

2023

Circles of Support

Circles of Support are peer-based wellness groups that meet regularly to support New Americans in addressing migration trauma. Five Circles of Support met during 2023, consisting of Farsi, Kinyarwanda, Nepali, Somali, and Swahili language groups.

25 people who participated in COS completed pre- and post- program surveys.



REDEMPTIVE INFLUENCE

Members increased their capacity to identify ways that they use their strengths and talents.**

Members also endorsed a greater sense of being able to use their experiences to support others on their journey.***



WELCOME

Members reported a significant increase in their sense of being welcome in West Michigan.*

Members also endorsed an increase in their sense of having friends in West Michigan from their cultural group.**



LISTENING

Members reported a significant increase in their ability to empathize with (care about) others' experiences.**



Members reported a significant increase in their capacity to find*** and access*** mental health and wellness resources.

HOPE.

Members felt more empowered to overcome barriers in life** and more hopeful about the future.**

Members also demonstrated growth in their belief that they can find ways to solve problems, even when others are discouraged.*

REDUCED DISTRESS

Members endorsed a significant reduction in their distress.* On average, members reduced their distress by 1.16 points on a 10 point scale (higher scores indicating more distress).



100% of members indicated they would recommend COS to someone in a situation similar to them.



100% of members indicated they felt their time with Treetops' COS helped to transform their lives for the better.

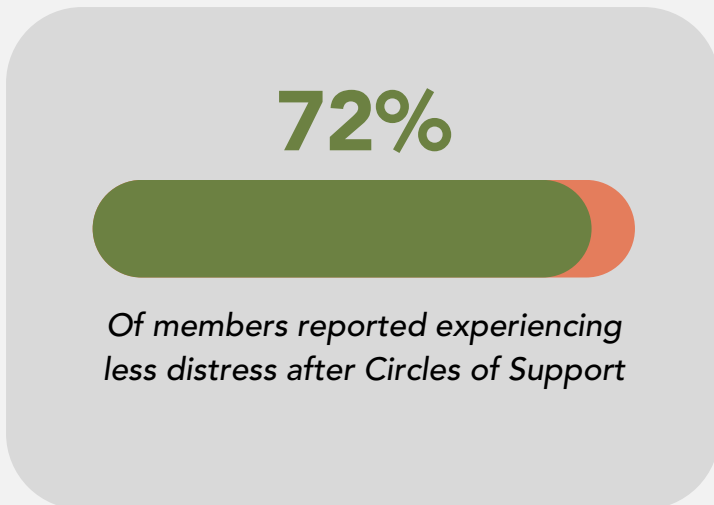
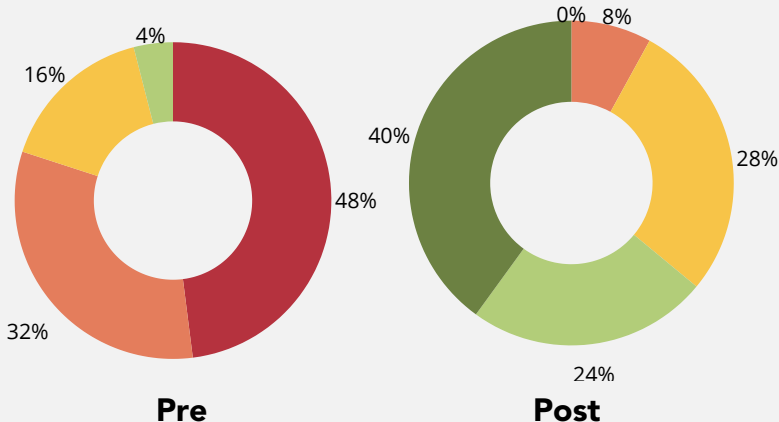
*Significant at the p <.05 level, **Significant at the p <.01 level, *** Significant at the p <.001 level

2023 Circles of Support

I can access local mental health tools/resources

Member ratings from 1 (Strongly Disagree) to 5 (Strongly Agree).

