

ORIGINAL



The Children's Alliance
OF HAWAII, INC.

**Programs and Services for Sexually,
Physically, Emotionally Abused
Children and Young Adults**

Grant-In-Aid

The Twenty-Ninth Legislature

Application for Grants

January 19, 2018



Application for Grants



House District(s) 30

Senate District(s) 14

THE TWENTY-NINTH LEGISLATURE
APPLICATION FOR GRANTS
CHAPTER 42F, HAWAII REVISED STATUTES

Log No:

For Legislature's Use Only

Type of Grant Request:

GRANT REQUEST - OPERATING

GRANT REQUEST - CAPITAL

"Grant" means an award of state funds by the legislature, by an appropriation to a specified recipient, to support the activities of the recipient and permit the community to benefit from those activities.

"Recipient" means any organization or person receiving a grant.

STATE DEPARTMENT OR AGENCY RELATED TO THIS REQUEST (LEAVE BLANK IF UNKNOWN): DEPARTMENT OF THE ATTORNEY GENERAL

STATE PROGRAM I.D. NO. (LEAVE BLANK IF UNKNOWN): _____

1. APPLICANT INFORMATION:

Legal Name of Requesting Organization or Individual:
The Children's Alliance of Hawaii, Inc.

Db/a:

Street Address: 1485 Linapuni Street, #105
Honolulu, HI 96819

Mailing Address:

2. CONTACT PERSON FOR MATTERS INVOLVING THIS APPLICATION:

Name LISA A. DUNN

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3. TYPE OF BUSINESS ENTITY:

- NON PROFIT CORPORATION INCORPORATED IN HAWAII
- FOR PROFIT CORPORATION INCORPORATED IN HAWAII
- LIMITED LIABILITY COMPANY
- SOLE PROPRIETORSHIP/INDIVIDUAL
- OTHER

6. DESCRIPTIVE TITLE OF APPLICANT'S REQUEST:

PROGRAMS AND SERVICES FOR CHILDREN, YOUTH, AND ADULTS WHO HAVE BEEN SEXUALLY, PHYSICALLY, EMOTIONALLY ABUSED

4. FEDERAL TAX ID #: [REDACTED]

5. STATE TAX ID #: [REDACTED]

7. AMOUNT OF STATE FUNDS REQUESTED:

FISCAL YEAR 2019:
\$ 185,748

8. STATUS OF SERVICE DESCRIBED IN THIS REQUEST:

- NEW SERVICE (PRESENTLY DOES NOT EXIST)
- EXISTING SERVICE (PRESENTLY IN OPERATION)

SPECIFY THE AMOUNT BY SOURCES OF FUNDS AVAILABLE AT THE TIME OF THIS REQUEST:

STATE \$ 185,748

FEDERAL \$ 226,363

COUNTY \$ 125,000

PRIVATE/OTHER \$ _____

TYPE NAME & TITLE OF AUTHORIZED REPRESENTATIVE

LISA A. DUNN, EXECUTIVE VICE-PRESIDENT AND DIRECTOR OF PROGRAMS
NAME & TITLE

1-19-18
DATE SIGNED

JAN 19 2018
308pm

Narrative



Application for Grants and Subsidies

I. Background and Summary

1. Description of The Children's Alliance of Hawaii, Inc.

The mission of The Children's Alliance of Hawaii, Inc. (CAH), a 501(c)(3) corporation, is to provide care and support for sexually abused children, offering hope for the future. For the past 31 years CAH has been an integral agency in Hawaii's service delivery system for children, youth, and young adults who have been sexually abused, providing a continuum of essential long-term supportive services which are uniquely designed to meet their developmental needs, positively impact their ability to heal from their trauma and mitigate at-risk behaviors commonly exhibited by victims of sex abuse and other forms of abuse. Our evidence-based, therapeutic programs rebuild their ability to trust, increase self-confidence and self-esteem, and enable them to develop skill sets that are essential for their positive transition into adulthood. CAH serves over 350 youth, and their family members, who have been sexually abused each year on Oahu and Kauai.

Established in 1987 by the Rotary Club of Honolulu, CAH (formerly Friends of the Children's Justice Center of Oahu) served as the nonprofit fiscal and support partner to the State Judiciary's Children's Justice Center of Oahu (CJC). For over 25 years, CAH provided support, funding and services, and volunteer support to the State Judiciary's Children's Justice Center of Oahu. In 2003, CAH continued its supportive services and expanded programs to positively impact the healing process of sexually abused children. In 2010, the formal partnership between the CJC and CAH was terminated. Today, CAH continues to provide programs and services to assist in the healing process.

Today, The Children's Alliance of Hawaii, Inc. continues to provide supportive services and programs to assist youth who have been sexually abused in their healing process, guiding them toward a successful transition to adulthood. These programs include:

- **HEART & SOUL (Healing Emotions with Art and Recreation Together)** are gender specific, year-long programs for children and adolescents who have been sexually abused and/or sex trafficked (ages 8-18). HEART works in small, supportive groups where members learn how to identify their feelings, come to understand that they are not alone in their struggles, and develop skills in supporting one another. HEART aims to increase children's self-esteem and their ability to express their feelings and emotions in a safe environment among peers who also have been sexually abused. HEART utilizes mediums that youth can easily relate to such as art, music, dance, yoga, horseback riding, outdoor activities, cultural activities, and team and trust building activities. All components are designed to address the social and emotional needs of children who have been sexually abused, and are based on a variety of therapeutic modalities, theoretical orientations and evidenced-based best

