

Granny's Attic September 2020 Grant Application

Date of Application: August 29, 2020

Applicant Organization: The DOVE Project, PO Box 1341 Vashon, WA 98070

www.vashondoveproject.org

Title of Project: Community Access to Therapy (CAT)

IRS 501c(3) status letter on file

The DOVE Project and Granny's Attic Joined Mission:

The DOVE Project's mission statement is to work as a catalyst for social change fostering zero tolerance for interpersonal violence. We do this by supporting individuals and engaging, inspiring, and providing prevention education that drives change. DOVE stands for Dignity, Opportunity, Voice, and Empowerment.

DOVE is the only domestic violence agency on Vashon Island. Granny's Attic and DOVE both support the well-being and health of our Vashon residents. It is no secret that resources are limited on the island. We work hard to create partnerships with the goal of improving referral systems, so survivors will have increased options that will fit their individual needs. DOVE is very active in the community and responsive to identified needs as they arise. We are entirely shaped by the unique needs of our community.

DOVE supports the entire island community. Because of community involvement and trust, DOVE has grown in a way that no one could have anticipated. DOVE has grown significantly: in 2013, the year of incorporation, DOVE supported 43 people. Direct service dramatically increased to 561 people in 2019. In 2020, during this pandemic, DOVE continues to support approximately 50 individuals a month. Currently, 9% of the individuals we serve are in our BiPOC community and we are continuing to engage with our community partners to provide relevant advocacy and sustainable support for our BiPOC community.

Problem Statement

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

There are many islanders who are in need of therapy and do not seek this type of support for many reasons. Two of the most common barriers are financial constraints (regardless of insurance status) and island relationships, i.e. cannot go to the local mental health agency as a neighbor, family member, or intimate partner goes there and it might not be confidential nor comfortable because of past experiences.

Program: Community Access to Therapy (CAT)

Goal

Provide an essential service to islanders who are in need of specialized mental health support, who also have barriers in receiving such services due to inability to pay or for those whom for reasons of safety and confidentiality, cannot use insurance to pay for therapy.

Objectives

1. Work with community members who have been identified as being in need of short-term mental health interventions.
2. Support islanders in determining individualized objectives (either with DOVE or with their therapist).
3. Match islanders with a trained therapist to fit their needs.

Project Dates and Timetable

This is a program that offers individuals a set of up to 10 sessions with a mental health therapists. This program will last until money is completely used. The demand for this service and support far outweighs the ability we have had to meet this level of need.

Budget & Amount Requested

Every participant of the program can work with a participating mental health therapist at the cost of \$10 per session. Participating mental health therapists agree to charge the client no more than \$100 per session. DOVE will pay the remaining portion of the session with the granted monies.

DOVE is respectfully requesting \$15,000 to support the sustainability and expansion of the CAT Program, a program that is in full alignment with Granny's mission.

History of the CAT Program

In 2015, a local family foundation who came specifically to DOVE asking if we could create a program that increased access to mental health support for islanders. Knowing that mental health for survivors of domestic/sexual violence is a key part of recovery, we said yes. That said, it was decided that this program should be available to all islanders, not just DOVE clients.

In 2016, DOVE met with all private therapists on the island to develop a program that would meet the complex needs of survivors who also live in a rural area with low anonymity. DOVE named it CAT (Community Access to Therapy) and was able to create a voucher program that would pay for ten therapy sessions per person: 30% of spots open to survivors of domestic violence or sexual assault (referrals will come from DOVE); 30% of spots open to youth (referrals will come from the schools); 40% of spots open to island community (referrals from private therapists).

CAT has been extremely successful on in providing therapeutic services to a variety of islanders who otherwise may not have been able to receive therapeutic support. Since its inception, CAT will have provided just over 560 hours of therapy to Vashon residents. This is an ongoing program for the community.

Evaluation

Each client and therapist completes evaluation surveys post-therapy. While it is difficult to have specific evaluation measures due to the confidential nature of mental health therapy, this program has been well-received by both islanders and their therapists. CAT has been hugely beneficial to Vashon residents in need of therapeutic services where there might otherwise be barriers to finding and receiving those services, as well as for participating therapists in that they have been able to offer their services to clients who might not otherwise be able to afford them.

What are therapists saying?

- *He was able to move forward and find sustainable work. After 10 sessions!*
- *Therapy provided an essential opportunity to stabilize this client after she has experienced significant trauma.*
- *My client has increased both internal and external resources and support for moving forward in her life past this traumatic experience.*
- *I am so pleased DOVE had provided a team approach that helped build a bridge and create a plan of action to protect this client (emotionally) in terms of safety planning and emotional wellness moving forward. This client would likely have developed PTSD after her sexual assault without the support and stabilization provided through this therapy treatment.*

What are islanders saying?

- *I gained new tools through working with [therapist] that help me and my family be healthier and stronger. This has been a game-changer for me and my kids!*
- *For me, the scariest part was thinking that I was alone. But then, at DOVE, I gained a community. And a therapist who helped me more than you can imagine.*
- *You might think I'm kidding, but I would not be here today if not for DOVE and their programs.*
- *I was alone. I was broken. I was broke. Thank god for the CAT program.*

Well-being is built; it is strengthened by materials like social relationships, community resources, and opportunities to thrive. Together, Granny's and DOVE will support the well-being of our community through providing critical, short-term mental health interventions to islanders most in need.

Now more than ever, the need for this program is incredibly relevant. Today, you have the chance to impact islander's lives through offering mental health support provided by highly trained mental health professionals. Your support will help build strong and healthy people, families, and community. Thank you for your consideration!