

New Orleans Hope
A Program of The Center for Mind-Body Medicine
James S. Gordon, Founder and Director

The Center for Mind-Body Medicine (CMBM) proposes to bring its internationally acclaimed approach to dealing with population-wide psychological trauma and its consequences to Hurricane-affected residents of the New Orleans area. This humane, effective science-based program of self care and mutual help is designed to bring hope and healing to a population that is deeply traumatized by the unprecedented destruction of Hurricane Katrina, a population still suffering from physical and economic devastation, ongoing frustration with bureaucratic obstacles, escalating crime, ongoing departure of family members and friends, and endemic uncertainty about the future.

This eighteen-month long pilot program will create a greater New Orleans-wide collaborative network of gifted and committed health, mental health, and education professionals, who are using CMBM's pioneering model to effectively deal with population-wide psychological trauma and stress. The program will be grounded in collaboration between CMBM and trusted local partners and will expand to include partnerships with a number of other local institutions, many of which sent representatives to the initial training in January 2007 (see networking tree).

At the end of eighteen months, CMBM's approach will be fully integrated into, and sustainable in, ongoing health, mental health, and social services. There it will be easily available to all sectors of the population, including those who are least likely to seek and use mental health services: the indigent and elderly, troubled and delinquent children and teenagers, and first responders, among others.

The Mental Health Crisis in New Orleans

Following Hurricane Katrina, the need for mental health services in New Orleans increased substantially, while the resources for these services diminished precipitously. A review article in the August 2, 2006 *Journal of the American Medical Association* reported that in Orleans Parish, "50% of residents" have "indicated possible need for mental health assistance and 30% have probable need." At the same time, New Orleans has lost 77% of its primary care physicians (who are often first consulted about psychological problems) and 89% of its psychiatrists. Charity Hospital, which has the largest number of psychiatric beds, has not reopened and 200 other beds in the area remain closed. The clinics and hospitals that are open in New Orleans and surrounding parishes—and the professionals who staff them—are overwhelmed.

The Center for Mind-Body Medicine: Background

The Center for Mind-Body Medicine's *Global Outreach Program* is designed to provide safe, effective, humane and easily accessible mental health help to populations in crisis—those suffering from stress, anxiety, and/or depression, during or after wars, violence, or natural disasters.

The CMBM model, initially developed in programs for inner city (primarily Black and Hispanic) youth in Washington, D.C. and for medical students (CMBM's model is now used by fifteen medical schools including Georgetown, Michigan, Duke, and Johns Hopkins), has for ten years been used with postwar psychological trauma on a population-wide level.

CMBM's Global Outreach began in Bosnia, Kosovo, and Macedonia. It was used with New York City firefighters and their families after 9/11 and is now being implemented on a population-wide scale in both Israel and Gaza. In post-war Kosovo, where we have trained more than 600 health, mental health and education professionals, the CMBM model is now widely used in schools, clinics and hospitals and is central to the entire community mental health system, serving two million people.

The CMBM Model

The CMBM’s unique model is a thoroughly integrated and individualized approach to self-awareness, self-expression and self-care. It makes use of a wide variety of scientifically proven techniques for stress management and self-understanding including mind-body approaches (meditation, guided imagery, biofeedback), techniques for expressing emotions (through drawings, movement and dialogue); and group support.

The CMBM model is proving, in a variety of cultures, to be far more appealing to those overwhelmed by stress than such conventional treatments as drugs and cognitive behavioral therapy. The approach is educational rather than medical: Participants are looked at as students rather than patients. It is practical, offering self care techniques that can be learned and enjoyed by people of all educational levels and all cultural backgrounds. The small group format offers men, women and children an opportunity to share the depth of their pain, even as it focuses on their strengths and capacity for self reliance, on optimism rather than past trauma.

The more than 40 local participants in CMBM’s January 2007 New Orleans training experienced marked decreases in levels of stress, greatly enhanced belief in their ability to effect positive change in those they serve, an increased sense of connection to one another, and greater hope for the recovery of their community. These participants, a number of whom are already integrating the CMBM approach into their clinical and educational work, believe, as we do, that the program will have a broad appeal to, and powerful impact on, the local population. It will, we believe, give large numbers of traumatized and chronically stressed people the practical tools they need to help themselves and one another and inspire them to together repair the frayed fabric of their community.

Components

Phase 1-Development Stage (Months 0-6)

Activity	Identification of and outreach to local partners and leaders	Establish local office	Select participants for and organize training
Outcome	Relationships with 12-20 local organizations	Hire part-time admin and clinical staff	100 participants confirmed/ location and logistics of training established

Phase II- Implementation Stage- Led by CMBM Senior Faculty (Months 3-12)

Activity	Initial Professional Training →	Advanced Training →	Leadership Training
Outcome	A total of 140 participants (including 43 from January 2007) trained	110-130 participants completing Advanced Training	Creation of local leadership team comprised of 30 trained participants

Phase III- Led by Local Faculty with CMBM Support and Guidance (Months 6-18)

Activity

Ongoing Consultation and Supervision by CMBM Senior Faculty and Local Leadership Team

Outcome

All 110-130 participants leading mind-body skills groups individually or in pairs	Integration of CMBM model into local organizations' ongoing work with the populations they serve	Regular (twice-monthly) ongoing supervision groups for all participants led by local leadership team	Continuing supervision and consultation of local leadership team by CMBM faculty
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Staff

