

EASY2CARE LOGIC MODEL

Vision

Transforming communities' well-being by empowering individuals to learn and apply the foundational elements of health.

Theory

Easy2Care will help individuals understand how trauma and negative habits influence health & strategies to promote & engage in healthy a lifestyle and prevent chronic conditions.

Mission

With every human encounter, with every human connection, with every community - we nurture the limitless possibilities of autonomous preventive health with compassion and authenticity.

Inputs/ Resources

- Funding
- Personnel to run program & coach participants
- Motivated and willing participants
- Website for course, group coaching & community
- Evidence from research

Strategies/ Activities

- Module 1: Introduction
- Module 2: Titanic
- Module 3: Social Determinants of Health
- Module 4: Internal Compass
- Module 5: Teeter Tottering with Lions
- Module 6: Might as Well Admit it, You're Addicted to . . .
- Module 7: Making Sense of it All
- Module 8: Catching Some Zzzz
- Module 9: Medicine Cabinet in the Body
- Module 10: Fueling Our Bodies
- Module 11: Handful of Health
- Module 12: Conclusion

Short-term Outcomes

- Scores improve in pre/posttest knowledge of stress' effect on health & wellbeing
- Scores improve in pre/posttest knowledge of social determinants of health's effect on health & wellbeing
- Scores improve in pre/posttest knowledge of values & beliefs effect on health & wellbeing
- Scores improve in pre/posttest regarding knowledge of trauma's effect on health & wellbeing
- Scores improve in pre/posttest knowledge of addiction effect on health & wellbeing
- Scores improve in pre/posttest knowledge of perceptions & sensory processing's effect on health & wellbeing
- Scores improve in pre/posttest knowledge of sleep's effect on health & wellbeing
- Scores improve in pre/posttest knowledge of body's natural chemicals effect on health & wellbeing
- Scores improve in pre/posttest knowledge of nutrition's effect on health & wellbeing
- Scores improve in pre/posttest knowledge of lifestyle strategies for health & wellbeing

Intermediate Outcomes

- Professionals report understanding and ability to implement strategies suggested in 8+/10 content modules
- Professionals give qualitative testimonials about how Easy2Care & specifically the various modules affected their health & well-being, particularly with commitments to self-care

Long-term Outcomes

- Increased reports of overall well-being and contentment
- Decreased reports of feelings of stress & chronic pain
- Increase in work satisfaction and job ability
- Increased reports of self-care activities practiced
- Decreased burden/use of taxpayer dollars on healthcare as participants practice lifestyle medicine prevention strategies

Impact

Facilitate individual and societal well-being to create a community of comfort and SOLACE that can be maintained in times of distress.

Outputs

- Course
- Coaching
- Community
- Workbooks