- practices. HEART is not a substitute for therapy but is considered an adjunct to individual and/or traditional group therapy.
- **HEART & SOUL Therapeutic Groups for Siblings** is for the siblings of children who have been sexually abused (ages 8-17). HEART & SOUL for Siblings provides therapy in small, supportive groups where members learn to identify feelings and develop skills in supporting one another. The program aims to increase children's self-esteem and ability to express both feelings and emotions in a safe environment. The therapeutic groups utilize mediums such as art, music, dance, spoken word, hiking, and cultural activities. Components are designed to address the social and emotional needs of siblings of children who have been sexually abused, and are based on a variety of therapeutic modalities, theoretical orientations and evidenced-based best practices.
 - **Ho'omaka and Ho'omaka Plus** are mentoring programs designed to help struggling children and adolescents (ages 7-17 and 18-21) who have been sexually abused and/or sex trafficked. The program is based on resiliency theory and uses mentoring practices to assist children in developing safe and trusting relationships with adult mentors. In a one-on-one relationship, children develop skills in goal-setting, problem-solving, healthy relationship building, independent living, and conflict resolution. Ho'omaka and Ho'omaka Plus focuses on increasing the individual's resiliency, self-efficacy and self-esteem, as well as increasing skills for avoiding risky behaviors.
 - **Kids Court School** is to educate primary and secondary child victims (ages 5-17) about the courtroom process, reduce their anxiety before legal proceedings, and help increase their credibility in court. Children will participate in a two-hour session. The session will focus on the pre-trial and trial processes, where they learn about courtroom processes and the roles and functions of courtroom participants.
 - **Enhancements** is designed to enhance the lives of child victims of sexual, physical, emotional abuse, or neglect, and their siblings through individually managed financial assistance for goods and services that contribute to their healing process. The case management focuses on the child's individual needs and is to enhance the child's ability to regain a sense of normalcy, increasing both self-esteem and self-confidence. Funds are provided by the Theresa F. Hughes Trust, Victoria S. and Bradley L. Geist Foundation, and other private foundations, corporations and individual contributions. Pro bono services are provided when available by community volunteer professionals. Special projects, such as CAH's Christmas Angel Project and Back to School Project, are coordinated to provide holiday gifts and school supplies for these children and youth.
 - **Strengthening Parents** is a program that assists parents of children who have been sexually abused to enhance communication skills and gain insights into the multiple and complex issues of child sexual abuse and its impact on family members. The program is a parent support group which enables parents to manage their own feelings about sexual abuse and to increase their parenting skills to strengthen their families.
 - **Pinao** is a bi-monthly program for youth who have been sexually abused (ages 13-21) utilizing trauma-informed care practices. The program is designed to develop and

increase skills for problem solving, goal setting, conflict resolution, independent living and support for building individual strengths and resiliency that is necessary in adulthood.

- **Youth Advisory Board** meets monthly and all youth clients over the age of 13 and participating in Ho'omaka, HEART, or Pinao are invited to join. Youth can provide input, ideas, and suggestions, to be a catalyst for change. Their opinions and suggestions are important for the development and design of future programs. Feedback from each youth board member is carefully taken into consideration and discussed. Youth board members develop skills they can use throughout life such as skills in decision making, leadership, teamwork, communication, practice with advocacy, and making a difference within the agency.

2. **Goals And Objectives Related To The Request**

Goal 1: To increase levels of self-esteem, self-efficacy and enhance the ability to express emotions among sexually abused children and youth through the use of mentoring and group social and recreational activities. (HEART & SOUL)

Objective 1: To provide therapeutic, recreation-based group programs for 28 sexually abused children.

Objective 2: To conduct 6, 8-week specialized activity sessions for sexually abused children.

Goal 2: To increase levels of self-esteem, self-efficacy and enhance the ability to express emotions among the siblings of sexually abused children and youth through the use of group therapeutic activities. (HEART for Siblings)

Objective 1: To provide therapeutic, recreation-based group programs for up to 12 siblings of sexually abused children.

Objective 2: To conduct 6, 8-week specialized activity sessions for sexually abused children.

Goal 3: To strengthen the resiliency of sexually abused children and young adults so they may make informed and healthy decisions for successful transition into adulthood. (Ho'omaka and Ho'omaka Plus)

Objective 1: To provide individual mentoring and teaming services to 16 children and young adults.

Objective 2: To provide weekly one-on-one mentoring sessions to each individual, focusing on building healthy relationships, building on personal strengths and interests, identifying personal educational goals and formulating strategic plans.

Goal 4: To alleviate trauma through the use of facilitated sessions by familiarizing the child victims and witnesses with the courtroom and its procedures. (Kids Court School)

Objective 1: To provide Kids Court School sessions to 60 child victims and witnesses of crime.

Objective 2: To conduct bi-monthly facilitated Kids Court School Sessions for child victims and witnesses of crime.

Goal 6: To meet the immediate and long-term individual needs of sexually abused children and youth on Oahu and Kauai to enhance their sense of normalcy and increase their self worth. (Enhancements)

Objective 1: To provide verifiably needed goods and services or holiday gifts to sexually, physically, emotionally abused or neglected children.

Goal 7: To assist custodial parents and caregivers of sexually abused children in building and maintaining positive, protective relationships with their children. (Strengthening Parents)

Objective 1: To convene and facilitate 48 parent/caregiver support group sessions.

Objective 2: To increase positive parenting skills of 10 parent/caregivers of sexually abused children.

Goal 8: To engage the youth in learning new life skills and learning positive ways of communicating with one another. (Pinao Life Skills Classes)

Objective 1: To conduct 48 Pinao life-skills class sessions for youth.

Objective 2: To increase knowledge in life skills and increase the skills for transition into adulthood.

Goal 9: To increase leadership skills and self-esteem of 8 sexually abused youth through the development of a program Youth Advisory Board.

Objective 1: To recruit and train 8 sexually abused youth in leadership skills.

Objective 2: To convene and facilitate 12 Youth Advisory Board sessions.

Objective 3: To facilitate 1 youth-guided community service project.

3. Public Purpose And Need To Be Served

Child sexual abuse is a prevalent form of child maltreatment. Children and adolescents, regardless of their race, culture, or economic status, appear to be at approximately equal risk for sexual victimization (American Psychological Association, 2013). Of all sexual

assault victimizations reported to law enforcement agencies, 67 percent of victims were under 18 years of age, 20 percent were between the ages of 12 – 17; 14 percent were 5 years and younger. (Snyder 2000). According to the National Center for Victims of Crime, "1 in 5 girls and 1 in 20 boys is a victim of child sexual abuse" (<http://www.victimsofcrime.org>). Twenty-eight percent (28%) to 33% of women and 12% to 18% of men were victims of childhood or adolescent sexual abuse (Roland, 2002, as cited in Long, Burnett, & Thomas, 2006). Nearly 7 in 10 women in state prisons were victims of physical or sexual abuse before the age of 18. (Women Offenders, Bureau of Justice Statistics, US Department of Justice, December 1999). Thirty-eight percent (38%) of females and 8% of male juvenile offenders in the State of Hawaii had records of sexual abuse (The Female Juvenile Offender in Hawaii: Understanding Gender Differences in Arrests, Adjudications, and Social Characteristics of Juvenile Offenders, Research and Statistics Branch, Crime Prevention and Justice Assistance Division, State of Hawaii Department of the Attorney General, May 2006).

