



2015 Social Service Funding Application – Non-Alcohol Funds

Applications for 2015 funding must be complete and submitted electronically to the City Manager's Office at ctoomay@lawrenceks.org by 5:00 pm on Friday, May 2, 2014. Applications received after the deadline **will not** be reviewed by the Social Service Funding Advisory Board.

General Information: Each year, the City Commission considers requests for the allocation of dollars to a number of agencies that provide services benefiting the Lawrence community. These funds are to be used to support activities that align with the Community Health Plan which was developed with input from many people throughout the community. The five areas for the plan are listed below:

- Access to healthy foods
- Access to health services
- Mental health
- Physical activity
- Poverty and jobs

More information on the Community Health Plan can be found at <http://ldchealth.org/information/about-the-community/community-health-improvement-plan/>.

Applications will be reviewed by the Social Service Funding Advisory Board at meetings held from 8:00 a.m. to 12:00 p.m. on May 23 and May 30. **Applicants are asked to make a contact person available by phone at that time in case questions arise.**

Following their review, the Advisory Board will forward recommendations for funding to the City Commission. Recommendations will be based upon the following criteria:

- availability of city funds
- the stated objectives of the applicant's program
- alignment of the program with the Community Health Plan
- the efforts to collaborate and create a seamless system of support for residents
- outcomes that move program participants from total dependency toward measurable levels of independence
- ability to measure progress toward the program objectives and the Community Health Plan
- past performance by the agency in adhering to funding guidelines (as appropriate)

The final decision regarding funding will be made by the City Commission when they adopt the Annual Operating and Capital Improvement Budget in August.

Please note that funds will be disbursed according to the following schedule unless otherwise agreed to in writing:

- First half of funds will not be disbursed before April 1
- Second half of funds will not be disbursed before October 1

Questions? Contact Casey Toomay, Budget Manager at ctoomay@lawrenceks.org or at 785-832-3409.



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SECTION 1. APPLICANT INFORMATION

Legal Name of Agency: GaDuGi SafeCenter

Name of Program for Which Funding is Requested: Therapeutic Services- Support & Wellness Groups

Primary Contact Information (must be available by phone 5/23/14 and 5/30/14 from 8 a.m. to 12:00 p.m.)

Contact Name and Title: Chrissy Heikkila, Executive Director

Address: 2518 Ridge Court, Suite 101, Lawrence KS 66046

Telephone: 785-843-8985/ cell 785-424-4832 Fax: 785-843-3728

Email: Chrissy@gadugisafecenter.org

SECTION 2. REQUEST INFORMATION

- A. Amount of funds requested from the City for this program for calendar year 2015: \$ 21,147
- B. Will these funds be used for capital outlay (equipment or facilities?) No. If so, please describe: N/a
- C. Will these funds be used to leverage other funds? If so, how: Yes, Demonstrated support from local government is helpful in securing grants from other funding sources and opportunities.
- D. Did you receive City funding for this program in 2014? If so, list the amount and source for funding (i.e. General Fund, Alcohol Fund, etc.): GaDuGi SafeCenter received \$2,000 from City Alcohol Funds to support the SafeBar Alliance program.
1. How would any reduction in city funding in 2015 impact your agency? Supportive and innovative programs focused on healing would be stymied and would require funds from other sources. Diverse and expansive support programs for survivors of sexual violence are critical to the Lawrence community and promote health and well-being for all citizens.
 2. If you are requesting an increase in funding over 2014, please explain why and exactly how the additional funds will be used: n/a

SECTION 3. PROGRAM BUDGET INFORMATION

- A. Provide a detailed budget for the proposed program using the following categories: personnel (list each staff position individually and note if new or existing), fringe benefits, travel, office space, supplies, equipment, other.
- B. What percent of 2015 program costs are being requested from the City?
- C. Provide a list of all anticipated sources of funding and funding amount for this program in 2015:

GaDuGi SafeCenter is requesting funding for a new program: Therapeutic Services- Support Groups. Because this is a new program there is currently no other funding source for the program and 100% of the program costs are being requested from the City. Equipment and office space will be provided using current agency resources. A list of full AGENCY anticipated sources of funding and funding amount is available.

