



JMMF's OCEAN THERAPY PROGRAM

Inspired by the spirit and beliefs of Jimmy Miller
and pioneered by the Jimmy Miller Memorial Foundation

Clearly, we have a problem.

The World Health Organization (WHO) statistics show that over the last 45 years, **suicide rates have increased by 60%** across all population groups.⁽¹⁾

MILITARY SUICIDES

- The suicide rate among military members and veterans is more than **DOUBLE** the suicide rate for the general population.⁽²⁾
- Even during war time, more veterans succumbed to suicide than died in the Iraq war in 2012

YOUTH SUICIDE

- Children in foster care were almost **THREE** times more likely to have considered suicide and almost **FOUR** times more likely to have attempted suicide than those who had never been in foster care.⁽³⁾

Stop and ponder these statistics for a moment...

suicides
+60%
In 45 years

(1) Source: World Health Organization

(2) Jeff Hargarten, Forrest Burnson, Bonnie Campo and Chase Cook, [Veteran Suicides Twice as High as Civilian Rates](#), News21, Aug. 24, 2013. Retrieved: 25 December 2014.

(3) Pilowsky & Wu, 2006

Beyond a problem, it's reached **crisis mode!**

Now try to relate to these figures...



The suicide rate increased by **35%** and **every year** from 1999 to 2017 among both women and men, in every age group except those 75 and older. ⁽⁵⁾

Every day, we lose **12** youth to suicide.

Among youth, there are **25** attempted suicides for every suicide completed. ⁽³⁾

2/3 suicides attempted may be attributable to abusive or traumatic childhood experiences. ⁽⁴⁾



On average, **20** US veterans commit suicide each day. ⁽¹⁾

One every **72** minutes. ⁽²⁾

More than a problem, this is a **crisis!**

- (1) <http://www.mentalhealth.va.gov/docs/2016suicidedatareport.pdf>
- (2) US Department of Veteran's Affairs, February 1, 2013. [U.S. military veteran suicides rise, one dies every 65 minutes.](#) Reuters. Retrieved: 23 May 2014.
- (3) Dr. Kalyani Gopal, article: <https://www.fosterfocusmag.com/articles/mental-health-and-foster-care-series-preventing-suicide-foster-youth>
- (4) Pilowsky & Wu, 2006
- (5) <https://www.cdc.gov/nchs/products/databriefs/db362.htm>

But yet, there is **still hope.**

“You saved my life.”

MILITARY PARTICIPANT WHO CONTEMPLATED SUICIDE
THEN PARTICIPATED IN JMMF'S OCEAN THERAPY

“These children have experienced such trauma that there are no positive memories for them to refer to. You have created positive memories for them that will serve them for a lifetime. **You have inspired the very core of who they are and what they can accomplish.**”