Childhood sexual abuse cases include those cases in which children were criminal sexually assaulted by a family member, friend or stranger; as well as, Child Welfare Services civil abuse cases within the family that may or may not have the level of evidence necessary to charge a perpetrator with a crime. On Oahu, the Honolulu Prosecuting Attorney's Office recorded 371 child victims of sexual assault between January 2008 and December 2012, or approximately 74 children per year. Of these children, 334 were girls and 37 were boys. During the five-year-period of January 2008 through December 2012, there were 266 sexual abuse cases confirmed on Oahu by the Hawaii Department of Human Services, or approximately 53 per year. Unfortunately, statistical data of sexual abuse incidents are usually inaccurate estimates due to underreporting (Rutter, M. and Taylor, E., 2002). Sexual abuse is underreported for various reasons: 1) children often do not disclose the sexual abuse to others. It is estimated that between 30 and 90 percent of all victims never tell that they have been sexually abused; 2) feelings of shame, guilt and responsibility by the child victim; 3) public negative stereotypes; 4) fear of retribution, retaliation and being blamed for any potential resulting family strife and separation; and 5) lack of services and/or accessibility to services (Bradley, A. and Wood, J., 1996, Forward, S., 1989, Child Sex Abuse in Hawaii, 2008).

A realistic estimate is that **one out of three** females and **one out of five** males have been victims of sexual abuse in the United States before the age of 18 years (*Dominguez, Nelke, & Perry, 2002*). Child sex abuse occurs across all ethnic and socioeconomic groups, and causes significant trauma which may result in behavioral, social, cognitive, emotional and physical problems (*Dominguez, Nelke, & Perry 2002*).

Ample evidence exists from law enforcement and social service agencies that Hawaii's sex trafficking victims/survivors are female, male, and transgender, U.S. citizens and immigrants (legal and illegal), and minors and adults. The Honolulu Department of the Prosecuting Attorney served 13 trafficked individuals in 2013 and that the number rose to

23 in 2014. Survivors/victims who have been sex trafficked (and sexually abused) experience trauma which may result in behavioral, social, cognitive, emotional and physical problems (Dominguez, Nelke, & Perry 2002). Youth who have been sexually abused and do not receive the necessary treatment and ongoing services can suffer a range of psychological and behavioral problems, from mild to severe, in both the short and long term. These problems typically include depression, anxiety, guilt, fear, sexual dysfunction, withdrawal, and acting out. The ill effects of child sexual abuse and sex trafficking are wide ranging. There is no one set of symptoms or outcomes that victims experience. Some children may relate little or no psychological distress from the abuse, but often these children are either afraid to express their true emotions or are denying their feelings as a coping mechanism. These children are at increased risk for serious and sometimes life-threatening social problems, including early pregnancy, substance abuse, homelessness, low educational achievement, mental health disorders, unemployment, self-harm, suicide, and criminal activities (Molnar, Buka, & Kessler, 2001; Noll, Trickett, & Putnam, 2003; Day, Thurlow, & Woolliscroft, 2003). The Children's Alliance of Hawai'i has developed unique programs (Enhancements, HEART, Ho'omaka, Pinao and Strengthening Parents) to assist children, youth and their families in their healing process, strengthen their resiliency and to help combat the above social problems.

The emotional ties between siblings have been reported to be second in strength only to those between parent and child (Gardner, Gallagher, & Schamess, 1998). Research has shown that both younger and older siblings are affected by sibling behaviors. Siblings of reported victims are often overlooked for the possibility of any emotional, social, or developmental affects relating to the abuse. Treatment options for youth who have experienced sexual abuse are usually geared to the primary victim, excluding the victim's sibling(s). However, the transference and countertransference of siblings both transmits trauma and contributes to its survival. Ron Bodansky suggests that sibling countertransference can contain tremendous therapeutic potential; though siblings, of children experiencing trauma, are often neglected, and often unexplored in literature (Orange, 2014).

According to family systems perspective, what directly affects one person in the family indirectly affects the family system as a whole (Jean-Gilles, 1990). A recent study showed that the non-abused sibling from an abusive family shared the same perceptions and attitude of the abused child. An element in family systems that is under explored is the attempt to understand and treat families of children who have experienced sexual abuse. This includes understanding the effects of the abuse on the whole family -- the reported child, the child's sibling, and parents. Individuals with histories of intrafamilial trauma often attempt to avoid painful memories and emotions related to early attachment experiences, and are more likely to experience a range of relational problems (Forouge & Muller, 2014).

Evaluation and treatment should include an assessment of the reported child's sibling, because siblings are a part of the family system (Halperin, 1981). These children are

secondary crime victims. According to Breezly, Martin, and Alexander (1976) as cited in (Halperin, 1981), witnessing a sibling being abused causes significant psychological trauma for the non-abused child. In this case both children cannot escape the effect of the trauma, but yet most attention have been given to treating the abused child. Many families attempt to keep the abuse hidden from siblings, thinking that this information may be too painful for children to hear (Baker et al., 2001). Often times, siblings get little to no support from parents and other professionals, who are focusing their energies on the victim (sibling of the non-abused child) (Baker et al., 2001). Educating Siblings about the nature of sexual abuse will allow them to empathize with their siblings, instead of holding resentment toward them.

Child victims of crime can be traumatized by the criminal justice system and through experiencing the Court's processes. Drs. Nathanson and Karen Saywitz with James Rogers Professor of Education and Law at the University of Nevada, Las Vegas, conducted a study in 2003 showing that children who are questioned about a past event in a small private conference room demonstrate a heart rate between 60 and 120 beats per minute. Children who are questioned in a courtroom, however, demonstrate a heart rate between 60 and 240 beats per minute, indicating a significant increase in stress. This anxiety coupled with limited knowledge of legal processes may lead to incomplete, and sometimes inaccurate, testimonies in court. Dr. Nathanson conducted a study in 2010 showing that a Kids' Court School significantly reduces children's anxiety related to participating in the judicial process.

To help alleviate this potential trauma, Kid's Court School sessions will be facilitated by children's specialists (MSWs and MSW interns) from The Children's Alliance along with Victim/Witness Advocates and Attorneys from the Honolulu Prosecutor's Office. It is preferable to hold the sessions at the courthouse and utilize a courtroom. This will help to familiarize the children with the courtroom and will familiarity with the courthouse will help to set the children at ease.

Additionally, CAH's programs assist sexually abused children and youth in enhancing their self esteem and ability to thrive through a Positive Youth Development approach. These programs are designed according to best practices in positive youth development and research on resiliency theory. Research suggests that Positive Youth Development programs have many positive impacts on youth, including reducing risky behaviors (such as promiscuity, substance use and abuse, truancy, dropping out of school, etc.) and increasing protective factors (such as feelings of community connectedness, high self-esteem, social competency skills, and having goals and plans for the future). In addition, creating opportunities for youth leadership is an important part of the youth development process. Organized activities, such as a youth advisory committee, give youth the opportunity to represent their peers' interests, build life skills, and gain a sense of empowerment that confirms their potential to positively guide others and influence opinion and behavior.

