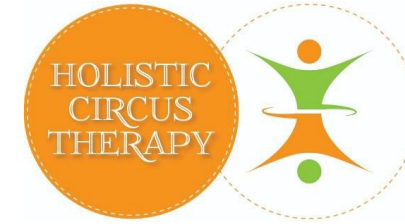


HCT/CircusAid

Promoting Resilience and Community Connection Through Circus Arts



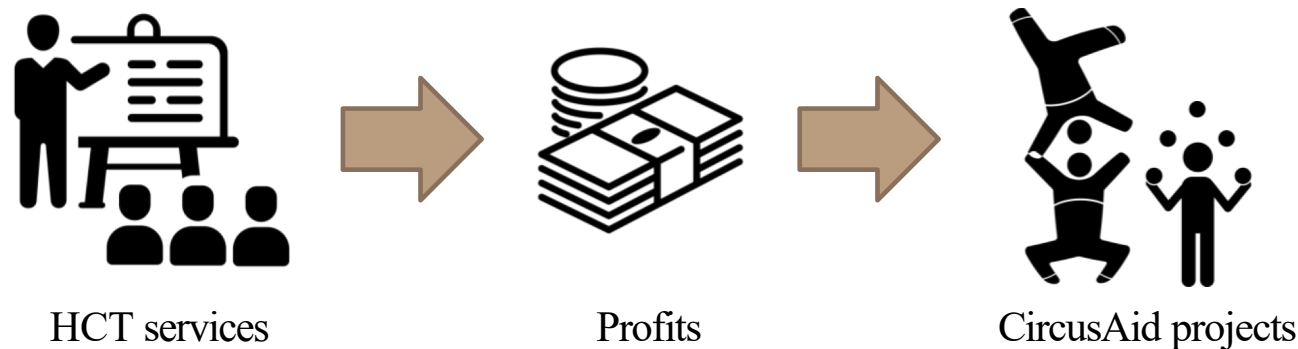
Holistic Circus Therapy (HCT)/CircusAid Integrative Social Enterprise



Holistic Circus Therapy (HCT) LLC, is an occupational therapy social enterprise that provides professional development trainings, online courses, fieldwork opportunities and team building workshops that utilize circus as an educational, community building and therapeutic tool. 100% of profits received from HCT's services fund CircusAid projects. CircusAid is the social development branch of our integrated business model that provides free services, grounded in evidence based practices and developed from occupational therapy and social circus expertise and research. CircusAid projects help people displaced by war and natural disasters attain transferable life skills to promote greater success in unstable physical and political environments.

INTEGRATED SOCIAL ENTERPRISE BUSINESS MODEL

- Holistic Circus Therapy's social enterprise model provides professional development trainings, online courses, lectures and fieldwork opportunities that donate 100% of profits to fund CircusAid projects and HCT trainings in lower socio-economic areas, impacted by environmental and political hardship.



- The funding received is used to **provide greater capacity to the recipients of our services**, promoting their occupational health and ability to make positive contributions within their newly inhabited communities.
- The funding received supports local unstable economies by paying for skilled labor within the areas CircusAid services are being delivered.

What is Holistic Circus Therapy (HCT) ?



- Limited Liability Corporation (LLC) that conducts business as an occupational therapy **social enterprise**
- HCT combines **occupational therapy** evidence-based practices with **circus arts**.
- **Offers** individual and group client services, professional **trainings, education and humanitarian / development aid** services based on HCT methodology.
- Provides for profit HCT trainings in more affluent countries to sustainably **fund** the continuation of **CircusAid** projects in low income settings.
- **Partners** with educational institutions, global health professionals, disability service providers and NGOs.
- HCT methodology **benefits** people with learning differences, special needs, social pressures and socio-political challenges.
- **Collaborates** with educators, occupational therapists, circus teachers, mental health workers, special needs service providers and others who work with marginalized populations to learn HCT methodology.

What does CircusAid do?



Objectives:

- **Provide** political and environmental **refugees** with **life skills education and increased** mental, physical, social and emotional **health outcomes** through evidence-based practices that combine occupational therapy and circus arts in our CircusAid programs.
- **Collaborate** with local health and education practitioners, **exchange ideologies and practice methods** to co create relevant service delivery of CircusAid programs.
- **Support local economies and workforce** through professional development trainings and funding of trained practitioners allowing for local sustainability of skills and impact.
- **Receive** funds from HCT **professional development trainings, workshops and client services** delivered to more economically secure educational and health institutions to enable fiscal autonomy and sustainability.

