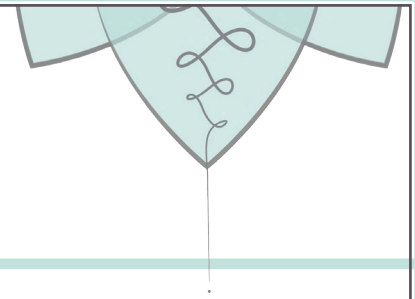


## Breathe & Blossom Together Launching Pilot Program in 2023



When I founded Breathe and Blossom Together back in September 2020, I made sure to tell everyone involved that the main priority was doing this right, no matter how long it takes. "Doing it right" meant designing a sustainable program that would truly impact lives. This meant lots of research, networking, patience, and paperwork over the last couple years, and the continued need for all of that in the foreseeable future. We're ready to start our pilot program, but it's still only the beginning.

Individuals with chronic illnesses spend a lot of time and money on finding ways to better manage their condition(s). This isn't a small number we're dealing with either - around half of the U.S. population is dealing with at least one chronic condition. For those in vulnerable populations, or at-risk circumstances, this additional stress can be overwhelming and create a continuous cycle of suffering, which then negatively impacts all areas of their lives.

The cornerstone of our program is to provide therapeutic treatment options to individuals in Bucks and Montgomery counties with poorly managed chronic conditions. Services include options that are not readily available with standard healthcare or in-crisis support programs: physical or behavioral therapy, EMDR, yoga therapy, massage, Feldenkrais Method, chiropractic work, and other

holistic options. We also believe food is medicine, and have enlisted the help of nutritionists to help with cooking classes, shopping plans, and easy recipes. The program also provides copay assistance options for those who struggle with long-term treatment, as well as stipends for logistics such as transportation and child care during treatment. Because sometimes people don't get the treatment they need because they just can't get there.

Besides improving the quality of life for participants, we anticipate this program will allow individuals to maintain steady employment, stabilize housing, and help educate others dealing with these conditions in their respective communities.

### How it Works

We'll be welcoming 10 participants into our program with the length of their stay being one year from the date they join. Volunteers will work closely with participants to determine goals, challenges, and a plan to meet regularly to discuss successes and failures.

Individuals will have open access to a wide range of therapeutic services to reduce their physical or emotional discomfort. Clients are set up with copay assistance for treatment needs (if they have insurance or practitioner accepts insurance), or provided services at little to no cost. A nutritionist will also help each participant determine any nutrition adjustments and support needed to maintain their ideal diet.

Another important component of the program is building a social support network. Classes will be held twice a month on various wellness topics, providing valuable education on maintaining health, but also allowing participants time to share their journeys with one another. Sponsors will be invited to some of these classes as well.

*"... no matter how long it takes.  
"Doing it right" meant designing a sustainable program that would truly impact lives ..."*

### Measuring Success

Participants are aware this is a pilot program and that their input will be crucial to our future success. We'll be reviewing progress every 90 days, with comprehensive evaluation at the end.

We'll look at what aspect(s) of the program most shaped our ability to do the work we set out to do, participation numbers in the various offerings, and how participants feel they have improved physically and emotionally over the course of the year. We'll also look at quantitative measures, such as employment status, housing, education (if applicable), and dependence on other programs.

### Beyond 2023

I think the best part about

this being a passion project for everyone involved is that we're open to change at any point. We might have a totally different program in 2024 based on what we learn this coming year, and that's fine. We'll still be one step closer to improving the lives of people who are often left forgotten.

Because we're still new, and entirely volunteer-run, we still need all the help we can get. Whether it's time, talent, or treasure you have to give, we need you. Whether it's sharing YOUR story with chronic illness and what worked, or committing to sponsor a patient in the program - your support will be greatly appreciated. Reach out to me directly for more information:  
[crystal@breatheblossomtogether.org](mailto:crystal@breatheblossomtogether.org)



### SPONSOR A PATIENT

\$33/month for one year will give someone the opportunity to get their life back on track.

#### NOT READY TO COMMIT?

- ✓ \$200 covers group class
- ✓ \$20 covers treatment session
- ✓ \$10 covers travel stipend

FIND MORE WAYS TO SUPPORT US:  
[breatheblossomtogether.org/support-us](http://breatheblossomtogether.org/support-us)

