

PROGRAM APPLICATION

2010-2011 Grant Process

SECTION 2

(If you are seeking funding for more than one program, complete a separate program application for each)

Program Name Counseling

Address (Program Location) P.O. Box 645, 215 West Main Street, Delaware Water Gap, PA 18327

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Name the targeted community concern addressed through this program (i.e. youth delinquency)

Domestic Violence and Sexual Assault

Provide a brief written summary of the program seeking funding in 2010-2011.

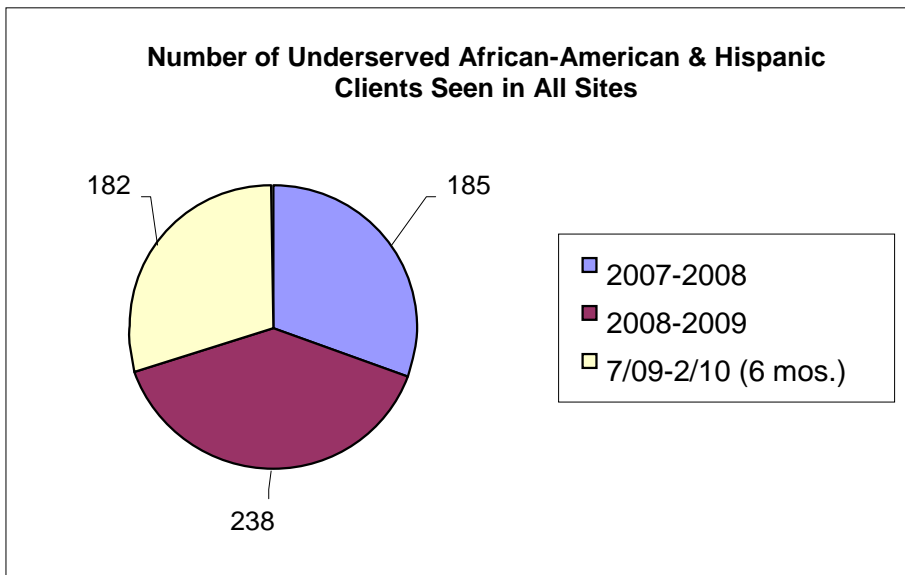
Nearly one in four women in the United States reports experiencing violence by a current or former spouse or boyfriend at some point in her life.

At Women's Resources of Monroe County, Inc., victims and survivors of sexual assault and domestic violence can receive free and confidential counseling services to help them cope and gain the strength and empowerment. Women's Resources has a history of providing crisis counseling services to all victims of domestic and sexual violence for over thirty years. We are invested in extending counseling services to not only provide short term crisis services that help a person to mobilize resources for the short term, but to provide longer term services. This shift in services delivery will encourage participants to work through trauma and identify a plan for the future. We continue to facilitate counseling in English and Spanish to anyone who is a victim or their non-offending significant others. Women's Resources has facilitated flexibility to provide counseling at three different Women's Resource locations, several schools/districts, businesses, churches, correctional institutions, other non-traditional settings in the community, and by phone. Arrangements are also in place to provide translation for other languages and for the hearing impaired using Language Line, a telephone assisted service.

One of our increasingly successful and growing programs is Un Lugar Seguro (A Safe Place). The program was implemented to reach the unmet needs of the African-American, Latino, and rurally isolated population has been a successful aspect of our counseling services. The purpose of Un Lugar Seguro is to provide an enhanced response to victimization and early outreach to underserved African-American, Latino, and rurally isolated victims of domestic and sexual abuse in Monroe County. We are proud to note that this program is designed to efficiently utilize the agency's limited resources to serve victims and survivors who have difficulty accessing services because of cultural, racial, and geographic barriers. In addition, the program creates an ability to collaborate and assist other human service organizations working with survivors in the aftermath of domestic violence and sexual abuse to ultimately improve systems and responsiveness to the targeted population.

Our bilingual/bi-cultural counselors have continued to improve our ability to serve clients for the Un Lugar Seguro area throughout the county, through providing bilingual counseling and support. As you will see with the below information, over the last 3 years, with our presence in the Coolbaugh area, victims and survivors have sought our services in significant numbers. **Since 2007, we have witnessed a 16% increase in the number of clients served through Un Lugar Seguro.**

2009/2010 Counseling Statistics for Un Lugar Seguro



Due to our increased outreach and services through Un Lugar Seguro we’ve seen a significant increase for requests for services for minority populations. For example, in 2010 with only half the year in services we have served nearly the entire number of African-American and Hispanic clients we saw in the previous year.

When working with a counselor, clients are assisted with safety planning, PFA’s, obtaining housing, accessing their belongings, accessing replacement identification, application for benefits, application for victim compensation benefits, application for the address confidentiality program, understanding the dynamics of abuse, financial assistance with relocation funds, resources, and support of the parent/child bond. Children’s services are provided in a manner that is developmentally appropriate. Counselors work to support the parent-child bond as they assist them to work through the violence in their lives. Women’s Resources of Monroe County is asking for an increase of funding which coincides with the percentage of staff that is counseling staff. Currently, one quarter of Women’s Resources of Monroe County staff employed is counseling staff. With the continued help of our community through the United Way, Women’s Resources will maintain quality counseling services for this very special population.

What is the target population(s)? Give supporting demographic need information and source.

