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**Pioneer Human Services:**

**Art and Music Therapy**

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**HSP 484 Grant Writing**

**Problem Statement:**

Adults transitioning out of jail and prison, with almost half of them experiencing mental illness symptoms, are facing additional stress learning how to support themselves outside of jail and reenter into their communities.

**Program Goal:**

Provide an effective counseling strategy through art and music therapy for adults that are transitioning out of jail and prison with mental health needs; therapy that provides healing and creativity to improve their mental health by reducing symptoms of anxiety, depression, and stress.

**Pioneer Human Services:**

* Although there are 12 correctional facilities in Washington state, there are few nonprofit and government programs that provide programs, job training, education, mental health and chemical dependency treatment and counseling.
* While correctional facilities offer vocational education, trade skills training, and mock job interviews, there are no therapy and counseling services for this population.
* Pioneer Human Services operates 9 of the 16 work release state programs. They additionally offer job trainings, education, housing, and **mental health and chemical dependency treatment and counseling.**

**Rationales:**

* In addition to regular therapy models, art and music therapy will improve the overall mental health and well being in adults with mental illness.
* Art and music therapy exercises the brain through creativity and innovation and releases stress and anxiety through observation and expression.
* These alternative therapies provide alleviations that connect with memory, emotion, and expression and can be a means of communication in lieu of traditional spoken therapy.

**Assumptions:**

* In Washington State, approximately 35% of the prison population is reported to have mental illness symptoms and would qualify to enroll in different art and therapy programs.
* Therapists can serve a large population within the program and potentially reach a higher number of clients than traditional therapy methods as group music and art therapy activities can serve multiple clients at one time.
* Creative therapy is a beneficial form of psychotherapy, as it uses different parts of the brain, and is in touch with emotional healing, rather than using traditional spoken therapies.

**Resources:**

* Human resources: One full time art therapist and one full time music therapist, 1-2 support staff for program development and planning, and 1-2 possible volunteer assistants.
* Financial resources: Program seed funds, grants, operating budget, salaries, and materials.
* Space: Office and community room, approximately 1,000 square feet, for group sessions and storing materials.
* Equipment/materials: Office supplies, art materials (paint, brushes, canvas, pencils, etc.), basic sound system, basic musical instruments (percussion), and possible additional instruments (keyboard, guitar).
* Marketing: Advertise the therapy program on Pioneer Human Services website along with provide brochures, flyers, and an online registration option.

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| **Human Resources:** | One full time art therapist and one full time music therapist, support staff, volunteer assistants, development and planning. |
| **Financial Resources:** | $50,000 seed funding, operating budget, salaries, and materials. |
| **Space:** | Office and community room, approximately 1,000 square feet, for group classes and storing materials. |
| **Equipment/materials:** | Office supplies, art materials (paint, brushes, canvas, pencils, etc.), basic sound system, basic musical instruments (percussion), and possible additional instruments if available (keyboard, guitar). |
| **Marketing:** | Market and advertise program on Pioneer Human Services website, brochures, flyers, and online registration option. |

Goal: To provide an effective counseling strategy through art and music therapy for adults that are transitioning out of jail and prison with mental health needs.

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| **Resources**  We will need the following resources to implement this plan (see table above) | **Activities**  In order to address our problem we will accomplish the following activities | **Outputs**  We expect that if accomplished, the activities will lead to the following tangible products | **Outcomes**  We expect that if accomplished, the activities will lead to the following changes | **Overarching Goal**  We expect that if accomplished, these activities will lead to this goal and have this impact |
| Human Resources/funding | Receive funding: hire a professional music therapist, art therapist, and gather support staff | A new music and art therapy program will be formed as a counseling tool for Pioneer Human Services clients | The program will be implemented by staff members and regularly used by clients within the first month of starting | Music and art therapy will reduce stress, anxiety, and depression for clients with mental health needs |
| Human Resources | Establish a group therapy curriculum and schedule with therapists and support staff | Clients can rely on regular and planned therapy sessions | Classes and therapy sessions will be offered weekly to those in the mental health counseling unit | Regular therapy will improve stress and anxiety levels of clients during this time through emotional healing |
| Human Resources | Train volunteers and support staff for therapy programs | Volunteers will be well trained on therapy methods to cater to client needs and assist the therapists | Clients will benefit from therapy as there will be a decrease in depression and anxiety symptoms by more than 50% | Clients will be well supported to decrease their mental health symptoms through therapy |
| Materials and Marketing | Support staff will advertise for music and art therapy for Pioneer Human Services on their website | Information will be available and easily accessible for any mental health client to participate | There will be an increase of 50% or more of mental health clients using music and art therapy as a result of seeing brochures, advertisements, and signing up online | Clients will use easily accessed information to have autonomy over their therapy needs |
| Space | Find ~1,000 square foot room for group therapy session and storing materials | A regular space will be provided for therapists, clients, and support staff to collaborate art and music | The activity room will be big enough to host classes and group therapy sessions along with supplied music and art materials | Regular clients will feel safe, welcomed, and relaxed while in this environment |

References

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