

# Virginia Counselors **Association** Foundation Supporting Counselors and the Counseling Profession

# VCAF Grant Program

**Purpose**

The VCA Foundation is a non-profit, charitable, philanthropic, endowment fund.

The primary purposes of this fund are to:

* Promote and foster professional education and development in the field of counseling in Virginia.
* Acknowledge and support individuals engaged in professional pursuits in the counseling field in Virginia.

**Vision**

The vision of the VCA Foundation is to provide financial resources to promote and enhance the counseling profession in Virginia.

**Mission**

The mission of the VCA Foundation is to create fundraising, philanthropic and other opportunities, which will generate financial resources that will support the purpose of the Foundation.

**Eligibility Requirements**

Proposals will be accepted from members of the Virginia Counselors Association.

**Guidelines**

* The VCAF Grant Application must be completed and submitted with signatures as required. Submission of the grant indicates the applicant’s agreement to submit a final summary of results and an itemized list of final expenses as stated in the grant application. All applications must be consistent with counseling ethical guidelines and reflect the purpose of VCAF.
* VCAF is interested in funding professional counseling activities that support the purpose and vision of VCAF.
* As a rule, VCAF does not fund the following: Academic requirements including those for internship, practicum, dissertation, or thesis; salaries; experimental or unproven modalities; professional fees; or political activities.

**Timeline**

Applications will be accepted twice a year and must be received by February 1st or **Oct. 1st  NEW DATE)**

**Amount of Grants**

The maximum amount of each grant will not exceed $1000.00. The final amount awarded for each application will be determined by the Foundation, based on available funds, the number of applications, and the perceived value of the proposal.

**Selection Criteria**

* Grant activities must be in alignment with the purpose and vision of the Virginia Counselors Association Foundation. Applications must also meet all guidelines as stated in the application.
* Grants are for one fiscal year and are non-renewable. Grants that are not selected may be resubmitted for the next application period.
* Each fiscal year the VCAF Board approves the amount of funds for grants based on the availability of funds raised during the year.
* Applications will be selected by the VCAF Grant Committee for recommendation to the full VCAF Board for final approval.
* All decisions are final and may not be appealed.
* The Virginia Counselors Association Foundation does not discriminate against qualified individuals or programs on the basis of race, color, national origin, religion, sex, age, disability, or sexual orientation.

**Application Format and Requirements**

VCAF Grants Applications with all required signatures must be submitted electronically in PDF or MS Word format, form by the due date. Applications may be submitted electronically without signatures, but the VCA member submitting the proposal must keep a copy of the grant application with original signatures. VCAF reserves the right to require that a copy with signatures be mailed to VCAF upon request.

Completed Forms should be emailed to [grants@vcafoundation.org](mailto:JANEHKY@AOL.COM) as attachments after obtaining the necessary signatures. Include additional sheets for essays as needed.

**Virginia Counselors Association Foundation**

**VCAF Grant Application**

(Maximum amount $1000.00)

**Contact Person and Title:** Andrea Garraway

**Affiliation (**School, Organization, Agency**):** Liberty University

**Address, City, Zip:** 4530 Hubbard Falls Drive Charlotte NC 28269

**Telephone Number/E-Mail Address:** 704.830.8060 [**Garrawaya@aol.com**](mailto:Garrawaya@aol.com)

**Program Location:** 1971 University Blvd, Lynchburg, VA 24515

**Target Group:** Adults

**Population Age Range:**

**Estimated Number of Participants:**

**Total Amount Requested: $\_\_\_800\_\_\_\_\_\_\_\_ (**Minimum needed for project.)

**Need Statement** (100 words maximum)

Identify the need or issue that the project will address. Explain the impact of the need on the school/clients/community. Identify the target/recipient of project services. Provide statistical data for need, if available.

Guyana is the country with the highest suicide rate in the world (WHO, 2016). Guyana is also one of the poorest countries in the Caribbean (UN, 2018). With 60 percent of Guyana’s approximately 800,000 citizens live in isolated villages on the coast, where jobs and community resources like mental health facilities are limited (WHO, 2017). Access to the requested funds would fuel the country’s first suicide prevention social campaign (#Stopsuicide), hosted by the Student Education Reform Group, Inc. Our campaign focuses on an informative and emotive approaches to increase suicide awareness, decrease stigmas, while educating individuals how/where to get help.

**Project Description** (500 words maximum)

The purpose of the project would serve to increase suicide awareness and reduce the stigma of mental health services and build community infrastructure for prevention and wellness promotion. For there to be significant impact and sustainable change the project has to be approached with two simultaneous methodology.

Starting with the environmental approach first, these funds would sponsor billboards, television advertising, newspaper and magazine ads, along with event and social media display ads. The advertisement campaign will spread the word regarding alternative options to suicidality and direct individuals to life saving choices, such as, calling the crisis hotline, contacting a friend and/ or counseling center. Discussing suicide, including mental health disorders and substance use disorders can be taboo; however, we know that it is far too important and prevalent among young people to ignore. Our environmental campaign ventures to take a stand against suicidality, publicly discouraging these behaviors and reeducating individuals with pro-life values. By increasing a visual awareness and understanding of the suicide risk factors, warning signs and prevention of suicide, this campaign can impact public perception guarding against discrimination and stigmatization.

The second fold of the project is to ensure that the country’s hotline and counselor center is fully staffed with trained locals ready to respond to the individual seeking assistance during these vital moments.

The costs of suicidal behaviors include, premature loss of life, the provision of medical, surgical, mental health and rehabilitative services to those making non-fatal suicide attempts, bereavement and other psychological impacts on families and others closely involved with the individuals making fatal or non-fatal suicide attempts and issues to do with loss of productivity. This is a societal problem that cannot go unaddressed or unsolved. While it is understood, change will be slow and methodical, but it is believed that merely conducting a project such as this in Guyana will begin to bring about change to the community and its culture of suicide.

