

October 5, 2006

Jahlil Shamel, Program Officer
California Wholistic Health Center
5000 Saratoga Avenue, Suite One
Woodland Hills, CA 91366

Dear Mr. Shamel:

American Basic Counseling (ABC) is submitting this letter to advise you of our intent to submit a proposal, Promoting Peaceful Homelife, for consideration by the California Wholistic Health Center.

During 2005-2006, ABC administered the Adult Self-Sufficiency Project under a contract with Los Angeles County. The project provided counseling for poverty level multiethnic children and adults in Central and South Central Los Angeles County. The number of victims of domestic violence who turned to the project for help greatly surprised and troubled the ABC staff.

Upon conclusion of the project in September, 2006, Los Angeles County permitted ABC to use unspent funds to continue working with domestic violence victims. Our ABC Board of Directors supplemented the stringent budget with sufficient funds to permit employment of two part-time staff persons. On a very limited scale, they piloted the Promoting Peaceful Homelife project. Funding will be reduced after December 31, 2006, and unless another source of support is found, ABC will have no choice but to discontinue this much-needed domestic service.

The twelve-month budget for Promoting Peaceful Homelife project is **\$158,590**.

Questions about the project or requests for additional information may be addressed to the undersigned or to Joshue Rashid, Director of Development.

Sincerely,

Marcos Braun, Ph.D.,
Executive Director

Attachments: Application Cover Sheet
Three-page summary
Board of Directors List
IRS document, 501 (c)(3) organization

Application Cover Sheet

**Project
Summary**

ABC Promoting Peaceful Homelife project will offer support/therapy groups for women in violent intimate relationships, support/therapy groups for battered women who have left the relationship and are trying to build a new life, conflict intervention workshops, a 24-hour emergency number for group participants, and workshops about domestic violence for organizations and agencies in Central and South Central Los Angeles County.

ABC Promoting Peaceful Homelife

The Problem

National tragedy

In the United States, approximately four million women are physically abused by their intimate partners every year. Six thousand of these women die from their injuries. In 70% of families where the wife is abused, the children are also physically abused.

According to the Federal Bureau of Investigation, 42% of murdered women are killed by their intimate partners. Battering is the single major cause of injury to women, exceeding rapes, muggings, and auto accidents.

State public health crises

In California 251,233 domestic violence calls for assistance were reported in 1994. 73% of these involved a weapon. The actual number is much higher. Typically, a woman is abused 35 times before she calls for help.

County shame

Almost half of the domestic violence homicides in California take place in Los Angeles County. Despite the formation of domestic violence commissions and conferences, agencies offering psychological services are confronted with evidence of tremendous family violence in Central and South Central Los Angeles County that is not being addressed.

Available services

The needs of domestic violence victims overwhelm the 16 agencies that provide psychological services in Central Los Angeles. Only

- one domestic violence shelter exists.
 - four of the nine agencies focus on intimate partner abuse.
 - five have adequate Spanish-speaking capabilities.
 - eight have a waiting list of less than two weeks
 - nine offer group counseling
 - eleven have a fee of less than \$25 per session.
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Implications

The implications? Violence begets violence. Studies repeatedly show that exposure to domestic violence in childhood strongly relates to juvenile delinquency and adult criminality. Reducing violence on our streets and in our cities must begin with an effort to reduce intimate partner abuse.

Goals and Objectives

Introduction The American Basic Counseling (ABC) Board of Directors and staff have developed a goal statement to guide staff in addressing domestic violence.

Goal statement American Basic Counseling seeks to approach the crisis of domestic violence through prevention — preventing the cycle of violence that creates and perpetuates the powerlessness of the person being battered.

Our goal is to provide the tools with which that person can recognize the signs of a destructive relationship and take definitive action.

The tools necessary to empower them to take charge of their lives are acquired through increased self-esteem and self-worth, enabling them to become self-sufficient, better parents, and ultimately increase the changes of a healthier relationship.

