DEPRESSION AND ANXIETY CROCHET GROUP FOR LATINAS: A GRANT WRITING THESIS

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Introduction

- Latinas are at a high risk for depression and other mental health conditions due to domestic violence, gender role expectations, stigma, and limited access to mental health resources.
- Latina women are at an increased risk, experiencing depression at twice the rate of Latino men, and more likely to experience depression than Caucasian and African American women (NAMI, 2012).
- Compared to other ethnic groups or population of Latinas in Orange County, overall, 31.2% of the hospitalizations for a mental health disorder were in Santa Ana alone. Among Latinas, the number one reason for hospitalizations was major depression (County of Orange, 2013).
- The goal of this program is to reduce depression and anxiety rates among 150 Latinas.
Mayden and Nieves (2000) explain that currently the United States is lacking in culturally competent, bilingual, service providers to serve members of the various ethnic groups.

With that said, this project will make sure to include bilingual social workers and interns in order to better serve the clients.

Furthermore, it is also important to note that Latina women face greater barriers to accessing mental health services than either males or White women, for instance, access to child care being one of them.

Thus, the importance of having a child care provider on site was also taken into account in this project.
Multicultural Relevance

- Even though the focus of this study is Latina women, it is important to consider that Latina women are not homogenous.
- The U.S. Census Bureau (2004) informs that there are 64% of Mexicans, 9.4% Puerto Ricans, 3.8% Salvadorians, 3.7% Cubans, 3.1% Dominicans, 2.3% Guatemalans, and the remaining 13.7% are people of other Hispanic or Latino origins.
- Also, the barriers that Latina women face might be different depending on their culture.
- For instance, Mexican Latina immigrants might face different challenges on their journey when entering this country when comparing them to Cuban Latina immigrants.
- Also, another thing to keep in mind is that Latina women come from different socioeconomic statuses, and educational backgrounds.
The target population for the proposed Latina Crochet Group program is 150 Latina women with symptoms of depression and anxiety living in the 92704 area code in Santa Ana California.

When looking at different foundations for grant opportunities, this grant writer researched program information, which included all qualifications and restrictions on funding.

Ultimately, S. Mark Taper Foundation was selected as a potential funding source for this proposed program in part because of the similar goals and areas of focus including the category of the populations, the foundation's mission, and funding priorities.

The S. Mark Taper Foundation is a private family foundation founded in 1989 whose main focus has been to support nonprofit organizations in their work in communities in order to enhance people’s quality of lives.
Methods cont.

- Data bases such as the U.S. Census, California Department of Mental Health, and the County QuickFacts from the U.S. Census Bureau were accessed.

- A total of $170,000 will be requested for one-year funding for the Latina Crochet Group program.

- The program will include a bilingual LCSW, one part-time bilingual social worker with an MSW, four interns, and one childcare provider.

- Other categories included in the budget will be utilities, program and office supplies, snacks for participants, program incentives, travel expenses, training, and in-kind packages.
The proposed program will potentially be able to serve 150 Latina women by using art therapy techniques, psychoeducation, peer support, and psychosocial skills building.

This will be accomplished within the context of crocheting collectively.

The target population for the proposed Latina Crochet Group program is 150 Latina women with symptoms of depression and anxiety living in the 92704 area code in Santa Ana California.

Eligible participants will consist of Spanish speaking Latina women ages 20 and older who have been diagnosed with depression or anxiety.

Funding for a total of 1 year for this program is requested from the S. Mark Taper Foundation.
Project staff will search for ongoing funding through individual donors, corporations, and grants from other foundations.

Other potential funding sources to extend the program can be found by collaborating with funded partners: Community Service Programs, Human Options, Olive Crest Treatment Centers, Inc., and The Raise Foundation.

Program objectives include, Objective 1: Recruitment and Assessment, Objective 2: Provide Group Sessions, and Objective 3: Provide Individual and Group Incentives to Retain Group Members.

The evaluation of the program will be done in several ways. Sign-in sheets will be provided during group sessions.

PHQ-9 and GAD-7 forms will be given before each group session to track depression and anxiety levels and reviewed after 10 weeks group, the scores will be reviewed and compared to determine if depression and anxiety rates were reduced.

Participants will also receive a pre- and post-test to determine the effectiveness of these interventions.
Lessons Learned/Implications for Social Work

- When searching for a potential funding source, there was a lack of funding sources that served low income, Latina women experiencing depression and anxiety in the Orange County area.
- Most of the sources predominately funded programs in the Los Angeles area, focusing on children and youth.
- Valuable skills were learned such as time management.
- The grant writing process can be lengthy and time consuming, and so time management is crucial.
- It is easy to get distracted and to procrastinate during this process.
- Mayden & Nieves (2000) explained that currently the United States is lacking in culturally competent, bilingual service providers to serve members of the various ethnic groups. With that said, this project will make sure to include bilingual social workers and interns in order to better serve the clients.
References


