

Organization: Describe the organization, including mission and history, year established, geographic reach, staff size and staff capabilities to conduct the proposed work.

The leading organization for this project is Green Will Conservancy (GWC), a human services and research non-profit that primarily addresses the needs of at-risk youth and their families in the Puna district of the Big Island. Located in the Puna area, GWC was launched in 2009 and incorporated in 2010 by the founders of Sirius Research Group (SRG), an East-Hawaii-based private social work practice and research team founded in 1981. SRG is a clinical social work practice that has provided research-based clinical social work support to a wide variety of individuals, families, agencies and organizations in East Hawaii for 25 years. Inspired by a combined 60 years of human service, SRG founders created GWC with the following mission: To empower the People with the Skills and Practical Methods to Persevere and Sustain Resiliency.

Founded in the Social Work Settlement House movement tradition, the SRG community has maintained a core of full time residents averaging 4-5 social work professional members. They share the same community organizational interest along with an ongoing coterie of interns and visiting professionals, small group conference attendees and onsite researchers. Currently, GWC staff consists of the following professionals who work part time for the organization and donate their services: Frank Capatch (LCSW), David Kazmierczak (LCSW), Sandra Osborne (LMFT), and four student interns.

Additionally, The Green Will Conservancy will continue to collaborate with the Department of Education and local social service organizations, including, but not limited to, the following: Pacific Quest, Hawaii Island Recovery, and Queen Liliuokalani Children's Center (QLCC).

Problem or Opportunity: Describe the problem or opportunity to be addressed by the project. Describe the population that will benefit from the project, including an estimate of size or numbers.

Almost everyone has experienced some degree of trauma in their lives. Not coincidentally, most people can also identify at least one person they know struggling with chronic illness such as obesity, diabetes, addiction or heart disease. There is currently overwhelming evidence to support the clear correlation between un-treated trauma in early life and the subsequent chronic health conditions of adulthood. The impact of trauma spans all areas of life: physical, emotional, and psychological. Surviving childhood abuse or trauma (adverse childhood experiences) has been linked with higher rates of anxiety, depression, suicide, PTSD, drug and alcohol misuse, and relationship difficulties (CDC, 2016).

As one of the poorest districts in the state of Hawaii, Puna residents experience a unique combination of geographical isolation, constant threat of natural disaster (lava flow), and poverty; each contributing to the individual and collective traumas of those seeking mental health treatment. Due to recent advancements in the field of Psychotherapy and Neurobiology,

mental health treatments are shifting emphasis toward the underlying traumas in people's lives. Deeply entrenched in the Puna community, GWC staff members are acutely aware of this fact, and have essentially been practicing a type of 'frontier medicine' in mental health for many years. The need for first-rate, advanced psychotherapy, however, is not limited to this district. The Green Will Conservancy is dedicated to bringing trauma-informed treatment modalities to all licensed clinicians and social service agencies across the state of Hawaii.

The United Nations issued a global mandate in 2012 for more trauma-informed educational programs for health education and welfare professionals. In the fall of 2012, The Green Will Conservancy officially responded to this need by creating our "Trauma Informed and Capable Care Education Outreach Program" or "Capable Hands". This comprehensive program consists of three tiers, providing in-service education to organizations, schools and healthcare professionals in trauma-informed care. However, this grant proposal focuses only on the Professional Trainings component of the broader Capable Hands program.

This proposal is rooted in the belief that recent advancements in the fields of Psychotherapy and Neurobiology offer new and invaluable insight into the factors that determine the health of an individual. The forty-year study by the Centers for Disease Control and Kaiser Permanente on Adverse Childhood Experiences (ACE) has effectively revealed the wide-ranging health and social consequences linked to untreated trauma as well as underscoring the importance of prevention and treatment (CDC, 2016). Findings from the 2010 study of Adverse Childhood Experiences (ACE) among Hawai'i Adults confirm both the prevalence of ACE in Hawaii and its strong association with a number of health conditions and high-risk behaviors (Daily, 2014).

Trauma-focused Cognitive Behavioral Therapy (CBT) and Eye-Movement Desensitization and Reprocessing Therapy (EMDR) are now firmly established by the World Health Organization as the two most effective treatment modalities for those suffering from trauma and/or adverse childhood experiences (WHO, 2013). Additionally, Ego State Therapy, a recognized and utilized form of psychotherapy in the treatment of Dissociative Disorders, is now a part of an integrated approach by certified EMDR practitioners in the treatment of trauma.

