



**Project Name:** Bilingual/bicultural mental health therapist

**Project Overview:** Holy Cross Ministries (HCM) is looking to expand its **bilingual/bicultural**, trauma-informed mental health services in Summit County by providing on-site counseling therapy **to women and children** at the People's Health Clinic. **The Women's Giving Fund grant will make this expansion possible** while also allowing HCM's **bilingual/bicultural** therapist to continue providing critical mental health services to women and children at the Peace House. HCM's mental health therapist will provide individual and group therapy that is trauma-informed and offered in a **bilingual/bicultural** manner to underserved and underinsured **women and children**, predominantly survivors of domestic violence. These life-saving mental health services will be offered **free of charge** and will have an **immediate and lasting impact** on clients' lives.

**Community Need:** HCM assessed Summit County's community need for bilingual/bicultural mental health services and found that **the need for affordable, bilingual/bicultural mental health therapy far outstrips the available resources**. HCM has reached out to the U Behavioral/U Health Plans (one of the main providers of mental health services in Summit County), as well as the People's Health Clinic (HCM's longstanding community partner) and learned that **the need for bilingual/bicultural counseling therapy is extensive**. The number of **bilingual/bicultural** mental health therapists in Summit County is very limited and clients in need of critical mental health support are being placed on a **waitlist with an average wait to receive services ranging between 2-3 months**. Moreover, People's Health Clinic's APRN (Advanced Practice Registered Nurse) referred **over 150 clients** to existing **bilingual/bi-cultural** mental health service providers over a 9-month period and maintains an on-going waitlist for these services. The majority of clients in need of these services are immigrant women and children, who form a particularly vulnerable segment of our shared community due to cultural, social-economic, and legal status barriers. Access to affordable, quality mental health counseling is key to a successful, long-term recovery process, especially for clients who are in crisis mode or in the midst of experiencing trauma. Their ability to rapidly access mental health support greatly determines their physical/mental safety and survival.

**Meeting mental health needs during COVID-19:** Women and children served by the HCM's counseling program are facing increased challenges due to unexpected loss of income, resulting in food and housing insecurity, lack of sick leave/paid time off, and limited or no access to health care coverage nor federal benefits. HCM's therapists have observed increased anxiety among clients due to the COVID-19 pandemic and **the need for mental health services is greater than ever**. HCM's therapists are working hard to maintain regular contact with clients to provide mental and emotional support. While many clients don't have computers or internet access at home, HCM's therapists have found ways to continue counseling sessions through HIPPA-compliant and mobile-friendly video conferencing apps as well as through phone calls. Moreover, HCM's therapists conduct basic needs assessments and help connect clients with a **network of support** to address their social determinants of health such as safe shelter, food insecurity, and access to medical care. **The Women's Giving Fund grant will make it possible** for the HCM's bilingual/bi-cultural therapist to **continue serving some of the most vulnerable, at-risk women and children in Summit County** during these challenging times.

**Sustainability beyond the Women's Giving Fund Grant:** HCM has been able to successfully secure federal funds to support its mental health counseling services through June of 2020 and is seeking **Women's Giving Fund support to help sustain these critical services for women and children of Summit County** for the remainder of the year. To ensure the continuity of these critical services beyond 2020, HCM is pursuing federal funding opportunities.

## BUDGET SUMMARY

<b>Revenue</b>		<i>Details</i>
Women's Giving Fund Grant	\$35,000.00	
<b>Total Revenue</b>	<b>\$35,000.00</b>	
<b>Expenses</b>		
Salary (July - December 2020)	\$ 31,200.00	<i>LCSW Bilingual/bi-cultural therapist</i>
Benefits (July – December 2020)	\$ 3,800.00	<i>LCSW Bilingual/bi-cultural therapist</i>
<b>Total Expenses</b>	<b>\$35,000</b>	
Net Profit (Loss)	(\$0)	