The target population served is all victims of domestic violence and sexual assault, including children, teens, and adult victims and survivors. Additional clients seeking resources at Women’s Resources of Monroe County include secondary victims – these can include family, friends, and significant others of those who have experienced trauma through domestic violence and sexual assault. One of the trends we’ve identified is a survivor need for intense interventions or services over and extended period of time. Many victims come to Women’s Resources for one issue and after counseling begins, they realize the traumatic experiences they have gone through. Within the course of counseling a survivor may realize what seemed like an isolated incident was actually caused by a chain of events in their life. For victims who have been in tumultuous relationships their whole lives this may mean they have been victimized

in multiple ways including sexual, physical, and mental abuse. This pattern for increased service needs has moved us to offer additional counseling services and resources. Due to the increased levels of trauma and resources necessary to support survivors; we are seeking additional funds for critical counseling.

The Family Violence Prevention Fund (2009) indicates that domestic violence is pervasive in U.S. society. Analysis of the statistics provided by the Family Violence Prevention Fund produced the following key results:

- Women are much more likely than men to be victimized by a current or former intimate partner and women are 84 percent of spousal abuse victims and 86 percent of victims of abuse at the hands of a boyfriend or girlfriend.
- The United Nations Development Fund for Women estimates that at least one of every three women globally will be beaten, raped or otherwise abused during her lifetime. In most cases, the abuser is a member of her own family.

Consider additional statistics from the Family Violence Prevention Fund (2009) regarding medical consequences and new technologies of domestic violence and sexual assault:

- Women who have experienced domestic violence are 80 percent more likely to have a stroke, 70 percent more likely to have heart disease, 60 percent more likely to have asthma and 70 percent more likely to drink heavily than women who have not experienced intimate partner violence.
- Technology has become a quick and easy way for stalkers to monitor and harass their victims. More than one in four stalking victims reports that some form of cyberstalking was used against them, such as email (83 percent of all cyberstalking victims) or instant messaging (35 percent).

Local demographics regarding domestic and sexual violence include the following:

- Monroe County Control Center dispatched 3041 calls regarding domestic reports in 2009. (Jeff Strunk, Deputy Director, Monroe County Control Center)
- The Sexual Assault Response Team based at Pocono Medical Center (of which WRMC is a member) responded to 42 sexual assaults between January 1, 2009 and December 31, 2009. (Jean Marie Zagorsky, Clinical Director, Emergency Department, Pocono Medical Center).

*The Sexual Assault Response Team is a partnership that involves Sexual Assault Forensic Nurses at Pocono Medical Center, Women's Resources of Monroe County, and the criminal justice system in Monroe County. When a woman is raped and calls Women's Resources of Monroe County, the woman can get medical treatment at the hospital while having Women's Resources to provide moral support and explain their options.

Describe how the program improves the lives of the targeted population

Service recipients of Women's Resources services have experienced many fine outcomes that illustrate the impact of services they have received. Some results include:

- A woman came from another county with her two children looking for a new start on life. Through encouragement and advocacy of the counselors at Women's Resources, the client and her family were able to relocate into permanent housing and began their journey of having a violence free and safe life.
- A woman who had been in a previous relationship where her batterer kicked her with a steel toe boot leaving her with a severe fracture. She found herself in yet another relationship that she identified as domestic violence. She was able to get away and receive support from Women's

Resources. After feeling overwhelmingly alone and without options she began counseling and received community resources to assist her establish her new life, but more importantly she received the support she desperately needed to make herself and safety a priority. She has since lived independently from her batterer and committed her time to healing and growing. She has found a voice to say no and the strength to walk away when she feels unsafe and uncomfortable. She has sought other help for herself as opposed to being paralyzed by the lies her batterers have told her over the years of being useless and helpless.

- One woman found the strength to leave her batterer after 6 years of abuse with her three children. With no place to go, she came to Women's Resources where she sought shelter, support and community resources. After a difficult journey and many trials, she is finally in her own apartment, the children live without violence around them and they have begun to rebuild a life for themselves that includes respect, support and encouragement. She has a voice and advocates for herself in every way possible. She expresses how grateful she is for the support she received from Women's Resources of Monroe County, without their help, she would still be subjected to the abuser and have no voice. She expresses how amazing it feels to have a voice!

These are only a few of the ways we have seen our programs improve the lives of individuals. We've increased our consistency in the provision of post program surveys and have identified results from the participating clients. Methods of measuring our success are indicated through the outcomes of surveys we provide clients upon completion of services. These critical surveys are administered to clients to gauge outcomes of Women's Resources of Monroe County's services. These surveys are used in determining outcomes and have been identified as modeled through the Department of Health and Human Services. Please see below for our primary outcomes goal of safety and community resources.

Critical surveys are administered to clients to gauge outcomes of Women's Resources of Monroe County's services. These surveys are used in determining outcomes because they have been identified through a pilot project by the Department of Health and Human Services to serve as outcomes to determine the impact of Family Violence Prevention Funds provided to community-based domestic violence programs such as Women's Resources of Monroe County. Additionally, we will implement Adult Client Questionnaires to measure our ability to help victims cope with their lives after victimization.

The surveys reported:

- 65% reported, "I know more ways to plan for safety"
- 81% reported, "I know more about community resources"

Clients often express their gratitude that someone really listened to their story and validated their feelings.

Complete Program Outcome Worksheet (attach using UWMC template)

Complete Program Financial Form (attach using UWMC template)