The empirical evidence supporting these treatments is growing, and The Green Will Conservancy is the organization best positioned to (continue to) provide professional trainings in these short-term, advanced treatment modalities both for individual licensed clinicians and social service agencies across the state of Hawaii. For the last four years we have demonstrated our ability to provide this programming in the Big Island community. Again, these trainings are one component of our broader Trauma Informed and Capable Care Educational Outreach Program, or Capable Hands. This proposal seeks funding specifically to expand this Professional Training component of the Capable Hands program to Oahu and neighboring islands.

Activities: Describe the activities to be performed, and the services or products to be delivered, including quantities and a timeline. If the project is a partnership, describe each partner's role. Explain why you chose this approach to the problem or opportunity.

Over the first year of Capable Hands, GWC fundraised enough money to enlist the international expertise of Dr. Roger Solomon PhD (EMDR Institute) and Kathleen Martin LCSW (EMDRIA) to train 3 School Based Behavioral Health Specialists (SBBH) in EMDR (Eye Movement and Desensitization Reprocessing) psychotherapy and in treating more Complex Trauma with an Ego-State Therapy approach. Along with a coterie of other community based mental health practitioners from many agencies and private practice our first International EMDR Trau-

ma Training Conference was held on Hawaii Island in 2012. This event was a huge success and marked a turning point for The Green Will Conservancy, as well as for the East Hawaii community. We have since facilitated five Level 1 and two Level 2 EMDR trainings, and four Advanced Ego State Therapy trainings by either Roger Solomon PhD and/or Kathleen Martin (LCSW), effectively training 60 Big Island Clinicians who have formed an informal network of trauma experts able to receive referrals from a central contact at Green Will Conservancy.

These trainings have been wildly successful, generating significant positive feedback from agencies, clinicians and their clients. The only barrier to continuing this momentum is the cost of trainings. Despite the generous support and dedication from the expert trainers, the cost of training for each clinician, coupled with the loss of revenue during the days of training, is prohibitive for many professionals.

Making Trauma Informed and Capable Care a regular and permanent part of Hawaii's medical and mental health care system is the fundamental mission of the Capable Hands program. The Green Will Conservancy is seeking funding to continue, formalize and expand our program to Oahu and neighboring islands. GWC's Capable Hands program will facilitate the professional trainings of twenty licensed clinicians and social service agencies in Trauma-Informed CBT, EMDR and Ego State therapies during this one-year grant period. The long-term desired effect of these trainings is to provide the general public with improved access to measurable, shorter-term trauma treatments considered the most effective in the field.

The Green Will conservancy will be able to provide the following deliverables during the course of the grant period:

- Twenty individual trainings of individual Mental Health Clinicians in one of the advanced treatments modalities of ACE/Trauma.
- Training evaluations reflecting a score of 3 or higher by each clinician.
- A list of Mental Health Clinicians and social service agencies in Hawaii who have completed trainings through Green Will in advanced trauma treatments (This constitutes our informal network of trauma experts)
- Data on the number of referrals Green Will offers to persons seeking trauma treatment.
- Data on the geographical location of practicing clinicians
- Clinician feedback on the effectiveness of the training in their practice
- One-hour evaluations for each of the twenty trained clinicians
- Weekly peer-review meetings open to all qualified Mental Health Providers.

It is the belief of The Green Will Conservancy that Hawaii residents stand to benefit from increased access to advanced trauma treatments. Quite simply, the more trained professionals in the community means more access to treatment by the general population. Additionally, GWC requires mental health practitioners to complete evaluations after training, offers on-going, free consultation, and encourages networking amongst other providers. Coupled with the Educational Outreach component of our Capable Hands program (related to, but not included within this grant proposal), GWC will have the ability to comprehensively provide quality trauma-informed treatments to Hawaii.

Expected Results: Explain how participants or the community will benefit. Provide specific, measurable expected results. Describe the plan to determine the effectiveness of the project.

Increasing the number of clinicians and social service agencies who are trained in advanced trauma treatments (EMDR, CBT and Ego State therapies) is important because the people of Hawaii suffer from many of the chronic health and mental health conditions related to untreated trauma/ACEs. (Daily, 2014). Over the course of the grant period, thirty trainings will be offered in either CBT, EMDR Level 1 and 2, and Ego State Therapy. This will result in up to twenty more qualified Mental Health Clinicians in the state of Hawaii receiving training in either CBT, EMDR or Ego State Therapy, and some clinicians receiving trainings in both. Upon completion, clinicians will receive a score of 3 or higher on their training evaluation. They will also be included in an informal network of trauma experts who are able to receive referrals from Green Will Conservancy. These referrals will be recorded and data will be used to continuously assess further need for trainings. Furthermore, clinicians will be contacted within six months upon completion for a one hour evaluation of their ability to use the trainings. Clinicians will also be asked to provide feedback on their experience incorporating the training into their mental health practice. This data will be collected by GWC and used to assess the effectiveness of the training, as well as the success of the Professional Trainings project. Data will also be collected and recorded on the geographical location of each clinician in an effort to track the extent to which the opportunity for treatment is spreading across the state. Finally, all clinicians are offered weekly support and consultation with multiple mental health providers of Trauma Informed and Capable Care through Green Will's ongoing peer review group.