Name/Position or Item with Description	Purpose	Location, if applicable	Computation	Request
Personnel: Support Group Coordinator (NEW)	To implement proposed objectives	100% (20 hours a week) of salary	\$16.92 per hour x 1040 hours	\$ 17,597
Fringe Benefits: FICA Unemployment	To implement proposed objectives		FICA: 17,597 x 7.65% Unemp: \$432	\$ 1346 + 432 \$ 1778

Supplies: Group supplies, printing costs, office supplies	To implement proposed objectives		Group supplies: \$850 Printing: 350 flyers (.32 each), \$15 for copy per month X 12 mths Office supplies: \$250	\$ 850 292 <u>250</u> \$ 1392
Equipment: N/A			0	\$ 0
Other: Training/workshops/resource books	To support proposed objectives			\$ 380
TOTAL:				\$ 21,147

SECTION 4. STATEMENT OF PROBLEM / NEED TO BE ADDRESSED BY PROGRAM

- A. Provide a brief statement of the problem or need your agency proposes to address with the requested funding and/or the impact of not funding this program. The statement should include characteristics of the client population that will be served by this program. If possible, include statistical data to document this need.
- B. How was the need for this program determined?
- C. Why should this problem/need be addressed by the City?
- D. How does the program align with the Community Health Plan (see page one)?

GaDuGi SafeCenter is the sole provider of sexual violence support services in Douglas, Franklin and Jefferson Counties. Sexual violence in all of its forms (rape, sexual assault, sexual harassment, child sexual abuse, incest, etc.) is a public health concern that negatively impacts the long term physical and emotional health of the communities that the agency serves. Effects of sexual violence can include chronic pain, headaches, post-traumatic stress disorder, depression, sexually transmitted diseases, and numerous other physical and mental health issues that negatively impact individuals, families, and communities.

Crimes of sexual violence continue to be pervasive and under-reported in local communities. According to the National Coalition against Sexual and Domestic Violence, it is estimated that for every rape reported to the police, 7-10 rapes are not reported. In 2012, Douglas County had 61 reported rapes, Jefferson County had 2, and Franklin County had 13. In Lawrence alone (according to the Lawrence Police Department's UCR report) there were 54 rapes, 7 statutory rapes, 13 forcible sodomies, 56 forcible fondlings, 1 incest case, 2 prostitution cases, and 2 pornographic/obscene materials cases in 2012.

From October 1, 2012-September 30, 2013, GaDuGi staff and advocates provided direct services to 269 survivors, making 558 contacts, with a total of 512 hours of direct and indirect services (indirect includes making phone calls for them, finding resources, etc.). Additionally, GaDuGi SafeCenter continues to experience growth and improved accessibility to individuals affected by sexual violence. For the past two years, the agency has served a total of 48% more clients. In 2010, the agency served 176 women, men and children. In 2011, the agency served 257, and in 2012, the agency saw a total of 339 individuals.

GaDuGi SafeCenter prioritizes numerous opportunities for healing and recovery from sexual violence trauma. In addition to individual therapy, a 24-hour hotline, and face-to-face advocacy and support, consistent and thoughtful support and wellness groups would produce stronger bonds between survivors, improve feelings of seclusion, and promote recovery. Currently the agency does not have the staff or the capacity to maintain ongoing support and wellness groups appropriate to the community's needs.

Support groups are an important part of the restorative process for individuals that have been affected by sexual violence. Support groups foster growth and recovery and create a community for individuals with shared experiences. Incorporating support and wellness groups into the agency's existing services will create a well-rounded system of support for individuals that seek services from GaDuGi SafeCenter.

