

Application: 0000000044

Prencia Clifton - info@seein-is-believin.com
Violence Prevention Grant Program

Summary

ID: 0000000044
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SECTION 1: GENERAL INFORMATION

Completed - Dec 7 2023

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Lead Name of Organization:

Seein' is Believin'

EIN:

68-0501459

Fiscal Agent (If Applicable)

Center for Community Stewardship

Organization Address:

822 East Washington Ave

Contact Person:

Prencia Clifton

Contact Email:

info@seein-is-believin.com

Contact Phone Number:

816-309-9300

Program Information

Program Name:

Seein' Is Believin' Mental Health Retreats

Total Amount Requested:

Violence Prevention Funds Request Limit: \$10,000 - \$80,000

Gun Violence Funds Request Limit: \$100,000 - \$210,000

\$ 50,000

Priority Area

Roadmap Goal 2: Community Engagement : Programs that promote and support positive youth development frameworks

Please Select Service Area:

Both

Estimated Percentage of Work time in Service Area:

**Total Must Equal 100%*

City of Madison:	75
Dane County:	25

Brief Summary of your Program:

**150 Words Limit*

"Day of Hope" is an essential program addressing the mental health crisis among youth, where 15% of those aged 12-17 experience major depressive episodes. This all-day event, split into morning sessions for 4th-8th graders and afternoon sessions for 9th-12th graders, offers interactive workshops on coping strategies, stress management, and communication skills. Significantly, it serves as a triage space for youth in Dane County, where the average wait for professional mental health services is 3-5 months. This program is crucial in schools where the counselor-to-student ratio is often insufficient. Created in memory of a young participant from Seein' is Believin' who lost their life to suicide, "Day of Hope" emphasizes the importance of addressing mental health issues early. It provides interim support, teaching youth it's okay not to be "ok" and equipping them with tools for managing mental well-being while awaiting professional care.

SECTION 2: SCOPE OF PROPOSED WORK

Completed - Dec 7 2023

SECTION 2: SCOPE OF PROPOSED WORK

A. PROGRAM DESCRIPTION

Provide a detailed description of your proposed program that includes:

- 1. *Scope of the programs services and activities***
- 2. *Specific needs for services/activities this program addresses in the target community this program reaches***
- 3. *An explanation of how your program directly addresses the selected priority area***
- 4. *How health and racial equity will be incorporated into the proposed initiative***
- 5. *Relevant data, research, best practices and/or evidence based practices that inform the programs design***

"Day of Hope" is a focused mental health program for youth, aiming at violence prevention. This day-long initiative is split into two parts: morning sessions for 4th-8th graders and afternoon ones for 9th-12th graders. The workshops cover:

1. Coping Strategies: Key for handling emotional stress and averting quick, potentially violent reactions.
2. Stress Management: Identifying and lessening stress to reduce aggressive behavior.
3. Communication Skills: Encouraging non-violent expression and resolving conflicts amicably.
4. Violence Prevention Education: Teaching how to recognize and stop violent actions.

The program tackles essential issues:

1. Mental Health and Violence: Exploring the link between poor mental health and violent acts.
2. Resource Availability: Providing aid in regions lacking mental health and violence prevention resources.
3. Early Intervention: Promoting non-violent norms and behavior from an early age.

"Day of Hope" addresses the critical intersection of mental health crises and youth violence. By equipping young people with coping mechanisms and communication skills, it aims to lower violence incidents and serves as a crucial discussion platform for the impact of mental health on violent conduct.

The program is shaped by data and research from Dane County and Wisconsin. Factors like the COVID-19 pandemic, political unrest, social media influence, economic instability, and violence fears have intensified the youth mental health crisis. This situation is worsened by a lack of mental health providers, especially in rural areas, where the counselor-to-resident ratio is alarmingly low. This scenario underscores the importance of initiatives like "Day of Hope," which offer much-needed interim mental health support and resources.

In Dane County, the Department of Human Services is deeply involved in crisis prevention and youth justice. Their engagement signals an acknowledged need for early behavioral health intervention. "Day of Hope," with its focus

on key skills and education, fills a vital gap in community support for young individuals.

Moreover, the Centers for Disease Control and Prevention (CDC) notes that mental health issues, suicidal behaviors, and drug overdoses among adolescents are significant public health concerns. Despite a slight decrease in emergency department visits for these problems, they remain high, particularly among young females. The CDC stresses the need for prioritized, evidence-based prevention, trauma-informed early intervention, and treatment strategies for adolescent mental and behavioral health.

These national trends underline the urgent necessity for programs like "Day of Hope." The program's holistic approach in teaching coping strategies, stress management, and communication skills aligns with the recognized challenges, offering proactive support to tackle this critical public health issue.

In summary, "Day of Hope" is crucial in addressing the youth mental health crisis. Given the intricate relationship between mental health and violence, especially how community violence affects adolescent mental health, a multifaceted approach is required. "Day of Hope" not only aids individual youths but also contributes significantly to the overall safety and health of the community.

For Gun Violence Hospital Intervention Applicants Only

If you are applying in response to the Hospital Based Intervention, please provide an explanation of your organization current relationship with area hospitals and plans for coordinating programming with areas hospitals through your proposed program.

(No response)

B. SERVICE AREA AND TARGET POPULATION

Provide an estimate of the number of participants populations to be served in the areas below:

City of Madison	150
Dane County (Excluding Madison Numbers)	50

Provide an explanation of the service area and population your program will serve include:

- *Details about the targeted geographic area and the population this program seeks to serve*
- *How you will ensure that all the activities conducted are culturally relevant to the populations you serve*
- *How you language access will be ensured for your program*

For the "Day of Hope" program in Dane County and Madison, Wisconsin, staff will be chosen to reflect the diversity of the youth served. This includes considering ethnic representation in line with local demographics: predominantly White (Non-Hispanic), followed by significant Asian (Non-Hispanic), and Black or African American (Non-Hispanic) populations. By ensuring that the program staff mirrors the ethnic and cultural backgrounds of the participants, the program aims to foster an environment of understanding, relatability, and effective communication. The program will incorporate diverse perspectives and materials to reflect this ethnic composition. Language access will be prioritized by providing resources in the primary languages of these communities, ensuring effective communication and engagement with participants from diverse backgrounds.

Outreach to High-Risk Areas: Focusing on communities where youth are more exposed to violence, ensuring they receive necessary support and education.

"Day of Hope" integrates violence prevention into its core, offering a comprehensive approach to mental health and behavioral management. This approach ensures that the program not only addresses the mental well-being of the youth but also actively contributes to creating a safer and more peaceful community.

Using the table below, describe implementation plan and timeline for the program (Complete at least 3)

	Estimated Benchmark Date (Month, Year)	Key Staff (Name and Title)	Milestone (Program development phase completed)
A.	February '24 Program Launch and First Retreat	Prencia Clifton Coordinator	Officially launch the "Day of Hope" program. Complete recruitment of all youth participants. Host the first mental health retreat, introducing key program concepts and activities. Release the initial version of the digital platform for participant access.
B.	March 2024: Integration and Initial Workshops	Prencia Clifton Coordinator and Qiana Holmes Facilitator	Begin regular program workshops and sessions. Integrate feedback from the first retreat into the ongoing program structure. Enhance and update the digital platform based on initial user interactions.
C.	April 2024: Second Retreat and Deepening Engagement	Prencia Clifton Coordinator and Qiana Holmes Facilitator	Host the second mental health retreat, focusing on advancing the themes introduced in the first retreat. Continue regular program activities, incorporating learnings from the second retreat. Monitor and support participant engagement and progress.
D.	May 2024: Ongoing Program Activities and Preparation	Prencia Clifton Coordinator and Qiana Holmes Facilitator	Conduct in-depth workshops and sessions, building on the retreat experiences. Prepare for the third retreat, involving participants in the

			planning process. Utilize the digital platform for continuous engagement and resource sharing.
E.	June 2024: Third Retreat and Mid-Program Assessment	Prencia Clifton Coordinator and Qiana Holmes Facilitator	Host the third mental health retreat, with an emphasis on self-reflection and mid-program evaluation. Assess participant progress and program effectiveness through surveys and feedback mechanisms. Adjust program components and digital resources based on mid-program findings.
F.	July 2024: Continued Program Development and Engagement	Prencia Clifton Coordinator and Qiana Holmes Facilitator	Deepen the impact of regular program activities through targeted workshops. Enhance peer mentorship components and community involvement aspects of the program. Refine and improve the digital platform to better support participant needs.
G.	August 2024 Continued Programming	Prencia Clifton Coordinator and Qiana Holmes Facilitator	August 2024: Fourth Retreat and Focused Activities Host the fourth mental health retreat, incorporating specialized activities and guest speakers. Evaluate the effectiveness of the retreat and integrate insights into regular program activities. Strengthen the mentorship and support structures within the program. September 2024: Consolidation and Advanced Planning

Review the program's progress and consolidate learnings. Begin planning for the final retreat and end-of-program showcase. Focus on sustaining participant engagement and motivation. October 2024: Fifth Retreat and Preparations for Conclusion Host the fifth and final mental health retreat, focusing on program culmination and participants' achievements. Prepare for the program's conclusion, including final evaluations and community presentations. Develop comprehensive program documentation and case studies. November 2024: Final Program Evaluation and Showcasing Conduct final evaluations to assess the overall impact of the program. Organize a community event to showcase program successes and participants' growth. Gather feedback for future program iterations or improvements. December 2024: Documentation, Reporting, and Future Planning Complete detailed program documentation, highlighting successes, challenges, and key learnings. Develop and distribute reports showcasing the program's outcomes and impacts.

		<p>Plan for potential future versions of the program, incorporating feedback and evaluations. January 2025: Program Wrap-Up and Sustainability Conduct a comprehensive review of the program's outcomes and impacts. Secure any necessary commitments for future program support and sustainability. Finalize plans for the transition or conclusion of the program, ensuring the sustainability of its impacts. This timeline provides a clear structure for the year-long "Day of Hope" program, ensuring a focused approach to delivering impactful mental health support and education through a series of retreats and ongoing activities.</p>
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C. IMPLEMENTATION

Describe your organization experience implementing community-based programs that specifically focus on using violence prevention and intervention methods to reduce violence activities and improve safety

Seein' is Believin', with over two decades in youth programming, focuses on community-based programs for violence prevention and intervention, alongside its primary emphasis on mental health, life readiness, and suicide prevention. These initiatives contribute indirectly to reducing violence and enhancing community safety.

1. Youth Success Coaching Program: Targeting middle and high school students, this program boosts self-esteem, mental health resilience, social skills, and life readiness. By nurturing confidence and mental robustness, it helps lower the risk of youth involvement in violence, either as perpetrators or victims.
2. Youth Protection/Abuse Prevention: Key in violence prevention, these programs educate young people about recognizing, avoiding, and reporting abuse and harmful situations. This proactive approach is essential in preventing violence.
3. Mental Health First Aid Trainings: Conducted for both youths and adults, these trainings provide skills to identify and respond to mental distress. As untreated mental health issues often correlate with violence, these trainings are an effective indirect method of violence prevention.
4. Social Emotional Resilience Workshops: These workshops focus on emotional resilience, equipping youths with tools to handle emotional challenges, thereby reducing the likelihood of resorting to violence.
5. Training for Organizations: Seein' is Believin' also offers training to other organizations in youth protection and program management. These sessions, especially beneficial for engaging with youth of color, help create safer environments and reduce violence risks.
6. Community Advocacy and Policy Creation: Under Prenicia Clifton's leadership, the organization partakes in community advocacy and policy making. These efforts, aimed at culturally infused programming, address broader community and societal factors contributing to youth violence.

Though Seein' is Believin' does not primarily focus on violence prevention, its comprehensive approach significantly aids in reducing youth violence. By concentrating on mental health, empowerment, and community engagement, its programs indirectly serve as effective tools in the broader context of violence prevention and intervention.

D. PROGRAM OBJECTIVES AND EVALUATION

Provide 3-4 objectives for your program that connect both to measuring the success of program activities, as well as to the progress towards addressing the selected Roadmap Objective

Objectives should us the SMART approach:

- *Specific: includes the “who”, “what”, and “where”*
- *Measurable: focuses on “how much” change is expected*
- *Achievable: realistic given program resources and planned implementation*
- *Relevant: relates directly to program/activity goals*
- *Time-bound: focuses on “when” the objective will be achieved*

	Describe Objective	Evaluation Tool (i.e. client surveys, program hours or number of individuals reached)	Outcome (i.e. # of individuals reached, % of positive feedback from surveys)
Objective 1	Reduce Stress-Induced Aggressive Behaviors in Participants by 30% Over Six Months:	Evaluation Method: Implement a combination of self-reporting questionnaires and feedback from school staff or guardians. These questionnaires should specifically ask about incidents of stress-induced aggressive behaviors and how participants have managed stress.	Stress-Induced Aggressive Behaviors in Participants will be reduced by 30%
Objective 2	Increase Coping Skills in Youth by 40% Within One Year	Use pre- and post-program surveys to assess coping skills among participants. These surveys should include standardized questions related to emotional stress management and coping techniques. Additionally, conducting focus group discussions or interviews with participants can provide qualitative insights into how their coping skills have improved.	40% of youth will show a greater understanding

Objective 3	Ensure 90% Cultural Relevance and Accessibility Satisfaction Among Participants Within One Year:	Evaluation Method: Use participant satisfaction surveys that include questions about the cultural relevance and accessibility of the program. These surveys should be distributed at the end of the program year.	90% Cultural Relevance and Accessibility Satisfaction Among Participants
Objective 4	Achieve a 50% Increase in Youth's Violence Prevention Awareness in Nine Months	Conduct pre- and post-educational session quizzes or assessments focused on violence prevention knowledge. This could include questions on recognizing violent behaviors, understanding consequences, and knowing alternative conflict resolution methods.	Achieve a 50% Increase in Youth's Violence Prevention Awareness in Nine Months

E. PARTNERSHIPS AND COLLABORATION

Provide a detailed description of your proposed program that includes:

1. *Describe how your organization is plans to partner with the Madison Dane County Prevention Coalition to support program implementation when possible*
2. *Provide information on how your organization will meaningfully collaborate with other organizations in Madison and Dane County.*

Seein' is Believin' is set to partner with the Madison Dane County Prevention Coalition, aligning its objectives with the coalition's focus areas. This collaboration includes sharing best practices, conducting joint community outreach, and leveraging the coalition's vast network. Furthermore, Seein' is Believin' will engage in meaningful collaborations with other Madison and Dane County organizations. These partnerships will concentrate on sharing resources, jointly hosting events, and combined advocacy efforts. The primary goal is to address the mental health needs of local youth, thereby enhancing the program's effectiveness and extending its reach.

Please complete this table below if your program will include collaboration with community partners

	Partner Organization	Contact Person	Signed MOU?	Role and Responsibility
Community Partner #1	MyArts	Jessica Courtier	No	Programming Space
Community Partner #2	Village Girl Consulting	Qiana Holmes	No	Mentoring and Coaching
Community Partner #3	Madison Metropolitan School District	Tamuriel Grace		Student Referrals

F. SUSTAINABILITY

Provide a detailed description of your proposed program that includes:

- 1. Please describe a sustainability plan if you anticipate your program continuing beyond this project period*

Seein' is Believin's sustainability plan, backed by five years of support from private donors, many impacted by children's suicide, is robust and dynamic. Essential to this plan is the sustained personal contributions. The program also relies on consistent support from donors like American Family Insurance, United Way, and UW Health. To ensure longevity and growth, the plan focuses on diversifying funding, forming new partnerships, community fundraising, and leveraging volunteer efforts. These strategies aim to extend the program's impact beyond its current scope.

A critical aspect of Seein' is Believin's approach is its collaboration with the Madison Metropolitan School District and local therapists. This partnership ensures that youth needing mental health services receive ongoing support. The combination of dedicated donors, supportive organizations, and community partnerships is pivotal in providing sustained and accessible mental health services for youth. This comprehensive approach ensures the program's continued effectiveness in addressing mental health needs in the community.

SECTION 3: BUDGET PROPOSAL

Completed - Dec 7 2023

Please complete the budget proposal template: [2024 PHMDC Violence Prevention Budget Workbook](#).

Do not attach any other documents for the budget unless specifically asked to do so.