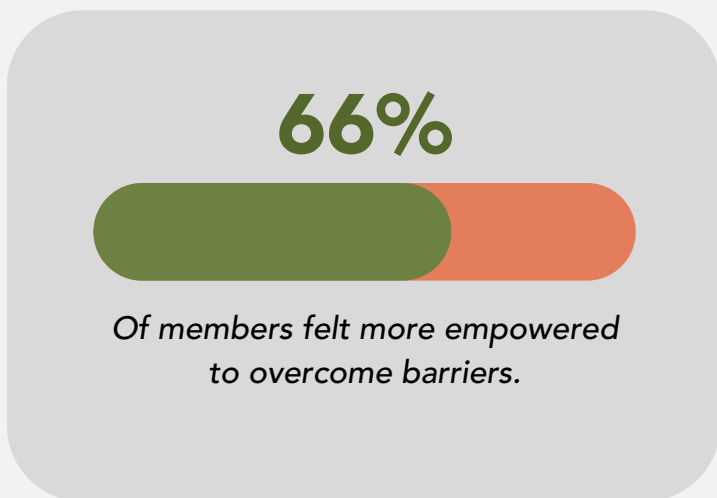
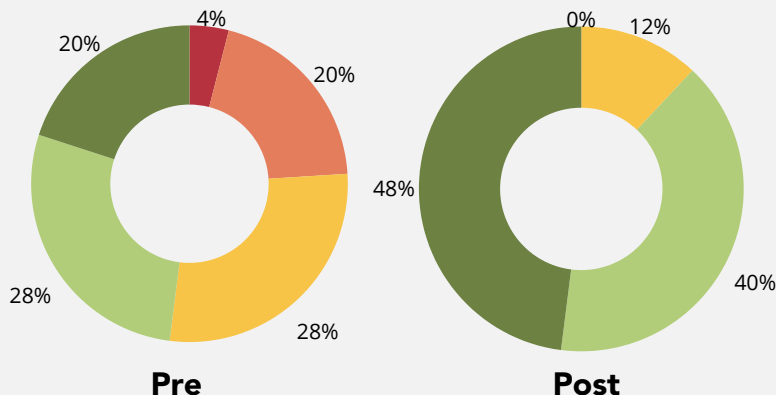
1 2 3 4 5



I can use my experience to support other people on their journey

Member ratings from 1 (Strongly Disagree) to 5 (Strongly Agree).

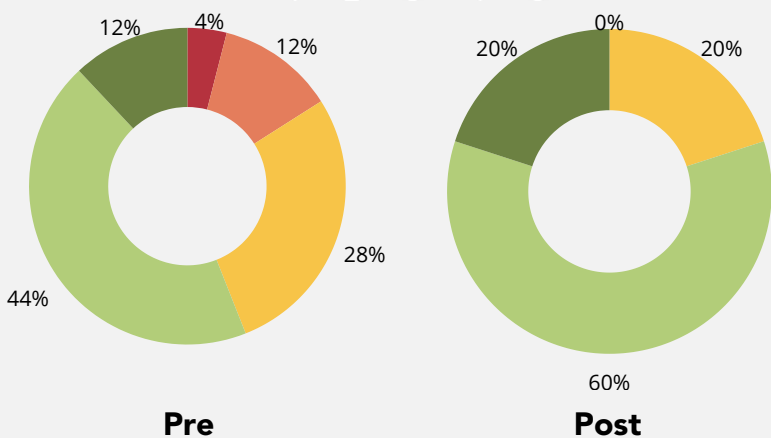
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Even when others get discouraged, I know I can find a way to solve the problem (pathways/hope)

Member ratings from 1 (Strongly Disagree) to 5 (Strongly Agree).

1 2 3 4 5



"From wounds to wellness"

Members highlighted learning about trauma, building resilience, and being in community with others who spoke their language as key benefits of Circles of Support.