

## IMPACT OF THE DANCE+THERAPY PROGRAM ON YOUTH MENTAL HEALTH

"I had thoughts of committing suicide because of what I was going through, but when I joined the Dance+Therapy group, I got counselling, and I was supported by the other group members. I learnt that everyone has challenges but how you react is what makes you a victor in life."

–Flavia (not real name), a D+T group member

"The Dance+Therapy program has offered me the opportunity to nurture my leadership and mentorship skills. I used to fear speaking before a group, but now I am very confident and can address a crowd of people without fear. I am proud that I can give back to my community."

–Ojara (not real name), a peer D+T Leader.

"The Dance+Therapy program brought us together as a team, it taught us how to control and manage anger, it empowered members to cope with hard situations and choose positive coping mechanisms. We learned coping skills such as breathing techniques, Power Pose, and dance."

–President of 'Oryem Can' Dance+Therapy Group

## About THRIVEGulu

We believe that meaningful existence is more than mere survival.

We believe the invisible wounds of psychological trauma deserve healing. And we believe that functionality and productivity can only flourish when an individual and her community are more-than-surviving.



## CONNECT

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**#TogetherWeTHRIVE**

## YOUTH AND MENTAL HEALTH: DANCE+THERAPY





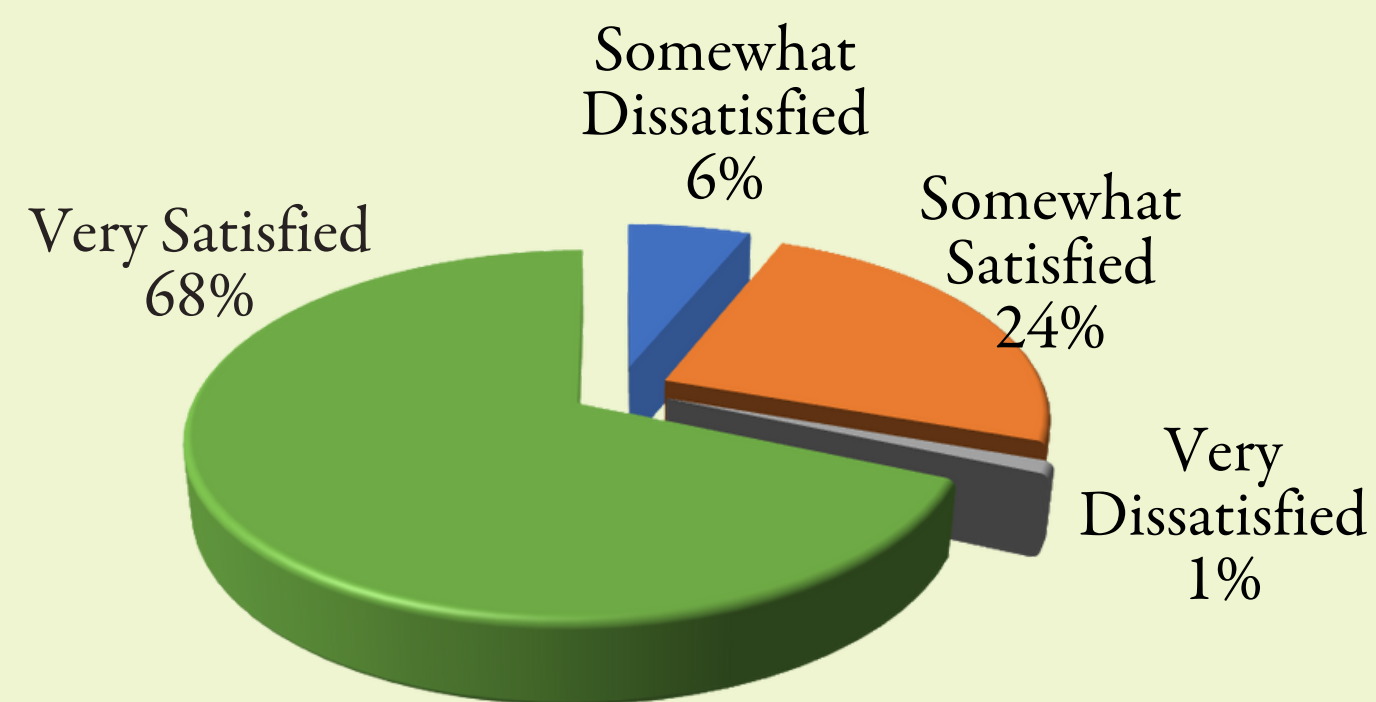
## Direct Beneficiaries

- The project directly benefited 11 Youth Group in Omoro district and Gulu City.
- The members constitute 149 (24 males, 125 females: 8 persons with disabilities).