Research on Resiliency Theory also shows that youth who have a consistent, supportive mentor in their life are more resilient and do better at developing healthy relationships, making healthy life and career choices, and attaining independence. Finally, research also shows that children are better able to thrive when they have access to basic health, educational, recreational programs and activities.

Research also demonstrates that one of the key factors in the ability of sexually abused children to thrive after their trauma is supportive family or caregivers. Parents of child sex assault victims need to understand the dynamics of child sex abuse, manage their own feelings about the incident(s) and maintain open communication with their child to enable the child to heal from their trauma in a safe, nurturing environment.

4. Target Population To Be Served

The target population to be served through this project is sexually abused children and young adults, their siblings, and their families and also children who are victims of child abuse and neglect and other criminal offenses.

Specifically, CAH's Enhancements program serves children who have been abused sexually, physically, and/or emotionally, as well as children of neglect. The program also serves eligible siblings (those who have either witnessed the abuse or resided in the home while abuse occurred), ages 6 months old through 18 years old living on the islands of Oahu and Kauai. Also included are youth up to 21 years old who are in foster care and are still in high school. These children are referred for Enhancements support by nonprofit social service agencies and government agencies, such as Department of Human Services, the City and County Prosecutor's office, Sex Abuse Treatment Center, or Hale O'pio on Oahu and Kauai.

CAH's HEART & SOUL and HEART & SOUL for Siblings programs serve sexually abused children and siblings, ages 8 years old to 18 years old, and the Ho'omaka and Ho'omaka Plus mentoring programs serves sexually abused and sex trafficked youth, ages 8 to 17 and 19 to 21 years old, on Oahu. The Pinao program is also on Oahu only and serves sexually abused children, ages 13 years old to 21 years old. The children and youth served through these programs live in foster care settings or with a protective parent or primary caregiver. All youth clients over the age of 13 and participating in Ho'omaka, HEART, or Pinao are invited to join the Youth Advisory Board.

The Strengthening Parents program serves custodial parents and caregivers of sexually abused children in the Pinao, HEART, and Ho'omaka programs. The Kids Court School will serve all child victim and witnesses of crime (ages 5 -17) who are scheduled to appear in court in any capacity.

Children and families come from all ethnic and socioeconomic backgrounds. Forty-six percent (46%) of children served are ethnically part-Hawaiian. Over 90% of children

reside in households whose incomes are at or below the Federal poverty guidelines. The eligibility requirement for services is that a child has been sexually abused and/or is a sibling of a sexual abuse victim living in the home, and/or is currently in foster care or other DHS placement.

5. Geographic coverage:

The Children's Alliance of Hawaii, Inc. serves the islands of Oahu (all programs) and Kauai (Enhancements only).

II. Service Summary and Outcomes

1. Scope of Work, Tasks and Responsibilities

The following service outcomes will be met through this proposal:

- a) 80% of participants in CAH's program will report increased self-efficacy.
- b) 85% of participants in CAH's HEART & SOUL, HEART for Siblings, Ho'omaka, and Ho'omaka Plus programs will increase pro-social behaviors and social competency skills.
- c) 90% of participants in CAH's HEART & SOUL, HEART for Siblings, Ho'omaka, and Ho'omaka Plus programs will increase self-esteem and self-image.
- d) 90% of participants in CAH's Enhancement program will receive requested goods and services.
- e) 90% of participants in Kids Court School will report increased knowledge and understanding of the Courts and the justice system.
- f) 80% of participants will reduce anxiety regarding court and court procedures.
- g) 80% of participants in CAH's Strengthening Parents program will report an increase in their communication skills with their child.
- h) 80% of participants in CAH's Strengthening Parents program will report an increase in their ability to support their child's healing.
- i) 95% of participants in CAH's Pinao program will report increased knowledge in life skills.
- j) 80% of participants in CAH's Pinao program will report increased increase of skills for transition into adulthood.
- k) 80% of participants in CAH's Youth Advisory Board will report an increase in feeling a sense of empowerment.
- l) 75% of participants in CAH's Youth Advisory Board will demonstrate leadership skills.

2. Project Annual Timeline

The following tasks will be completed during the project year:

Time Period	Project Activity
Quarter 1	a. Plan, coordinate and conduct one 8-week therapeutic

	expressive arts component (e.g. spoken word, Hawaiian cultural activities, yoga or creative expression activity, etc.) for all HEART & SOUL groups.
	b. Conduct client assessments, develop service plans and administer evaluation instruments to establish baseline data.
	c. Conduct structured reflection sessions with clients.
	d. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.
	e. Implement evidence-based curricula on goal setting as well as teen pregnancy and sexually transmitted infections prevention.
	f. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	g. Receive and process requests for enhancements goods and services.
	h. Facilitate 12 parent support groups.
	i. Conduct 12 Pinao life-skills class sessions.
	j. Facilitate 3 Youth Advisory Board meetings.
	k. Prepare and submit required reports.
<u>Time Period</u>	<u>Project Activity</u>
Quarter 2	a. Plan, coordinate and conduct two 8-week therapeutic expressive arts components (e.g. spoken word, Hawaiian cultural activities, yoga or creative expression activity, etc.) for all HEART & SOUL groups.
	b. Conduct client assessments and develop service plans.
	c. Conduct structured reflection sessions with clients.
	d. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.
	e. Implement evidence-based curricula on goal setting and strategic future planning.
	f. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	g. Receive and process requests for enhancements goods and services.
	h. Facilitate 12 parent support groups.
	i. Conduct 12 Pinao life-skills class sessions.
	j. Administer evaluation tools to monitor program impact on clients.
	k. Facilitate 3 Youth Advisory Board meetings and conduct one youth-led community service project.
	l. Prepare and submit required reports.
<u>Time Period</u>	<u>Project Activity</u>
Quarter 3	a. Plan, coordinate and conduct two 8-week therapeutic expressive arts components (e.g. spoken word, Hawaiian

	cultural activities, yoga or creative expression activity, etc.) for all HEART & SOUL groups.
	b. Conduct client assessments and develop service plans.
	c. Conduct structured reflection sessions with clients.
	d. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.
	e. Implement evidence-based curricula on goal setting and strategic future planning.
	f. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	g. Receive and process requests for enhancements goods and services.
	h. Facilitate 12 parent support groups.
	i. Conduct 12 Pinao life-skills class sessions.
	j. Administer evaluation tools to monitor program impact on clients.
	k. Facilitate 3 Youth Advisory Board meetings.
	l. Prepare and submit required reports.
Time Period	Project Activity
Quarter 4	a. Plan, coordinate and conduct one 8-week therapeutic expressive arts components (e.g. spoken word, Hawaiian cultural activities, yoga or creative expression activity, etc.) for all HEART & SOUL groups.
	b. Conduct client assessments and develop service plans.
	c. Conduct structured reflection sessions with clients.
	d. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.
	e. Implement evidence-based curricula on goal setting and strategic future planning.
	f. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	g. Receive and process requests for enhancements goods and services.
	h. Facilitate 12 parent support groups.
	i. Conduct 12 Pinao life-skills class sessions.
	j. Administer evaluation tools to monitor program impact on clients.
	k. Facilitate 3 Youth Advisory Board meetings.
	l. Prepare and submit required final reports to contracting agency.

