

Grant Proposal: Mobile Mental Wellness RV for Fire-Affected Communities in Maui

Executive Summary:

The `Ohana Support Network (501(c)3) is seeking funding to launch a Mobile Mental Wellness RV initiative (Kula Mana Mobile Wellness) aimed at addressing the urgent mental health and holistic healing needs of individuals and families affected by the devastating fires in Lāhaina, Kula, and Kihei on Maui. Our comprehensive program will provide vital mental health support, family assistance, grief therapy, trauma-informed care, case management, holistic healing modalities, and more, ensuring that survivors receive the wrap-around care necessary for recovery and resilience. With a team of licensed clinicians, licensed acupuncturists, trauma nurses, registered nurses, and holistic healers, we are well-equipped to deliver impactful services directly to those in need.

Geographic Coverage:

This is a request for a Mobile Mental Wellness RV and therefore will service Lāhaina, Kula, and Kihei areas. The goal is to be accessible to individuals and families where they need us most.

Needs Addressed:

The fires have left a trail of trauma and devastation, affecting the mental well-being of survivors, their families, and communities. Individuals are grappling with feelings of loss, grief, anxiety, and displacement. There is an immediate need for culturally sensitive, trauma-informed mental health support to help survivors process their emotions and rebuild their lives. Families require assistance in navigating the complex recovery process, obtaining vital documents, and accessing health insurance. The demand for holistic healing modalities, such as acupuncture, has grown as individuals seek effective ways to heal from trauma and restore their overall well-being.

Strategy for Implementation:

Our Mobile Mental Wellness RV will serve as a roving sanctuary, bringing a comprehensive array of services to the fire-affected communities. Services will be delivered in shelters, neighborhood hubs, hotels where families are temporarily housed, schools, and other central locations. As this is a mobile wellness RV, we are dedicated to being accessible; meeting individuals and families where they need us the most. The RV will also provide a place for our clinicians to safely sleep, ensuring that our team does not take up vital housing resources while providing services to the community.

Our team of licensed clinicians will offer individual and group therapy, grief counseling, and trauma-informed care. Licensed acupuncturists will provide holistic healing sessions, while trauma nurses and registered nurses will offer medical support and assessment. Case management services will ensure that survivors regain access to vital documents and health insurance. All of our providers will have completed the 5-hour Psychological First Aid Training provided by The National Child Traumatic Stress Network.

Cultural Responsiveness in Services:

The `Ohana Support Network coalition recognizes that cultural sensitivity and responsiveness are paramount in providing effective support to the fire-affected communities in Maui. Our commitment to honoring and respecting the cultural diversity of the Hawaiʻian islands is integral to the success of our Mobile Mental Wellness RV initiative. We have meticulously woven culturally responsive practices into every aspect of our program, ensuring that survivors receive care that resonates with their values, beliefs, and traditions.

Community-Centered Approach:

We understand that the diverse communities we serve have unique cultural backgrounds and perspectives. Through extensive engagement with local community leaders, cultural practitioners, and residents, we have actively sought guidance on how to create a safe and welcoming environment for all. We are committed to integrating community insights into our service design, ensuring that our offerings are culturally relevant and meaningful.

Cultural Competency Training:

Our team members undergo rigorous cultural competency training to enhance their understanding of the specific needs and values of the communities we serve. This training enables our licensed clinicians, licensed acupuncturists, trauma nurses, registered nurses, and holistic healers to provide care that is respectful, inclusive, and responsive to cultural nuances.

Customized Healing Modalities:

We respect and incorporate traditional healing practices that are valued within the local culture. Our holistic healing modalities are designed to accommodate a range of cultural preferences, and we actively collaborate with cultural practitioners to offer therapies that align with community traditions.

Safe Spaces for Cultural Expression:

We provide safe spaces for survivors to express their cultural identities and share their experiences. Through group sessions and artistic activities, we encourage individuals to connect with their cultural heritage as a source of strength and resilience.

Feedback-Driven Improvement:

We continuously seek feedback from the communities we serve to ensure that our services remain culturally responsive and meaningful. By involving community members in the decision-making process, we empower them to guide the direction of our program and hold us accountable to our commitment to cultural sensitivity.

