A STRENGTH-BASED ALCOHOL USE INTERVENTION PROGRAM FOR THE HISPANIC MALE POPULATION: A GRANT PROPOSAL

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INTRODUCTION

- Amongst mental health disorders, alcohol abuse and dependence are one of the most prevalent in the United States (Grant, Dawson, Stinson, Chou, Dufour, & Pickering, 2006).
- Approximately 18 million individuals suffer from alcohol use disorders (National Institute of Alcohol Abuse and Alcoholism [NIAAA], 2013).
- There are considerable ramifications for individuals affected by alcohol use and dependence.
  - The toll on their families, employers, society and their personal health.
  - Alcohol use disorders are considered a paramount health problem (NIAAA, 2013).
  - As the general population grows so will the need to assist individuals who suffer from alcohol abuse or dependence.
- Various health conditions can be linked to excessive alcohol drinking.
  - Liver cirrhosis, pancreatitis, numerous cancers, hypertension, alcohol abuse or dependence (Centers for Disease Control and Prevention [CDC], 2013).
- Moreover, accidental injuries such as vehicle collisions, falls, drowning, and burns may result from excessive drinking (CDC, 2013).
- Long-term risks of alcohol use include depression, anxiety and suicide.
- Violence has been associated with excessive drinking, including child abuse, suicide, and homicide (CDC, 2013). Current research suggests that two-thirds of intimate partner violence incidents are associated with alcohol use (CDC, 2013).

Goal: The goal of the program is to empower individuals in a practical, non-judgmental manner, through motivational enhancement techniques, to make changes towards minimizing destructive behaviors. This goal supports the research that has shown harm reduction fosters greater numbers of individuals to seek and access treatment (Logan & Marlatt, 2010; Martin & Rehm, 2012; Witkiewitz & Marlatt, 2006).
Social Work Relevance

• There is a need to provide a viable alternative to the traditional abstinence model for alcoholism, particularly for the Hispanic population.

• Social work professionals are uniquely qualified to offer support and services to this population. The harm reduction model encompasses techniques that are helpful in prevention, intervention and maintenance of alcohol use disorders (Logan & Marlatt, 2010; Witkiewitz & Marlatt, 2006).

• Social work practitioners can assist Hispanic clients who may not be ready to make the commitment towards abstinence. The social worker can provide tools and teach strategies that will minimize the problematic consequences that have resulted from alcohol abuse and/or dependence.
Cross-cultural Relevance

- The Hispanic population is expected to grow substantially in the upcoming decades (U.S. Census Bureau, 2011). Hispanics comprised 16% (50.5 million) of the United States population in the 2010 Census.
- The Hispanic population increased by 43% from the 2000 Census, which accounted for over half of the total increase of the United States population (U.S. Census Bureau, 2011).
- Furthermore, it is estimated the U.S. Hispanic population will increase to 132 million by 2050, comprising 30% of the U.S. population (U.S. Census Bureau, 2011).
- Culturally competent practitioners are needed to effectively engage Hispanics and their families to foster motivation to alter maladaptive behavior to minimize alcohol related problems (Caetano, Ramisetty-Mikler, & Rodriguez, 2008).
- The increase in alcohol abuse specifically in Hispanics, points to the significance of strengthening current programs through the harm reduction model.
Target Population

The target population will be 18 to 29 year old, Hispanic males who are diagnosed with an alcohol use disorder and live in the County of Los Angeles.

The NIAAA indicated that Hispanics who elected to drink alcohol were at an increased likelihood to ingest greater amounts than non-Hispanic Whites (NIAAA, 2013). Thirty-three percent of Hispanics who develop alcohol dependence will endure repeated and incessant troubles contrasted to non-Hispanic Whites (22.8%) (NIAAA, 2013).

Strategies to Select a Funding Source

An exploration of various funding sources was conducted to identify a foundation that would fund this proposed grant’s purpose.

