The Catalyst Initiative of the George Family Foundation: 3 Years of Impact

We empower individuals and communities throughout Minnesota to improve their health and wellbeing by adopting integrative health and healing (IHH) practices that reflect culturally meaningful ways to normalize healthy behaviors.

SINCE 2015, CATALYST HAS INVESTED IN...

- 18 convenings
- 1,067 participants
- 60 seed grants
- 49 mind body trainings
- 33 organizations

SEED GRANTEES CASE STUDIES

**MBM in Indian Country**

Supported multiple trainings to build mind body medicine (MBM) practices to heal historic trauma among American Indians.

- 11 attended fundamentals of MBM training
- 10 went on to advanced MBM training
- To date, Catalyst has awarded: 5 seed grants
- MBMIC trainings throughout MN, reaching roughly 300 people
- 87% reported likely to expand MBM skills used
- 75% will intentionally build culture of wellness
- 4 are on track for full certification as trainers

**CornerHouse**

Seeded mind body healing skills as an organizational core competency with child welfare staff and families.

- Home visit program participants experienced positive results:
  - avg. point decrease in total stress on the PSI-SF assessment for clients: 8.8
  - 4 of 5 caregivers’ total stress decreased from intake to exit

- Support group participants reported positive and lasting experiences:
  - said “all” of the info provided was relevant to their families’ situations: 71%
  - said they were using their mind-body skills exercises “every day”: 53%

**YOUTH OF COLOR COHORTS: BUILDING GRASSROOTS-LED SOCIAL CHANGE**

- Irreducible Grace Foundation (IGF) trained 17 youth of color leaders in self-regulation using mind body (MB) practices
- These youth have trained 38 law enforcement, 261 school & 116 community members in how to use MB skills to calm anxiety
- 4 new seed grants will expand outreach to 75 youth with tools to help improve executive functioning

Engage with Catalyst!

REGISTER FOR CATALYST SPARK NEWSLETTER: [http://eepurl.com/b3A9tL](http://eepurl.com/b3A9tL)

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