## Overall Level of Satisfaction of the Youths with the Dance+Therapy Program

Overall, the client's level of satisfaction was measured against six variables: ease of access to sessions, staff relationship, confidentiality, appropriateness and relevance, length of support, and location of the sessions.

This therefore means that 92% of the Dance+Therapy members feel well pleased with the services they received from THRIVEGulu through the Dance+Therapy program. Below is a pie chart presentation of the findings.



## Finding on Depression among Youths

- Results of the project show that 94% of the youths were depressed at pre-assessment.
- After 12 weeks of Dance+Therapy intervention, post-assessment showed that 87% have fully recovered. The 13% continue to receive support from THRIVEGulu professional counselors.

## Findings on Post-Traumatic Stress Disorder among Youths

- Results of the project show that 81% of the youths presented with trauma at pre-assessment.
- After 12 weeks of Dance+Therapy intervention, post-assessment showed that 99% have fully recovered. The 1% continue to receive support from THRIVEGulu professional counselors.

## Findings on Anxiety among Youths

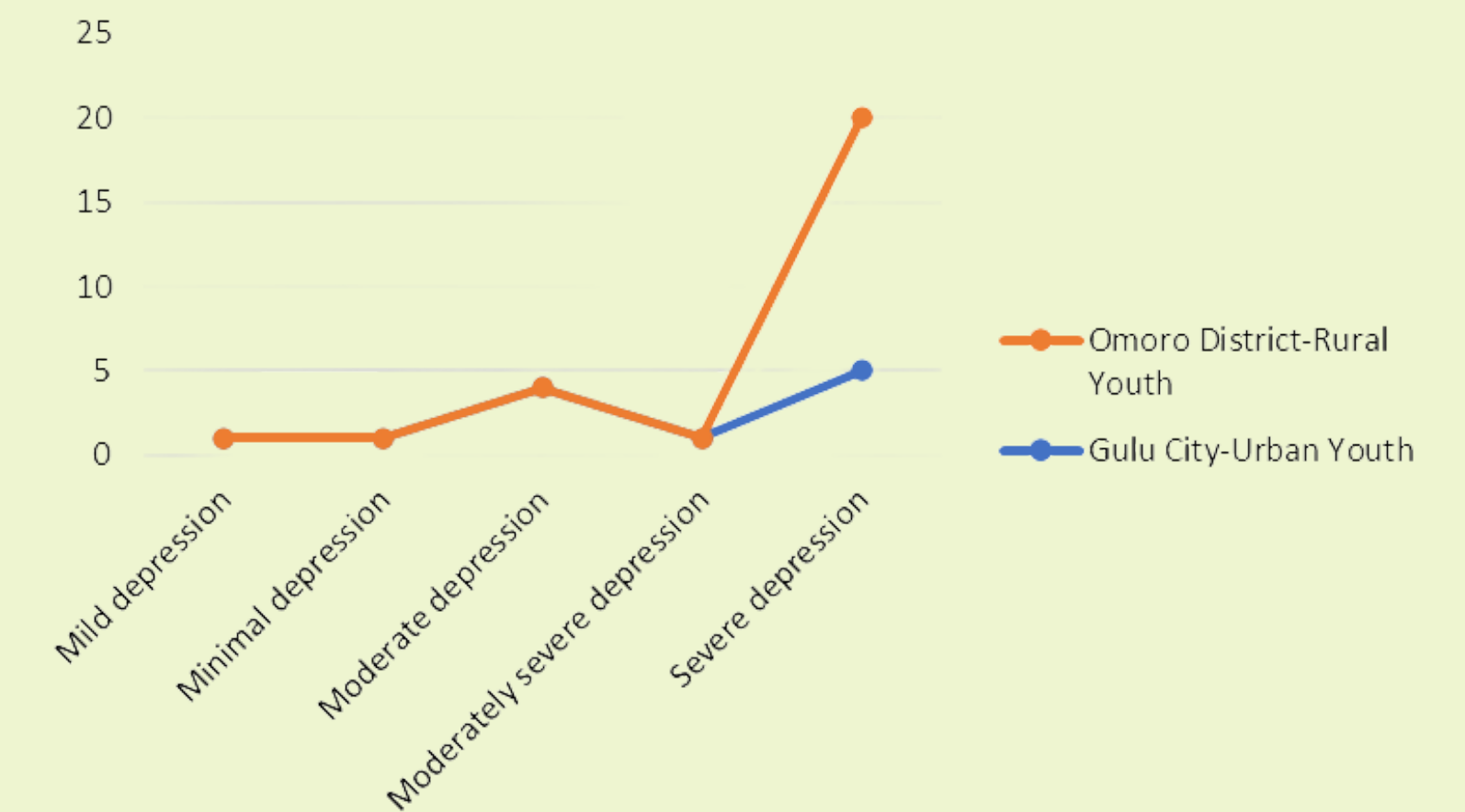
- Results of the project show that 95% of the youth presented with signs and symptoms of anxiety at pre-assessment.
- After 12 weeks of Dance+Therapy intervention, post-assessment showed that 86% have fully recovered. The 14% continue to receive support from THRIVEGulu professional counselors.