3. Quality Assurance and Evaluation

Each child, family, and/or group receiving services completes a thorough intake and assessment process, which includes individual service plans with individual goals and objectives. Individual, family and group charts are maintained and regularly updated. Client chart review is used to maintain compliance to agency and best practices standards, to ensure program goals and objectives are being met, and to contribute to the development of staff skills and professionalism. Intake forms collect individual and family demographic data, as well as a sexual behavior checklist to identify *at risk* youth. Pertinent family history and resource information is gathered to identify those individuals and families most in need of services such as assistance with transportation, and to identify any potential blockages to full participation in program services.

Assessments are completed by individual program specialists and graduate student interns under the supervision of the Executive Vice-President/Director of Programs, with regular individual and group supervision and case review. As a result of a comprehensive assessment, thorough and relevant service plans are developed to meet the individual, family and group goals and objectives. As with the assessment process, service plans are reviewed and adjusted on a regular basis to meet changing needs, issues and developments which naturally occur with children and families. On a quarterly basis, client charts are reviewed for compliance in accordance with case management standards.

Every six months CAH administers at HEART internally developed questionnaires to assess the increase in the client's ability to label and express feelings. CAH believes in empowering children and youth who have been sexually abused by encouraging them to voice their input and suggestions for continual program improvement of our programs. Once per quarter, CAH will facilitate input and evaluation meetings with Pinao participants to guide the program. Pinao program topic areas and implementation may be adjusted, based on client feedback. In addition, CAH administers a participant satisfaction survey for youth participating in Ho'omaka at termination. This tool is a Likert scale that assesses the youth experience with their mentor and the skills they learned throughout the program.

4. Measures of Effectiveness

The following instruments are used at the start (to set a base-line), middle (to gauge areas in need of adjustment), and post program (to evaluate changes self-efficacy and self-esteem as appropriate).

GSE – The General Self-Efficacy Scale

This is a revised and adapted GSE from Matthias Jerusalem & Ralf Schwazer GSE. The scale is designed for adolescent population and can be self-administered or proctored (verbally given). It has a final composite score of 40. Higher scores above baseline measures indicate stronger feelings of self-efficacy. The instrument will be

used to gauge general movement in self-efficacy, and to assist program development and adjustment on a quarterly basis to ensure progress. All participants of the HEART & SOUL, HEART for Siblings, Ho'omaka, and Ho'omaka Plus programs will complete the scale at time of intake and approximately every 16 weeks thereafter. It is suitable as an indicator of quality of life at any point in time (indicated by raise or fall in composite score). Because the original measure did not tap specific behavior change, it has been adapted for CAH to cover particular benchmarks for our population served (navigating health, relationships and behaviors), and is meant to be a general measure of those benchmarks. The instrument will be used as a pre, middle and post evaluative tool to gauge general movement in self efficacy, and to assist program development and adjustment on a quarterly basis to ensure progress.

RSE - Rosenberg Self Esteem Scale

This is a self-report survey with scores ranging from 0-30. Higher scores indicate higher self-esteem, and lower scores indicate lower self-esteem. There are no distinct ranges, and scores between 15 and 25 suggest a normal level of self-esteem. Scores below 15 suggest low self-esteem. The scale includes 10 items scored from strongly agree to strongly disagree. This instrument will be used to gauge general movement in self-esteem, and to assist program development and adjustment on a quarterly basis to ensure progress. All participants of the HEART & SOUL, HEART for Siblings, Ho'omaka, and Ho'omaka Plus programs will complete the scale at time of intake and approximately every 16 weeks thereafter. (Rosenberg, Morris. 1989. Society and The Adolescent Self-Image. Revised edition. Middletown, CT: Wesleyan University Press)

Both of the above measures are research validated tools with high reliability and validity.

Positive Youth Development Scale

This scale is a 20 item Likert scale designed to measure the effectiveness of Positive Youth Development programs. It is a post-only measure, completed by all HEART & SOUL and HEART for Siblings participants approximately every 3 months. It was developed based on outcome measurement recommendations made by the Hawaii State Department of Human Services for programs utilizing positive youth development approaches. Youth self-report on whether they gained new skills, feel more connected to their community, made new positive peer relationships, and feel more confident in a variety of areas as a result of participating in the program.

III. Financial

1. Budget

See attached budget forms.

2. Anticipated quarterly funding requests for the fiscal year 2019.

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Grant
\$46,437	\$46,437	\$46,437	\$46,437	\$185,748

3. Other Funding Sources Being Sought for FY 2018

Government Funding:

City and County of Honolulu, Department of Community Services
 State of Hawaii, Department of the Attorney Generals, VOCA funds

Private Foundations:

Aloha United Way
 Hawaii Community Foundation, Geist Foundation
 Bank of Hawaii, Theresa Hughes Trust
 Friends of Hawaii Charities/Sony Open
 Hawaii Women's Lawyers Foundation
 Hawaii Community Foundation
 Other local and national foundations

Individual/Corporate Donors

4. Listing of all state and federal tax credits

None

5. All federal, state, and county government contracts and grants that have been received or will be receiving for program funding

- State of Hawaii, Department of the Attorney General, Contract #15-VA-22, Malama Services to Children who have been Sexually Abused, \$104,673.00, per year July 1, 2017 – June 30 2018 and July 1, 2018 – June 30 2019.
- State of Hawaii, Department of the Attorney General, Contract #15-VA-23, Ho'ola Services to Children who have been Sexually Abused, \$121,690.00, , per year July 1, 2017 – June 30 2018 and July 1, 2018 – June 30 2019.
- City and County of Honolulu Contract No.: to be determined, Serve youth that have been sexually abused, \$125,000, effective dates 4/1/18 – 3/31/19

6. Unrestricted Current Total Assets as of December 31, 2016

Current Assets is \$146,343.65 as of December 31, 2017 subject to audit. The Current Assets as of December 31, 2016 was \$100,185.79.

