

## SOCIAL AND VOLUNTARY SERVICES COMMISSION FUNDING REQUEST

Legal Name of Agency: BETHESDA INC.

Mailing Address: 1181 E. Main St. Norman, OK 73069

Application completed by: Travis Humphrey

Telephone Number: 405-701-2173

Email Address: travis@bethesda.csbi.org

Amount of Funding Request: \$5,000

**\*\*\*Please note that agency project funding will be on a reimbursement basis. Payment will be made as invoices with appropriate documentation are provided.**

In what year was your Agency incorporated: 1892

Are you associated with a National Organization: NO

Number of volunteers: 37

How many hours do volunteers donate: 900 - 1200

How much money do volunteers save the agency: \$61,000

Has your Agency applied for SVSC funds before: Yes

Year 2013-14      Amount \$5,000      Purpose Counseling for Girls

Year 2012-13      Amount \$5,000      Purpose Counseling for Girls

Year 2011-12      Amount \$4,000      Purpose Boys/Girls Summer Camp

Year 2010-11      Amount \$4,000      Purpose Extended Counseling

Year 2009-10      Amount \$4,000      Purpose Counseling for Girls

**Financial Information from the last fiscal year:**

Percent of the budget which was spent on fund-raising:	<u>+/- .01</u>
Percent of budget spent on programs:	<u>90%</u>
Percent of budget spent on administrative expenses:	<u>+/- 9.9%</u>

**Percentage of Organizational funding:**

Religious Organizations	<u>.01</u>
Civic Clubs	<u>1.4</u>
Corporate Donors	<u>1.37</u>
Endowment/Interest Income	<u>.30</u>
Fees for services/products	<u>.39</u>
Government Grants	<u>30.6</u>
Government Contracts	<u>23.1</u>
Individual Donors	<u>2.1</u>
Private Foundations	<u>6.0</u>
Special Events (based on net earnings)	<u>6.6</u>
United Way	<u>28.13</u>
Other	<u>          </u>

## Overall Mission of Agency

Bethesda, Inc. was formed in 1982 and became a 501(c)3 agency in 1983. The mission of Bethesda is to **“Heal the trauma of childhood sexual abuse through therapy, education and prevention.”**

Recent Oklahoma figures show that over 50,000 cases of child abuse and neglect were assessed/investigated and 8,605 children were confirmed to be victims of child abuse or neglect. 1,431 (16.62%) of all neglected and abused children were sexually abused, and 61.86% of these are under the age of 7. One in 4 girls and one in 6 boys will be sexually abused before they are 18 years old.

Bethesda Staff consists of 3 full-time and 2 part-time therapists (LPCs or under supervision for LPC), 2 part-time administrative personnel and 1 full-time Executive Director. No staff changes are anticipated. Bethesda is the only facility in Oklahoma devoted solely to the treatment of childhood sexual abuse. Our principle function is to facilitate the healing of sexual abuse trauma and help abused children and their non-offending caregiver regain their life, heal from their trauma and build acceptable relationships/behaviors. There is no known duplication of services in the state.

According to agency records, 503 clients received services in fiscal year 2013-2014. Of those who received services: 96 (19%) were preschool boys and girls ages 3-5; 139 (28%) were girls ages 6-18; 51 (10%) were boys ages 6-18; 218 (43%) were non-offending caregivers. Bethesda serves the entire state with clients from over 17 counties. Most come from central Oklahoma, approximately 51% from Cleveland County. Of those in Cleveland County 50% (128) clients were residents of Norman.

All sexually abused children (3-18) and non-offending caregiver seeking services are treated. Approximately 90% of clients receive state financial aid in some form and are from the low to lower-middle socio-economic class. No client is charged or turned away because of race, creed, ethnicity or the inability to pay for counseling.

