PROGRAM FOR MALES WITH MILITARY SEXUAL TRAUMA: A GRANT PROPOSAL

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INTRODUCTION

- In 2012, 1,082 males in the U.S. Armed Forces reported unwanted sexual contact (USC) to the authorities (U.S. Department of Defense [DoD], 2012).
- When the VA further explored this segment, it became evident that roughly 32,000 males admitted to being victims of MST compared to 29,000 females who also reported MST (Morris, Smith, Farooqui, & Suris, 2014).
- In 2004, the U.S. Naval Inspector General estimated that 66% of MST suffered by male victims is not formally reported due to a lack of anonymity in the surveys conducted by the VA.
Social workers are committed to the National Association of Social Workers’ Code of Ethics to help individuals achieve a higher quality of life (2008). The particular core values that will be used are service, social justice, dignity and worth of the person, and the importance of human relationships. When working with the MST clients, social workers advocate, fight for new policies, respect the client, help clients regain their social support, and guide them toward establishing more healthy relationships (National Association of Social Workers, 2008).
Cross-cultural Relevance

Even though the focus is a small population, a diverse group of men have experienced MST and/or USC. In the U.S. Armed Services, there are vulnerable individuals of many extremities. Currently, no statistics are available that would specify different races or sexual orientations of the victims of MST. In May 2015, the VA posted on their fact sheet that one in 100 men reported MST when they were being screened for services from the VA hospitals. The problem the VA faces when determining statistics is that military culture is embedded in the service members’ identity, as described in the preceding section. When service members are discharged from the military, their trauma becomes a multicultural problem. Once the victims of MST rejoin their communities, they are often controlled by the various emotions and symptoms of Post-Traumatic Stress Disorder (PTSD). According to VA (2015b), MST has been known to coexist with other mental health disorders, such as anxiety or substance use disorders.
Methods

• **Target population**
  • The target population for this project is male veterans who have experienced MST and/or USC while serving in the United States Armed Forces.

• **Strategies used to identify and select a funding source**
  • In order to find the grant opportunities for this program, the writer went online and conducted research to find potential assistance for the program, by using Google to browse for key words. The keywords that were used in the various databases were: military sexual trauma, mental health, veteran, male, rape, sexual assault, unwanted sexual contact, and grants.

• **Identify the funding source selected**
  • The Robert R. McCormick Foundation is passionate about helping veterans, and one of the various ways it helps is to provide treatment to returning service members with behavioral problems.
Methods (Cont.)

• Sources used for the needs assessment
  • Resources for the problem statement included empirically-based journal articles on MST, books, documents and pamphlets from VA, personal interviews, and websites that focused on veterans and MST. Information on treatment approaches to PTSD related to male MST is limited, and little research has been conducted to establish the efficacy of any particular approach (Hoyt et al., 2012).

• Projected budget range and categories
  • The budget for the program will be approximately $250,000, which is the amount the program designer aims to request from the proposed funder. The three full-time staff will receive a total of $120,000 and a total benefits of $28,800. The Licensed Clinical Social Worker will receive $35,000 and will supervise the full-time staff three hours a week. The Project Evaluator will administer the tests, analyze the results, and provide a report for all parties involved with this project. They will receive $5000 for their work.
Grant Proposal

• Program Summary and Description
  • This program is designed for twenty male survivors of MST which is structured as a closed outpatient one-year program. The five different phases of the program use various evidence-based treatments. Hoyt et al. (2012) designed the structure of a four phase program that is being utilized by this program designer. The program designer decided to add a phase to the program to allow the participants to learn and begin to trust each other’s anonymity during the duration of this twelve month program.

• Population Served
  • The program will include a diverse population comprising men of various ages, cultures, sexual orientation, and races, bringing the participants closer to each other through identifying their common issues of MST.
Grant Proposal (Cont.)

• **Sustainability**
  - If the VA decides that the program can contribute to the well-being of veterans, the program designer would ask the VA to grant additional funding to the program to continue for at least one more year to see whether its outcomes are being met. If the VA does not fund the program, the program designer will have to request additional funding from the program’s current funder.

• **Program Objectives**
  - To recruit 10 male survivors of MST in Los Angeles County for an outpatient program.
  - To have 70% of the initial cohort improve their self-worth by 50%.
  - 40% or less of the members who complete the program will return to this program or another program designed specifically for male MST survivors.

• **Program Evaluation**
  - The survey instrument will assess trustful relationships, productive roles in the community, sense of self-worth, and level of guilt and shame.
Lessons Learned/Implications for Social Work

• Designing this program to meet both feasibility and cost effectiveness was a hard task to accomplish. This program mirrors some of the same criteria which were designed by Herman (Herman’s Stages of Recovery, 2015). In order to cut both cost and feasibility the program needs to be an outpatient program, especially when it is in Long Beach, California.

• Social workers work with individuals to provide them with a higher quality of life based on the National Association of Social Workers’ (NASW) core values (2008). The particular core values included service, social justice, dignity and worth of the person, and the importance of human relationships are what the program offers to its participants. When working with the male MST clients, social workers must advocate for new policies, respect the client, help the client regain his social support, and guide him toward establishing more healthy relationships with others (NASW, 2008).
References


