Revive, Restore, and Recover
A Grant Proposal Project

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Introduction

- Childhood sexual abuse (CSA) is a universal health and societal problem. Childhood sexual abuse encompasses all ages, genders, ethnicities, religion, and socioeconomic backgrounds (National Child Traumatic Stress Network, 2009).

- The impact of sexual abuse can negatively affect the mental health of the child, which may include depression, anxiety, and PTSD. The implications of CSA that are not addressed may impact the physical health of the child, that may last well into adulthood. Childhood sexual abuse may be a contributing factor for the risk of self-injurious behaviors, such as eating disorders, addictions, and self-harming behaviors (Leenarts, Diehle, Doreleijers, Jansma, & Lindaur, 2013).

- Dissociation is commonly linked to CSA as a defense mechanism for victims by suppressing the trauma instilled by the abuse in order to retain a positive sense of self. Dissociation allows the victim to escape the pain that the abuse has caused, especially if the perpetrator is a family member and/or the victim is living with the abuser (Underwood, L., Stewart, S., & Castellanos, A., 2007).

- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) can be an effective intervention, but it is primarily verbalized and structured. Some victims may have difficulty talking about their abuse due to their inability to find the words since it may be difficult for them to process this type of abuse, fear of the perpetrator, and/or emotional stress (Strehlow, 2009).

- Therapeutic interventions involving Art, Music and Dance/Movement therapies may be an effective alternative intervention, which may allow girls the opportunity to express themselves in creative forms, which may help alleviate stress and fear (Bastemur, Dursun-Bilgin, Yildiz, & Ucar, 2016).
Social Work Relevance

- The role of the social worker is to recognize the impact of CSA in regards to cultural factors, physical and mental health, and overall well-being of the child.

- Social workers must be able to attend to the needs of the child, which include risk reduction while taking into consideration the vulnerability of the child.

- In accordance with the Code of Ethics of the National Association of Social Workers (2008), social workers, in the field of practice, must focus on maintaining the dignity and worth of a person, while helping people in need.
Cross Cultural Relevance

• Child sexual abuse can be found in every culture, but not every culture addresses this problem the same.

• Most victims do not readily disclose their abuse due to guilt, shame, fear, and threats from the perpetrator (Fontes & Plummer, 2010; Ho, 2015; Misurell & Springer, 2013).

• The Latino population is less likely to seek any type of intervention, especially if the perpetrator is a family member. Most Hispanic/Latino victims live with the perpetrator in comparison to African Americans and non-Hispanic Whites (Fontes & Plummer, 2010; Misurell & Springer, 2013). African Americans may not seek clinical treatment, but may turn to faith organizations, and/or kinship connections (Misurell & Springer, 2013).

• Spirituality may be a strong factor in some cultures, and may prompt the feelings of abandonment or punishment by a higher power (Underwood et al., 2007). The importance of retaining virginity may be another reason why some girls do not disclose. Rumors of sexual abuse may ruin marital chances, and bring disgrace to the families in many Asian cultures, as well as Arab and Spanish cultures (Fontes & Plummer, 2010).
Methods

Target Population

- Females, ages 12 to 17, who have a history of sexual abuse.
- Currently receiving services or on referral from the host non-profit agency, Families Uniting Families, in Long Beach, California.

Strategies

- Grant writer utilized the Grantsmanship Center (http://www.tgci.com). Relevant categories searched: “Art Grants,” and “Human Service Grants,” were used to find a potential funding source.
- Internet searches using key words such as “creative arts funding,” “art therapy grants,” “interventions utilizing the arts,” and “trauma based interventions,” were utilized to expand the chances of a potential funding source.
Methods

Funding Source

- The funding source of choice is the Ralph M. Parsons Foundation since it is committed to servicing the needs of the health and well-being of vulnerable populations.

Needs Assessment

- Since it is difficult for some victims of CSA to process the abuse, an alternative form of expressive therapy, which includes art, music, and dance, crosses all cultural lines and may be beneficial in treating girls who have been sexually abused in lieu of or in addition to TF-CBT (Triivedi & Rejani, 2016).

Projected Budget

- Budget total: $75,000.00, which includes: $52,000.00 salaries and wages, and $22,600.00 for program expenses.
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Program Summary & Description

- The purpose of this program, Revive, Restore, and Recover, is to offer an alternative form of therapy for young girls that have been sexually abused. This program includes therapeutic interventions involving the benefits of art, music, and dance in lieu of or in addition to TF-CBT. The program will provide a variety of supervised activities in a safe and nurturing environment where girls may be able to disclose their abuse and begin to heal. Following each activity there will be a one hour support group session to discuss and share the impact of the activity. Participation would be voluntary, and monitored by the Clinical Director who would be a licensed social worker as well as being certified in art therapy.

Population Served

- The target population are females, ages 12 to 17, that have a history of sexual abuse that are currently receiving services or are on referral from the host agency, Families Uniting Families, which is a private non-profit foster family agency.
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Sustainability

- There are a lot of programs available for adult survivors of CSA, but there are very few that are designed for children that offer therapeutic interventions.

Program Objectives

- Better understanding of one’s emotions and to be able to release feelings of fear.
- Improve social skills and improve self-esteem.
- Alleviate anxiety and stress and improve physical health.
- Acquire a healthy body image and improve self-confidence.
- Decrease the symptoms of PTSD.
- To begin the program as a victim, and conclude the program feeling like a survivor.

Program Evaluation

- Each participant will create a self-portrait at the beginning of the program, and again at the end. They will both be shared at the end of the program in order to see if there was any personal growth. Surveys will be distributed after 8 weeks, and again at the end of the program. Using a Likert Scale, the survey will include statements in regard to stress, anxiety, fears, body image, and self-esteem. The same survey will be given again at the end of the program, as well as rating each activity in regards to simplicity, enjoyment, and effectiveness.
Lessons Learned/Implications for Social Work

- Role of the social worker is to recognize the impact of the nature of this type of abuse, taking cultural factors into consideration.
- Social workers must be sensitively able to attend to the needs of the child, which include risk reduction while increasing the protective factors.
- Social workers must always take into consideration of the vulnerability of the child.
References