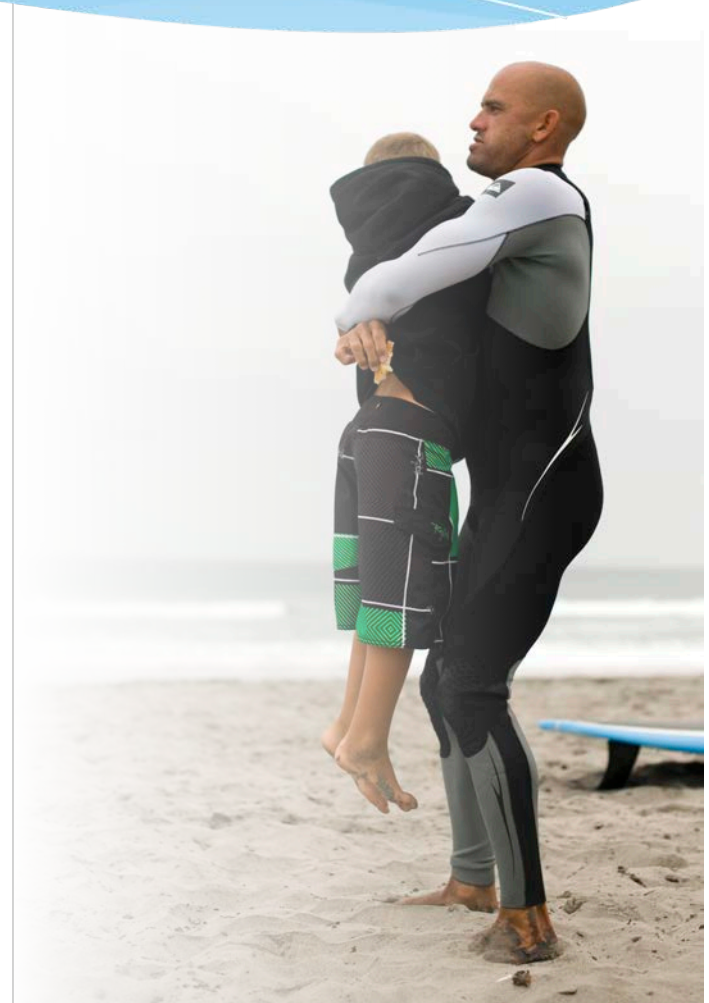
CLINICAL DIRECTOR, FOSTER CARE
YOUTH FOUNDATION

“They didn't know who they were before without their eating disorder, but up there on the wave, that person with the eating disorder went away. **They got a chance to see who they might be.**”

FOSTER CARE YOUTH PARTICIPANT
SUFFERING FROM AN EATING/SELF-
CONCEPT DISORDER

“**The change in affect at the barracks is visceral.** The Marines come back from sessions with actual smiles on their faces. This is something we have not been able to provide in traditional therapy.”

COMMANDING OFFICER, WOUNDED
WARRIOR BATTALION - WEST,
CAMP PENDLETON



Welcome to **Ocean Therapy!**

Q: What is Ocean Therapy?

A: Ocean Therapy is a unique adaptive therapy that utilizes the power of the ocean, surfing and other ocean activities to heal those who are physically wounded and those that suffer from the psychological, mental, and emotional effects of trauma and war.



Q: What is the goal of Ocean Therapy?

A: The goal of our Ocean Therapy Program is to enhance each participant's self-efficacy, provide him or her with a sense of achievement and accomplishment and instill a hope for a brighter future. Ocean Therapy stresses that by successfully engaging in the activity of surfing and riding waves, participants will increase their self-confidence and belief in their ability to achieve goals in other areas of life.



Additional Benefits of Ocean Therapy



Surfing is a physical activity that builds **cardio endurance, strength, balance and skill.**

Learning a new sport and taking on a new challenge builds **confidence and self-esteem.**

Surfing provides a common activity for families to participate in together and **serves as a catalyst to break down the walls that often isolate participants** from their family as a result of their past traumatic experiences.

Inspires board sports skill acquisition for continued independent participation as a **healthy form of exercise.**

Helps to **reduce the perceived barriers** between military and civilians through cooperation and interaction.

Helps participants develop **ocean safety awareness.**

Ocean Therapy **Participants** (or “Athletes”)

Q: Who participates in Ocean Therapy sessions?

A: JMMF’s Ocean Therapy is currently provided free of charge to four main population groups at this time:



At-promise Youth

in the Los Angeles foster care system

AGES 5-18

Hathaway-Sycamores Child Services
Didi Hirsch Mental Health Services
Uplift Family Services/Hollygrove
Richstone Family Center
Children’s Institute
Just Keep Livin’
Walk With Sally
Happy Trails
Hillsides



Active-duty Military

from all branches of the armed forces, centered in Camp Pendleton working with the Wounded Warrior Battalion- West

AGES 18-44, 95% MALE



Veterans

in both men and women-only groups that continue to suffer from the traumatic effects of war

AGES 19-70



Addiction/Recovery

for those suffering from alcohol and drug addiction, and those in recovery.

AGES 19-55

Ocean Therapy **Participants** (or “Athletes”)

Q: What is the background of each of the participant population groups?



At Risk Youth

Physical, emotional, or psychological **abuse**

Neglect

Exposure to traumatic experiences like gang warfare and **domestic violence**

Substance use/abuse

Homelessness



Active-duty Military

Post-Traumatic Stress Disorder (PTSD)

Mental health diagnoses
(Depression, Anxiety, Suicidal)

Traumatic Brain Injury (TBI)

Orthopedic Injuries



Veterans

Combat Trauma/PTSD

Traumatic Brain Injury (TBI)

Mental health diagnoses
(Depression, Anxiety, Suicidal)

Substance Abuse

Homelessness



Addiction/Recovery

Alcohol/Drug Abuse

Mental health diagnoses
(Depression, Anxiety, Suicidal)

Homelessness

The Data

Q: Does Ocean Therapy work? Do you have research to support your program?

