

**City of Lawrence  
2008 Alcohol Tax Funds  
Request for Proposals  
Calendar Year 2009 (January – December)  
Cover Page**

**Agency Name: Women’s Transitional Care Services, Inc. [WTCS]**

**Program Name: Resilience enhancement program for young children**

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**Request is for funding in the following categories and amounts:**

<u>  ✓  </u>	<b>Prevention</b>	<b>\$ <u>29,092</u></b>
<u>      </u>	<b>Treatment</b>	<b>\$ _____</b>
<u>      </u>	<b>Intervention</b>	<b>\$ _____</b>
<u>      </u>	<b>Coordination</b>	<b>\$ _____</b>

## **Program Description**

The **Resilience Enhancement Program [REP]** is a relatively new component of the Women's Transitional Care Services, Inc. Children's Program. It has been designed to address the consequences suffered by children (four to nine years of age) impacted by domestic violence. **REP** is a promising approach since it integrates individual, family, and group interventions to increase the program participants' level of resilience.

By enhancing these children's capacity to overcome adversity, we intend to break the cycle of violence, providing them opportunities to heal from the toxic health effects of domestic violence on their lives, preventing the devastating consequences for their future, especially substance abuse. Considering that children exposed to domestic violence have been found to be at an increased risk for a broad range of emotional and behavioral difficulties, including substance abuse, **REP** seeks to prevent the long-term devastating consequences of experiencing domestic violence by increasing the children's perception of domestic violence and drug use as harmful.

Through their participation in the program, children will increase their social and communication skills; as well as their coping and problem solving skills, especially developing a safety plan, including substance abuse issues, such as safety planning for an incident in which either parent is using drugs. Family, individual, and group interventions will increase the children's levels of self-esteem through different fun and creative activities. In other words, children will learn to discover their sense of power, recognizing that they always have a choice instead of using violence and drugs.

The group intervention, **A Window for Children**, is a central piece of this program. Windows for Children is a nationally recognized successful art model, which has been implemented with children in domestic violence shelters around the country. Children who witness domestic violence often lack the words to describe their experiences. Art gives children positive ways to handle their anger and pain, an essential step in breaking the chain of family violence for future generations and preventing its consequences, including substance abuse. They benefit from peer support and reduce the feelings of loneliness and isolation, by telling their stories, express their feelings, and rebuild their self-confidence. Children flourish as they are valued during the workshops, and art provides them with a lifelong tool to explore their feelings, hopes, and dreams.

A Window for children sessions will occur simultaneously with the survivor's support group in shelter, with the community support group, and with the Orientation Assessment, Referrals, and Safety [OARS] program support group or scheduled individual sessions. Thus, **REP** will successfully serve three distinctively different populations:

- 1) Children living at the Lawrence battered women's shelter;

2) Children in the community, exposed to domestic violence, who lived or not at the shelter; and

3) Children whose mothers are enrolled in the OARS program at the SRS Lawrence. OARS provides Direct Services to survivors of Domestic Violence and Sexual Assault who are receiving Temporary Assistance to Needy Families [TANF]. As with domestic violence, poverty is a risk factor for alcohol and substance abuse at an early age.<sup>1</sup>

### **Needs Assessment**

The City of Lawrence has a population of 80,098 inhabitants, 50% of women, and approximately 19% of the population is younger than 18 years of age and 6% is under 5 years of age.<sup>2</sup> There are approximately 264 domestic violence incidents reported in Lawrence<sup>3</sup>. These numbers corroborate the magnitude of this social problem in the area. However, these figures reflect only the reported incidents, and it is necessary to consider that, because of the dynamics of the domestic violence, there are many more incidents that remain silent, behind the walls.

- It is not known how much of this abuse occurs with children present. Research has shown that children under the age of 12 live in more than half of the affected households<sup>4</sup>. Thus, based on the reported incidents at least 132 children are exposed to domestic violence. Considering the characteristics of the victims of the reports, more than half of these children are under nine years of age (at least 65 children). According to information gathered during the intake process, 110 children witnessed the domestic violence and 46 children had been abused themselves. Since, February 2007 with the support of these funds, WTCS has been able to provide art therapy to children receiving services through group and individual sessions with the Art Therapist. WTCS has provided 33 groups with 84 children participating resulting in 2,772 hours of service. The 6 children received individual sessions resulting in 108 hours of service.

### **Outcomes**

1. Process outcome- 100 children ages 4-15 will participate in two weekly expressive art groups with an average of 8 children per session and an expected total of 1152 direct service contacts or will receive individual sessions with the Art Therapist.
2. Behavioral Outcome- 80% of program participants will demonstrate improvement in at least one of the following areas: non-violent communication, handling anger positively, and/or improved self-confidence. The impact of the workshops will be

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<sup>1</sup> National Center for Children in Poverty

<sup>2</sup> United States Census Bureau (2000)

<sup>3</sup> Kansas Bureau of Investigation (2004)

<sup>4</sup> National Center of Children Exposed to Domestic Violence

measured through weekly workshop logs kept by the facilitator, monthly reports, participant and family strengths assessment and facilitator annual evaluation.

