Grant Proposal: Trauma Focused Group for Latina Domestic Workers

Michelle Pereira
California State University, Long Beach
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Approx. 2 million domestic workers live in the U.S. (International Labor Organization, 2013)

Domestic workers face various challenges including compromised physical health, mental health, abuse, exploitation, unfair wages and lack of healthcare services (Burnham & Theodore, 2012)

One of the least protected and studied groups of workers internationally (Yuan, 2013)

Latina domestic workers are impacted by trauma due to transnationalism issues, physical, emotional, and sexual abuse within and outside the workforce, as well as witnessing violence in their native countries (Chang, 2000)

**GOALS:**

To counteract the effects of trauma by introducing a specific, evidence based trauma informed support group for Latinas through TREM Saber es Poder (trauma recovery and empowerment model) (Fallot & Harris, 2003)

Support Latinas’ mental health and workers’ rights through dialogue, case management, and crisis mobilization services
SOCIAL WORK RELEVANCE

- Social workers should be aware of the importance of workers’ rights especially for this most vulnerable workforce (female minority groups).
- Being able to work with trauma using an evidence based approach will broaden horizons for social workers in assisting different populations and solidify their understanding of trauma related symptomology.
- Through continued research and advocacy social workers will help resolve conflicts between society’s and workers’ needs; thus, allowing social workers to work on a macro scale, as well.
CROSS CULTURAL RELEVANCE

- About 67% of domestic workers in the U.S. are Latinas (Applebaum, 2010)
- 360,000 domestic workers in California (Caldwell, 2013)
- Females are the majority of those who are involved in this type of work (International Labour Organization, 2013)
- Out of those workers 46% are undocumented and come from various international regions such as Mexico, El Salvador, the Caribbean, Asia, Europe (Burnham & Theodore, 2012)
- Mental health services should be more tailored to the differences between acculturated and non-acculturated individuals and be culturally humble to better assist Latinas (Fallot & Harris, 2003)
METHODS

- **Target Population:** Latina domestic workers in Los Angeles area, namely Pico-Union

- **Strategies to Identify Funding:**
  - Online search engines for grants including keywords such as “domestic workers”, “grants/latinos mental health” “immigration issues”
  - Three foundations were identified: The California wellness foundation, Hispanics in philanthropy, and the Marguerite Casey Foundation

- **Funding source:**
  - Ultimately the California Wellness Foundation was chosen as the grant recipient since many of their funded projects include core funding for health-related services for immigrant and refugee communities in several parts of California.
  - Some of the ways in which they are able to reach optimum levels of health include highlighting education and employment for communities.
Sources used for needs assessment:

- To assess the needs of a trauma focused support group for Latina domestic workers, a thorough analysis of research was conducted to determine the need for a trauma focused support group. Consultation with staff members and domestic workers within the community was also implemented.

Projected budget range/categories:

- Total budget: The total budget for this project was $156,000
  - In-kind donations were provided for office supplies, community space, and utilities as needed.
Program Summary and Description

- The purpose of this grant proposal is to form a trauma informed support group that is culturally and linguistically tailored to Latina domestic workers.
- Saber es poder curriculum will serve to help clients process and build coping skills, master emotions recognition and regulation, through a strong psychoeducational component, as well as increase self-awareness and reduce psychosomatic symptoms.
- If needed, crisis mobilization services will be provided on an as needed basis.
- The group will also be informed about workers’ rights in order to increase self-empowerment.

Population Served

- The target population for the program will include adult Latina domestic workers who have experienced trauma. They will reside in the city of Los Angeles, namely Pico-Union.

Sustainability

- The Director and MSW team leader, and the two promotoras will monitor the program’s budget, findings, and outcomes.
Program Objectives:
- The ultimate outcome for this project would be to improve mental health outcomes and reduction of PTSD related symptoms for Latinas working in the domestic labor force who have experienced trauma.
- By coaching the participants on how to build boundaries as well as learn how to advocate for themselves.
- By improving self-awareness through mindfulness practices.
- By increasing social support for participants.

Project Evaluation:
- The Program Director will create a database of client information that will contain statistical data such as the number of intakes and assessments, attendance records, number of sessions, and types of services received. The participants will be given a pre- and post-survey to measure severity of trauma symptoms. The Promotoras will be given an exit interview and will be asked to present material learned. Once input from the participants is gathered the information will be analyzed to produce statistical outcomes.
Lessons Learned/Implications for Social Work

- Lessons learned:
  - How to work with a lack of research for certain groups/topics in order to implement a grant
  - How to identify funding sources
  - How to allocate funds given a specific budget

- Social work implication: This project demonstrated the need to take on several roles as a social worker. The social worker also used the NASW to guide the overall approach to ensuring the program is in accordance with ethical and humane standards.

- One essential goal of the program is to improve the quality of life of this population through empowerment and education; this approach to client treatment is congruent with social work's philosophy.
References