A: Yes! We have both anecdotal and empirical data that is very encouraging. The overwhelming majority of participants have displayed measurable improvements in their outlook, attitudes, and behaviors. Just as JMMF has pioneered this unique alternative therapy field, we are also conducting ground-breaking research to further substantiate and validate our Ocean Therapy Program.



The Data: Veterans



Our program evaluation methods continue to improve, contributing to the evidence base of our intervention.

Based on data from a 2017 study with veterans, they expressed a change in attitude in 7 dimensions of well-being after participating in Ocean Therapy:



94% Noted having a change in **attitude** after participation

79% Noticed a change in **well-being** after participation



58%

Expressed a positive change in **interpersonal perspective**



42%

Expressed feelings of **community**



61%

Expressed a positive change in **physical and psychological well-being**



52%

Expressed a change in **overall life perspective**



18%

Stated a change in their **economic well-being**

The Data: Youth



A statistically significant increase in total mean scores on the Children’s Hope Scale was found and indicates that participants were more hopeful after their Ocean Therapy session. These results also support the hypothesis that participating in Ocean Therapy can positively affect one’s hope and outlook toward the future.⁽¹⁾

Based on ratings of 73 participant drawings, youth expressed benefits in five domains of self-concept:



94% expressed experiencing opportunities for **learning and fun**



51%

expressed feeling **social support**



44%

expressed a positive change in attitude about their **self-identify/self-concept**



32%

expressed feelings of **social inclusion**



18%

expressed feeling **safe**.

(1) Reference: Youth Ocean Therapy Study, Summer 2017 (Gregor Sarkisian et al)

Ocean Therapy **Expansion Plan**



Q: Based on Ocean Therapy's past success, what's next for JMMF?

A: In addition to more research and data collection, we know that Ocean Therapy works, and the team at the JMMF is dedicated to helping as many people as we can. Our strategy involves reaching more population groups, in multiple locations using additional physical activities with similar effects.

Our 3-Phase approach includes:

PHASE 1
Increase Populations

PHASE 2
Add Locations

PHASE 3
More Sports & Activities

Ocean Therapy **Expansion Plan**



PHASE 1
Increase Populations

PHASE 2
Add Locations

PHASE 3
More Sports

Goal: Expand services to reach the **addiction (alcohol and drug) and recovery communities**, and pilot a program for **victims and survivors of a mass public or terrorist attack**.

METHOD	TARGET		
<ol style="list-style-type: none"> 1 Pilot a program with a private foundation serving veterans who struggle with re-integration into civilian life and suffer from drug and alcohol abuse and addiction. (Completed: Summer 2019) 2 Partner with a community-based alcohol and/or drug rehab facility to pilot a program and study in 2020-21. 3 Conduct an Ocean Therapy session with a victim group suffering from PTSD as a result of a mass public or terrorist attack (Completed: Summer 2018, ongoing) 	<p>Our aim is to reach an additional 50 people in the alcohol/ addiction and recovery population groups and another 50 victims and survivors of a mass public or terrorist attack in three years.</p> <tr> <th data-bbox="1142 1247 1911 1300">TIMING</th> <td data-bbox="1142 1300 1911 1421">2019-2021</td> </tr>	TIMING	2019-2021
TIMING	2019-2021		

Ocean Therapy **Expansion Plan**



PHASE 1
Increase Populations

PHASE 2
Add Locations

PHASE 3
More Sports

Goal: Expand locations beyond the current main regions of Los Angeles (El Porto) for children, and at Del Mar Beach at Camp Pendleton for Veterans.

