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COMPLETE

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Q1 Name of your organization.

Catholic Charities San Bernardino & Riverside Counties

Q2 Grant #

20150823

Q3 Grant Period

November 15, 2015 through October 15, 2016

Q4 Location of your organization

City	San Bernardino
State	California

Q5 Name and Title of person completing evaluation.

Kathy Hitchens, Director, Counseling Services

Q6 Phone Number:

909-763-4970 X 428

Q7 Email address.

khitchens@ccsbriv.org

Page 2: Key Outcomes and Results

Q8 Total number of clients served through this grant funding:

136

Q9 Describe the project's key outcomes and results based on the goals and objectives. Use the following format:
State the Goal:
State Objective 1: Describe the Activities, Results and Outcomes for Objective 1:
State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2:
State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

Objective I

The first objective was to identify master level therapists to provide direct services and conduct community outreach by the end of month 1 of the grant period. We were able to successfully complete this objective on schedule.

Objective II

The second objective was to serve at least 150 women and adolescent girls in San Bernardino & Riverside Counties beginning in month 2 of the grant period. We were able to successfully begin services by month 2 of the grant period. We successfully served 136 clients, 91% of our initial goal and provided at least 1024 hours of service.

Objective III

The third objective of this project was to improve the stability and emotional health of low-income women and girls in San Bernardino and Riverside Counties. The key outcomes were directly in alignment with our objectives.

As a result of this generous grant individuals comprised of both women and adolescents reported as having moved from low emotional health and low stability to a place of "stable" or "thriving" emotional health as a result of individual counseling.

Additionally, adolescent girls reported as moving from some or little knowledge of healthy relationships to having a "better" understanding or a "good" understanding of what a healthy relationship looks like. They reported similar results in their own anger/stress management and coping skills as well as bullying and cyber bullying, moving from low or some ability to identify and manage to being able to confidently identify and developing new skills to better manage these situations as a result of participating in the Girls Life Skills Group.

Q10 Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

One challenge we faced was a minor issue with consistent attendance in the Girls Life Skills Group. We believe one of the main factors for this was it was held at an after school club off school site.

If we were able to obtain additional resources to pursue this further, we would like to integrate this program in the San Bernardino City School District with the ability to offer it at elementary and middle schools on school sites. This would improve consistent attendance and enable young girls to develop skills early in their school experience that they would be able to apply as they transition to high school, college and other areas in their life as they grow. Often these girls do not have role models in their natural environment, so this would be an opportunity to provide insight and develop tools they normally would not have access to. This could greatly impact the quality of their life and relationships overall.

Q11 How did you overcome and/or address the challenges and obstacles?

We were able to provide incentives for attendance such as "grab bag" goodies and special art projects. We saw greater consistency in attendance as a result.

Q12 Describe any unintended positive outcomes as a result of the efforts supported by this grant.

As an unintended positive impact, this grant allowed us to foster a new relationship with a local Women's shelter through offering free counseling for at least ten (10) residents. This provided much needed stabilizing and emotional well-being for the women we served through this shelter as a result of this grant.

Q13 Briefly describe the impact this grant has had on the organization and community served.

Our organization and the community has been positively impacted by the generosity of this grant. It has allowed our organization to serve clients in need of services without having to qualify them within the strict eligibility requirements of our normal public funding sources, such as having an open child welfare case or a domestic violence case.

This grant allowed us to provide services that increase the well-being and overall emotional health of individuals and their families that have not experienced severe situational circumstances, but can still benefit from counseling and psycho education thereby improving their stability and improving their life experiences. They would not have been eligible for these services through the traditional resources available to us.

Page 3: Budget

Q14 Please provide a budget expenditure report of the approved line items. Include a brief narrative on how the funds were used to fulfill grant objectives.

Funds were used to pay therapists salaries and purchase supplies for art projects and incentives for attendance in the Girls Life Skills Group.

Page 4: Success Stories

Q15 Please relate a success story:

The Girls Life Skills Group was specific to female adolescents and aimed to improve self-esteem, bullying and cyberbullying issues, provide insight on healthy relationships and anger management skills. The environment of the group was welcoming and warm for all girls. Participants worked on creating a self-esteem collage, combining magazine images and their own drawings and words to express their uniqueness and positive attributes. Other similar activities were completed at each session covering the topic of that session. Each participant shared their artwork to the group and received positive affirmations which made everyone feel empowered and accepted. It appeared as though the group setting united the girls and although they had many differences such as race, age and abilities, the girls embraced one another for those differences and showed admiration. The girls reported improved insight and awareness of the topics covered in each group.

Q16 Please relate a success story here:

Through individual therapy a 32 -year-old female experiencing difficulties in a relationship was able to establish self-recognition and the value she holds independent of the relationship. She worked through negative self - image and distorted thinking as a part of her therapy in an effort to improve her relationship. Through this work she was able to identify what was working in her relationship and the areas she believed she could impact improvement. Client expressed experiencing more fulfillment and healthy interaction in the relationship as a result.

Q17 Please relate a success story here:

Respondent skipped this question

Page 5: Organizational Information

Q18 Which category best describes the organization.
Please choose only one.

Respondent skipped this question

Q19 What is the organization's primary program area of interest?

Respondent skipped this question

Q20 Percentage of clients served through grant in each ethnic group category. Total must equal 100%

Respondent skipped this question

Q21 Approximate percentage of clients served from grant funds in each age category.

Respondent skipped this question

Q22 Approximate percentage of clients served with disabilities from grant funds.

Respondent skipped this question

Q23 Approximate percentage of clients served in each economic group.

Respondent skipped this question

Q24 Approximate percentage of clients served from grant funds in each population category.

Respondent skipped this question