In conclusion, our approach to cultural responsiveness is rooted in humility, collaboration, and a deep appreciation for the rich cultural tapestry of Maui. We believe that by honoring and respecting cultural traditions, we can offer fire-affected communities the care and support they deserve as they embark on their healing journey. Our Mobile Mental Wellness RV initiative stands as a testament to our dedication to creating an inclusive space where every individual's cultural identity is acknowledged and celebrated.

Timeline:

Month 1: Purchase RV

Month 2: Ship RV from Westcoast to Maui

Month 3: Purchase supplies for RV and RV arrives on Maui

Month 5-12: Weekly deploy of three providers and canine therapy dog from Honolulu to Maui for 3 days of direct services, weekly, for 26 weeks.

Impact of the Program/Activities:

The `Ohana Support Network, Kula Mana Mobile Wellness initiative, anticipates the ability to provide 100+ individuals and families with the following services over 26 weeks:

Mental Health Support: Survivors will have access to therapeutic services that promote healing, resilience, and coping skills, enabling them to rebuild their lives with renewed strength.

Family Support: Families will receive assistance in navigating recovery processes, ensuring they have access to essential resources and support.

Holistic & Cultural Healing: Holistic & cultural modalities such as acupuncture will aid in alleviating physical and emotional distress, fostering holistic recovery.

Grief Therapy: Grief counseling will support individuals in processing their emotions, fostering healthier coping mechanisms and a sense of community.

Trauma-Informed Care: Trauma-informed practices will empower individuals by acknowledging their experiences and fostering a safe and empathetic environment.

Case Management: Attainment of vital documents and health insurance will empower survivors to rebuild their lives more efficiently.

Canine-Assisted Mental Health and Trauma Response Team: Interacting with a trained animal in a safe environment can provide comfort and relief to those affected by unforeseen tragedy or mental health related trauma. The animal's presence provides a sense of security and familiarity, which aids in building rapport and trust with an individual experiencing crisis. Our Canine-Assisted Mental Health and Trauma Response Team provides intermediate emotional support to those in the wake of trauma or battling a mental health crisis.

Short-Term Impact:

The provision of comprehensive mental health services to individuals and families surviving from traumatic events, such as the devastating fires in Maui, will yield immediate and tangible benefits. Through targeted interventions, survivors will experience:

Emotional Resilience: Survivors will gain the tools and coping strategies needed to manage immediate distress and anxiety, leading to improved emotional well-being.

Improved Coping Mechanisms: Trauma survivors will learn healthy ways to process and manage their emotions, reducing the risk of maladaptive coping mechanisms such as substance abuse.

Community Support: Group therapy sessions will foster a sense of belonging and connectedness among survivors, combatting feelings of isolation and strengthening community bonds.

Reduced Grief Burden: Grief therapy will provide a safe space for individuals to express their feelings of loss, easing the burden of grief and promoting a healthier grieving process.

Culturally Tailored Healing: Access to culturally sensitive holistic healing modalities will provide immediate relief from physical and emotional distress.

Data from Similar Events:

Studies conducted after similar traumatic events have consistently shown that early and comprehensive mental health support significantly contributes to the short-term recovery process. The data from similar events underscores the vital role of early intervention in alleviating immediate distress, fostering resilience, and preventing long-term psychological repercussions.

Hurricane Katrina: Research from the aftermath of Hurricane Katrina revealed that individuals who received immediate mental health support exhibited lower rates of post-traumatic stress disorder (PTSD) and depression in the short term.

Wildfires in California: In the wake of devastating wildfires, survivors who participated in trauma-informed counseling reported reduced levels of anxiety and improved emotional well-being within a few months.

Terrorist Attacks: Studies following terrorist attacks have highlighted the positive impact of early intervention on mitigating symptoms of trauma and grief among survivors.

Long-Term Impact:

Beyond the immediate benefits, providing mental health services to trauma survivors has lasting effects that contribute to long-term well-being and community resilience:

Trauma Resilience: Survivors equipped with effective coping skills are better prepared to navigate future challenges, building resilience that extends beyond the initial recovery phase.

Preventing Long-Term Disorders: Timely intervention has been shown to decrease the risk of developing chronic mental health disorders, reducing the long-term burden on healthcare systems.