Located in the Guyanese town of Sophia, approximately 10 miles away from the capital city of Georgetown, resides the countries only mental health center. In this particular area hundreds of children from poor income families are struggling to hold on to the basic necessity for survival. This mental health center stands as a beacon of hope. Here individuals will be met with a warm, welcoming greeting and the overall encouragement to share their story. The efficacy of cognitive-behavioral therapy (CBT) interventions would be employed as the treatment modality. The implementation of this treatment can create shifts in both individual attitudes and community norms that can have long-term, substantial effects, with cultural and linguistic competence.

The anticipated short-term outcomes are the instilment of hope. Merely by presenting the other options individuals struggling may feel like there are alternatives and project another way out of their emotional distress. While the long-term outcomes will be evidence in the decrease number of suicide rates. Success will also be assumed if the life of the individual is prolonged by any amount of time. These secondary services include referrals for treatment, outside of the center’s scope of practice.

**Project Summary** (250 words maximum)

Briefly summarize your entire project. (This summary may be used in publications if selected.)

Grant funds will be used to: sponsor an environmental campaign, staff and train the local health center

Start new project: 01-01-2020

Project #Stopsuicide in Guyana is the first of its kind. The aim of the project is to increase suicide awareness, decrease stigmas, while educating individuals how/where to get help. The requested grant total may appear to be a small amount from the U.S. standpoint, however, because of the currency exchange rate this amount of money would convert to $164,865.30 Guyana dollars, which would go a long way in establishing and maintaining the suicide prevention work for 3 months. We can’t focus on this generation of children alone. One-third of the Guyanese population today are children under the age of 14. In the next 10 years, and beyond these children will become the future leaders of their country and so, the future of Guyana will depend on how well its children are prepared to cope with their emotionality and lead. So how do we turn the corner? How do we end this crisis? Well, starting with early childhood education, adolescent learning, and teen mentoring. SERG’s model focuses on three key phases over the next ten years.

**A screenshot of a cell phone

Description automatically generated**

Working towards the Common Good: Feeding Potential and Improving Lives

Everyone deserves opportunities to have a good life: a quality education that leads to a stable job, enough income to support a family through retirement, and as long as there is good health happiness will follow.

The building blocks for a good life and prevention of suicide:

Education – Helping Children and Youth Achieve Their Potential

Income – Promoting Financial Stability and Independence

Healthy coping skills – Improving People’s Quality of Life

We all win when a child succeeds in school, when families are financially stable, when people are healthy the world become a much safer place.

**Project Timeline**

Use the table below to describe the activities/events required to meet your desired outcomes, including target dates.

**Activity/Event Target Completion Date**

Pre-launch 11/2019

Campaign environmental launch 1/1/2020

Mental Health Center open 1/2/2020

The first 30 days assessment 2/2/2020

6 weeks social (a celebration of life) 2/17/2020

60 days assessment 3/2/2020

12 weeks social (bring a friend) 3/9/2020

90 days assessment 4/2/2020

Program completion celebration 4/2/2020

**Project Evaluation** (100 words maximum)

How will this project be evaluated? Explain what will be measured, who will do it, and what methods or instruments will be used. Describe how the results will be used to improve the project. A summary of results will be provided to the VCAF Board within 30 days of completion of the project and results may be published by VCAF as determined by the VCAF Board.

Our project will employ quantitative tools to measure the projected goals. We are interested in a *head count* (how many people attended the mental health center?); *comparison* (how many came to the mental health center before the #stopsuicide campaign; how many came after the outreach); *testing* (pre and post-tests to pinpoint how many individual are no longer having suicide ideations after treatment implementation); and, d*ata analysis* (What percent of the people who attended the center are as a result of the campaign, what are the center’s dropout rates, how many individual identify as having better coping skills despite of treatment incompletion and how many individual successfully completed the treatment program).

**Project Funding** (100 words maximum)

How will the VCAF funds be used? An itemized list of expected expenses must be attached to the completed grant application. A finalized list of expenses will be provided to the VCAF Board along with the summary of results report within 30 days of project completion.

The estimated marketing / outreach budget is projected at $5,0005.1 Guyana dollars (GUY) and the treatment Services would cost $27 (GUY) /client per month $28,080; totaling 13,9190.1 (GUY) for three months. This number is projected to provide service for 1082 clients per month. The cost of the socials will be hosted with the remaining funds, which is projected at $500 (GUY) currently. If after the first month the surplus exceeds $500, this money will then be refunded back to campaign and promotional line item. This pattern will repeat for each month thereafter.

We, the undersigned, authorize the submission of this grant application to VCAF and confirm that the information contained herein is accurate. We agree to provide a summary of results and an itemized list of final expenses within 30 days of project completion. We also agree that VCAF may publish the summary of results as determined by the VCAF Board.

**Printed Name Signature Title/Position Date**

Kester Garraway Kester A Garraway SERG President 10/13/19

Kenneth Johnson Kenneth Johnson Broad member/historian 10/13/19

Lennox Johnson Lennox Johnson Broad member 10/13/19

Raymond Thompson *Raymond Thompson* On the ground: point person 10/13/19

**Director, Program Manager, Principal, or Supervisor**: Andrea Garraway

**Title:** Vice President **Date:** 10/13/19

Director’s, Program Manager’s, Principal’s, or Supervisor’s signature certifies that this project is approved and will be supported in its implementation.

I certify that the information that I am submitting electronically is accurate and that I have retained a copy of the VCAF grant application with original signatures as required.

**VCA Member submitting application**: \_\_Andrea Garraway\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_10/13/1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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