

House District 27  
Senate District 13

**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.  
Dbas:  
Street Address: 200 North Vineyard Blvd., Suite 410  
Honolulu, HI 96817  
Mailing Address:

**2. CONTACT PERSON FOR MATTERS INVOLVING THIS APPLICATION:**

Name LISA A. DUNN  
Title Executive Vice President and Director of Programs  
Phone # 808-599-2955  
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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 ABUSED

4. FEDERAL TAX ID #: \_\_\_\_\_  
5. STATE TAX ID #: \_\_\_\_\_

**7. AMOUNT OF STATE FUNDS REQUESTED:**

FISCAL YEAR 2018: \$ 260,000

**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 \$ \_\_\_\_\_  
FEDERAL \$ \_\_\_\_\_  
COUNTY \$ 125,000  
PRIVATE/OTHER \$ 50,000

TYPE NAME & TITLE OF AUTHORIZED REPRESENTATIVE

\_\_\_\_\_  
AUTHORIZED SIGNATURE

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

1/20/2017  
DATE SIGNED



**RECEIVED**

1/20/17 *mg*

## 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 30 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. 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:

- **Enhancements** is a program designed to enhance the lives of children, adolescents and their siblings through financial assistance for goods and services that will contribute to their healing process. The program focuses on the child's individual needs, and offers support for school related expenses, sports, hobbies, transition into adulthood expenses, health related costs, and basic needs. The monetary help provided through Enhancements is intended to enhance the child's ability to regain a sense of normalcy and increase their self-esteem and self-confidence. Goods and services include items such as prom attire, orthodontic dental care, computers for school, uniforms, sports registration fees, etc. 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.

- **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 at FJC, Healing Emotions with Art and Recreation Together (HEART) at the Honolulu Family Justice Center (FJC)** is a new program for adolescent girls and adult women (ages 13-30) who have been sexually trafficked utilizing the evidenced based practices of trauma-informed care. HEART at FJC will meet weekly and provide structured expressive arts activities to provide meaningful experiences that address the social and emotional needs of sex trafficking victims (as well as other victims of sexual assault and domestic violence residing at FJC.) This program is based on the premise that these women improve their self-worth through a hands-on experiential approach in a 'safe' environment of their peers. Victims of sex trafficking often experience obstacles to normal social emotional development as a result of their abuse history. Many, if not most sex trafficking victims were sexually abused as children, frequently trafficked at ages as young as twelve or thirteen. Many of these women were denied the opportunity to mature and develop in a safe environment. Due to the trafficking these women are most often emotionally much younger than their chronological ages. They can thrive and mature in a safe, therapeutic environment as well as gaining the tools necessary for dealing with their trauma. All residents at FJC are invited to attend the groups as building community agonist all residence creates an optimal recovery environment.
- **Ho'omaka** is a mentoring program designed to help struggling children and adolescents (ages 7-21) 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 focuses on increasing children's resiliency, self-efficacy and self-esteem, as well as increasing skills for avoiding risky behaviors.
- **Kids Court School** is to educate children (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 would focus on the pre-trial and trial processes, where they learn about courtroom processes and the roles and functions of courtroom participants. During the session, children also learn communication techniques, including the importance of telling the truth and the ability to ask for clarification during questioning. The children will participate in learning the concepts of deep breathing and positive self-talk to help reduce anxiety while testifying and will participate in a mock trial.

- **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.

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 sex trafficked victims, and other sexual assault and domestic violence victims residing at the Family Justice Center through the use of group expressive arts therapy.

Objective 1: To provide therapeutic, expressive arts-based group programs for 6 to 12 women housed at the Family Justice Center and for other minor and adult female sex trafficking victims as referred to the program from other agencies.

Objective 2: To conduct 4 to 6, 8-week specialized expressive arts activity sessions for women housed at the Family Justice Center and for other minor and adult female sex trafficking victims as referred to the program from other agencies.

