RECOVERY FROM DEPRESSION THROUGH MINDFULNESS

A GRANT PROPOSAL

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Introduction

• Major depressive disorder (MDD) affects over 15 million individuals in the U.S. each year (National Institute of Mental Health [NIMH], 2013).

• The majority (50-80%) of individuals with MDD continue to experience chronic and recurrent episodes of depression (Andrews et al. 2007; Judd, 2000).

• Mindfulness-Based Cognitive Therapy (MBCT) is a group treatment that combines components of CBT and mindfulness practices.

• MBCT is an evidence-based group treatment for depression relapse prevention (Sipe & Eisendrath, 2012).

• Project goal: to seek funding for the implementation of an ongoing MBCT group for individuals receiving services at Hoag Hospital - Mental Health Center.
Social Work Relevance

- Symptoms of MDD include prolonged periods of low mood that can lead to decreased energy, feelings of guilt, sleep and appetite changes, and/or suicidal ideation (American Psychological Association [APA], 2013).

- The symptoms associated with MDD can dramatically impact social, occupational, and psychological functioning.

- Social workers provide education, support, and evidence-based treatments to individuals experiencing MDD.

- The MBCT group is designed to provide individuals with a supportive environment so they can learn new skills to prevent relapse, and decrease feelings of worthlessness.
Cross-Cultural Relevance

• Women are three times more likely than men to develop MDD (American Psychiatric Association, 2013).

• Low-income, undereducated, and/or unemployed individuals have higher rates of depression. (Muntaner, Eaton, Miech, O’Campo, 2004).

• Compounding inequalities such as being a low-income, ethnically-diverse female significantly increases the risk for experiencing depression (Miranda, et al., 2003).

• Lesbian, Gay, Bisexual, and Transgender identifying individuals tend to have higher rates of depression (Herek & Garnets, 2007).
Methods

Target Population

- Participants will include both English and Spanish-speaking individuals over 18 years of age in Orange County, California.
- The program has the capacity to provide free services to 200 community members.

Strategies Used to Identify & Select Funding Source:

- The grant writer utilized online search engines to identify private foundations that offer grants for mental health and community wellness programs in Southern California.
- The grant writer selected the Peter and Ginny Ueberroth Foundation as the potential grant funder based on compatibility with program mission and goals.
Methods (cont.)

Potential Funding Source:

- The Peter and Ginny Ueberroth Foundation has been dedicated to providing support to underserved communities for 30 years.
- Their mission is to fund programs that focus on health, education, and/or human services.

Sources for Needs Assessment:

- The grant writer conducted a review of current literature and community-based research
- Interviews with host agency staff were also utilized as sources of information.

Projected Budget:

- The amount requested is $98,549.00
Grant Proposal

Program Summary and Description
- The program includes a total of twenty 8-week MBCT groups offered throughout the year in both English and Spanish.
- Each group session is 2 hours long, including a psycho-education component, and guided mindfulness practices.

Population Served
- The program has the capacity to provide services to 200 low-income individuals living in central Orange County with a history of depression.

Sustainability
- The proposed MBCT program is scheduled for one calendar year. With research-based evaluation strategies that provide conclusive data on its effectiveness, additional program funding can be requested for successive years.
Grant Proposal (cont.)

Program Goals & Objectives
As a result of participation in the MBCT group, participants will
1. Develop and maintain positive coping skills
2. Learn to be more accepting of their thoughts & feelings
3. Become more compassionate towards themselves & others
4. Improve daily functioning and social engagement

Program Evaluation
• The Becks Depression Inventory (BDI-II) & Mindful Attention Awareness Scale (MAAS) will be administered to participants prior to starting the group, at session 5, at session 8, and 6 months post-group attendance.
Lessons Learned

Location of Funding Source
  • Government grant funding criteria can be highly specific
  • Private foundation funding may provide more flexibility
  • Expand on the agencies current sources of funding

Implications for Social Work Practice
  • Mindfulness is a non-invasive, effective tool for enhancing mental and physical wellness for a wide array of populations.
  • There is increasing evidence indicating the benefits of mindfulness practices on a wide array of populations.
  • Social workers should be diligent in seeking out education and training in mindfulness interventions.