Actions:

- Utilizes **HCT methods** grounded in **evidence based practices** developed through occupational therapy and social circus research and expertise.

Core Problems Addressed



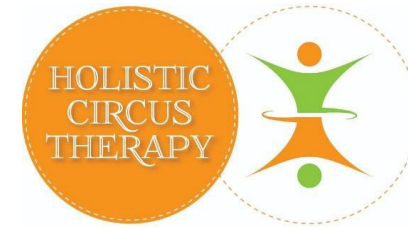
- ❖ The need for government, health and non governmental organizations to address occupational deprivation, trauma, life skills acquisition and community health of marginalised populations, refugees and people displaced by socio-political conflict.
- ❖ Restricted opportunities for peer to peer interaction, problem solving, teamwork, reciprocity and connectivity as result of COVID-19 social isolation measures.
- ❖ A lack of training for occupational therapy students, clinicians and other professionals in innovative occupational therapy informed theoretical and practical skills to enable them to incorporate circus as a social, emotional, physical and cognitive capacity building tool for individuals and communities.

Occupational Deprivation



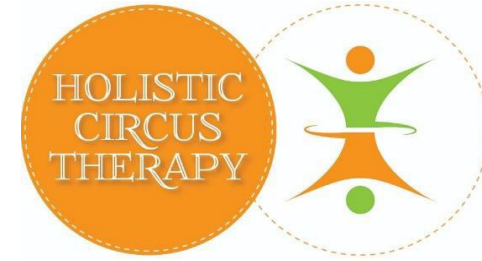
- ❖ Occupational Deprivation occurs when someone is deprived of participating in the activities that give one's life meaning. Different to boredom as boredom often involves choice.
- ❖ When someone is deprived of activities that give their life meaning they may oscillate between the past traumatic experience that can cause feelings of depression and future livelihood instability that can cause feelings of anxiety. Prolonged oscillation between depressive and anxious mental states can lead to mental illness.
- ❖ Regardless of one's stance on social distancing, a lack of social engagement opportunities are directly related to depression, alienation and mental health issues.

How We Address Occupational Deprivation and Trauma



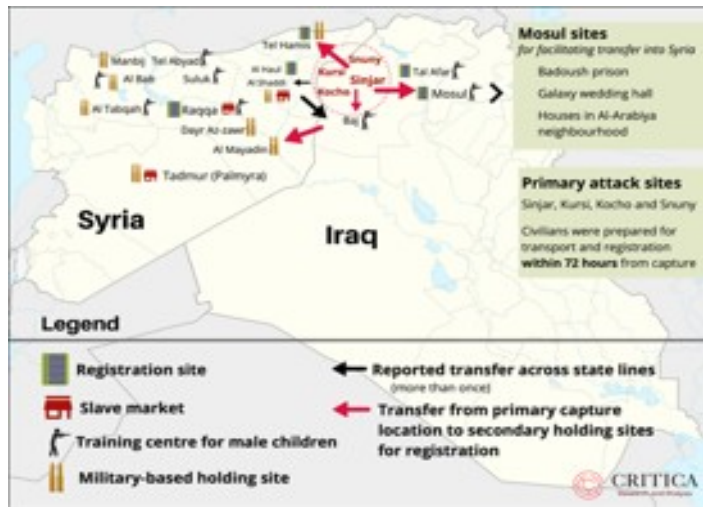
- ❖ Through physical activity, trauma stored in cellular memory; primarily in the muscle and fascia can be released.
- ❖ A mix of cognitive and physical activities are delivered in a way to promote mindfulness, ‘flow’ states and presence resulting in more inner peace and improved capacities like self awareness and planning; that may have been impacted through detrimental effects of trauma on the pre-frontal cortex.
- ❖ Through the experience of play, traumatic memories are replaced with more joyous ones centered around resilience, community health and intrinsic motivation to create a sustainable impact.

Sustainability



- ❖ We perceive sustainability as the continuation of the life skills and community health benefits we try to support through facilitation of occupation informed circus activities.
- ❖ We assess sustainability based on the continuation of the social and emotional health benefits our activities promote. This is what we consider to be *impact* focused.

One of the groups we are able to support with your help



On August 3rd, 2014 the Islamic State of Iraq and Al-Sham (ISIS) invaded the Sinjar region of northern Iraq. Sinjar was home to the majority of the world's Yazidis, a religious community whose adherents ISIS publicly reviles as infidels.