3. Behavioral Outcome- 75% of program participants will demonstrate increased perception of violence and drug use as harmful. This outcome will be measured through a checklist to assess the children's perception change over time.
4. Impact Outcome -The children who participate in the program will not be involved in Domestic Violence or Substance Abuse in the future, leading a positive adult life, using arts to express, and showing the power of healing in their experience
5. Process outcome -**A Window for Children** will conduct at least two exhibits for grant year in order to share the children's artwork with the community and enhance community awareness of domestic violence and substance abuse on children. One of these exhibits will be done in October (Domestic Violence Awareness Month) and one in the Mental Health and Substance Abuse Awareness Month.
6. The trained facilitators will use a train-the trainer model to teach this model to at least eight additional volunteers who take part in A Window for Children.

### **Coordination**

This is a promising and holistic approach since it addresses both domestic violence and substance abuse prevention, by fostering resilience in these children. This approach reduces the fragmentation of services. Also, considering that there are no selective prevention efforts targeting children exposed to domestic violence we will be filling an important gap in the services offered in our community as we make it possible for these children to have a better future.

The individual and family interventions incorporate referrals to other services in the community. Therefore, there will not be duplication of services.

### **Organizational Capacity**

Women's Transitional Care Services, Inc. [WTCS] is a not-for-profit organization, founded in 1976 with the mission to work toward peace in the world by the elimination of violence in our communities. We provide services in five different locations in Douglas, Jefferson, and Franklin Counties in Kansas. Number of services provided during our last Fiscal Year: 24-hour crisis line: over 1,450 crisis calls; Emergency shelter: about 350 women and children; Support group for survivors: over 100 women; Community education and outreach: over 2700 people; Peer counseling: over 1000 women; Children's program: 179 children in shelter.

WTCS has 20 staff, including the Executive Director and approximately 57 trained volunteers. Our history, structure, and staff demonstrate that the organization is capable of putting the proposed program into action.

## Budget

As evidenced by the variety of WTCS partners, our agency seeks a broad base of funding for its programs and services. The agency will continue to pursue new relationships with private foundations and public offices with an investment interest in the arts as a healing tool or as a means of expression.

It is our intention to be able to reproduce the children's art to make cards, T-shirts, and mugs, among others, in order to increase this program's sustainability in time. We are also planning to embellish office furniture to sell at an event during Domestic Violence Awareness Month (October).

### Budget Categories

Name of Position or Item	Computation	Request	In-kind Match
Group Facilitator	30 hrs a week * \$13 per hour*52 weeks	\$20,280	
Children's Program Director (funded by VOCA and Douglas County United Way)	40 hrs a week * \$13 per hour *52 weeks	\$0	\$27,040
Volunteers (8 volunteers per week at an hour service)	8 hrs a week*\$11.68 per hour*52 weeks	\$0	\$4,859
Fringe Benefits	\$20,280 * 0.0765	\$1,551	
Health Insurance	202 a month *12months	\$2,424	
<b>Personnel Subtotal</b>		<b>\$24,255</b>	<b>\$31,899</b>
Travel (Shelter, United Way, SRS)	30 miles per week*\$.47 per mile*48 weeks	\$677	
Supplies: other (Program Supplies) includes individual sessions	\$20 Art supplies * 4 sessions per week * 52 weeks	\$4,160	
<b>Travel &amp; Supplies Subtotal</b>		<b>\$4,837</b>	
<b>Total</b>		<b>\$29,092</b>	<b>\$31,899</b>

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>Non-violent communication            Handling anger positively            Self-confidence            Perception of violence and drug use as harmful.</p>	<p>Increase the levels of resilience of children exposed to domestic violence.            Prevent domestic violence and substance abuse</p>	<p>Children from four to fifteen years of age who have been exposed to domestic violence:            -who live in the shelter            - who live in the community            - who receive services from OARS in Lawrence, Kansas.</p>	<p>Resilience Enhancement Program:            - Individual intervention-            - Strengths assessment            - Safety Plan            - Domestic Violence and Substance Abuse Awareness            - Family intervention            - Strengths assessment            - Domestic and Substance Abuse Awareness            - Group Intervention            - A Window for Children</p>	<ol style="list-style-type: none"> <li>100 children ages 4-15 will participate in two weekly expressive art groups with an average of 8 children per session and an expected total of 1152 direct service contacts throughout the year or receive individual sessions with the Art Therapist.</li> <li><b>A Window for Children</b> will conduct at least two exhibits for grant year in order to share the children's artwork with the community and enhance community awareness of domestic violence and substance abuse on children</li> </ol>	<ol style="list-style-type: none"> <li>80% of program participants will demonstrate improvement in at least one of the following areas: non-violent communication, handling anger positively, and/or improved self-confidence.</li> <li>75% of program participants will demonstrate increased perception of violence and drug use as harmful.</li> </ol>	<p>The children who participate in the program will not be involved un Domestic Violence or Substance Abuse in the future, leading a positive adult life, using arts to express, and showing the power of healing in their experience</p>