A Prevention Group to Impact Self-Esteem Among Adolescent Girls: A Grant Proposal

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Introduction

• **LOW LEVELS OF SELF-ESTEEM DISPROPORTIONATELY AFFECT ADOLESCENT AND PRE-ADOLESCENT GIRLS AS COMPARED TO BOYS (MCCLURE ET AL., 2010).**

• **LOW LEVELS OF SELF-ESTEEM ARE ASSOCIATED WITH A VARIETY OF NEGATIVE PHYSICAL AND MENTAL HEALTH OUTCOMES SUCH AS: ANXIETY, DEPRESSION, EATING DISORDERS, BULLYING, TEEN PREGNANCY, SUBSTANCE USE, SELF-HARM, AND SUICIDE (CDC, 2010).**

• **HIGH LEVELS OF SELF-ESTEEM ARE ASSOCIATED WITH HIGHER ACADEMIC ACHIEVEMENT, POSITIVE PEER RELATIONSHIPS, AND PHYSICAL HEALTH OUTCOMES (MCCLURE ET AL., 2010).**

Goals of the Proposed Project:
• Increase/maintain positive levels of self-esteem.
• Increase participants’ knowledge of community resources.
Social Work Relevance

- The proposed project adheres to the National Association of Social Workers (NASW) Code of Ethics.
- The proposed project seeks to improve physical and mental health outcomes of an oppressed group.
- The proposed project seeks to implement a preventative intervention; filling a gap in service and research.

PREVENTION MATTERS
Cross-Cultural Relevance

- All adolescent females regardless of race/ethnicity and/or background are at-risk of developing low levels of self-esteem (Morin et al., 2011).

- However, adolescents females who are identified as low-income or as from non-traditional family structures are at an elevated risk (McClure et al., 2010).

Strategies Used to Identify Funding Source:
- Long Beach Non-profit Partnership
- Google internet search

Selected Potential Funding Source:
The Ueberroth Family Foundation
### Sources for the Needs Assessment:

- Literature review
- Examination of services and populations served at potential host agency
- Local, state, and national data

### Projected Budget:

- **Budget Categories:**
  - Salaries and Benefits
  - Direct Program Costs
  - Miscellaneous Expenses
  - Indirect Program Costs

- **Total Projected Budget:** $84,946
Grant Proposal

- **Program Description:**
  - School-based psychoeducation groups focusing on identifying risk factors and engaging protective ones.
  - 10 members; once per week for 8 weeks.
  - Facilitated by an MSW using evidence-based materials.

- **Population Served:**
  - Female youth age 10-13.

- **Sustainability:**
  - Additional but unspecified grants.
  - Hopes for renewable funding from selected potential funding source.
Grant Proposal (continued)

- **Program Objectives:**
  - To provide emotional and social support to at-risk female youth.  
    Outcome Measure: minimum 400 service minutes per school site.
  - To increase group participants’ self-esteem and coping skills.  
    Outcome Measure: members will identify at minimum 4 coping skills.
  - To increase participants’ knowledge related to adolescent dating violence.  
    Outcome Measure: members will identify at minimum 3 red flags of a potentially violent relationship.
  - To increase participants’ knowledge related to available community resources.  
    Outcome Measure: members will identify at minimum 1 useful community resource.

- **Program Evaluation:**
  - Pre and post test measures
  - Outcomes report
Lessons Learned

• HOW TO CONDUCT SCHOLARLY RESEARCH
• THE IMPORTANCE OF SETTING DEADLINES AND PLANNING AHEAD
• THE IMPORTANCE OF BALANCE IN PREVENTING BURNOUT AND PRODUCING A QUALITY FINISHED PRODUCT
• ADVOCACY IS ESSENTIAL TO SOCIAL WORK
  • This project seeks to advance the social, economic, and political status of women through providing interventions to young girls as they transition into adulthood.