Goal 3: To strengthen the resiliency of sexually abused children so they may make informed and healthy decisions for successful transition into adulthood.

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

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

Goal 4: To do alleviate trauma through the use of facilitated sessions by familiarizing the child victims and witnesses with the courtroom and its procedures.

Objective 1: To provide Kids Court School sessions to 40 child victims and witnesses of crime.

Objective 2: To conduct 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.

Objective 1: To provide verifiably needed goods and services or holiday gifts to 350 sexually abused children.

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

Objective 1: To convene and facilitate 20 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.

Objective 1: To conduct 20 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 and planning 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 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. (DHS/CWS). 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. The Department of the Prosecuting Attorney is spearheading the residential Family Justice Center (FJC) on Oahu to aid in the recovery of female victims of violence. The operation of the FJC, scheduled to open in February 2016, will offer trafficking victims a secure, long-term residential opportunity, during which time they would be able to work with various victim services to stabilize their lives and safely remove themselves from their often dangerous situation. Victims of human trafficking need a variety of services. Emotional and social needs must be met, including but not limited to supportive counseling and trauma-informed therapy.

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.

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, 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 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 program serves sexually abused children, ages 8 years old to 18 years old, and the Ho'omaka mentoring program serves sexually abused and sex trafficked youth, ages 8 years old 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 three 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. HEART at FJC serves girls and young women who have been sex trafficked, (and/or sexually assaulted, and/or domestic violence victims) and are between 13 and 30 years of age. 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 & Project Annual Timeline

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, and Ho'omaka programs will increase pro-social behaviors and social competency skills.
- c) 90% of participants in CAH's HEART, and Ho'omaka programs will increase self-esteem and self-image.
- d) 65% of participants in CAH's HEART at FJC program will report increased self-efficacy.
- e) 75% of participants in CAH's HEART at FJC program will increase pro-social behaviors and social competency skills.
- f) 75% of participants in CAH's HEART at FJC program will increase self-esteem and self-image.
- g) 90% of participants in CAH's Enhancement program will receive requested goods and services.
- h) 90% of participants in Kids Court School will report increased knowledge and understanding of the Courts and the justice system.
- i) 80% of participants will reduce anxiety regarding court and court procedures.
- j) 80% of participants in CAH's Strengthening Parents program will report an increase in their communication skills with their child.
- k) 80% of participants in CAH's Strengthening Parents program will report an increase in their ability to support their child's healing.
- l) 95% of participants in CAH's Pinao program will report increased knowledge in life skills.
- m) 80% of participants in CAH's Pinao program will report increased increase of skills for transition into adulthood.
- n) 80% of participants in CAH's Youth Advisory Board will report an increase in feeling a sense of empowerment.
- o) 75% of participants in CAH's Youth Advisory Board will demonstrate leadership skills.

The following tasks will be completed during the project year:

<u>Time Period</u>	<u>Project Activity</u>
Quarter 1	a. Plan, coordinate and conduct one 8-week social recreation activities component (e.g. spoken word, Hawaiian cultural activities, yoga or creative expression activity, etc.)
	b. Conduct client assessments, develop service plans and administer evaluation instruments to establish baseline data.
	c. Conduct structured reflection sessions with clients.

	d. Plan and implement weekly therapeutic art activities at FJC.
	e. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.
	f. Implement evidence-based curricula on goal setting as well as teen pregnancy and sexually transmitted infections prevention.
	g. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	h. Receive and process requests for enhancements goods and services.
	i. Facilitate 5 parent support groups.
	j. Conduct 10 Pinao life-skills class sessions.
	k. Facilitate 3 Youth Advisory Board meetings.
	l. Prepare and submit required reports.
<b><u>Time Period</u></b>	<b><u>Project Activity</u></b>
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.)
	b. Conduct client assessments and develop service plans.
	c. Conduct structured reflection sessions with clients.
	d. Plan and implement weekly therapeutic expressive art activities at FJC.
	e. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.
	f. Implement evidence-based curricula on goal setting and strategic future planning.
	g. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	h. Receive and process requests for enhancements goods and services.
	i. Facilitate 4 parent support groups.
	j. Conduct 10 Pinao life-skills class sessions.
	k. Administer evaluation tools to monitor program impact on clients.

