

Grant Funds Received in Fiscal Year 2015-2016

Program Summary: Sexual Assault/Domestic Violence Counseling Program - Provides no-cost, specialized counseling by MFT therapists, interns and trainees to survivors of sexual assault and domestic violence with the purpose of addressing the symptoms and restoring the individual to a level of functioning that predates the assault/abuse by supporting them in a process that empowers them, as well as educating them in risk reduction, safety planning, and/or the cycle of violence.

Goal/Objective	Major Tasks (in order to achieve goal)	% of Goal Achieved
To provide therapy to clients who have experienced sexual assault or domestic violence in order to decrease the negative impact of violence/trauma on the health of the survivor.	<p>Provide therapy services to 250 individual sexual assault and/or domestic violence survivors. Therapy will be provided by MFT, MFT Intern, or MFT Trainee in SLO, Paso Robles, or Arroyo Grande; one hour sessions available up to 24 weeks.</p> <p>Provide group counseling services to 50 sexual assault and/or domestic violence survivors in the form of a Teen or Adult Closed Group, or ongoing sexual assault or domestic violence drop-in Support Groups. Therapy will be provided by MFT, MFT Intern or MFT Trainee in SLO and Paso Robles offices; one and a half hour sessions available on an ongoing basis.</p>	<p>88% of goal achieved</p> <p>56% of goal achieved</p>
	Administer the SUD, the IES and/or the DV Victim Assessment Tool to clients, both at the first and the last session, in order to determine effects of counseling on the decrease of symptoms for the survivor.	100% of goal achieved
Program/Project OUTPUTS:		
<ul style="list-style-type: none"> • 220 (goal: 250) sexual assault and domestic violence survivors received individual therapy. • 28 (goal: 50) sexual assault and domestic violence survivors received group therapy. 		
Program/Project OUTCOMES:		
<ul style="list-style-type: none"> • 100% (goal: 90%) of individual and group therapy clients completed the SUD, the IES, or the DV Victim Assessment Tool, both at the beginning and end of their sessions. • 100% (goal: 90%) of both individual and group therapy clients experienced a decrease in symptoms. 		

Grant Funds Received in Fiscal Year 2015-16

Program/Project Summary: Prevention Education Program - Provides both general awareness presentations and in-depth, long-term, violence-prevention group education programs in local high schools with the purpose of raising awareness, increasing bystander intervention behaviors, reducing risk of victimization and preventing violence perpetration.

Goal/Objective	Major Tasks (in order to achieve goal)	% of Goal Achieved
To increase awareness of the issues of sexual assault and intimate partner violence in the community through presentations and to reduce the risk of victimization, as well as the perpetration of sexual assault and intimate partner violence through the MyStrength and HerPower programs.	A. Provide 1,600 students in local schools with awareness presentations that highlight services and bystander intervention.	70% of goal achieved
	B. Provide 100 students MyStrength and HerPower groups in local schools.	83% of goal achieved
	C. Provide 150 women/girls Self-Defense and Empowerment workshops in schools and community settings throughout the county.	59% of goal achieved
	D. Provide students/community members with evaluations in order to measure the effectiveness of the programs.	100% of goal achieved
Program/Project OUTPUTS:		
<ul style="list-style-type: none"> • 1,125 (goal: 1,600) students received awareness presentations • 83 (goal: 100) students participated in MyStrength and HerPower groups • 88 (goal: 150) women/girls participated in Self-Defense Empowerment Workshops 		
Program/Project OUTCOMES:		
<ul style="list-style-type: none"> • 100% (goal: 80%) of participants in an awareness presentation increased their knowledge about sexual assault/domestic violence and the services that are available • 90% (goal: 90%) of students in MyStrength and HerPower groups felt safe connecting with peers and increase their awareness about sexual assault/intimate partner violence • 80% (goal: 70%) of participants in MyStrength and HerPower groups exhibited positive changes in attitudes regarding healthy relationships • 100% (goal: 90%) of participants in Self Defense and Empowerment workshops felt an increase in their abilities regarding awareness, assertiveness and physical techniques 		