Definitions *Stage 1 victims* are those in a violent relationship.
Stage 2 victims are those who have left a battering partner.

Objective 1 Stage 1 victims will separate themselves from the batterer after taking part in 20 support/therapy group sessions.

Objective 2 Stage 2 victims will be in a job preparation program, or will be supporting themselves and their children by a means other than welfare, after taking part in at least 20 support/therapy group sessions.

Intervention

Participants

Approximately 512 individuals residing in Central and South Central Los Angeles County will participate in support/therapy groups. Experience working in this geographic area indicates that most of the participants will be African American or Latin American. An additional 1,440 will attend project-sponsored workshops.

State 1 groups

Women living with an abusive partner will attend eight weekly support/therapy sessions. These sessions serve a maximum of ten participants.

Counseling will focus on helping them to accept how dangerous their situation is, protecting their children, and acquiring the skills and knowledge they need to escape from their life-threatening environments if they choose to do so.

Statistically, they are most likely to be killed or seriously injured after leaving the batterer.

The women must understand the risks and know how to protect themselves and how to help their children through this confusing and threatening period. Since batterers usually isolate their partners out of jealousy and possessiveness, linkage to a support group is crucial. Encouraged by the group, individuals will gradually reclaim their own strength, courage, and sense of worthiness.

More...

More... Intervention

Stage 2 groups

Weekly group sessions will also be offered for women who have left the abuser and are struggling to establish independence for themselves and their children. Since most battered women have no job training or experience, the work place is a frightening prospect.

Within the security of the group, participants will develop the skills they need to approach the work place confidently:

- how to find the right job,
- how to present themselves to a prospective employer,
- how to communicate on the job,
- how to combine working with raising a family,
- what their employers will expect.

As their confidence builds, their expectations will become more focused and realistic. The impossible will become probable. Women who were once wounded victims and thought they deserved their pain are now successful in group activities, and able to give each other support and courage. They grow in self-esteem, and emerge as competent, confident achievers.

Emergency line

A 24-hour confidential emergency number will make crisis counseling immediately accessible to support/therapy group members.

Conflict intervention workshops

People in abusive relationships often do not know how to resolve a conflict peacefully. A staff member with an MFCC license and an attorney specializing in mediation will conduct monthly three-hour experiential workshops to teach men and women better ways to settle differences.

More...

More... Intervention

Domestic violence workshops

Organizations serving Central and South Central Los Angeles County residents will be offered free workshops for their clients. The workshops will define domestic violence, clarify its consequences, and identify resources for victims. The dual purpose is dissemination of information about domestic violence and outreach to potential project participants. Experience indicates that many of the support/therapy group participants will be individuals who reached out for help after attending one of these workshops.

Staff workshops

The project will offer free workshops on how to identify and respond to battered women to the staffs of Central and South Central Los Angeles County schools, service agencies, and other organizations.

Evaluation

Introduction

Evaluation focuses on two aspects:
program evaluation and process evaluation.

Program evaluation

Program evaluation will assess whether participants successfully remove themselves and their children from the violent environment, and whether they are able to become financially and emotionally independent.

Process evaluation

Process evaluation will examine how each component contributes to achievement of the program objectives.

Budget

The budget for twelve months is **\$158,590.00**.

Staff and Facilities

Staff

The project will employ five people:

- a program director (100%),
 - one licensed marriage, family and child counselor (75%), *and*
 - three counselor interns (FTE 100%).
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Program director

Ms. Libby Finley will serve as program director. She

- holds a Bachelor of Science degree in Business Administration, and a Master of Arts degree in Clinical Psychology,
 - is presently licensed as a Marriage, Family and Child Counselor, *and*
 - is experienced in working with victims of domestic violence.
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Facilities

Office space and meeting space are available at the ABC administrative offices in Central Los Angeles County. Workshops will be held at the sponsoring organizations' facilities. Support/therapy groups may meet at the ABC building or at convenient locations in the community, such as shelters and churches. Stage 1 groups will require a safe, secluded location.