	l. Facilitate 3 Youth Advisory Board meetings and conduct one youth-led community service project.
	m. Prepare and submit required reports.
<b><u>Time Period</u></b>	<b><u>Project Activity</u></b>
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.)
	b. Conduct client assessments and develop service plans.
	c. Conduct structured reflection sessions with clients.
	d. Plan and implement weekly therapeutic expressive art activities at FJC.
	e. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.
	f. Implement evidence-based curricula on goal setting and strategic future planning.
	g. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	h. Receive and process requests for enhancements goods and services.
	i. Facilitate 5 parent support groups.
	j. Conduct 10 Pinao life-skills class sessions.
	k. Administer evaluation tools to monitor program impact on clients.
	l. Facilitate 3 Youth Advisory Board meetings.
	m. Prepare and submit required reports.
<b><u>Time Period</u></b>	<b><u>Project Activity</u></b>
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.)
	b. Conduct client assessments and develop service plans.
	c. Conduct structured reflection sessions with clients.
	d. Plan and implement weekly therapeutic expressive art activities at FJC.
	e. Conduct a minimum of 6 one-hour individual sessions to set personal goals, assess progress and review service plans.

	f. Implement evidence-based curricula on goal setting and strategic future planning.
	g. Plan, coordinate, and facilitate monthly Kids Court School sessions.
	h. Receive and process requests for enhancements goods and services.
	i. Facilitate 4 parent support groups.
	j. Conduct 10 Pinao life-skills class sessions.
	k. Administer evaluation tools to monitor program impact on clients.
	l. Facilitate 3 Youth Advisory Board meetings.
	m. 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, as well as develop individual service plans to include goals and objectives. Individual, family and group charts are be 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, Ho'omaka, and HEART at FJC 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, Ho'omaka, and HEART at FJC 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 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 2018.**

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Grant
\$65,000	\$65,000	\$65,000	\$65,000	\$260,000

**3. Other Funding Sources Being Sought for FY 2018**

Government Funding:

City and County of Honolulu, Department of Community Services

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**

City and County of Honolulu Contract No.: CT-DCS-1600047, Serve youth that have been sexually abused, \$125,000, effective dates 4/1/17 – 3/31/18

**6. Unrestricted Current Total Assets as of December 31, 2016**  
\$93,084.00

**IV. Experience and Capability**

**A. Necessary Skills and Experience**

The Children's Alliance of Hawaii, Inc. has provided supportive programs for sexually abused children, youth and their families for 29 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 one Program Manager, two part-time Program Specialists, and an Enhancements Coordinator/Office Manager. The Program Manager has a Masters of Social Work and the Program Specialists are MSW candidates. All have extensive experience in working with children and adolescents who have been sexually abused, therapeutic-based activity planning and implementation and group facilitation. The Enhancements Coordinator/Office Manager has extensive work experience in human services. CAH anticipates hiring a new full time master's level social worker to provide services for HEART at FJC and the Kids Court School.

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:

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 – The Judiciary, Grant in Aid, J09039  
Hawaii State Legislature – The Judiciary, Grant in Aid, J11184  
Hawaii State Legislature – The Judiciary, Grant in Aid, J13147  
Hawaii State Legislature – Department of Human Services, Office of Youth Services, Grant in Aid,  
Hawaii State Legislature – Attorney General, Grant in Aid, 16-GIA-02  
Department of Human Services, Office of Youth Services, DHS-14-OYS-410  
Hawaii Community Foundation, Geist Foundation, PIN Grant/Enhancements: 2000-2016  
Bank of Hawaii, Theresa Hughes Trust, PIN Grant/Enhancements: 2000 - 2017

## **B. Facilities**

The Children's Alliance Hawaii (CAH) operates from 1,680 square foot secured facilities, located in the Castle & Cooke Community Service Center, 200 N. Vineyard Blvd., 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 facility has been home to the Child Sexual Abuse Treatment Program, Therapeutic Foster Care programs and numerous other non-profit, family orientated service providers. The building management, maintenance and security personnel are adeptly trained in ensuring safety for all building residents and their clientele, which includes Aloha United Way.