IV. Experience and Capability

1. Necessary Skills and Experience

The Children's Alliance of Hawaii, Inc. has provided supportive programs for sexually abused children, youth and their families for 30 years. CAH has an extensive volunteer program and strong community partnership network which include nonprofit organizations, such as Sex Abuse Treatment Center, Susannah Wesley Community Center, Hale O'pio, YWCA of Kauai, Catholic Charities of Hawaii, Child and Family Service, Joyful Heart Foundation, government entities, such as the City Prosecutor's Office, Dept. of Human Services, Dept. of Health, Dept. of Education, and educational institutions, such as University of Hawaii, Chaminade University and Hawaii Pacific University. Community volunteers include public and private schools, for-profit businesses and small businesses, Rotary Clubs and other community organizations. These volunteers and partners enable us to provide necessary services and programs for sexually abused children on Oahu and Kauai.

CAH's Executive Vice President/Director of Programs has a Masters of Social Work degree with 35 years of post-graduate social work experience working with disenfranchised populations. She has worked in programs specifically designed for sexually abused children and youth, victims of domestic violence and their children, victims of domestic and international sex and labor trafficking as well as other special populations. She served for 8 years as the Chairperson of the Hawaii Crime Victim Compensation Commission and taught a course in "Crime Victims and the Criminal Justice System" at Hawaii Pacific University for over 15 years.

CAH has a Program Manager and one Program Specialist. CAH intends to hire one additional full-time Program Specialist. The Program Manager has a Masters of Social Work and Program Specialists are MSWs or candidates near completion of their graduate degrees. All have experience in working with children and adolescents who have been sexually abused, therapeutic-based activity planning and implementation and group facilitation. CAH also intends to hire one half-time Administrative Assistant.

CAH works with its long-established community partners for the proposed program activities, including client referral, case management and advocacy agencies: Office of the Prosecuting Attorney, City & County of Honolulu, The Judiciary, Sex Abuse Treatment Center, Family Court/CASA; Dept. of Health, Family Guidance Centers, Dept. of Human Services, Child Welfare Services, Department of Education, Catholic Charities, The Institute for Family Enrichment, Child & Family Service, and private therapists and counselors.

The following is a list of contracts, both private and public, which support CAH's skills and experience pertinent to this request:

State of Hawaii, Department of the Attorney General, Contract #15-VA-22
State of Hawaii, Department of the Attorney General, Contract #15-VA-23
City and County of Honolulu Contract No.: CT-DCS-1700047
City and County of Honolulu Contract No.: CT-DCS-1400089
City and County of Honolulu Contract No.: CT-DCS-1500392
City and County of Honolulu Contract No.: CT-DCS-1500021
City and County of Honolulu Contract No.: CT-DCS-1600045
City and County of Honolulu Contract No.: CT-DCS-1700047
Hawaii State Legislature – Department of the Attorney General, Grant in Aid, 16-GIA-02
Hawaii State Legislature – Department of Human Services, Office of Youth Services, Grant in Aid
Hawaii State Legislature – The Judiciary, Grant in Aid, J09039
Hawaii State Legislature – The Judiciary, Grant in Aid, J11184
Hawaii State Legislature – The Judiciary, Grant in Aid, J13147
Department of Human Services, Office of Youth Services, DHS-14-OYS-410
Hawaii Community Foundation, Geist Foundation, PIN Grant/Enhancements: 2000-2018
Bank of Hawaii, Theresa Hughes Trust, PIN Grant/Enhancements: 2000 - 2018

2. Facilities

The Children's Alliance Hawaii (CAH) operates from over 1,000 square foot secured facilities, located within Parents and Children Together (PACT) offices at 1485 Linapuni Street in Honolulu. The Children's Alliance Hawaii program and offices are fully accessible, meeting all Americans with Disabilities Act (ADA) and City & County of Honolulu access and safety requirements. The building management, maintenance and security personnel are adeptly trained in ensuring safety for all building residents and their clientele.

Group activity, support and individual counseling offices provide generous space for a variety of activities, classes and trainings. Confidentiality is maintained through the use of locked file and office. CAH also has access to additional training/conference rooms made available through PACT. In addition, CAH will secure off-site meeting locations, as appropriate to meet the needs of the clients in the program. Some activities will be conducted at safe and established community sites, such as Ala Moana Park. Out of office activities are chaperoned by a minimum of two staff, and require parental consent for each activity.

V. Personnel: Project Organization and Staffing

1. Proposed Staffing, Staff Qualifications, Supervision and Training

See Section IV-A above.

CAH program staff, administrative staff, and interns are supervised by the Executive Vice-President/Director of Programs, Lisa Dunn. Program Manager, Monica Aquiningoc, assists the Executive Vice-President/Director of Programs by providing additional coordinated supervision to interns.

Supervision is provided to ensure goals and provide clients with the best opportunity for success. A licensed child psychiatrist with 18 years medical practice provides consultation with CAH staff on a pro-bono on-call basis. Staff and interns receive weekly individual supervision with additional supervision provided as needed. Interns receive additional weekly group supervision specifically for HEART & SOUL for Siblings and monthly group supervision for Ho'omaka.

Bi-weekly staff meetings of all CAH staff/interns are held to ensure that all are kept current with administrative issues and program needs and concerns. Executive Vice-President/Director of Programs attends bi-monthly Board of Director's meetings wherein Board is provided with information regarding programs and feedback is shared. There is a continual loop of information shared between all staff, interns, and board members to further develop agency programs and policies. Additional and ongoing training needs are identified at staff meetings, supervisory sessions, and from client/community feedback.

All CAH Program Staff received specialized training required under HRS 505.5 Victim-Counselor Privilege. All staff and interns with direct client contact complete a 35-hour training on Trauma-Focused Cognitive Behavioral Therapy with youth, healing from sexual abuse, developmental concerns, and intervention and treatment of child victims. Program Staff participated in the 'Ike Hawaii training sessions to improve cultural competency. The training focuses on cultural values emphasizing the connections of person (kanaka), family ('ohana), land ('āina), and the spiritual realm (ho'omana) to form a culturally based healing foundation for Hawaiians.

Training is provided on the dynamics of child sexual abuse and the impacts such abuse has on victims, non-offending parents, caregivers and siblings. Staff and are trained in dealing with *vicarious* or *secondary trauma* that they made suffer as a result of working with a traumatized target population.

Ongoing training is provided on healthy sexuality, sexual identity and age appropriate sexual behaviors, healthy relationships, and developing confidence to make healthy choices in their lives. This prepares staff and interns to work more

effectively with the target population, their siblings, parents and caregivers. Additional training is provided on setting and obtaining client goals and objectives. Supervision is provided to ensure realistic, realizable goals and to provide clients with the best opportunity to experience success.

The program staff is assisted by graduate level Social Work interns from the University of Hawaii, Hawaii Pacific University, Columbia University, University of Southern California and undergraduate student interns with Kamehameha Schools Kapili `Oihana Internship Program, who are under the close supervision of Director of Programs.

