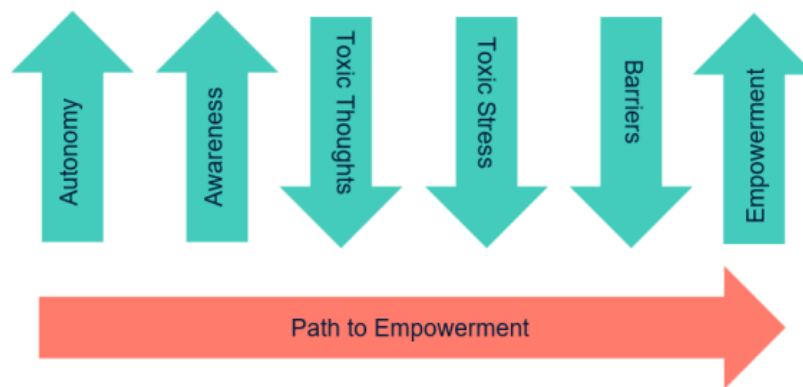


Quarter 6 LMM Report for Wilkinson Center Texas Health Resources Program

The Wilkinson Center seeks to improve financial stability, nutritional services, and stress management skills, which all help build a healthier lifestyle for the community members of Dallas. They are achieving this by recruiting community members to participate in various programs, coaching, and screenings. To address financial stressors, participants complete financial education and coaching sessions. They also complete a health screening and a 10-week nutrition program. To improve stress management tools, participants complete at least one 63-day session through the mind-management tool Neurocycle.



This program aims to strengthen individuals and families by addressing physical, mental, and financial health needs. This report presents the Q6 findings on the quantitative data related to program enrollment and participation through the end of June 2024 for the program components focused on improving mental health. The third cohort of 14 graduates completed the program this quarter. Data is provided for the 46 program graduates.

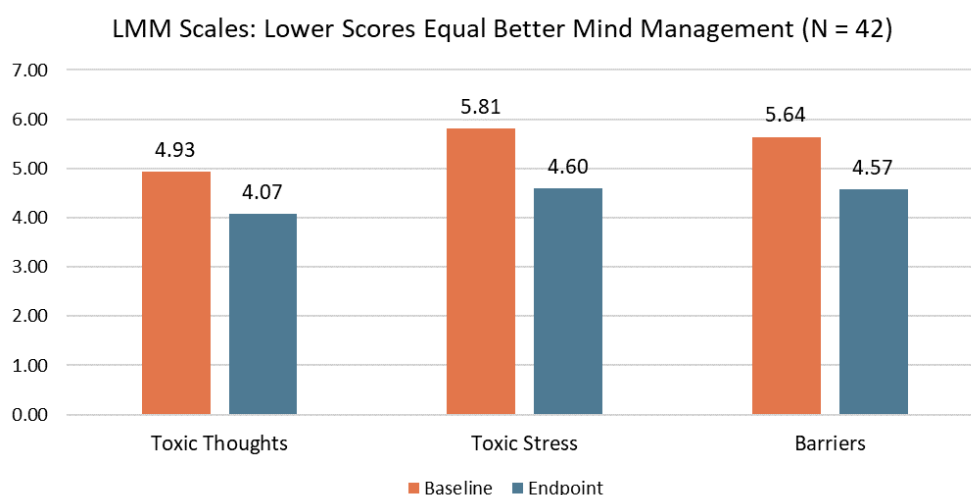
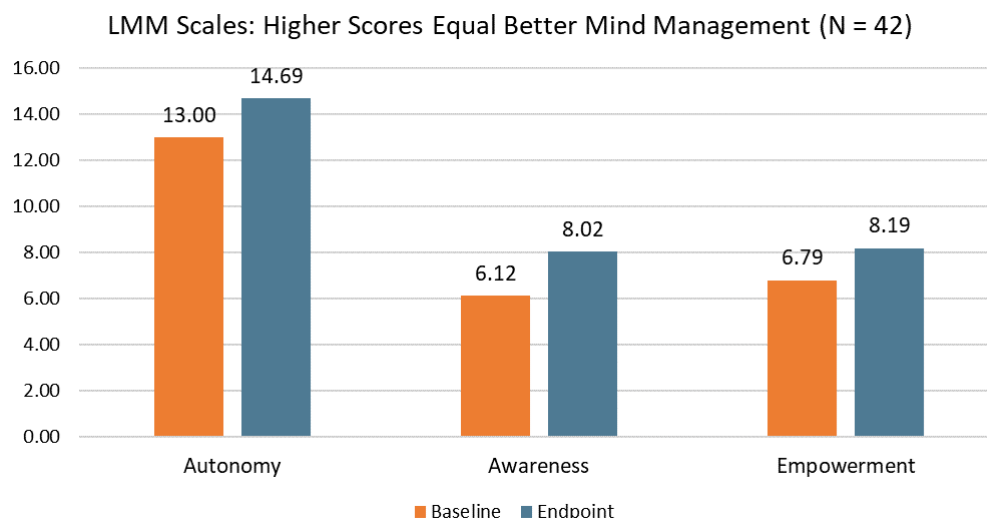
The average graduate improved in 3.48 out of the six LMM factors from the baseline to the endpoint of the program. More than 90% improved in at least 1 factor (90.3%) and greater than three-fourths improved in at least three of the factors (76.1%).

