



MVT
MOUNTAIN VISION THERAPY
CENTER FOR THERAPEUTIC SERVICES &
RESEARCH AND DEVELOPMENT ON STRESS AND PTSD

Dearest Community of Jamestown,

Wow! What an amazing couple of years, and what an even more amazing community of people. Since the floods of 2013, you have all somehow managed to arrive at this moment. And quite literally, it is incredible to me, how all of you have managed to persevere, pick up the pieces, figure out which ones you can work with, (and which should go away,) while going to work, getting the kids to school, and so amazingly, taking care of the daily needs of your families. You are all nothing short of extraordinary.

You may have been present at the community meeting a few months ago, when I spoke about a possibility of a stress/PTSD study. As I have been involved with Jamestown since the first night and first call of the 2013 floods, I have watched, supported where I could, and seen all that you have carried. My deepest hope is to better understand how to support the unavoidable stress that accompanies an event like this. Though I hope this is never something we must face again in your community, many others face similar disasters daily. I believe there is an opportunity to provide support to a community I have grown to love and care deeply about, while gleaned critical wisdom to support many others.

SO WHAT'S THE SCOOP....? It would look a bit like this:

Phase 1

Go through an assessment process for inclusion in the study. The criteria for inclusion in the study, is a clear marker that you are experiencing stress or PTSD as a direct result of the floods. We are shooting for a September 24th date to begin assessments. We will be following up with more information on how to sign up/set a time that works for you to go through this process.

Phase 2

10 week study where you will receive the following components of the study: AVE (Audio Visual Entrainment), Mindfulness based exercises, which may include things like HRV (Heart Rate Variability) and breathing along with custom/individualized movement/exercise sessions. This study will offer you two sessions per week at about an hour and a half per session. A set of post-tests (the same as you took in phase 1) will be used to determine effectiveness of the program.

Phase 3

Ability to continue in the program as a part of a control study. This will break down the components of Phase 2 and compare them against a control group. This study will be designed to continue for up to one year. This phase of the study is not contingent to the first two for participation. (ie, you can participate in the first two without commitment to phase 3.)

What happens next? Look for flyers around town, postings on the QT, emails, notices in the newsletter and please join us on Sept. 15th at the community meeting for next steps! Please feel free to call or email me at the address/number below and I am happy to discuss and answer any questions!

With great respect,
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