

## **Grant Proposal**

### **I. Applicant Information (1 point)**

**Organization:** True North

**Organization Address:** Columbia Police Department 600 E. Walnut, Columbia Mo 65201, address for the shelter is not given to the public for safety concerns.

**Principal Investigator Name:** Alex Robinson

**Principal Investigator Contact (E-mail/Phone):** [alexrobinson1992@gmail.com](mailto:alexrobinson1992@gmail.com)  
573-489-0750.

### **II. Title (3 points):** WISH: Women Invested in Self Help.

### **III. Background (10 points):**

Too often we hear stories of domestic abuse. We hear it in the news and we see it on TV. In the state of Missouri in 2014 there were a total of 40,340 ([https://www.mshp.dps.missouri.gov/MSHPWeb/SAC/crime\\_data\\_domestic\\_violence\\_960\\_grid.html](https://www.mshp.dps.missouri.gov/MSHPWeb/SAC/crime_data_domestic_violence_960_grid.html)) cases of domestic assault. Most of these cases were to a spouse, between two people residing together while not married, or are blood relatives. This means are 110 cases every day on average. Most of these cases are women and the number of shelters for those who have been victims of domestic abuse is staggering. In more recent years (2017) there were a total of 35,748 services provided to help domestic assault survivors. 11,455 of those services rendered were simply for shelters to get survivors away from their abuser (<https://www.mocadsv.org/FileStream.aspx?FileID=948>). In the City of Columbia, Missouri we have three primary domestic violence programs to help those in need. True North, DeafLEAD and Black Girls with Voices. What the public doesn't see are the struggles of those that have managed to get away from the abuse but are still in mental and personal crisis. The goal of WISH is to teach women in women shelters how to defend themselves. Self-defense installs a sense of power to those that have never felt empowered or their power has been taken from them. Knowledge of self-defense also increases self-esteem and can improve physical and mental health. WISH will help these women who have taken the first step by getting to somewhere safe, to truly be safe in themselves.

### **IV. Goals/Objectives (7 points):**

The goal of WISH is to empower women by providing self-defense classes including environmental awareness training to women in shelters. Using volunteer certified self-defense instructors or police officers, women in shelters will receive instruction in the appropriate time and strategies for the use of self-defense techniques. With these same instructors, women will be taught to become proficient at using physical self-defense techniques. The instructors will teach the women environmental awareness in the classroom setting as well as on 'field trips' to actual community locations. Confidence in a training session and confidence "in the real world" can be drastically different. Giving experience outside of the comfort of a classroom (that will be in a very controlled

environment) will be a very large confidence boost. With the help of this grant, we can bring out the confidence and empowerment that has been stolen from these women.

## **V. Project Description (30 points):**

Every week a self-defense course will be taught as part of a multi-week long course (the time frame will be at the discretion of the instructor). Equipment and materials will be provided for all students as needed. Instructors will be certified self-defense instructors or police officers. After each week, participants will take a short survey at the conclusion of the class as to their perceived ability to protect themselves and their families. This will ensure those that take the course are learning useful techniques. The surveys also allow for instructors to be able to prepare and plan their courses accordingly.

Under the supervision of trained instructors, the women will watch videos (at the shelter) on self-defense techniques which they will be able to access outside of class time for review. Provided with mats and safety equipment, the students will learn, practice, and become proficient in self-defense techniques, including avoidance of potentially harmful or dangerous situations, appropriate to their abilities or physical limitations. This project anticipates approximately 100 to 150 participants per year.

Students in the course will be provided with training materials similar to those that can be found on their person or common items found on the ground (ex.: items in purses, items found in the environment such as sticks and rocks). With these items, students will learn, practice and become proficient in how to use these in self-defense, appropriate to their abilities or physical limitations.

Instructors will teach with the aid of videos when appropriate, environmental awareness skills for the purpose of safety. Instructors will take participants to predetermined community locations to practice and refine those skills.