METHOD	TARGET	TIMING
<p>Partner with existing surf instruction businesses to provide the safety and instruction components while JMMF layers on the therapeutic element of our unique Ocean Therapy protocol.</p>	<p>Conduct sessions in Los Angeles County (Santa Monica, Venice, Hermosa Beach and Redondo Beach) as well as Orange County (Huntington Beach, Newport Beach, Laguna Beach) and San Diego. We are also evaluating expansion of Ocean Therapy to the East Coast at Camp Lejeune (North Carolina) where the Marines host the Wounded Warrior Battalion - East, and possibly into military bases in the Pacific such as Hawaii, Guam, and Okinawa.</p>	<p>As funding and resources allow, ideally 2020-2022</p>

Ocean Therapy **Expansion Plan**



PHASE 1
Increase Populations

PHASE 2
Add Locations

PHASE 3
More Sports

Goal: Because many sports have been recognized to hold the same or similar therapeutic potential, we want to **expand Ocean Therapy beyond surfing and paddling.**

METHOD	TARGET
Our aim is to partner with the Wounded Warrior Battalion-West to offer sports that are part of the Warrior Athlete Reconditioning Program (WARP) such as rowing, swimming, water polo, cycling, and archery as well as other sports that are accessible such as rock climbing, kayaking and fishing.	Conduct a pilot program with at least one additional land-based sport or activity to evaluate the Program’s effectiveness and then modify/improve as needed.
	TIMING
	As funding and resources allow, aiming for 2021 and beyond.

Expansion Needs – Phase 1

Our three-phase plan will require additional resources.*

\$4,320

- Lunch/Meal
- Snacks & beverages
- Sunscreen
- JMMF Ocean Therapy hat

Supplies



Personnel



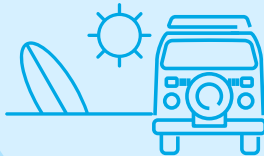
\$135,235

- Ocean Therapy Program Management (full time)
- Trained Therapists
- Safety Coordinator(s)
- Surfing Instructors (and other sport instructors in Phase 3)
- Administrative Support

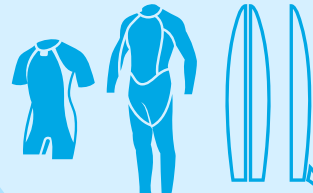
\$8,890

- Mileage/gas/parking/tolls
- Transportation
- Accommodations
- Meals

Travel



Equipment



\$11,180

- Surfboards, paddle boards, stand up boards and paddles
- Wetsuits and colored rash guards for instructors and participants
- Leashes
- Safety gear

*Expenses are estimates and can be scaled to accommodate available support and resources.

how can you help?

Expansion Budget PHASE 1

\$4,320

- Lunch/Meal
- Snacks & beverages
- Sunscreen
- JMMF Ocean Therapy hat

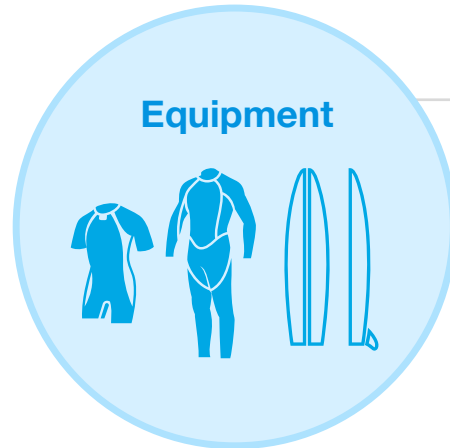
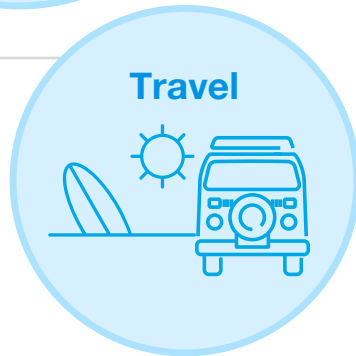


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\$11,180

- Surfboards, paddle boards, stand up boards and paddles
- Wetsuits and colored rash guards for instructors and participants
- Leashes
- Safety gear

PHASE 1 TOTAL

\$159,625

Will you **partner** with us?

Are you in?



Impact a life today!



Join us as we help to heal others and ourselves, one wave at a time.

Thank you!

The Jimmy Miller Memorial Foundation and all of our youth, active duty military and veterans thank you for your support and encouragement!

JIMMY MILLER MEMORIAL FOUNDATION

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Appendix

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Ocean Therapy Growth Timeline

2004

Jimmy Miller takes his own life after a battle with mental illness. Crushing loss to family, friends and the worldwide surfing community.

2005

- The Jimmy Miller Memorial Foundation formed to honor a legacy of sharing the therapeutic effects of the ocean.
- The Ocean Therapy program, conceptualized by Dr. Carly Rogers in her USC Masters program in Occupational Therapy is put into practice through the JMMF.
- Four sessions serving underprivileged and abused children in Los Angeles surpassing expectations.