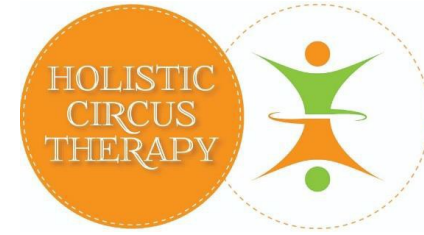


ISIS committed severe atrocities against the Yazidi community including: Killing men, women and children, raping, selling and holding as sexual slaves women and young girls, torturing young boys in an attempt to force them to convert.

Many Yazidi families arrived in Serres with limited education and broken families as a result of the attempted genocide. Parents, also the victims of ISIS violations, are struggling to understand and to cope with the behavior of their severely traumatised children.

CircusAid Lombok 2019

Special moments from recent projects



[2019 Earthquake Trauma Relief Project](#)

[2019 Lombok Training Program](#)

Click on the hyperlinks above to see CircusAid in action

HOW OUR PROGRAM PROMOTES CHANGE

- Change in Practice
 - **By training** occupational therapists, social workers, mental health workers, teachers, global health workers, educational professionals and circus artists in the social circus and occupational therapy methodologies
 - **By providing higher education fieldwork placements and fellowships** where health and education professionals from diverse backgrounds come together to learn skills as well as share their expertise with each other creating a multidisciplinary team approach to healthcare and education.
 - **By providing free services to political and environmental refugees** that increase their resilience, mental health and life skills; enabling them to make positive contributions within their new and existing communities.





HOW OUR PROGRAM PROMOTES CHANGE

- Change in Approach
 - By **introducing** new ways of implementing **occupational therapy within socio-political contexts** that focus on community health and sustainability of practice.
 - By **introducing** new ways **occupational therapists** can work in partnership with **diverse education and health professionals.**
 - By **introducing** evidence-based **practices of integrated social circus and occupational therapy philosophies** to promote global health in areas where social, environmental and political unrest are present

How We Measure Impact

Qualitative measurement outcomes from 2018 Thiva Camp participant interviews.

”Circus makes me happy.”

”It is beautiful.”

”The people that come here they love the children they take care of the children there is love here.” *”Fun. All the things (activities) are good and funny”*

”It (circus) makes me feel strong and happy”

”(In circus) I learn to play. I thought I can't play but I can playsomething.”

”(I feel) happy, relaxed and tonight sleep very good” *”(I) feel relaxed after circus. I want to come back every time.”*

See CircusAid's 2020 Lombok Impact Evaluation Report [Here](#)

Higher Education and Research Partnerships



Social Development Impacts 2011-2020

- 2011-2019 (Global): Trained over 1000 professionals in the HCT methodology applicable for people with learning differences, special needs, and individuals and communities experiencing social, environmental and political challenges.
- 2015-2016: (Greece and France): Delivered free circus occupational therapy programs to refugees in the Moria (Lesbos), Dunkirk and Calais Jungle (France) refugee camps. 600 free CircusAid experiences provided to refugees in total.
- 2016-2018 (Greece): Delivered free circus occupational therapy programs to refugees in collaboration with local organizations; International Organization for Migration (IOM), Solidarity Now, Project Elea and A Drop in the Ocean. 2,400 free CircusAid experience provided to refugees in total.
- 2019 - present (Greece): Trained 15 students from the occupational therapy department of AMC Metropolitan University in Athens. Provided 1600 free CircusAid experiences to refugees. Collaborated with Arsis, Lifting Hands, and Habibi Works organizations in Konitsa, Serres, and Ioannina. Presented work at the ENOTHE conference in Greece to build partnerships with more occupational therapists working with refugees in Europe.
- 2019 - present (Indonesia): Worked in collaboration local residents, NGO's and government organizations to introduce occupational therapy practices while unifying health and education professionals in service delivery for environmental refugees, at risk youth and women survivors of sexual assault. 847 free CircusAid experiences provided to local communities in Lombok, Indonesia.
- 2020 – present (Indonesia): Implemented a Train the Trainer Project that provided 1 month of intensive circus as an educational and therapeutic tool for the staff of Peduli Anak, Harapan Baru, Kinderoase, Paramita and Endris Foundation. Participants went on to form their own local branch 'CircusAid Lombok' that continues to provide services within Lombok.