

**InnVision Report  
Three Principles Drop-In Group  
August – December 2002**

The Department of Alcohol and Drug Services (DADS), Health Realization Services Division (HRSD) entered into a Memorandum of Understanding with InnVision to provide 3 Principles-based Services to InnVision clients at the Julian Street Inn. The MOU for \$ provide for one 1-hour class per week to be taught by one instructor. InnVision paid \$50 per instructional hour. DADS subsidized the remaining \$15 per hour for a DADS HR certified instructor.

**Services**

Services began August 12. Walter Pedersen, the instructor, taught the one-hour class on Mondays from 11- 12. The class was voluntary but heavily supported and promoted by the InnVision staff. The class size ranged from a high of 19 to a low of 7. The average daily attendance for the class was 13. Given this population, we were pleased that the average class size was not larger.

Participants were all InnVision clients living at the Julian Street Inn who had dual diagnoses. A total of 123 clients participated in the program. The majority of the participants were male, 93 men and 30 women. While we did not do intake because this was a drop-in group, the group was ethnically very diverse including Caucasian, African-American, Hispanic, African, Pacific Islanders. Ages ranged from 18 to 55+.

The class would always start with introductions. As there was a high turnover rate, at every class the majority of the attendees were there for the first time. After introductions and check-in, Walter would provide a brief over view of the class for the new people. He then would take things presented at the check-in and procedure to use those issues to guide his teaching of the principles. It was often surprising how quickly the individuals in the group could grasp the concepts and principles.

**Service Levels**

This was a very transient class. The majority of the participants (73%) attended fewer than three classes. Only 8 attended 4 or more classes. The following tables breaks down the attendance levels for the class. The total number of classes provided was 20.

<b>Number of classes attended</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Number of Participants	90	16	9	2	2	1	0	1	1	1
Percent of Total Participants	73%	13%	7.3%	1.6%	1.6%	.8%	----	.8%	.8%	.8%

**Class Evaluations**

Participants normally evaluate the class upon completion of at least 8 sessions. Because of the transient nature of this class, few evaluations were completed. However, the instructor did get evaluations on his last day with the class. The following summarizes these evaluations. Fortunately, one of the participants who had been in the class at least eight sessions, was available to complete an evaluation. The comments

suggest that the participants learned more about HR than one might think given the short time in the class. We would say that this supports what is a basic assumption of Health Realization, that is, everyone has “innate health,” wisdom and common sense and the class only points them back to something they already know.

The following is a summary of the participants’ responses to questions regarding how this class helped them. Based on the class evaluation, it appears that the class was having a positive impact on the participants and that they were benefiting from it even after a very brief time in the program.

Number of responses: 12 participants were able to complete the evaluation

<b>Please rate the following statements: (1= “a little” and 5= “a lot”</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
The class helped me in my personal life	0	0	2	4	6
This class helped me in my relationships with other	0	0	1	6	5
This class will help me in my job	1	1	1	3	6
This class helped me to lower my stress level	0	1	0	3	8

- 83% reported “4 & 5” that this class helped them in their personal life
- 92% reported “4 & 5” that the class helped them in relationship with others
- 75% reported “4 & 5” that the class helped with their job. (perhaps because many did not have jobs)
- 92% reported “4 & 5” that the class help with stress level.

The following are some anecdotal comments from the participants. The comments also report what the participants learned in the classes.

Questions One: How was this class helpful to you personally?

- I have a mental disorder that I once thought that would effect the rest of my life cause of how sever they were effecting me. This class and certain prescription medications I take allow me to realize that the pictures in my head were not real. Also that I create them and caused myself to do the thing I should never have done. It has been very helpful to me cause I am able to take more control of my life.
- Once I understood, I was able to have more self-confidence.
- It helped me see that I am the creator of my own experience.
- It helped me to “see through the movie.”
- It helped me to see through the junk.
- To maintain myself
- I am able to understand my thought process
- It helps to learn more about consciousness and behavior, our life force which helps me to understand how to deal with life.

Question Two: How was this class helpful to you in your relationships with others?

- I used to think way too much and let past problems with others people effect the way I dealt with them. So I would get upset, even angry cause they would say things, little things that would make me want to attack or harm them very badly. Now I'm able to stop and think twice about my thoughts before I acted upon them.
- To look beyond myself and to respect others outlooks and feelings before becoming rational.
- It helped me gain insight on the positive energy we can all share.
- Knowing how the mind works as a whole
- Not to take things so personally

Question Three: How was this class helpful to you for your work life?

- When I go to work my thoughts would cause me to not work that positively cause of my issues with the past I would let effect me. So until I was able to see through my own BS, I would be fired or only work for a very short time. Now I don't have that much problems at work cause I would slow down my racing thoughts and pictures (movies) to be more productive.
- If I ever do decide to seek employment, it will remind me of the inner wisdom I will need in work relations.
- I have a choice of how I see things in this moment (that moment that day at work)
- Will help me to find work through Alliance Voc Rehabilitation
- Disabled but help in class talk.
- To keep train of thought.
- To be more understanding of myself and others

Question Four: Which concepts or ideas were most meaningful to you and why?

- The concepts about our life force, our consciousness and our thoughts and how they are related to our past, future and present moments that we create in our head.

They are like day dreams and night dreams that constantly are ongoing and effect us in my ways until we are able to use our inner light to see through the darkness.

- The idea that I'm a projector and when my light is bright things appear lighter.
- To understand how your mind works.

Other comments about the class that you would like to make.

- Things that we talk about are very meaningful. We usually cover a lot but since we get new people daily we always have to start over but that's good cause I would now remember all the thing instead of hear it and forget it a couple days later. So it's helpful.
- The idea of having a life force and how it relates to self control.
- I would like to come back again and have Walter teach.
- I like it and I want it to continue
- I would really like this class to continue here very much
- Knowing what's going on in my mind.