



2021 Impact Report Supplemental Research

SeekHealing held 1,167 no-cost meetings in person and online in 2021. After leaving Connection Practice meetings, people report they “experience rich and meaningful social connection” 91% of the time, and that they **“feel included and welcome” 96% of the time.** These measures are key variables in the UCLA Loneliness Scale, built on research which illuminates the specifics of poor social health and how they drive symptoms of mental illness.

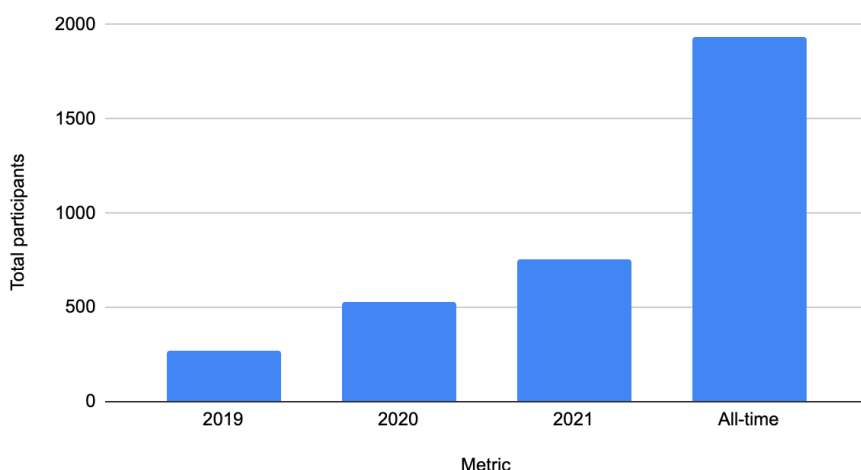
Listening Training courses were also delivered as free public education once a month. These in-person weekend retreats or online weekly series have proven time and again to have paradigm-shifting impact on the people who participate: 94% of people who complete the course say that it has improved their ability to navigate conflict, and **71% report that it has given them useful tools for managing Social Anxiety.**

89% of people say they “have a better understanding of what addiction is all about and how to best support those who might be going through it, including myself.”

Even more compelling, **42% of participants experience emotional triggers** during Seek meetings, but during **89% of those difficult moments, they “feel accepted, heard, and got what I needed from the group.”**

Relevant Statistics

Growth of SeekHealing community over time



Graph shows total number of participants who had 1 or more meaningful engagements with program or community services. Total number of participants in the database in June 2022 was 3,407.

Database description

The average age is 39.8 years old, with seekers ranging from 15 to 77 years of age

28% of participants served identify as LGBTQIA+

25% of participants served identify as non-white

Ethnicity data for participants served:

Asian or Asian Indian	7%
Black or African American	5%
Hispanic/Latino	5%
Middle Eastern/North African	1%
Native American	2%
Other	12%
White	75%

32% of **participants** served have unstable housing

I can't afford the housing that I have and am not sure how long I'll be able to keep it.

There have been times in the past year where I have not had housing.

I currently don't have housing.

I depend on other people in my community or family to provide for my housing.

I depend on government funding to provide for my housing.

My housing situation tends to change every 1-3months.

Participants reported the following substance use histories:

alcohol	49%
marijuana	40%
caffeine	34%
opiates (pain pills, heroin, fentanyl, or MAT)	30%
sugar	30%
cocaine	22%
other amphetamines	15%
meth	14%
iv drug use	12%
crack cocaine	9%
kratom	7%

**note that survey participants could choose more than one option*

Participants reported the following non-substance related addiction behaviors:

social media	39%
streaming content	31%
eating disorders	28%
work	27%
sex	25%
other	24%
porn	19%
self-harm	19%
video games	13%
gambling	4%

**note that survey participants could choose more than one option*

Connection Practice Meeting Quality Data

**based on data collected at 54 in-person meetings*

After leaving Connection Practice meetings, people report they “experience rich and meaningful social connection” 91% of the time, and that they “feel included and welcome” 96% of the time.

People report they related to one or more things that were shared 97% of the time.

People say they feel understood, seen and heard 90% of the time after leaving a Connection Practice Meeting.

People report that they felt compassion for someone else at a Connection Practice Meeting 94% of the time.

42% of participants experience emotional triggers during Seek meetings, and during 89% of those difficult moments, they “feel accepted, heard, and got what I needed from the group.”

People leave Connection Practice Meetings feeling more disconnected than when they arrived 5% of the time.

Listening Training Survey Data

**based on 24 Listening Training courses delivered in 2021.*

"After taking LTI, I have a better understanding of what addiction is all about and how to best support those who might be going through it, including myself."

Somewhat or completely true: 89%

Completely true: 62%

"LTI has given me a better understanding of what Harm Reduction is and how it applies to recovery."

Somewhat or completely true: 86%

Completely true: 60%

"LTI has given me insight into my own addictions and the Harm Reduction measures I can take to mitigate the risks involved."

Somewhat or completely true: 71%

Completely true: 46%

"Taking LTI has improved my communication skills and ability to navigate conflict."

Somewhat or completely true: 94%

Completely true: 66%

"Because of what I learned in LTI, I feel more confident about opening up to others and asking for support when I'm in a hard place."

Somewhat or completely true: 83%

Completely true: 54%

"LTI has given me useful tools to help with my Social Anxiety."

Somewhat or completely true: 71%

Completely true: 46%

"LTI has given me more confidence in my ability to set and maintain healthy boundaries."

Somewhat or completely true: 89%

Completely true: 60%

"Because of LTI, I feel more equipped to form relationships that feel healthy and satisfying."

Somewhat or completely true: 80%

Completely true: 60%