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 and secured elevator access, and motion sensors. CAH also has access to large (40+) training rooms made available through Aloha United Way, and located just one floor above the CAH program. 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. Therapeutic Horseback Riding is provided at the Waimanalo Polo Fields.

## **V. Personnel: Project Organization and Staffing**

### **A. Proposed Staffing, Staff Qualifications, Supervision and Training**

See Section IV-A above.

All CAH program staff and interns are under the supervision of the Executive Vice-President/Director of Programs, who is responsible for over-seeing program development, implementation, maintenance of detailed records of youth and parent/caregiver participants and program activities.

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. In addition, Program Staff have been trained and certified in the use of the WhyTry Curriculum which utilizes a practical, multi-sensory curriculum that engages youth while learning problem solving, anger management, dealing with peer pressure, building a support system, and goal setting. 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.

Supervision is provided by the Director of Programs to all program staff and interns. Client record maintenance and chart reviews are regularly scheduled with both individual and group reviews held. Focus of this component of supervision is on the accurate gathering of demographic information, appropriate consents

from parents and caregivers, staff process (progress) notes. Supervision is also focused on maintaining HIPPA and CAH's high standards of protecting client confidentiality in all components of service delivery.

Bi-weekly staff meetings of all CAH staff are held to ensure that all administrative staff, program staff and interns are kept current with administrative issues and program needs and concerns. Staff also use this time to share and celebrate our successes. The Director of Programs receives regular, weekly supervision with the Executive Director. The Director of Programs and the Executive Director also attend bi-monthly Board of Director's meetings wherein the Board is provided with information regarding programs and feedback is shared.

The program staff is assisted by graduate level Social Work interns from the University of Hawaii and Hawaii Pacific University and undergraduate student interns with Kamehameha Schools Kapili 'Oihana Internship Program, who are under the close supervision of Director of Programs. In addition, a licensed child psychiatrist with 16 years in medical practice provides consultation with CAH staff on a pro-bono on-call basis.

**B. Organization Chart**

See Attachment A.

**C. Compensation**

Executive Vice President/Director of Programs, \$63,000.00 per year  
Program Manager, \$48,000.00 per year

**VI. Other**

**A. Litigation**

No pending litigation.

**B. Licensure or Accreditation**

Not applicable.

**C. Private Educational Institutions**

Not applicable.

**D. 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 2017-18 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

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

See Attachment B.