- Research was completed at the Long Beach Non-Profit Partnership library, which provided access to the Foundation Center’s numerous databases.

- The Foundation Center’s directory contained thousands of potential funding sources in the United States. Key terms utilized for searches in the directory included: mental health/addictions, mental health, counseling/support groups, Hispanics/Latinos, and substance abusers.

- In addition, Internet searches were performed on state and federal websites some of which included www.grants.gov, www.ed.gov, www.samhsa.gov, and www.grants.nih.gov. Key terms that were on the website searches were the following: alcohol use disorders, substance use treatment, grants for Hispanics and alcohol treatment, and mental health grants.
**SOURCES USED FOR THE NEEDS ASSESSMENT**

- Data was evaluated from the Centers for Disease Control and Prevention, the National Institute of Alcohol Abuse and Alcoholism, and the U.S. Census Bureau.
- Research studies were reviewed to determine the needs of the target population.
- The conclusions of studies linked to the topic of alcohol use disorders and effective treatment, age and ethnic differences, harm reduction model, as well as the efficacy of a multiple psychosocial modalities were studied.

**PROJECTED BUDGET RANGE**

- The projected budget range was $180,300.
- In-Kind donations will be utilized to cover office space, supplies, and utilities.
- Funding will cover the cost of program costs, i.e. staff training/development, materials, equipment, transportation assistance, and food supplies.

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**FUNDING SOURCE**

**The California Wellness Foundation**

The foundation’s objectives consist of focusing on the welfare of traditionally underserved populations such as low-income individuals and minorities combined with providing assistance to reinforce nonprofit organizations that help underserved individuals (The California Wellness Foundation, 2013, How to Apply).
• The focus of the proposed program is to provide vital therapeutic services and resources to individuals who suffer from an alcohol use disorder within the Hispanic male population, in the County of Los Angeles.
• An outpatient bilingual group will be established and will be conducted in the evening to facilitate access for working clients. The maximum number of clients will be limited to 15 to maximize the opportunity for clients to share and interact among each other and the facilitator.
• A bilingual therapist with an MSW degree will facilitate the group using harm reduction model principles as the basis for group therapy. The group will use motivational interviewing techniques and strategies as research has shown its efficacy in the area of substance use disorders. The importance of exploring and uncovering the client’s intrinsic motivation, identifying if there is ambivalence, and reinforcing motivation for change are strategies that will be utilized.
• The population served will consist of Hispanic males who are 18-29 years old and have a diagnosis of an alcohol use disorder. There is an unmet need for this population in this community and agency.
GRANT PROPOSAL

Program Objectives

• Direct services will consist of individual and group therapy as well as case management. This comprehensive methodology will foster an environment of support to enhance a client’s successful completion of their individualized goals of treatment, which will be measured through pre and post evaluation tools.

• The program staff will work collaboratively to meet the unique needs of the clients. The group therapist will integrate cultural elements in the group to enhance group cohesion.

• Individualized treatment plans will be developed with the feedback of the LCSW, MSW, Case Manager, and the client, within the first 30 days of client in the program.

Evaluation

• To verify the efficacy of the program the facilitator will give a pre and post questionnaire to clients to evaluate if strategies provided helped clients minimize destructive behaviors related to their alcohol use disorder.
LESSONS LEARNED

• Fostering self-determination and motivation for a healthier lifestyle, in order to minimize negative behaviors and consequences, would be paramount in this program.
• The grant writing process provided an opportunity for growth and awareness in this writer; specifically in terms of the research and knowledge that is required when petitioning for grant funding. Grant funding specific to this population and their needs was essential to implement this program at the agency.

IMPLICATIONS FOR SOCIAL WORK

• The education and cultural competence attained by a social worker qualifies him/her to work with this population who are diagnosed with an alcohol use disorder.
• One vital goal of this program is to improve the quality of life of this population; this approach to client treatment is congruent with social work’s philosophy.
REFERENCES