Enhanced Community Bonding: Community support fostered during group therapy and community healing initiatives continues to strengthen social connections, promoting collective healing.

Improved Interpersonal Relationships: The tools learned in therapy contribute to healthier relationships with family members, friends, and colleagues, leading to increased overall life satisfaction.

Reduced Economic Impact: Access to mental health services can reduce absenteeism, workplace disruption, and overall economic strain on families and the community. By offering comprehensive care, we not only aid in the healing process but also contribute to the lasting well-being of survivors and the broader community.

The presence of a mobile mental wellness RV offers a range of enduring benefits that extend far beyond the immediate aftermath of a disaster situation. Such a versatile resource has the potential to become an integral part of community support systems, enriching the overall well-being of residents and fostering resilience over the long term. Here's how a mobile mental wellness RV can continue to serve and support our community:

Accessible Mental Health Services: Rural areas often face limited access to mental health services due to geographic barriers. The mobile RV bridges this gap by bringing much-needed services directly to underserved communities. Even after disaster recovery, residents can continue to access ongoing mental health support conveniently, without the need to travel long distances.

Promoting Mental Wellness: The RV can offer regular mental wellness programs and workshops that provide tools and strategies for coping, stress management, and emotional well-being. These programs contribute to building a culture of mental wellness within the community, promoting proactive care for mental health long after the disaster situation has been addressed.

Education and Outreach: The RV can serve as an educational hub, conducting workshops and awareness campaigns about mental health, self-care, and coping mechanisms. Equipping residents with knowledge empowers them to identify signs of distress early on and seek help, thereby reducing the stigma associated with mental health issues.

Holistic Healing: The RV's holistic healing modalities, such as acupuncture and meditation, can become a regular feature of community life. These practices support physical and emotional well-being, offering an ongoing source of relaxation and healing for residents.

Crisis Preparedness: Beyond disaster response, the RV can facilitate preparedness programs that equip communities with strategies to manage stress and trauma in the event of future emergencies. This proactive approach enhances community resilience and readiness for potential challenges.

Community Building: The RV acts as a gathering space for residents, fostering social connections and a sense of belonging. Regular gatherings, support groups, and wellness events create opportunities for residents to share experiences, learn from one another, and build a strong support network.

Partnerships and Collaboration: Over time, the RV can establish collaborative relationships with local schools, community centers, and other organizations. This network enhances the range of services available and strengthens the community's overall capacity to support its members.

Resource Hub: The RV can host a library of mental health resources, brochures, and educational materials. Residents can access information about available services, coping strategies, and self-help resources, promoting ongoing education and self-empowerment.

The long-term benefits of having a mobile mental wellness RV extend far beyond its immediate response to disaster situations. By offering accessible mental health services, fostering mental wellness, promoting education, and building community connections, the RV becomes a sustainable resource that enhances the overall quality of life for rural residents. Its lasting impact creates a legacy of care, support, and resilience that continues to thrive, even after the immediate crisis has passed.

Partners/Networks:

We have forged strong partnerships with local community organizations, shelters, schools, hotels, and disaster response agencies. Our collaboration with Mindful Living Group, Maui Police Department, and the Child and Adolescent Mental Health Division ensures a coordinated approach to service delivery and maximizes our impact on fire-affected communities. Regular community meetings have been held to gather feedback and needs assessments, ensuring that our services align with the priorities of the Maui community. The `Ohana Support Network of Kula Mana Wellness members have been active participants with the Department of Health – Office of Wellness and Resilience [Maui Strong Mental Health Response group](#).

In conclusion, `Ohana Support Network is committed to providing comprehensive, accessible, and culturally sensitive support to the individuals and families impacted by the fires in Lāhaina, Kula, and Kihei. Our Mobile Mental Wellness RV initiative will not only address immediate needs but also contribute to the long-term healing and resilience of these communities. We humbly request your support to bring this critical program to life and make a meaningful impact on the lives of those in need.

Budget Request, Cost Effectiveness & Sustainability Plan:

`Ohana Support Network is respectfully requesting \$167,300 to support the Kula Mana Mobile Wellness initiative.

