline and 3-months for **Empowerment** by recovery status



— New to Recovery

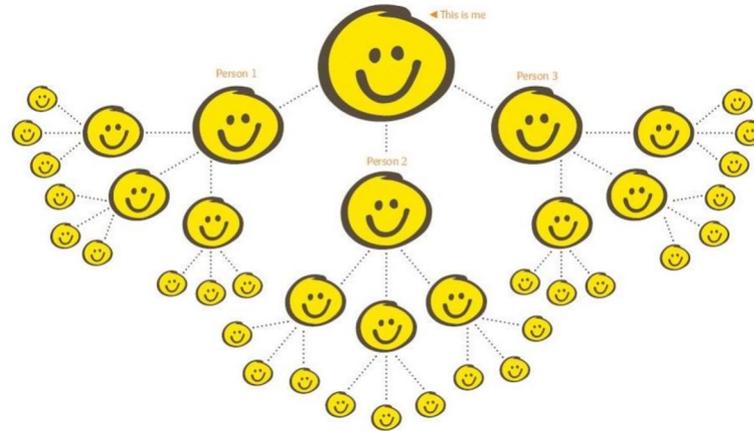
— In Long-Term Recovery

— Not in Recovery

# Building a Movement – Stronger together

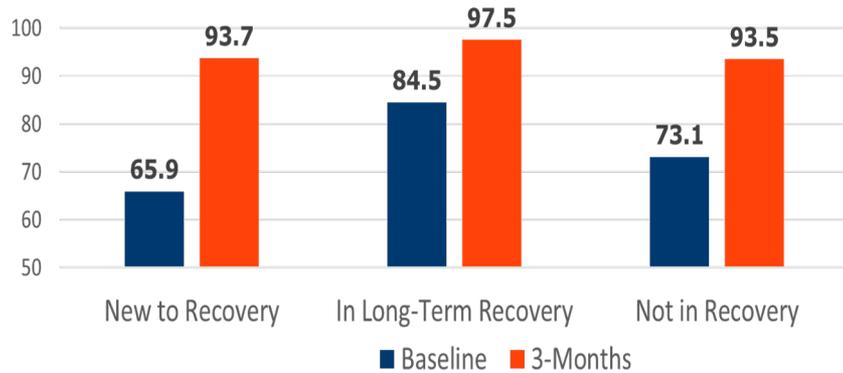
“Our epidemic of loneliness and isolation has been an underappreciated public health crisis that has harmed individual and societal health”.

(New Surgeon General, 2023)

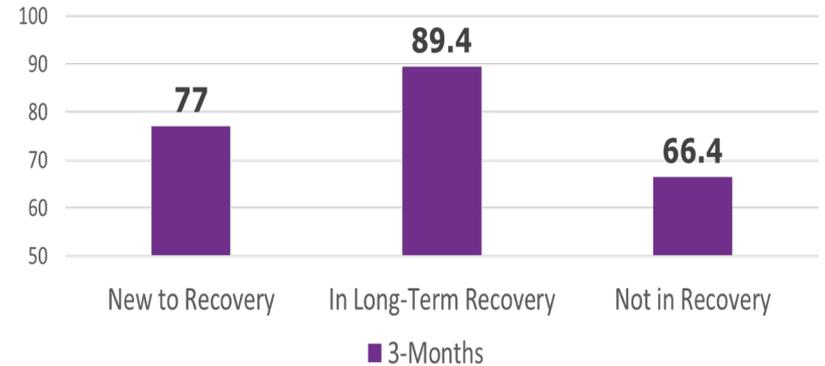


# Individual Outcomes at 3-months: Sobriety Motivation and Sobriety

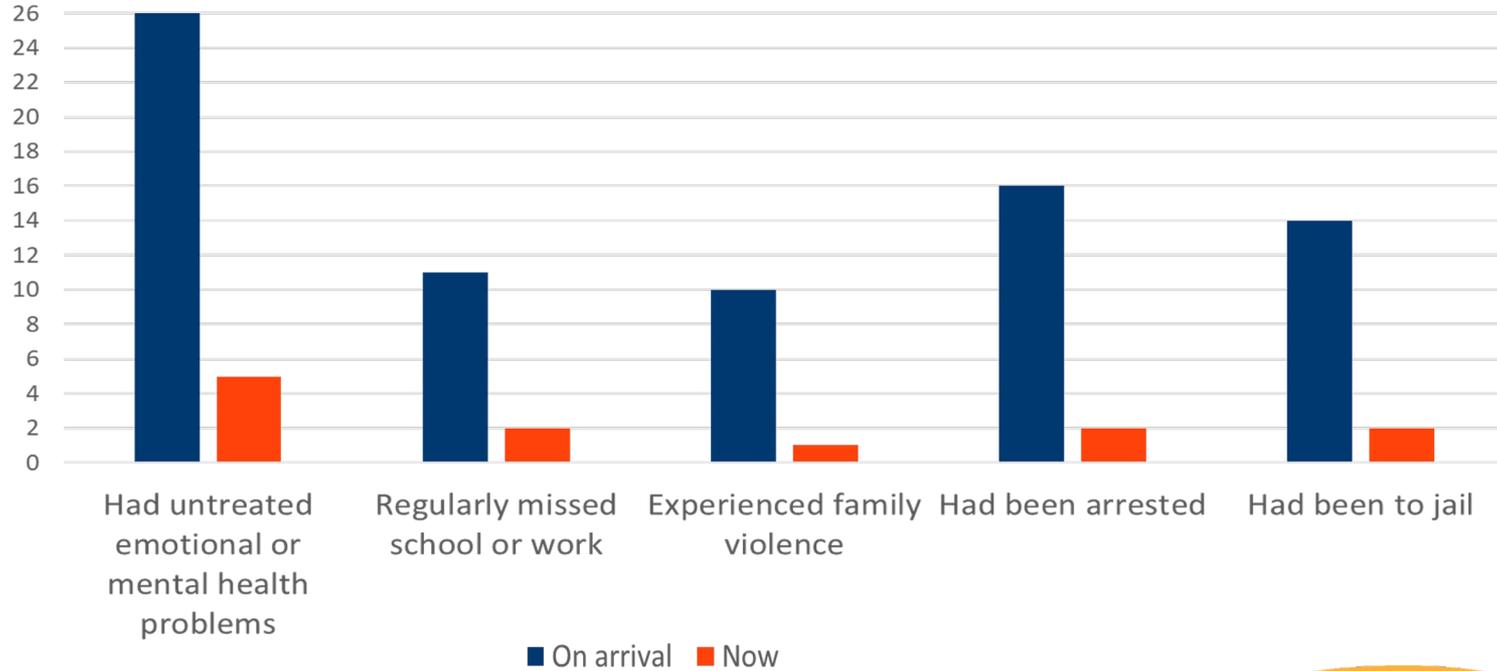
**Fig.1. Percent with good-to-excellent motivation to stay sober over time**



**Fig.2. Percent who maintained sobriety for 3-months by connection to the Phoenix**



# Examples of Other Key Changes



# Thank you!



# ***Connect with The Phoenix!***



<https://thephoenix.org/>



# ***That's a Wrap on Day 1!***

*See you back here next Tuesday, May 13th  
from 12-4:30pm for Day 2!*