2006

- Ocean Therapy expanded to help military members returning from conflicts in the Gulf War.
- A pilot program with the Wounded Warrior Battalion-West. (WWB-W) again exceeds expectations.

2007

- Military Ocean Therapy Program extended to Veterans whose service may have ended but past experiences still traumatize them.
- Several graduate students involved in Ocean Therapy go on to write their Doctorate paper about the healing power of the ocean.

2013

First female-only Veteran sessions provide a “safe” therapeutic environment for the female veterans.

TODAY

40-60 sessions annually serving 9 Youth non-profits, Camp Pendleton’s Wounded Warrior Battalion West, the Greater Los Angeles VA (GLAVA) and many more veteran and community organizations.

THE FUTURE

- Increase population groups
- Additional Locations
- More sports/activities

JMMF Leadership & Ocean Therapy Team

Nancy Miller

CO-FOUNDER, JMMF

This is how I honor my son's life. Jimmy's pure love of surfing and his ability to teach others is an inspiration. The foundation is a way to keep Jimmy's spirit alive and help others experience the healing power of the ocean. Nancy worked with non-profits most of her professional life. With the love and support of family, friends and community, Nancy has facilitated and coordinated special events, volunteers and communications for the JMMF Foundation and is our community ambassador. "I believe we are healing others and ourselves, "one wave at a time," through JMMF.



Kevin Sousa

PROGRAM DIRECTOR, MA, LMFT

Kevin is a licensed Marriage and Family Therapist in private practice in Hermosa Beach, the Clinical Director at The Promises Foundation's Miriam's House and runs groups for Clear Recovery's Individual Outpatient Program. He is a Doctoral Candidate in The Depth Psychotherapy Program at Pacifica. His work in the community has included teaching and coaching the Mira Costa Surf Team, Program Director at Beachsports and he continues to be a professional musician mentoring and performing with aspiring, young local talent. Kevin is an avid waterman and his love for the ocean combined with his passion for assisting people through trauma, loss and a litany of psychological challenges has coalesced in the opportunity to serve our community as a Clinical Director for the Foundation.



Jeff Miller

PRESIDENT, BOARD OF DIRECTORS

Jeff is the President of the Board of Directors and younger brother of Jimmy Miller. Jeff Miller is a 15 year Los Angeles County Ocean Lifeguard with 7 years of experience working in the Junior Lifeguard and WATER Programs. Mr. Miller is a California Credentialed Teacher with a B.A. from University of California at Berkeley and Master's in Educational Technology from the University of San Francisco. He is a Los Angeles County Certified EMT, is fluent in Spanish and is an avid surfer.



Pam Sousa

PROGRAM MANAGER

As JMMF's Program Manager, Pam applies her genuine love for surfing and the healing powers of the ocean and her welcoming smile to lead each Ocean Therapy Session. Pam manages the planning, scheduling and operations related to our Ocean Therapy Program in coordination with our partners. She is at every session on the beach ensuring that our participants, volunteers and staff are safe and happy. Prior to joining JMMF, Pam developed and managed an adventure sports business in Alaska, led guided tours, has traveled the Baja peninsula extensively and managed summer kids camps in the South Bay.



Andy Dellenbach

CHIEF EXECUTIVE OFFICER

A childhood friend of Jimmy's since the age of 5, Andy has been a member of the JMMF Board of Directors since the inception of the Foundation. Andy now serves as JMMF's CEO and is responsible for the vision and strategy of JMMF, fundraising and managing overall operations and administration. A successful advertising/marketing executive, entrepreneur, business owner and consultant, Andy is an experienced and respected leader in business and in the community. When not on the grid, Andy is likely at the beach surfing, paddling, playing volleyball or gladly helping out at an Ocean Therapy session.



Gregor Sarkisian

RESEARCH & EVALUATION DIRECTOR, PH.D.

Gregor is an Associate Professor of Psychology at Antioch University Los Angeles with over 20 years of experience promoting organizational well-being using organizational empowerment theory. Gregor's expertise in research and evaluation supports the JMMF mission by enhancing the program evaluation and sustainability of Ocean Therapy among its constituents. Dr. Sarkisian aims to connect his love for surfing with the promotion of health and wellness through evidence-based research.



JMMF Budget Breakout

