May 17, 2016

Ceil Erickson

The Seattle Foundation

1200 5th Ave Suite 1300, Seattle WA 98101

grantmaking@seattlefoundation.org

(206) 622-7673

Dear Mr. Erickson,

We are submitting this letter to you to request funding for a new Art and Music Therapy Program for Pioneer Human Services of Seattle, Washington. Pioneer Human Services helps adults reentering society from jail and prison, and offers counseling for those with mental health needs. As an expansion of the mental health counseling sector, we would like to request a grant of $25,000 for salaries and materials to implement a music and art therapy program. Past support from the Seattle Foundation has helped expand our services and contributed as general support to our organization.

**Organizational Background**

Pioneer Human Services started as a single halfway house in 1963 and became an official nonprofit organization in 1966 to serve adults transitioning out of jail and prison. Our work provides individuals with criminal histories the opportunity to lead healthy, productive lives. In the 1960’s, there was work being done to help recovering alcoholics and thus led to chemical dependency treatment. In 1994 we established the first long-term residential chemical dependency/mental health treatment in Washington. Our organization believes that these circumstances can be co-occurring as we offer services for both treatment and counseling. Approximately thirty-five percent of the prison population in Washington is reported to have mental illness symptoms and we serve a large number of this population in Seattle. We believe in advocating for our clients on a range of issues, including treatment, housing, training, and employment services. However, to ensure that our clients are taken care of, we specifically focus on their mental health so they can strive to live a healthy life as they go through these changes. People transitioning out of jail face substantial stress and challenges while reentering the community and have shown remarkable outcomes from mental health services. Our mental health counseling unit has expanded to offer more therapeutic environments for clients. Recently our volunteers have incorporated Trauma-Informed yoga for women at our reentry facility and hope that music and art therapy will provide a similar, expressive alleviation for clients with mental health needs.

**Program Description**

Art and music therapy is considered to be a “creative art therapy,” an insightful tool as an alternative method to traditional spoken therapy that provides remedies through connecting memory and emotion through self-expression. This program is used as a mental health counseling strategy in the form of individual and group therapy. At Pioneer Human Services, we strive to improve the mental health of our clients as they are in a stressful transition in their lives. With two full time therapists, we offer self-expression painting and drawing studio time, community choir, drumming circles, and also cater to individual therapy sessions. One-on-one therapy includes meditative visual art and music that accommodates the client’s desires. Pioneer Human Services caters our work to fit our client’s needs by meeting regularly with therapists with established program plans and outreach services to ensure that our client’s are receiving the best possible care. Our goal is to decrease symptoms such as depression, anxiety, and stress through this creative and innovative therapy method. The result of this program will show significant improvement in our client mental health status.

**Funding Request**

The $25,000 requested from the Seattle Foundation will be used to expand the mental health unit of Pioneer Human Services to include art and music therapy into the curriculum and reach our total budget of $50,000. We have received a grant of $20,000 from United Way King County and a grant of $5,000 from The Lucky Seven Foundation in Seattle, Washington. Your grant funding will help us hire one professional art therapist to set up group and individual art therapy for clients in the mental health counseling unit of our program. This grant funding of $25,000 will go towards:

* Salary for one full time art therapist
* Art materials; art supplies such as canvases, pencils, paint

With the start of this program, we will be able to serve approximately 75-100 more mental health clients and give them more resources they need.

Thank you for your consideration and taking the time to review our request for this program. If you need more information about this new program please feel free to contact me via email or phone.

Sincerely,

Mallory Dudley

Program Director

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