ITEM	PRICE	NARRATIVE
RV Purchase	\$90,000	1 Class C RV
RV Shipping	\$6,500	Shipping from West Coast to Maui
RV Supplies	\$4,000	Solar panels, generator, pop-up tents, folding tables, chairs, StarLink
RV Insurance	\$3,000	1 year of insurance for Class C vehicle
RV Gas	\$3,600	Average \$100 fills over 26 weeks (filling every other week)
Therapy Supplies	\$1,000	Stock the RV with play therapy/art therapy supplies, essential oils, notebooks, markers, etc.
Basic Supplies	\$2,000	Stocking the RV with drinking water, non-perishable food items, and hygiene packs (feminine products, diapers, wipes, basic toiletries)
Travel	\$10,400	\$100 round trip from HNL to OGG x 3 providers and 1 canine weekly for 26 weeks
Direct Services	\$46,800	\$600/day for 3 clinicians (and a therapy dog) to provide direct services to the community x 3 days a week x 26 weeks
TOTAL PROJECT COST	\$167,300	

Statement of Cost Effectiveness and Sustainability:

The Kula Mana Mobile Wellness initiative proposed by the `Ohana Support Network is not only a comprehensive response to the urgent mental health and holistic healing needs of fire-affected communities in Maui, but it is also designed with a keen focus on cost effectiveness and long-term sustainability. Our commitment to maximizing resources and ensuring the program's longevity demonstrates our dedication to making a lasting impact on the lives of those we serve.

Cost Effectiveness:

Shared Resources: By collaborating with a network of licensed clinicians, licensed acupuncturists, trauma nurses, registered nurses, and holistic healers, we leverage shared resources and expertise, optimizing the allocation of funding to deliver a range of services

under one program. Whenever possible, our licensed clinicians will use insurance benefits to provide direct services to individuals/families.

Mobile Approach: Our mobile model allows us to reach multiple communities within the affected regions, minimizing transportation and operational costs associated with setting up multiple stationary locations.

Partnerships: Our partnerships with local organizations, community hubs, and disaster response agencies grant us access to existing facilities, reducing overhead costs and ensuring efficient service delivery.

Cultural Sensitivity: By integrating culturally responsive practices, we reduce the likelihood of unnecessary spending on ineffective or irrelevant interventions, ensuring that our resources are channeled into services that genuinely meet the needs of the communities.

Sustainability:

Community Engagement: Our ongoing community engagement ensures that the program remains aligned with the evolving needs of the community. Regular feedback and needs assessments empower us to adapt our services and offerings over time.

Capacity Building: We prioritize capacity building by training local individuals to become community health workers, educators, and advocates. This empowers the community to take ownership of their well-being and supports the sustainability of our program.

Education and Prevention: In addition to immediate support, we focus on education and prevention to promote mental health awareness and coping skills, reducing the long-term demand for crisis intervention services.

Funding Diversification: While the initial grant will serve as a foundation, we are actively seeking partnerships with philanthropic organizations, local businesses, and governmental agencies to diversify funding streams and ensure continued program operation.

Long-Term Impact:

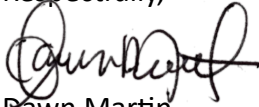
Through our cost-effective approach and commitment to sustainability, the Mobile Mental Wellness RV initiative will achieve both immediate and long-term impact. Survivors will receive the care and support they need to heal and rebuild, leading to improved mental health outcomes and enhanced resilience. By nurturing a sense of community ownership and empowerment, we aim to create a self-sustaining model that continues to serve the needs of fire-affected communities beyond the grant period.

In conclusion, the cost effectiveness and sustainability of the Mobile Mental Wellness RV program underscore our dedication to responsible resource utilization and enduring positive

change. We are confident that this initiative will not only provide critical services in the short term but also pave the way for lasting healing and resilience within the Maui community.

Thank you for your consideration in funding this Mobile Mental Wellness RV initiative. Should you have any questions about this initiative or grant proposal you can reach me at osncoalition@gmail.com or call me at (808) 358-8538. This opportunity to support our community is great.

Respectfully,

A handwritten signature in black ink, appearing to read "Dawn Martin", written over a horizontal line.

Dawn Martin

`Ohana Support Network President
Licensed Mental Health Counselor