A PHYSICAL ACTIVITY PROGRAM TO INCREASE THE MENTAL WELL-BEING OF THE WOMEN SERVED AT MARIPOSA WOMEN AND FAMILY CENTER: A GRANT PROPOSAL

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Introduction

- Women who are young or middle-aged, who have never been married or have not completed high school (Centers for Disease Control and Prevention, 2011) are the most likely to be diagnosed with depression or anxiety.

- The biggest barrier to treatment is the cost of services (Substance Abuse and Mental Health Services Administration, 2012).

- Research showed that physical activity combined with supportive professional help could be an effective way to treat depression and anxiety in an individual (Callaghan et al., 2011) by decreasing negative symptoms and increasing mental wellbeing (Oeland et al., 2010).

- The overarching goal of this exercise grant proposal is to supplement traditional talk therapy and group therapy with physical activity in order to increase quality of life and decrease symptoms of depression and anxiety for clients at Mariposa Women and Family Center.
Relevance to Social Work profession

- National Association of Social Workers (NASW, 2013) Code of Ethics:
  - Respect and Dignity of client: culture and individual strengths.
  - Competence: maintaining and increasing knowledge of treatments and resources for clients.
  - Self-determination: empowering clients to take charge and make changes in their own lives.
Multicultural Relevance

• 15.2 million adults have had at least one Major Depressive Episode in the last year.
• Women are diagnosed twice as often as men for depression.
• Mental health issues affect: Native Hawaiians/other Pacific Islanders, Asians, Hispanics, Blacks, Whites, American Indians/Alaskan Natives, and people with two or more ethnicities.

(SAMHSA, 2012).
Methods

Target population

• Women at Mariposa Women and Family Center who are between the ages of 18 and 64 who are currently diagnosed with depression and/or anxiety. According to Mariposa Women (2013) 90% of clients are in the low or extremely low-income bracket and are 53% Non-Hispanic and 47% Hispanic.

Strategies used to identify and select a funding source

• Conducted searches on local, state, and federal websites.
• Key words “mental health funding,” “physical activity programs,” “holistic therapy for women,” “community mental health funding,” and “physical activity for women funding.”
Methods Cont’d

Identify the funding source selected
- The funding source selected was the California Wellness Foundation.

Sources used for the needs assessment
- The Centers for Disease Control and Prevention (2011)
- Substance Abuse and Mental Health Services Administration (2012)
- Mariposa Women and Family Center (2013)
- Recent studies that link physical activity and mental wellbeing

Projected budget range and categories
- The estimated budget for this project includes the cost of the contracted physical activity instructors, the part time MSW case manager, two childcare providers and exercise supplies such as yoga mats, free weights, and health and wellness educational materials. The total budget requested would be $69,360 for the year.
Grant Proposal

Program Summary and Description

• The purpose of this project was to write a grant to acquire funding which would support a year long physical activity program free of charge to the women at Mariposa Women and Family Center who are diagnosed with depression or anxiety. The program would allow clients to pick two classes, out of the six offered, to attend weekly. The program would include a health and wellness component through monthly talks by the MSW case manager about mental health and the correlation to physical wellness.

The 4 objective of this program are:

1. to promote health and wellness in clients who are participating in the program
2. to help clients to experience positive quality of life and decrease anxiety and depression symptoms
3. to educate clients on the link between mental health and physical activity
4. to connect clients to local resources for continued wellness
Grant Proposal

- **Population Served**
  Women at Mariposa Women and Family Center between the ages of 18-64 who are currently being treated for depression or anxiety.

- **Program Evaluation**
  - Beck Depression and Anxiety Inventories
  - Clients will identify health goals and perceived fitness abilities at baseline, and review every 3 months to assess for improvement
  - Self-esteem survey focusing on self-worth, self-concept, and confidence at baseline, mid year, and end of the year.
  - Group debrief meeting at the end of the year for qualitative feedback from clients
Social Work Implication

It is not enough for social workers to understand the connection between things like physical activity and mental health that could positively change the mental well-being of clients. Social workers need to be able to provide opportunities to their clients to be able to engage in such activities. Social workers need to be researching and understanding the barriers that keep their clients from making positive life changes and then create programs that will provide those services without the barriers. It is imperative for social workers to understand the economic issues of their clients and the climate of the economy in general and then use that knowledge to advocate for their clients and find funding for such potentially beneficial programs. All of this hard work proved to the researcher that grant writing is an important skill for social workers to possess if they want to make positive changes in their client’s lives through supplemental programs.
REFERENCES