The Green Will Conservancy predicts continued success of the Professional Trainings component of our Capable Hands project. The success will continue to be measured in terms of the increased number of trainings provided and the feedback offered by clinicians. Tracking the geographical spread of clinicians in Hawaii who seek and receive trainings will also mark the effectiveness of this project.

From a qualitative perspective, success will also be continuously assessed by the strengthened collaboration between social service agencies and individual clinicians across the state. The paradigm shift in the field of Psychotherapy toward trauma-informed care has provided a type of renaissance for mental health care providers. Addressing trauma is now the expectation, not the exception, in behavioral health systems. This understanding coupled with the growing research documenting CBT, EMDR and Ego State Therapy as evidence-based best practice for treating trauma will continue to fuel the GWC's mission to provide the skills and practical methods to persevere and sustain resiliency for all people of Hawaii.

Funding Plan: Explain the project budget, including adjustments to be made if not all anticipated funding is received. Describe the plan, if any, to continue funding the project after the grant period ends.

The Green Will Conservancy respectfully requests \$30,000 to fund the Professional Trainings component of our Capable Hands project. Each training in EMDR Level 1, and EMDR Level 2 costs \$1000 per clinician. Trainings in CBT and Ego State Therapy cost \$500. The goal of GWC is to provide trainings to 20 clinicians in EMDR Level 1, and 10 trainings in either EMDR Level 2, CBT or Ego State Therapy to clinicians returning for continuing education. Trainings are offered on an on-going and rotating basis each year and schedules vary depending on availability of the professional trainers. The next scheduled training will be

January 17, 2017 for EMDR Level 2, offered by Roger Solomon PhD. Registration is expected to include EMDR Level 1 graduates from the most recent EMDR Level 1 training held July 31, 2016. Ego State Therapy training is tentatively scheduled for Spring of 2017, offered by Kathleen Martin (LCSW). CBT trainings are tentatively scheduled for Fall of 2017. Cost of trainings to individual clinicians will depend on grant monies received. In the case of less than anticipated funding, fewer clinicians will receive a reduction in cost. GWC will continue to seek funding from the community in an effort to continuously offer these trainings.

Anticipated Budget for Trainings Component for 2017:

\$20,000	— 20 clinicians receiving EMDR Level 2 training	— January, 2017
\$5000	— 10 clinicians receiving CBT training	— Spring, 2017
\$5000	— 10 clinicians receiving Ego State training	— Fall, 2017

References:

Barabasz, A., Barabasz, M., Christensen, C. (2012). Efficacy of ego state therapy for PTSD. Washington State University. Retrieved from: <http://hdl.handle.net/2376/3829>.

Center for Disease Control and Prevention. (2016). About the CDC-Kaiser ACE study. Retrieved from: <http://www.cdc.gov/violenceprevention/acestudy/about.html>

Daily, Y., Reyes-Salvali, F. (2014). Adverse childhood experiences among Hawai'i adults: findings from the 2010 behavioral risk factor survey. *Hawaii Journal of Public Health*, 73(6): 181-190.

Felitti, V.J., Anda, R.F., Nordenberg, D., Williamson, D.F., Spitz, A.M., Edwards, V., Koss, M.P., Marks, J.S., (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the adverse childhood experiences (ACE) study. *American Journal of Preventative Medicine*, 14: 245-258.

Hagerman, J.H., Frederick, C. (2013). Phenomenological and evidence based research in ego state therapy: recognized and unrecognized successes and future directions. *American Journal of Clinical Hypnosis*, 56(1): 66-85.

Larkin, H., Shields J.J., Anda, R.F. (2012). The health and social consequences of adverse childhood experiences (ACE) across the lifespan: an introduction to prevention and intervention in the community. *Journal of Prevention and Intervention in the Community*, 40 (12).

Shapiro, F., (1996). Eye movement desensitization and reprocessing (EMDR): Evaluation of controlled PTSD research. *Journal of Behavior Therapy and Experimental Psychiatry*, 27: 209-218.

World Health Organization. (2013). Who releases guidance on mental health care after trauma {Press Release}. Retrieved from: http://www.who.int/mediacentre/news/releases/2013/trauma_mental_health_20130806/en/