## BUDGET REQUEST BY SOURCE OF FUNDS

Period: July 1, 2017 to June 30, 2018

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)
<b>A. PERSONNEL COST</b>				
1. Salaries	138,670		63,652	6,194
2. Payroll Taxes & Assessments	20,800		9,191	1,286
3. Fringe Benefits	22,505		7,170	
<b>TOTAL PERSONNEL COST</b>	<b>181,975</b>		<b>80,014</b>	<b>7,480</b>
<b>B. OTHER CURRENT EXPENSES</b>				
1. Airfare, Inter-Island	500			500
2. Insurance	3,000			5,243
3. Lease/Rental of Equipment	2,500		418	2,283
4. Lease/Rental of Space	34,255		29,011	3,303
5. Staff Training	500			0
6. Supplies (Program, Ofc, Postage)	5,750		2,529	72,205
7. Telecommunication	2,750		264	6,953
8. Utilities				0
9. Contractual Services	20,670		7,158	12,124
10. Program Transportation / Mileage	7,100		5,607	1,534
11. Program Services	1,000			2,500
12. Other				
13				
14				
15				
16				
17				
18				
19				
20				
<b>TOTAL OTHER CURRENT EXPENSES</b>	<b>78,025</b>		<b>44,986</b>	<b>106,645</b>
<b>C. EQUIPMENT PURCHASES</b>				
<b>D. MOTOR VEHICLE PURCHASES</b>				
<b>E. CAPITAL</b>				
<b>TOTAL (A+B+C+D+E)</b>	<b>260,000</b>		<b>125,000</b>	<b>114,125</b>
<b>SOURCES OF FUNDING</b>		Budget Prepared By:		
(a) Total State Funds Requested	260,000	Lisa A. Dunn 808-599-2955		
(b) Total Federal Funds Requested	0	Name (Please type or print) Phone		
(c) Total County Funds Requested	125,000	[Redacted Signature] 1/20/17		
(d) Total Private/Other Funds Requested	114,125	Signature of Authorized Official Date		
<b>TOTAL BUDGET</b>	<b>499,125</b>	Lisa A. Dunn, Executive Vice President and Director of Programs Name and Title (Please type or print)		

## BUDGET JUSTIFICATION - PERSONNEL SALARIES AND WAGES

Period: July 1, 2017 to June 30, 2018

Applicant: THE CHILDREN'S ALLIANCE OF HAWAII, INC.

POSITION TITLE	FULL TIME EQUIVALENT	ANNUAL SALARY A	% OF TIME ALLOCATED TO GRANT REQUEST B	TOTAL STATE FUNDS REQUESTED (A x B)
Executive Vice President / Director of Programs	1.00	\$63,000.00	50.00%	\$ 31,500.00
Program Manager	1.00	\$48,000.00	42.00%	\$ 20,160.00
Program Specialist	1.00	\$41,000.00	100.00%	\$ 41,000.00
Program Specialist	0.30	\$11,232.00	50.00%	\$ 5,616.00
Program Specialist	0.30	\$11,544.00	10.00%	\$ 1,155.00
Office Manager / Enhancements Coordinator	1.00	\$40,040.00	98.00%	\$ 39,239.00
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
<b>TOTAL:</b>				<b>138,670.00</b>
<b>JUSTIFICATION/COMMENTS:</b>				

**GOVERNMENT CONTRACTS AND / OR GRANTS**

Applicant: THE CHILDREN'S ALLIANCE OF HAWAII, INC.