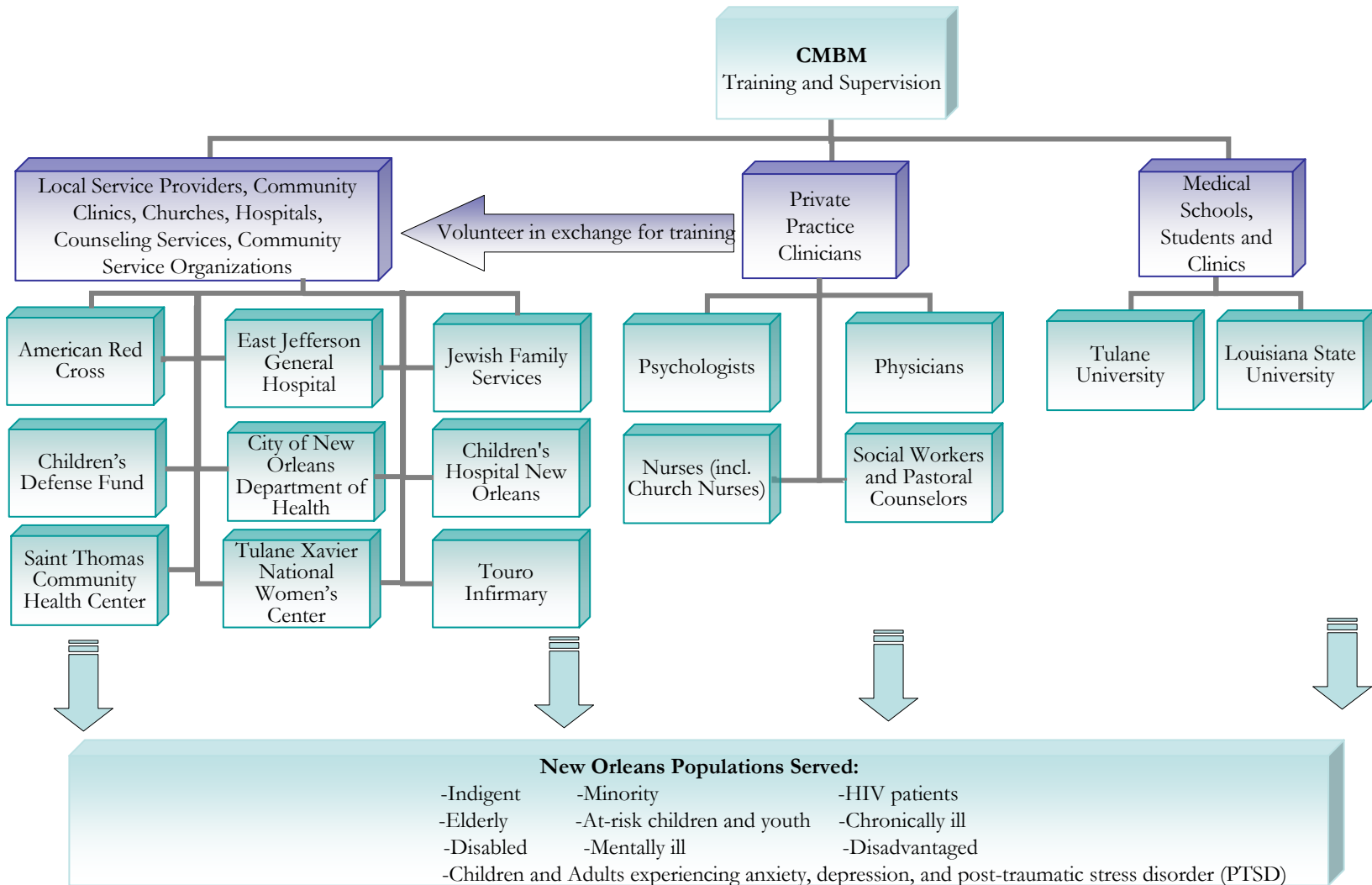
Program Director: The program will be directed by James S. Gordon, M.D., the CMBM's founder and director. Dr. Gordon is a clinical professor at Georgetown Medical School and chaired the White House Commission on Complementary and Alternative Medicine Policy (WHCCAMP). He developed CMBM's work with inner city youth and medical students. He created the *Healing the Wounds of War* program in 1997 and has personally directed all its trainings.

Brief biographies of other key staff are attached.

New Orleans Hope Outcomes

The CMBM's model of self-awareness, self-care and mutual help will be available, through 120+ fully trained program graduates, to tens or hundreds of thousands who are suffering the after effects of Katrina. These fully trained and intensively supervised clinicians will continue, after the eighteen-month period, to use the model in their own work in local health, mental health, educational, and other community organizations. The local CMBM-trained leadership team of thirty will be available to provide ongoing supervision and consultation, as well as to provide additional training for large numbers of other clinicians and teachers.

Center for Mind-Body Medicine New Orleans Hope Community Impact Network Tree



Potential Partner Organizations		
Jefferson Parish Human Services Authority	Common Ground Health Clinic	NO/ AIDS Task Force
Health Institute/ Behavioral Health Action Group	Louisiana Spirit	Unitarian Universalist Service Committee
West Bank Mental Health Center	The ARC of Greater New Orleans	Episcopal Diocese of LA
Mercy Family Center- Project Fleur de lis	St. Anna's Medical Mission	CRREW
Rev. Thomas E. Chambers Counseling and Training Center		