## Findings on Suicide among Youths

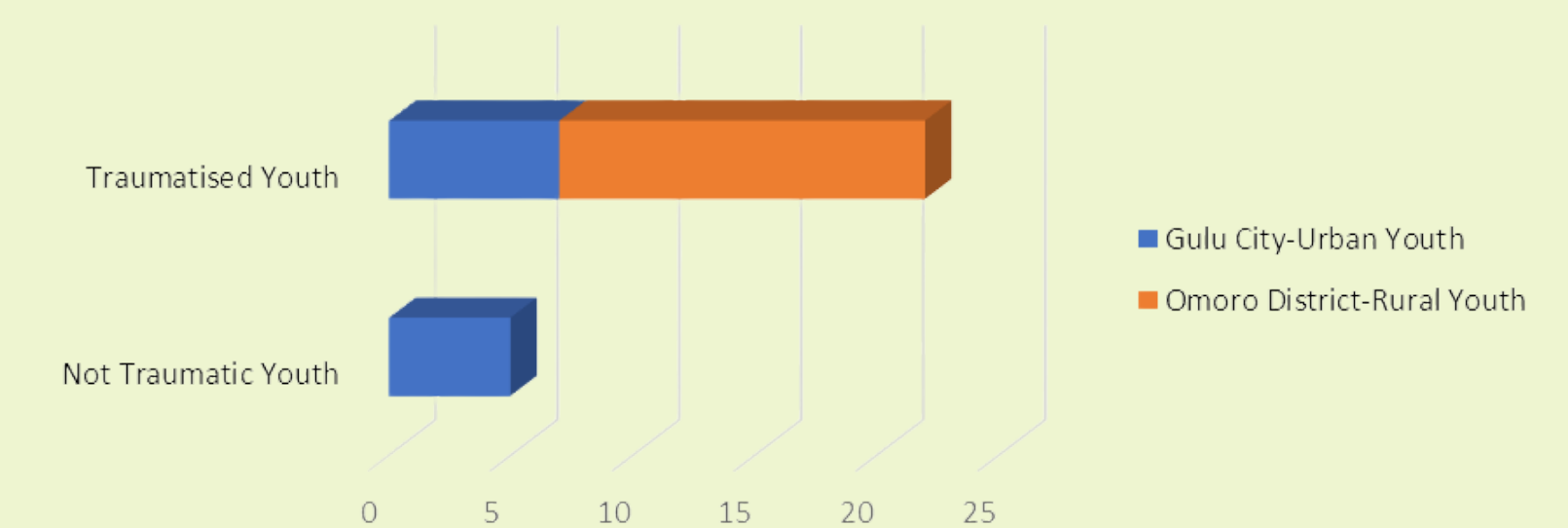
- Results of the project show that 6 youth members presented with suicidal thought at pre-assessment.
- After 12 weeks of Dance+Therapy intervention, post-assessment showed that 100% have fully recovered with no suicidal tendency.

## Case Study Findings: Urban vs. Rural Youths

### Depression:



### Post-Traumatic Stress Disorder:



### Anxiety:

