

Proposal Narrative Sample

**Staunton Farm Trauma-Informed Collaborative Training Project**  
**Proposal Narrative**  
██████████  
**June 1, 2012**

***Purpose of the Grant:***

██████████ is requesting a grant award in the amount of ██████████ to develop and implement a collaborative trauma-informed training program. This unique training opportunity, which will be provided to ██████████ staff, will be delivered by Stephanie Covington, PhD -- an internationally renowned trainer, lecturer, clinician, and pioneer in women's addiction treatment. ██████████ will invite other organizations in ██████████ County that are serving women with substance use or co-occurring disorders, and/or homeless and other high-risk women who may have histories of trauma. The agencies that will be invited to participate include, but are not limited to: ██████████

***Problem and Need:***

According to the Substance Abuse and Mental Health Services Administration (SAMHSA) of the US Department of Health and Human Services, as many as 80%-90% of women in substance abuse treatment programs report a history of physical and sexual abuse, most often as children or as a result of intimate partner violence. Anywhere from 30%-60% of women who struggle with addiction meet the criteria for Post Traumatic Stress Disorder (PTSD). In the United States, a child is abused every 10 seconds, 1.5 million women are raped each year, and it is estimated that one in four girls will be sexually assaulted by the age of 14. Clearly, given these statistics, any substance abuse treatment program designed for women must responsibly address trauma, and the issues it presents in treatment, throughout its programming.

In 2006, thanks to foundation support, ██████████ began to strengthen its commitment to gender-responsive care by bringing Dr. Covington to ██████████ to provide a comprehensive training on trauma-informed services. This four-day training event included a presentation on the prevalence of trauma in the lives of women, the need to address trauma concurrently with behavioral health treatment, a comprehensive description of trauma-informed services, and an overview of Dr. Covington's model, Beyond Trauma. Other organizations serving women were invited to attend the first two days, and Dr. Covington spent the last two days providing an in-depth training program specific to ██████████ on the Beyond Trauma curriculum that included a detailed plan for implementation.

██████████ is proud to report that it has integrated the learning from this unique opportunity more than six years ago and, today, the agency is the only one of its kind in Western Pennsylvania that offers a range of gender-responsive, trauma-informed services to women struggling with addiction.

**Comment [SFF1]: Problem and Need:** Identify the problem to be addressed and the needs to be met by the project. What unique service would the community be deprived of if you do not undertake this project? Provide any supporting data.

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The need for trauma-informed services remains a priority for █████ because, unfortunately, the prevalence of trauma remains high. And studies show that treating both substance abuse and trauma at the same time is most effective when working with women who are addicted.

While █████ has incorporated an understanding of the impact of violence and other forms of trauma on the lives of women and on their recovery process, we are committed to continuously evaluating and improving our services. Our goal is to enhance the quality of treatment and support services through professional development and training opportunities that address evidence-based models and strategies. At this stage of the agency's development, we know that it is important to continue to strengthen the staff's skills in the area of trauma services and have a plan to bring Dr. Covington back to Pittsburgh to provide a three- or four-day program to meet our needs and the needs of some of our colleagues in the community.

### ***Project Goals:***

█████ has created a trauma-informed system of care by incorporating an understanding of trauma in █████ policies and procedures; practices; recruitment, hiring, and training of employees; and in the creation of safe, welcoming, and healing physical environments. In an effort to continue to ensure a trauma-informed system, █████ plans to enhance the delivery of trauma-informed treatment services by re-focusing on the actual treatment strategies, including a refresher course in Beyond Trauma. Specifically, our project goals are as follows:

1. Contract Dr. Stephanie Covington to provide three or four days of professional development that will include an update on trauma-informed care and promising, evidenced-based strategies, including a thorough review of the Beyond Trauma curriculum;
2. Facilitate and coordinate the collaborative training effort to include other local human service providers interested in better serving women as described above;
3. Prior to the formal training event, provide an introductory overview of the importance of trauma-informed services at a █████ All-Agency Meeting in preparation for Dr. Covington's training next spring;
4. Work with Dr. Hide Yamatani to develop and implement an evaluation component designed to measure the impact of the training on staff skill development and compliance with fidelity to the model.

### ***Project Design:***

Specifically, the Trauma-Informed Care Collaborative Training Project design is as follows:

As a precursor to Dr. Covington formal training program, █████ plans to deliver a two- to four-hour in-house training on trauma-informed care by April 2012.

Dr. Covington will provide a full-day presentation on women and addiction. This general workshop offers a foundation for working with women who are chemically dependent and

**Comment [SFF2]: Project Goals:** Describe the goals and overall impact of the project.

**Comment [SFF3]: Project Design:** Describe your program objectives, activities, strategies, staffing, partners, timelines and explain how the design will enable you to address the problem and need. Identify the project as new or continuing.

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examines the downward spiral of addiction in women, while offering hope through carefully planned responses in treatment that address gender-related issues. This training will be delivered in collaboration with the University of Pittsburgh, School of Social Work and will be offered to all of the key staff of the partner agencies involved in this project.

There will be separate trainings for [REDACTED] staff specifically on Dr. Covington's *Beyond Trauma* – an integrated curriculum for women's services. This will be broken down into two groups – one designed for all direct care staff who work with women and the second designed especially for clinicians and therapists who deliver treatment services to women. The number of staff that needs to be trained will determine the number of sessions, but it is anticipated that these will take place over the course of two days. Approximately fifteen [REDACTED] employees will participate in the more intensive training designed for therapeutic staff.

Once the training has been delivered, [REDACTED] will implement the integration of the trauma-specific groups in our outpatient program, so that both the agency's residential and outpatient programs are offering the *Beyond Trauma* groups. The effects of the training will be perpetuated throughout the other agencies that enhance or develop their trauma services as a result of participation, thereby allowing an ever-greater number of clients to benefit from staff expertise.

In an effort to increase our attention to trauma training, [REDACTED] plans to create a continuous education environment by inviting the other partner agencies to come together quarterly as a way to share successes and challenges and continue to identify training needs.

The total cost of the training for up to ten agencies will be [REDACTED]