TRAUMA BEREAVEMENT SUPPORT SERVICES: A GRANT PROPOSAL

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Introduction

• Each year almost 200,000 individuals die from accidents, unintentional injuries, suicides, or homicides and reported that injuries and violence are the leading cause of death for individuals ages 1 to 44 (Center for Disease Control [CDC], 2016).

• Someone whose friend or family member dies from a traumatic event often experiences a difficult time coping in the aftermath of the trauma (Kristensen, Weisæth, & Heir, 2012).

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

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

• **Project Goal:** to seek funding for the implementation of traumatic bereavement support services for individuals in the community at Pomona Valley Hospital Medical Center.
Social Work Relevance

- People who experience a traumatic event at an increased risk of suicide, Baddeley et al. (2015) reported that these individuals also have an increased risk for depression and maladaptive coping such as substance use.

- Social workers provide education, support and evidenced-based treatments to individuals in a traumatic crisis.

- Crisis intervention and MBCT group is designed to provide individuals with a supportive environment.
Cross-cultural Relevance

- Although no one is excluded from traumatic loss, the CDC (2011) reported that suicide and homicide are among the highest causes of death for African American males in the ages ranging from 15-34.

- Smith and Patton (2016) also found that African American men are disproportionately disadvantaged in this regard, often experiencing violence and trauma.

- These men also are more likely to become a homicide victim’s survivor as a result of the loss of family or close friends to traumatic loss (Smith & Patton, 2016).
Methods

Target Population:
• Participants will include both English and Spanish-speaking individuals over 18 years of age from Pomona and surrounding areas.
• The program has the capacity to provide services free of charge to 1000 community members.

Strategies Used to Identify & Select Funding Source:
• The grant writer utilized online search engines to identify private foundations that offer grants for community wellness programs in Los Angeles County.
• The grant writer selected The W. M. Keck Foundation as the potential grant funder based on the compatibility with program mission and goals.
Potential Funding Source:
• The W.M. Keck Foundation Southern California Program’s mission is to promote education and healthy development of communities and enhancing families.
• The W.M. Keck Foundation prioritizes grants that are innovative and distinctive in their interventions and will have a lasting impact on the target population.

Sources for Needs Assessment:
• The grant writer conducted a review of current literature.
• Interviews with host agency staff were also utilized as sources of information.

Projected Budget:
• The total project budget is $231,000.00 with $200,000.00 being request of The W.M. Keck Foundation.
Executive Summary:
• The program will provide crisis intervention at the hospital to families who have witnessed or experienced a traumatic situation involving tragic loss within the hospital.
• The program will provide theoretically informed MBCT groups held at the hospital for 8 weeks to individuals within the community who have lost a loved one by traumatic death.

Population Served:
• The program has the capacity to provide services to 1000 individuals in the community who have experienced traumatic loss.

Sustainability:
• The proposed 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 subsequent years.
Program Goal and Objectives:
• Increase the coping skills of adults, including mindfulness skills, among individuals who have experienced traumatic loss.
• Decrease depressive symptoms resulting from the traumatic loss of a loved one.
• Provide emotional and supportive services to families during a traumatic crisis within the hospital.

Program Evaluation:
• The COPE inventory and Patient Health Questionnaire (PHQ-9) will be administered to participants prior to starting the group and in session 8 and 1 month post-group attendance.
Lessons Learned

Grant Writing Process:
• Grant databases are often hard to navigate and have specific selection criteria that make it difficult to match the potential program with a funding source.
  
• The most helpful part was talking with current grant writers in the field who had mastered the skill of grant writing.

Implications for Social Work Practice:
• MBCT has been shown to be effective when working with individuals who have experienced a traumatic loss (Thieleman et al., 2014).
  
• Social workers should be diligent to advocate for the needs of families in vulnerable situations who are grieving the loss of a family member by a traumatic death.


