

The Phoenix Project

Rising From a Fallen Place

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SUPPORTIVE LIVING, INC

- Founded in 1991, Supportive Living Inc. is a non-profit organization that specializes in raising the quality of living for survivors of traumatic brain injuries. (Supportive Living, 2020)
- Following a car accident, 17-year-old Scott Stephens, son of Carol and Douglas, was left permanently injured and severely disabled. With lack of options for housing that weren't state hospitals, Supportive Living Inc. was established to offer a supportive environment for survivors of brain injuries that fosters the growth of lifelong self-help skills. (Supportive Living, 2020)

Services and Programs

- **Neuro-Fit: Assisted Exercise Classes:** Survivors of brain injuries can continue to repair and improve their cognitive abilities. Each class features aerobic elements to improve cardiovascular health and functional exercises are implemented to enhance strength and mobility (Supportive Living, 2020).
- **Horticulture Therapy Classes:** These classes are a form of therapy that offer opportunities for psychological growth. Helping reduce agitation levels and aggressive behaviors while increasing self-initiation of meaningful activities survivors of TBI's can grow in a natural setting (Supportive Living, 2020).
- **Residences:** Supportive Living manages four residential communities spanning across the eastern part of Massachusetts. With locations in Woburn, North Reading, Lexington, and Rockport; each location offers unique independent living conditions and support services (Supportive Living, 2020).

RELATED LITERATURE

- Depression is a common symptom of Traumatic Brain Injuries (TBI), whether it is immediate or shows signs 6-12 months after. Depression has often been shown to follow a TBI or an Acquired Brain Injury (ABI) (Kreutzer et al., 2001).
- Along with the self-development aspects of exercise, the social environment of exercising "participating in the program became a meaningful thing to do that supported positive self-perception." (Lorenz et al., 2017).

MATERIALS & METHODS

- Participants completed pre- and post-surveys at the beginning and at the end of the program.
- An online survey was administered to the participants by scanning a QR code from their phones and completing it on their own devices.
- Every session in the Neuro Fit classes consisted of exercises to help train upper body, lower body, core strength, and exercises to enhance balance and gait.

Exercise	Modifications	Date: 10/22	Date: 10/29	Date: 11/5	Date: 11/9	Date: 11/12	Date: 11/17	Date: 11/19
Upper Body Strength/Mobility								
Bicep Curls	12 lbs dumbbell	6x12	3x12	2x12	3x15			
Lateral Raises				3x10	3x10	3x15	3x15	
Shoulder Press		3x12						
Front Raises				3x10				
AB Tricep curls	2 Floor press				3x15	3x15	2x15	
Front raise	arnold press							
Lower Body Strength/Mobility								
Isometric Squeezes	Purple Ring	2x20		3x15	3x15	3x20	3x15	
Hip Abductions	Medium Resistance Band			3x15	3x15	3x15	3x15	
Glute Bridge		2x10						
Leg Raises								
Hanging Kicks		4x15				3x15		
Clam Shells							2x15	3x15
Core Strength/Stability								
Anti-rotation	4lbs black bar			3x30secs		3x15	2x30secs	
Sit Ups	thick blue mat	3x10	2x15		3x15	3x15	3x15	
Figure 8's								
Passion Twists	10lbs medicine ball							
Gait/Balance/Fall Prevention								
Weight Shifts		2x20	3x10					
Standing Marches				3x1min	3x1min	3x1min	3x1min	3x1min
Calf Raises						3x1min	2x1min	3x20
Catch								
Ankle Stretching	Aerobic Exercise	5min+	5min		Arm Bike			3min
Type:		5min	5min					
Level:		5min	5min					
Time:		app	app					
INTERN NAME:		KV	KV	AS	BB	AT	OB	AS
								AT

Above: A photo of a wellness program that has been created for one of the participants. Each column represents different sets and reps that vary according to their goals .

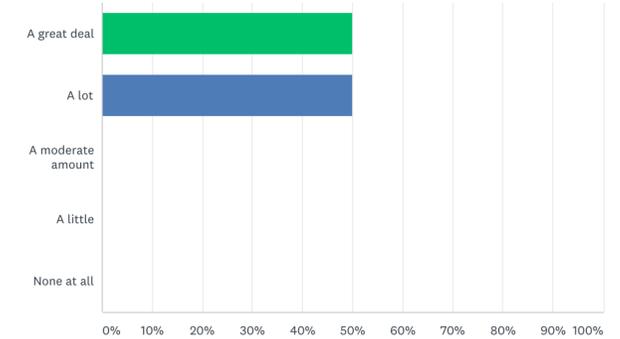
Below: Two photos of me with individuals in the Neuro-Fit wellness class



RESULTS

Overall, since your injury, do you feel happier since you've started exercising?

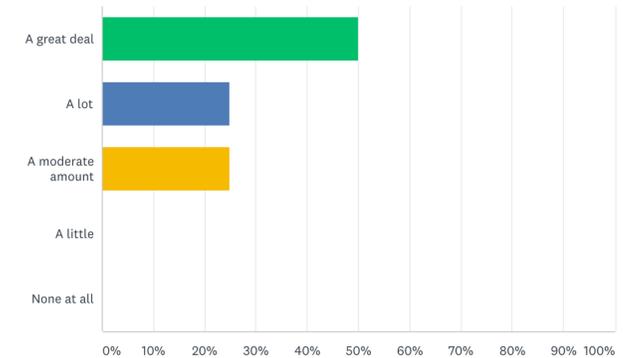
Answered: 4 Skipped: 0



Above: This chart displays the responses from participants (n = 4) who responded to the online survey, with half having a lot of improvement in their overall happiness (n = 2) and half having a great deal of improvement in their overall happiness (n = 2) .

Do you feel that exercise has had a positive effect on your mental health?

Answered: 4 Skipped: 0



Above: This chart demonstrates that, across the spectrum of participants ranging between men (n = 3) and women (n = 1) between the ages of 23 and 60 years old, admitted to exercising having a positive impact on their mental health.

CONCLUSIONS

- 50% of participants answered that exercising since their injury has had a positive effect on their mental health.
- While injury and goal selection had varied between the participants, those involved agreed they were in a better place mentally since they added consistent exercise to their daily lives.
- None of the participants felt mentally worse after adding exercise. This led me to conclude that there were no drawbacks (from a psychological perspective) to adding exercise into your life.