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Frequently Asked Questions & Best Practices



Madeline Gryll



Frequently Asked Questions

Christian | Catholic | Jewish | Buddhist | Islamic | Muslim | Native American | General Spirituality

Why is it called FaithFirst?

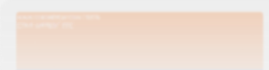
FaithFirst is a philosophy of utilizing “faith or spirituality first” before (or in lieu of) more traditional forms of intervention. We believe that individuals and their caregivers should have access to more holistic interventions that are clinically proven, easily administered and immediately measurable. FaithFirst is the only therapeutic multi-faith streaming service in the healthcare industry, delivering faith and spiritual programs to over 1M people a day in over 5,000 locations.

What is FaithFirst?

FaithFirst is a multi-faith digital streaming service providing spiritual and religious support to nurture connection, meaning and wellness through all healthcare environments. This offering draws from a broad spectrum of faith and wisdom traditions—Christian, Jewish, Muslim, Buddhist, Native American, General Spirituality—to offer prayers, meditations, sacred texts, music, worship opportunities, education, and interactive spiritual exercises. FaithFirst keeps individuals, groups and staff connected to their preferred tradition and practices when and where it is needed most. Serving hospitals, long-term care, treatment centers and aging-in place communities, our content is created and curated by a team of luminaries, drawn from academic, spiritual, and religious collaborations.

Is there research that supports the use of FaithFirst?

Scientific evidence supports the critical need for spiritual tools and resources in hospital and long-term care communities. Studies have shown that engaging in faith/spiritual programs has positive effects on mental health, heart health, cognition, and pain management. Individuals who are more spiritual and religious are more satisfied with their lives and have fewer suicidal thoughts, less depression, and less tendency to abuse drugs or alcohol. They are found to have a better quality of life and less distress about mortality. One study reported that cognitive symptoms associated with Alzheimer’s disease progress at a slower rate in patients who are more religious and spiritual compared to those who are less so. One possibility for these findings is that the repetition of prayers and rituals involved in religion and spirituality facilitates attention,



strengthens connections within the brain and improves memory in these individuals. Spiritual support is also associated with a reduction in pain. Mechanically ventilated patients that were given picture-guided spiritual care and were able to talk about their emotions, pain and needs reportedly had reduced stress and an increased ability to cope with their hospital stay. For more details, please see our Medwriters Report: Clinical Benefits of Therapeutic Music and Spiritual Support in Healthcare, available on our website.

How and when do I use FaithFirst?

FaithFirst Certified Communities not only embrace the philosophy, but also provide an abundance of evidence-based use cases and best practices for the positive utilization of FaithFirst. For example, through our easy-to-navigate categories, nursing staff, chaplains, caregivers and even volunteers offer tailored spiritual support to individuals and groups, engaging them in their tradition of choice. In addition, they engage our programs to



commemorate religious and spiritual seasons of the year and meaningful and timely rituals. Care staff also schedule worship services, sing-along hymns and interactive faith/spiritual discussions as enrichment activities designed to build community and foster stronger relationships. Administrators embrace FaithFirst for all the reasons listed above as well as being able to convey to families all the benefits, comfort, inclusiveness, and overall tone that the programming sets within a community.

What is the difference between FaithFirst and other streaming services?

FaithFirst is the only multi-faith spiritual support service specifically designed, created, and curated to support healthcare. Our content is scalable, offering breadth and depth across faith/spiritual traditions and is guided by the hearts and minds of Board-Certified Chaplains, Clergy and Academics rooted in their respective traditions. Other apps or websites are siloed in only one tradition, offer no opportunities for broader, interactive group discussions, and are limited in their content sources. These solutions cannot meet the existing needs of diverse spiritual paths.

What types of programs are available?

With the largest library of spiritual support across multiple faith traditions, programming includes prayers, meditations, music, rituals, sacred texts, hymns, worship opportunities, education, and interactive spiritual exercises designed to promote healing and wellness. Current traditions include Christian, Jewish, Muslim, Buddhist, Native American, and General Spirituality. New traditions, categories, content are updated monthly. Our Council of Board-Certified Chaplains, Clergy and Academics help us develop the most robust content roadmap in the industry, extending an invitation for all to participate, connect to something greater and find meaning and belonging in community wherever they are.

Are there certain types of conditions or challenges that it works best within?

The fundamentals of FaithFirst have demonstrated a positive outcome of individuals across a wide range of age, condition, and demographics. FaithFirst is widely engaged daily by millions of individuals in Independent, Assisted, Skilled, Memory and Acute care settings, especially when they feel disconnected from their traditional faith community. There are many published research studies on the science and benefits of spirituality for individuals with a wide range of physical, social, and emotional challenges.

Can FaithFirst replace a Chaplain, Clergy or Spiritual Counselor?

FaithFirst was not built to replace the engagement that is provided by chaplains and clergy, but as visits diminish from these overtaxed providers in only a select few faith/wisdom traditions, those opportunities are limited. FaithFirst works as a trusted support tool for staff, activity directors, chaplains, and volunteers to share when specialized spiritual care providers cannot be present or address a spiritual need from a differing tradition. FaithFirst is a simple, intuitive tool that can be used by any patient, resident, or staff member to support both individuals and groups on their sacred journeys.

Reimbursement for Spiritual Care

“The recent decision by the Centers for Medicare and Medicaid to provide reimburse for pastoral care further validates the mounting research of the role that spiritual support works when it is highly integrated into the total treatment plan”

*Hillary Geisler, VP
Spirituality, Coro Health*

“This is a milestone development in the provision of spiritual care”

*Juliana Leshner, VA Directory
of Chaplaincy*

FaithFirst Best Practices

Scheduled & On-Demand Programming Throughout the Day

Christian | Catholic | Jewish | Buddhist | Islamic | Muslim | Native American | General Spirituality

Sample Programming Options

- Chapel: Schedule support for different faith traditions throughout the day and week
 - Mon, Wed, Fri (Christian)
 - 9:00AM – Prayers
 - 11:00AM – Education
 - 2:30PM – Sacred Text Reading
 - 4:30PM – Hymns Sing Along
 - Tues, Thurs, Sat (Jewish)
 - 9:00AM – Meditations
 - 11:00AM – Inspirations
 - 2:30PM – Hebrew Stories
 - 4:30PM – Hymns Sing Along
- Garden/Atrium: Opportunity to provide a wide range of spiritual support
 - Mon, Wed, Fri (General)
 - 6:00AM – Daily Compassion Lesson
 - 10:00AM – Universal Responsibility
 - 1:30PM – Healing & Spirituality
 - 5:30PM – Evening Meditation

Sample Individual Use

- In-Room: Designed to support individuals with their specific interests and faith tradition
 - Mon, Wed, Fri (Buddhist)
 - 6:00AM – Morning Chanting
 - 10:00AM – Daily Blessing
 - 1:30PM – Buddha Mantra for Healing
 - 8:30PM – Sleep Buddhist Meditation Music