**Treatment:** Each child and non-offending caregiver is assessed and placed in either individual or appropriate group therapy which is determined by trauma level, gender and age. **PROGRAMS:** **Assessment and Intake** --child and parent receive individual assessment to determine the depth and type of the trauma and type of therapy needed. After full staff review, the child and parent are placed in an appropriate group or individual therapy; **Pre-School Therapy**-- pre-school children learn skills to develop safe personal boundaries, identify safe adults, increase self-esteem, recognize unacceptable sexual touching and to know how to say no and get help; **Group Therapy-- Girls** —girls, 6-18, are seen individually or placed in small therapy groups by age. Through interactive therapy, movement, music and art they develop new life skills, build self-esteem and improve self-respect. They learn skills to help them heal and learn how to make healthy choices and improve behavioral practices to lead them to healthy adulthood; **Group Therapy – Boys** -- boys over 6 receive therapy similar to the girls with curriculum based on approaches and techniques fashioned from a Knights of the Roundtable theme and growth from “serfdom to knighthood”; **Parent Support Therapy**-- non-offending parents learn through therapy and group interaction how to deal with their own and the child’s trauma; **Outreach/Prevention**-- presentations are given to groups of children and adults in daycares, preschools, church groups and public schools on learning boundaries and how to identify, handle and prevent sexual abuse; **Therapeutic Camp (Camp BETH-girls and Camp Quest –boys)** —Summer day camp where 10-20 girls/boys receive approximately 80 hours of therapy in a relaxed/fun camp setting. Through interactive therapy and therapeutic games, music and art they gain a higher level of awareness and begin/continue the process of healing and learn new and appropriate skills for healthy living.

## **Narrative Describing Specific Project for which Funding is being requested**

### Summer Therapeutic Camps: Camp QUEST/boys and Camp BETH/girls.

During the 2013-2014 fiscal year Bethesda provided treatment to 503 boys, girls and their caregivers. New assessments admitted for treatment added up to 150 new clients in the fiscal year. Each client continues in therapy as long as needed in weekly support with the average stay of approximately 9 months to one year. In regular therapy of one time/week, clients receive approximately 36-40 hours of counseling total in a nine month period.

Summer Therapeutic Camps are one week camps for children 8-13 years old. In one week of summer camp a child receives 40 hours of therapy in a compact and concentrated program. The Summer Camps help the participants to solidify concepts learned in regular counseling and to enhance their development to levels that exceed expectations. Participants are chosen from current clients whom therapists determine could benefit from this concentrated therapeutic experience. The Summer Therapeutic Camps achieve the mission by providing a fun, interactive, memorable and, most importantly, therapeutic experience for participants.

During therapeutic camp – Camp BETH for girls and Camp QUEST for boys – the children are given exercises, workbooks, activities, art projects, reading and journal writing interspersed with fun outdoor games and trips. All of the activities have a therapeutic application and are closely supervised. Each child receives more therapy than he/she would receive through traditional one-session-per week counseling because of the concentrated compounding nature of the therapy during summer camp.

Goals for the summer camp are: 1) To increase emotional stability; 2) To establish appropriate emotional and physical boundaries; 3) To increase awareness of trust and safety; 4) To increase awareness of effects of sexual abuse; 5) To increase self-esteem and positive behaviors. Progress and effectiveness of camp is measured with a five question pre- and post- survey.

The summer camp program is an essential piece to the therapeutic treatment of boys and girls who have suffered from sexual abuse. The group dynamics, camp environment, interaction with peers, mentors, staff, and therapists create a prime environment for the children to heal and grow exponentially. To change the lives of these children will in turn change the lives of all with whom they come in contact.

The total cost for both one-week summer camps is approximately \$6,000.00. This amount includes cost of all supplies, meals, transportation to day trips, one(1) paid visiting counselor for the full two weeks, one(1) paid art therapist for one afternoon (each trained and licensed LPC), five(5) volunteer peer helpers and three(3) staff counselors (no additional pay). TOTAL grant request is \$5,000.00.