2. Organization Chart

See Attachment A for Organization Chart.

3. Compensation

The proposed compensation for Executive Vice President/Director of Programs, \$67,937 per year.

VI. Other

1. Litigation

No pending litigation.

2. Licensure or Accreditation

Not applicable.

3. Private Educational Institutions

Not applicable.

4. Future Sustainability Plan

The Children's Alliance of Hawaii will sustain and create positive long-term benefit for the community after the activities funded by the grant if the grant of this application is fiscal year 2018-19 beyond the scope of this project by:

- Completing a thorough evaluation of the activities, build upon lessons learned and refine program elements to maintain and increase client outcomes
- Maintaining positive relationships with community partners to ensure continual engagement with the activities and minimize future operating costs
- Continually seeking additional volunteer instructors and resource people to assist

with future grant activities

- Marketing the activities throughout the year to create public awareness and to lay the foundation for future funding opportunities
- Leveraging in-kind and pro bono contributions to encourage additional similar contributions to benefit the programs and clients
- Identifying and submitting program funding grants to Hawaii private foundations and civic organizations
- Continuing development and maintenance of CAH's individual donor base
- Soliciting targeted contributions from individuals and corporations

5. Certificate of Good Standing (If the Applicant is an Organization)

See Attachment B for Certificate of Good Standing.

6. Declaration Statement

See Attachment C for Section 42F-103, Hawaii Revised Statutes.

7. Public Purpose

This grant will be used for a public purpose pursuant to Section 42F-102, Hawaii Revised Statutes.

Budget



BUDGET REQUEST BY SOURCE OF FUNDS

Period: July 1, 2018 to June 30, 2019

Applicant: The Children's Alliance of Hawaii, Inc.

BUDGET CATEGORIES	Total State Funds Requested (a)	Total Federal Funds Requested (b)	Total County Funds Requested (c)	Total Private/Other Funds Requested (d)
A. PERSONNEL COST				
1. Salaries	80,072	89,880	67,937	
2. Payroll Taxes & Assessments	8,808	9,213	6,964	
3. Fringe Benefits	19,200	20,828	19,120	
TOTAL PERSONNEL COST	108,080	119,921	94,021	
B. OTHER CURRENT EXPENSES				
1. Airfare, Inter-Island				
2. Insurance	3,000		6,000	
3. Lease/Rental of Equipment		3,600		
4. Lease/Rental of Space	24,000	43,200	7,200	
5. Staff Training	2,000	4,200		
6. Supplies	6,000	13,805	4,779	
7. Telecommunication	3,240	1,667	3,240	
8. Utilities	0			
9. Mileage	800	9,080	360	
10. Equipment Maintenance	2,400			
11. Client database subscription	3,000			
12. Contracted out Service	6,000	7,031	9,160	
13. Transportation		8,500		
14. Indirect Costs	24,228	15,359		
15. Postage			240	
16				
17				
18				
19				
20				
TOTAL OTHER CURRENT EXPENSES	74,668	106,442	30,979	
C. EQUIPMENT PURCHASES	3,000			
D. MOTOR VEHICLE PURCHASES	0			
E. CAPITAL	0			
TOTAL (A+B+C+D+E)	185,748	226,363	125,000	
SOURCES OF FUNDING		Budget Prepared By:		
(a) Total State Funds Requested	185,748	Lisa A. Dunn 599-2955		
(b) Total Federal Funds Requested	226,363	Phone		
(c) Total County Funds Requested	125,000	<div style="background-color: black; width: 100px; height: 20px; margin: 0 auto;"></div> Signature of Authorized Official		
(d) Total Private/Other Funds Requested	0			
TOTAL BUDGET	537,111	Lisa A. Dunn Exec VP/Director of Programs Name and Title (Please type or print)		

BUDGET JUSTIFICATION - EQUIPMENT AND MOTOR VEHICLES

Period: July 1, 2018 to June 30, 2019

Applicant: The Children's Alliance of Hawaii, Inc.

DESCRIPTION EQUIPMENT	NO. OF ITEMS	COST PER ITEM	TOTAL COST	TOTAL BUDGETED
Computer Work Station	2.00	\$1,500.00	\$ 3,000.00	3000
			\$ -	
			\$ -	
			\$ -	
			\$ -	
TOTAL:	2		\$ 3,000.00	3,000

JUSTIFICATION/COMMENTS:

To replace current aged equipment that were purchased in 2012

DESCRIPTION OF MOTOR VEHICLE	NO. OF VEHICLES	COST PER VEHICLE	TOTAL COST	TOTAL BUDGETED
			\$ -	
			\$ -	
			\$ -	
			\$ -	
			\$ -	
TOTAL:				

JUSTIFICATION/COMMENTS:

BUDGET JUSTIFICATION - CAPITAL PROJECT DETAILS

Period: July 1, 2018 to June 30, 2019

Applicant: The Children's Alliance of Hawaii, Inc.

FUNDING AMOUNT REQUESTED						
TOTAL PROJECT COST	ALL SOURCES OF FUNDS RECEIVED IN PRIOR YEARS		STATE FUNDS REQUESTED	OF FUNDS REQUESTED	FUNDING REQUIRED IN SUCCEEDING YEARS	
	FY: 2016-2017	FY: 2017-2018	FY:2018-2019	FY:2018-2019	FY:2019-2020	FY:2020-2021
PLANS	Not applicable					
LAND ACQUISITION						
DESIGN						
CONSTRUCTION						
EQUIPMENT						
TOTAL:						
JUSTIFICATION/COMMENTS:						

GOVERNMENT CONTRACTS, GRANTS, AND / OR GRANTS IN AID

Applicant: The Children's Alliance of Hawaii, Inc.