Given that sexual violence can cause a variety of adverse impacts and symptoms, victim-survivors often experience intense isolation and depression. Trauma-informed support groups can alleviate adverse impacts, improve mental and emotional well-being, and reverse stigmatization (<http://www.mayoclinic.com/health/support-groups/MH00002>).

GaDuGi SafeCenter's support/wellness groups align with the Community Health Plan, specifically the mental health section, by creating an environment which values positive mental and behavioral health and encourages everyone to seek help when they need it by promoting prevention and responding to mental health needs. Our program provides a safe and confidential environment for survivors to share their feelings and thoughts with others who have experienced similar trauma and improve awareness of available services. Issues addressed are trust, anger, grief, coping/survival strategies, physical/emotional wellness, and self-esteem. It has been found that 25-50% of sexual assault survivors do seek support and treatment as a result of the assault (mayoclinic.org). Community is an important part of what GaDuGi SafeCenter strives to provide with services, and support groups are essential for increased support to survivors and the knowledge for survivors to know that they are not alone.

SECTION 5. DESCRIPTION OF PROGRAM SERVICES

- A. Provide a brief description of the service you will provide and explain how it will respond to the need you identified in Section 4. The description should include how many clients will be served, and should describe as specifically as possible the interaction that will take place between the provider and the user of the service.
- B. What other agencies in the community are providing similar types of services. What efforts have you made to avoid duplication or coordinate services with those agencies?

City Funds will fund a Support and Wellness Group Program and support a part time (20 hour a week position) Support Group Coordinator. The Support group coordinator will (A) Plan and build support group curriculum that focus on best practices involving sexual violence trauma, (B) Facilitate eight 6-week support groups that provide a variety of options and supportive healing opportunities (C) Provide 5 1-2 hour trainings and/or mini sessions that provide increased skills regarding sexual violence topics. Advertisement and recruitment for the support group opportunities will be wide-spread and inclusive. Clients served in groups will be 132-150 individuals and in addition the Support Group Coordinator will participate in providing trauma-informed advocacy and support to 100% of primary and secondary victim-survivors seeking services through the agency's hotline and any walk-in clients as needed. This additional support will increase client interaction to the position and improve support for the agency.

Currently in Douglas County, there are no sexual violence specific support and wellness groups. GaDuGi SafeCenter will work with community partners to ensure that duplication will not occur and that community needs and service gaps continue to be filled.

The Support Group Coordinator will collaborate with community organizations in order to gain knowledge about support group organization and management and maintain partnerships with community organizations for the purpose of engaging and referring shared clients that have experienced sexual violence. Additionally, the Support Group Coordinator will provide appropriate and necessary referrals to units of government and community organizations to address the multiple needs of GaDuGi SafeCenter clients and support group participants.

In addition, collaboration and a MOU with Willow Domestic Violence Center and First Step Rehabilitation House also maximize support for women who have intersections with sexual assault and/or domestic violence and chemical dependency.

SECTION 6. PROGRAM OBJECTIVES

Please provide three specific program objectives for 2015. Objectives should demonstrate the purpose of the program and measure the amount of service delivered or the effectiveness of the services delivered. A time frame and numerical goal should also be included. Examples include, "75% of clients receiving job training will retain their job one year after being hired," "increased fundraising efforts will result in a 15% increase in donations in 2015," "credit counseling services will be provided to 600 clients in 2015," etc. **Applicants will be expected to report their progress toward meeting these objectives in their six-month and annual reports to the City.**

- 1.) **Provide 8 six week long support groups on various sexual violence related topics and methods (ie: art, peer-based counseling, skill building etc). Support groups will be offered to a diverse group of survivors (ie- child sexual abuse survivors, male survivors, teen and youth survivors, adult women, etc)**

- 2.) Provide five 1-2 hour trainings and/or mini sessions that will enhance skills for sexual abuse survivors, such as breathing, meditation, and coping techniques.
- 3.) From Support & Wellness group participants surveyed, 75% will experience a significant increase in knowledge regarding symptom management.