



FINDINGS OF TRAUMA TREATMENT SURVEY RELEASED BY RESILIENT RETREAT

Resilient Retreat today reported that surveyed participants in their treatment programs for those impacted by trauma and abuse over the past year had a 91 percent decrease in missed days of work due to stress, a 36 percent decrease in clinical depression, and over a 40 percent decrease in suicidal ideation.

Sarasota, Florida – January 26, 2021-- Sarasota non-profit Resilient Retreat today reported the results of a survey encompassing the efficacy of their innovative treatment programs for those impacted by trauma and abuse. Resilient Retreat services delivered over the past year to 69 surveyed participants resulted in a 91 percent decrease in missed days of work due to stress, a 36 percent reduction in experiencing clinical depression and over a 40 percent decrease in suicidal ideation.

Resilient Retreat was formed in 2018 and has been providing interdisciplinary workshops and training to victims of trauma since 2019. Over two hundred trauma victims, including survivors of abuse, sexual assault and domestic violence, first responders, and helping professionals such as teachers and nurses, have been treated free to date to heal their minds, bodies, and spirit.

The treatment survey was created and researched by Resilient Retreat founder and board chair Dr. Sidney Turner. 69 program participants completed the health and wellness survey before and after completing treatment. The majority of this group was composed of trauma survivors and helping professionals (some participants identified in both categories). Survey questions centered around stress, health, hope, coping, mental health, post-traumatic growth, mattering, and emotional regulation.

Despite much of this programming being delivered during the COVID-19 pandemic, which has been shown to have a negative impact on well-being and outcomes, surveyed participants reported the following positive results:

Increases in overall health, sleep quality, happiness, emotional clarity and in feelings of mattering to others, with decreases in missed days of work due to stress, depression, suicidal ideation and PTSD.

“Having the effectiveness, especially during such challenging times, of our programs proven out through this survey is extremely fulfilling,” said Resilient Retreat, Inc. Executive Director Lisa Intagliata. “We are grateful for the support that has allowed us to get to this point. We are urgently seeking to engender further support to expand our treatment bandwidth and help more victims of trauma. With more funding we will also be able to initiate the second phases of our neurofeedback and equine therapy programs. With the stress and strain the pandemic has brought, victims of abuse and trauma are experiencing heightened need for treatment and healing services. To help them, I welcome communicating with anyone interested in our mission.”

The full report is available upon request by contacting Resilient Retreat Executive Director Lisa Intagliata by email at lintagliata@resilientretreat.org or calling 941.343.0039.

In October, 2020 Resilient Retreat began construction on a new 84-acre retreat center at 13010 Fruitville Road, Sarasota, FL 34240. Upon completion in 2022 Resilient Retreat will be able to further expand its capabilities and capacity to offer healing services to the community, including modalities like neurofeedback, yoga, meditation, massage, time in nature, gardening and support groups as well as enhancing self-care skills through workshops on healthy cooking, journaling, and other beneficial activities. In addition to their day programs, once retreat construction is complete, peaceful multi-day retreats focused on healing the entire person will be added to provide participants with the necessary tools to not only survive after trauma, but to thrive.

For more information Resilient Retreat services, please visit www.ResilientRetreat.org or call 941.343.0039.

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