The short-term outcomes from the self-defense project would be:

1. Knowledge and competence in self-defense techniques
2. Knowledge and competence in environmental awareness
3. Knowledge and use of personal items to be used in self defense
4. Knowledge and competence in the use of verbal de-escalation skills
5. Confidence in use of personal safety techniques

The long-term outcomes from the self-defense project would be:

1. More confidence in providing personal safety for individuals and their families
2. Less abuse in personal lives and in the future after they have moved on from the shelter/assisted living location
3. Knowledge and awareness of the signs of abuse with the courage to leave before (or as soon as) abuse is observed

To overcome potential problems that may arise, having female instructors or shelter staff help assist in the courses would be beneficial. Having a specified liaison between instructors and the shelter will assist in keeping the program organized. The liaison will also analyze the surveys and update the instructors on any desired changes from those that have taken the courses provided.

## **VI. Project Evaluation (5 extra points):**

At the end of each week, a short survey will be given to participants to assess their confidence in protecting themselves. Questions may include: How well do you think you could protect yourself if someone was trying to physically harm you? What would you do if someone tried to grab you from behind? What techniques do you feel most confident in using? What do you want to learn more about?

After the eight-week session another short survey will be given asking some of the same questions. Participant will be asked to rank their confidence in using particular techniques. Students will be asked to rate themselves as to their perceived self confidence in safety issues before and after taking the class.

Surveys will be collected and data analyzed by the project manager and instructors as to strengths of the program and/or need adjustments. The overall success of this program will be based upon the surveys and interviews of the participants. We expect 90% of participants to rate themselves as increased confidence in their ability to defend themselves and be more acutely aware of environmental hazards and person safety.

The project manager will also interview selected participants to gather further information about the classes, student needs, perceived outcomes by students and any other information deemed necessary by the project manager or instructors.

Shelter personnel may be interviewed as to any change in student behavior or attitudes they have observed as a result of classes.

## **VII. Project Timeline (7 points):**

This project should last for 12 months.

1<sup>st</sup> – 2<sup>nd</sup> month: Equipment and supplies will be purchased

Instructors will be selected. Curriculum development and training of instructors will be provided by project manager in conjunction with shelter personnel.

Schedule of classes (every week), instructors, and facilities will be determined.

Arrangement for student transportation to offsite class location.

Participants will sign up for classes. As shelter occupancy changes, sign up for classes will be on a continuous basis.

3<sup>rd</sup> -12<sup>th</sup> month: 2 classes will be held every week for an eight-week period.

Assessments will be ongoing. Data will be analyzed and shared with instructors to inform their teaching.

During the first week of every month, project manager will meet with instructors and shelter personnel (when appropriate) to discuss classes, make changes in curriculum if needed, address concerns, and build on successes.

## **VIII. Personnel (5 points):**

Personnel	Activities	Strengths
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Instructors	Instructors can be Police Officers and self-defense coordinators who will teach the shelter residence how to keep themselves safe in a variety of situations.	Many of the instructors have worked with individuals that may have personal issues stemming from previous trauma. Helping people gain confidence and helping those find value within themselves when hope may be lost is the primary goal of the shelter and grant.
Shelter Staff	Shelter personnel will assist in the transport of students, set up of the courses (set the mats and get out equipment), will be there to assist shelter residents as needed, and will help in the overall assessment of the training that was given.	The shelter staff are there to help the residence succeed. The help they give with transportation, helping with courses and evaluation of how the courses went (being a contact person between the project liaison and the residents) will be invaluable in helping to ensure success of the program.
Liaison	The liaison will be responsible for planning the self defense courses between the instructors and the shelter.	Without the liaison to set up the training sessions, making the plans and setting everything up, there would be no program to help the residence.

#### **IX. Budget (7 points): Appendix. Grant Budget Format (example)**

##### **Costs for an eight-week session**

Category	Items	Fund Request	Funds from other sources	Total
Equipment	Training Mats B.O.B. Bag Padded Helmets Punching Mitts Training Gloves	\$130.00 X 4 \$290.00 X 2 \$52.00 X 4 \$70.00 X 4 \$30.00 X 4	\$0.00	\$1,708.00 (one-time cost for all sessions)
Supplies	Name Tags Handbooks Certificates Cleaning Supplies	\$10.00 \$150.00 \$25.00 \$300.00	\$0.00	\$485.00
Facilities	Facilities	\$60.00 X 16	\$0.00	\$960.00

Transportation	Gas	\$5.00 X 16	\$0.00	\$80.00
MISC.	Water Case	\$4.00 X 16	\$0.00	\$64.00
First time cost (with equipment)				\$3,297.00
Subsequent sessions costs				\$1,589.00
Year total				\$12,831.00