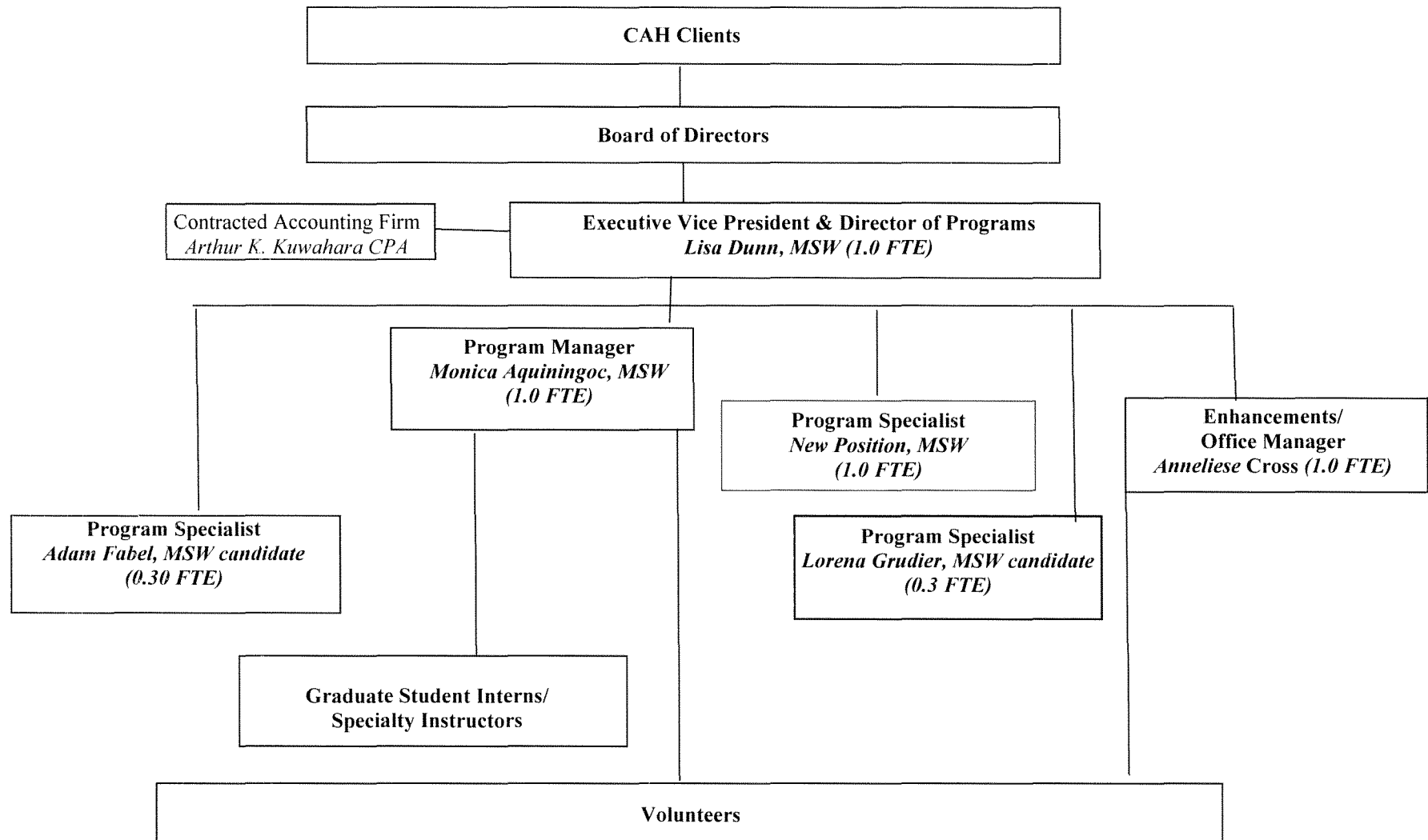
Contracts Total: 125,000

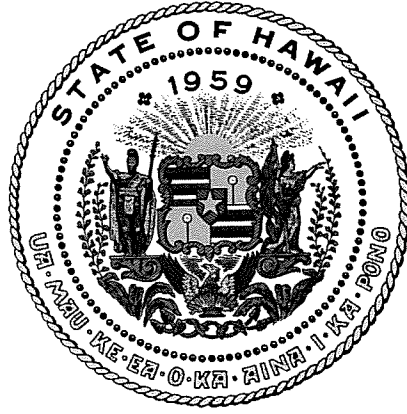
	<b>CONTRACT DESCRIPTION</b>	<b>EFFECTIVE DATES</b>	<b>AGENCY</b>	<b>GOVERNMENT ENTITY</b> (U.S. / State / Haw / Hon / Kau / Mau)	<b>CONTRACT VALUE</b>
1	City & County of Honolulu 1700047	4/1/17 - 3/31/18	Dept of Community Svc	Honolulu	125,000
2	City & County of Honolulu TBD	4/1/18 - 3/31/19	Dept of Community Svc	Honolulu	125,000
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**The Children's Alliance of Hawaii, Inc.  
Organization Chart**





## 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 19, 2017

A handwritten signature in black ink, appearing to read 'Catherine P. Owaal-Coleman'.

Director of Commerce and Consumer Affairs