Number of LMM Factors Improved	Percent of Graduates
No factors improved	9.5 %
At least 1 factor	90.3 %
At least 2 factors	83.2 %
At least 3 factors	76.1 %
At least 4 factors	49.9 %
At least 5 factors	28.5 %

Graduate mean scores are presented in two figures differentiated according to whether higher or lower scores equals better mind management. Paired samples t-tests were analyzed for all LMM factors and revealed that there were significant improvements indicative of better mind management for mean scores for all six LMM scales, all $ps < .05$.

LMM Factor	Baseline	Endpoint	<i>t</i>	<i>p</i> -value
LMM: Autonomy	13.00	14.69	-4.565	<.001
LMM: Awareness	6.12	8.02	-5.842	<.001
LMM: Empowerment	6.79	8.19	-6.311	.013
LMM: Toxic Thoughts	4.93	4.07	2.612	.007
LMM: Toxic Stress	5.81	4.60	2.825	.010
LMM: Barriers	5.64	4.57	2.708	<.001

All six LMM factors reflected increased mental health according to change scores measured before participants started the program and upon completion. Graduate scores improved for the factors of autonomy, awareness, and empowerment where increased scores implies better mental health. Scores decreased for the factors of toxic thoughts, toxic stress, and barriers where lower scores are associated with improved mental health.

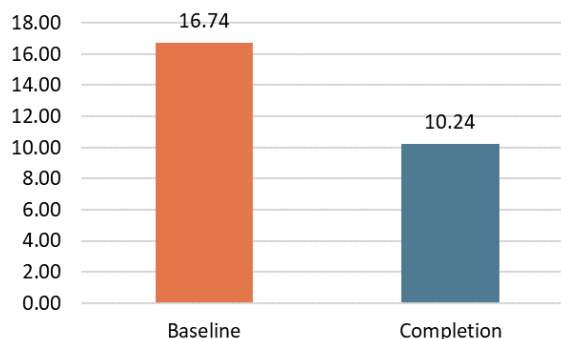


Additionally, participants completed the Perceived Stress Scale (PSS) survey at both points. Decreased perceived stress is associated with improved mental health and there was a 39% decrease in PSS scores for graduates over the course of their involvement in the program.

Pearson's correlations were analyzed to identify associations between change scores in the LMM factors and perceived stress (PSS). All change scores are calculated such that positive scores indicate increased mental health regardless of whether increased LMM factors indicate increased mental health or decreased scores indicate increased mental health. Larger Pearson's correlation

coefficients are indicative of stronger associations between measurements. These results indicate that as toxic stress scores decrease so too do perceived stress change scores decrease. The same holds true for the barriers and challenges. Increases in barriers scores are associated with increases in perceived stress and decreases in perceived stress are associated with

Perceived Stress Scale Scores (N = 41)



decreases in barriers and challenges to self-regulated mental health. There are significant associations between graduates PSS change scores and LMM autonomy, toxic stress, and barriers change scores. There are marginally significant positive correlations between improved perceived stress scores and LMM wellbeing and toxic thoughts program change scores (p -values < .08).

Correlations Between LMM and PSS Program Change Scores	Pearson's r	p -value
LMM: Autonomy Program Change	0.364	.019
LMM: Awareness Program Change	0.240	.131
LMM: Wellbeing Program Change	0.281	.075
LMM: Toxic Thoughts Program Change	0.293	.063
LMM: Toxic Stress Program Change	0.475	.002
LMM: Barriers Program Change	0.551	<.001

All program graduates received empowered scores of 5 out of 5 for the mental health Self-Sufficiency Matrix domain. This is an additional measurement part of their intake process to identify areas of crisis and of self-sufficiency. Mental health SSM domain scores were calculated to capture program change and correlations were evaluated between the change in scores for this domain and all six LMM factors. There was a ceiling effect for SSM mental health scores as the average scores at the baseline were high, limiting the capacity for change. Overall SSM performance was evaluated against the LMM factors by way of correlations with the number in reduced SSM crisis domains with individual LMM factors. There were significant positive correlations with all three of the reverse directed LMM factors (toxic thoughts, toxic stress, and barriers). This relationship suggests that reducing toxic thoughts, toxic stress, and barriers/challenges to mind management reduces the number of SSM crisis domains.

Collectively, all of these measures points to strengthened mental health and improved mind-management as an outcome of participation in this multifaceted program to address physical, financial, mental, and nutritional wellbeing.

Correlations Between LMM and SSM Crises Change Scores	Pearson's r	p -value
LMM: Autonomy Change	0.036	.835
LMM: Awareness Change	0.074	.669
LMM: Wellbeing Change	0.058	.738
LMM: Toxic Thoughts Change	0.442	.007
LMM: Toxic Stress Change	0.440	.007
LMM: Barriers Change	0.553	<.001