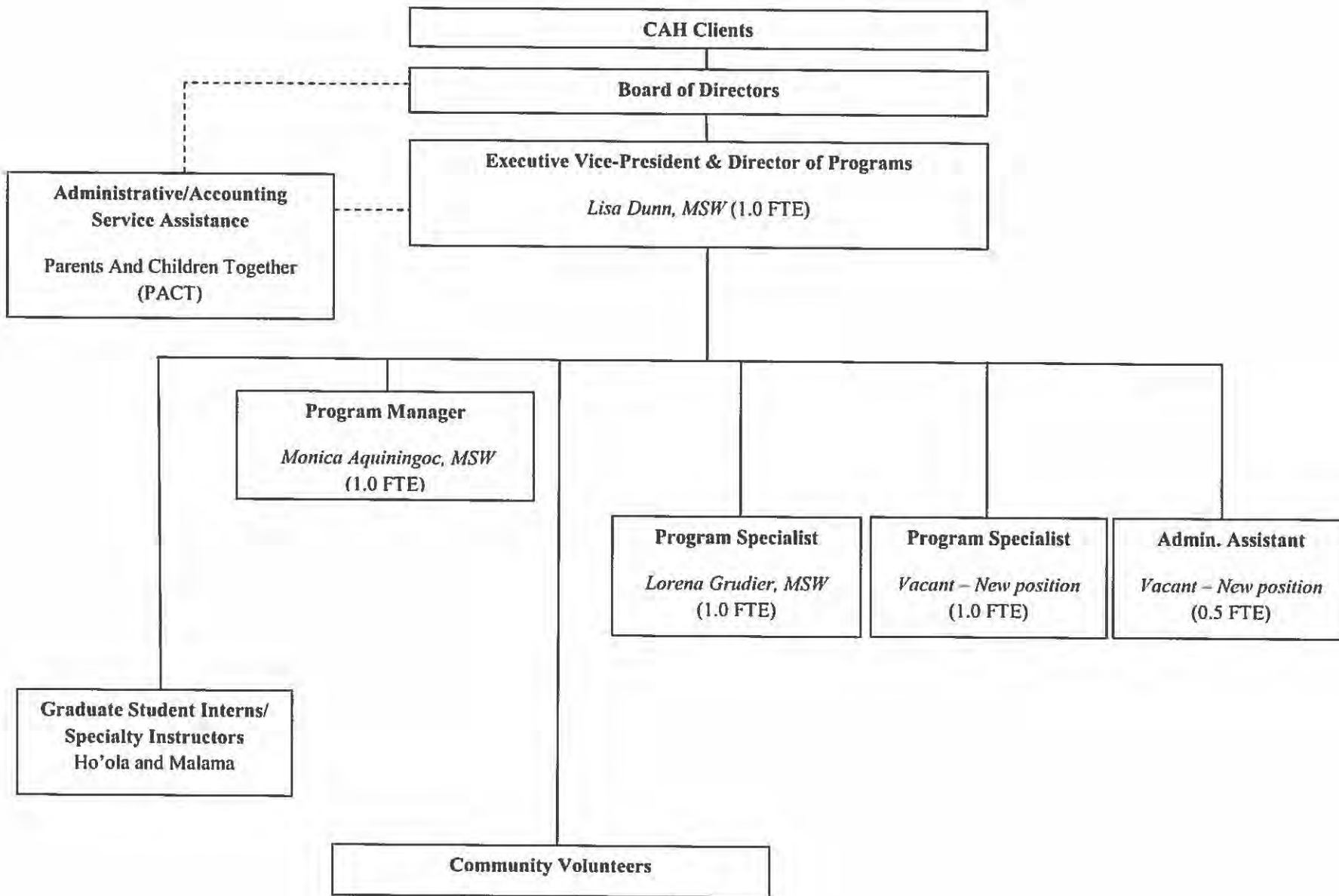
Contracts Total: 702,726

	CONTRACT DESCRIPTION	EFFECTIVE DATES	AGENCY	GOVERNMENT ENTITY (U.S. / State / Haw / Hon / Kau / Mau)	CONTRACT VALUE
1	HEART and Pinao Program	4/1/2017 - 3/31/2018	Dept of Community Service	City & County of Honolulu	125,000
2	Support Services for Sexually Abused Children	4/1/2018- 3/31/2019	Dept of Community Service	City & County of Honolulu	125,000
3	Malama Services to Children Who Have Been Sexually Abused	7/1/2017 - 6/30/2018	Dept of the Attorney Genera	State of Hawaii	104,673
4	Malama Services to Children Who Have Been Sexually Abused	7/1/2018 - 6/30/2019	Dept of the Attorney Genera	State of Hawaii	104,673
5	Ho'ola Services to Children Who Have Been Sexually Abused	7/1/2017 - 6/30/2018	Dept of the Attorney Genera	State of Hawaii	121,690
6	Ho'ola Services to Children Who Have Been Sexually Abused	7/1/2018 - 6/30/2019	Dept of the Attorney Genera	State of Hawaii	121,690
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Organization Chart



The Children's Alliance of Hawaii, Inc. Organization Chart



Certificate of Good Standing





Department of Commerce and Consumer Affairs

CERTIFICATE OF GOOD STANDING

I, the undersigned Director of Commerce and Consumer Affairs of the State of Hawaii, do hereby certify that

THE CHILDREN'S ALLIANCE OF HAWAII, INC.

was incorporated under the laws of Hawaii on 06/22/1987 ; that it is an existing nonprofit corporation; and that, as far as the records of this Department reveal, has complied with all of the provisions of the Hawaii Nonprofit Corporations Act, regulating domestic nonprofit corporations.



IN WITNESS WHEREOF, I have hereunto set my hand and affixed the seal of the Department of Commerce and Consumer Affairs, at Honolulu, Hawaii.

Dated: January 16, 2018

Director of Commerce and Consumer Affairs

Declaration Statement



**DECLARATION STATEMENT OF
APPLICANTS FOR GRANTS PURSUANT TO
CHAPTER 42F, HAWAI'I REVISED STATUTES**

The undersigned authorized representative of the applicant certifies the following:

- 1) The applicant meets and will comply with all of the following standards for the award of grants pursuant to Section 42F-103, Hawai'i Revised Statutes:
 - a) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant is awarded;
 - b) Complies with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
 - c) Agrees not to use state funds for entertainment or lobbying activities; and
 - d) Allows the state agency to which funds for the grant were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and ensuring the proper expenditure of the grant.
- 2) If the applicant is an organization, the applicant meets the following requirements pursuant to Section 42F-103, Hawai'i Revised Statutes:
 - a) Is incorporated under the laws of the State; and
 - b) Has bylaws or policies that describe the manner in which the activities or services for which a grant is awarded shall be conducted or provided.
- 3) If the applicant is a non-profit organization, it meets the following requirements pursuant to Section 42F-103, Hawai'i Revised Statutes:
 - a) Is determined and designated to be a non-profit organization by the Internal Revenue Service; and
 - b) Has a governing board whose members have no material conflict of interest and serve without compensation.

Pursuant to Section 42F-103, Hawai'i Revised Statutes, for grants used for the acquisition of land, when the organization discontinues the activities or services on the land acquired for which the grant was awarded and disposes of the land in fee simple or by lease, the organization shall negotiate with the expending agency for a lump sum or installment repayment to the State of the amount of the grant used for the acquisition of the land.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

The Children's Alliance of Hawaii, Inc.
(Typed Name of Individual or Organization)


(Signature)

January 17, 2018

(Date)

Lisa A. Dunn
(Typed Name)

Executive Vice President and Director of Programs
(Title)