

## Veteran's 2024 Grant Application

PROGRAM DEADLINE : May 16, 2024 at 11:59 PM PDT (Midnight) - CLOSED

### Applicant Information

**Name:** Melinda Keenan  
**Email:** mkeenan@centerptg.org  
**App ID:** 04722195  
**Status:** Submitted  
**Cycle:** None  
**Last Modified:** May 16 2024 22:38 PDT by mkeenan@centerptg.org  
**Last IP Address:** 34.120.172.148  
**Common App:** EDCF Grant COMMON APP

### Organization Information

### Organization Information

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<b>Legal Name of Organization</b>	Center for Post Traumatic Growth
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**Mailing Address**

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11344 Coloma Road

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**Mailing Address, line  
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<b>City</b>	Gold River
<b>State</b>	CA
<b>Zip Code</b>	95670
<b>Phone Number</b>	916-625-6642
<b>Fiscal Agent's confirmation letter- this is only needed if the community based organization that is applying is using a fiscal agent. Fiscal agent must write a letter stating that they are taking fiscal responsibility of the grant funds on the community- based organization's behalf if they are granted funds. Fiscal agents will keep specific program related funds restricted/accounting separate for this particular project request.</b>	
<b>Year Incorporated</b>	2013
<b>Executive Director/ CEO/ President</b>	Melinda J Keenan, PhD
<b>Executive Director email address</b>	mkeenan@centerptg.org
<b>Grant contact name (if different than above)</b>	
<b>Grant contact email address (if different than above)</b>	
<b>Number of paid staff</b>	2.00
<b>Number of volunteers</b>	2.00
<b>Please provide names and titles of your primary officers or directors (i.e. board president, vice president, chairperson, secretary, treasurer, etc.)</b>	

**Margaret Ervin, MSgt. USAF (Ret.), Board Chairperson**

Margaret served in the USAF for 22 years in combat logistics and was deployed all over the world during her career. Her last duty station was at Beale AFB where she was a First Sergeant over the intelligence squadron. After she retired Margaret used her GI Bill and returned to college where she earned her BA in social work and then completed her Master's of Social Work. She then took a position with Sutter Hospice and spent 20 years as a hospice social worker. Margaret spends much of her time volunteering for charitable causes and has served several other non-profit boards.

### **Don Harper, MPA, USMC, Board Member**

Don Harper served as a rifleman in Vietnam during 1969. He was decorated for Valor and awarded a Bronze Star with V Device. Don has worked tirelessly as a champion for all veterans, but in particular homeless veterans. Don is the Founder Sacramento Stand Down and the Founder Sacramento Veterans Resource Center, housing and treating homeless veterans for addictions. He was instrumental in lobbying for the funding and working with the county to get the Veterans' Village built at Mather Field. He has served in many veterans organizations in positions of leadership including the American Legion, Vietnam Veterans of America. He has testified to the California State Legislature on veterans related legislation. Don earned his Master's degree in Public Administration from Golden Gate University.

### **Grace "Katie" Bell, MSN RN-BC CARN PHN, Board Member**

Katie has been Board-certified as Addictions RN since 2003. She holds certifications in Medications for Addiction Treatment (MAT) and Substance Use Disorder Specialist-Best Practices in Patient Care, Program Development & Community Response and Psychedelic-Assisted Therapy and Research (CIIS). Katie is currently a nurse consultant with Telewell Indian Health MAT Project offering Technical Assistance, mentoring and training for California Tribal clinics as they develop Medications for Addiction Treatment (MAT) programs. Katie has been a presenter for the UCLA Hub & Spoke Learning Collaborative and is part of the facilitator team for Tribal MAT 1.0 and 2.0 Project Echo for Indian Health primary care clinics throughout California. She was recently Nurse Case Manager for the Medication-Assisted Treatment (MAT) program at Chapa-De Indian Health in Grass Valley, CA.

### **Bianca Garilli Toscano, NP, USMC, Board Member**

Bianca Garilli-Toscano is a former US Marine turned Naturopathic Doctor and certified in Functional Medicine (IFMCP). Dr. Garilli-Toscano works as the Associate Director of Partnerships at the Institute for Functional Medicine where she leads her team in creating dynamic and engaging collaborations with academic institutions and healthcare clinics across the globe to integrate and elevate Functional Medicine. She continues to maintain a small private practice out of her home, where she works with clients to optimize their health through naturopathic medicine and lifestyle changes. Dr. Garilli-Toscano heads various projects involving military and veteran healthcare in her work as well as being a member of the board for the Center for Post Traumatic Growth. She is passionate about improving health outcomes in our nation's warriors, and focuses on best possible health and happiness for individuals, families, communities, companies, and our country. Dr. Garilli-Toscano lives in Northern California with her two children enjoying gardening, attending her kids' athletic activities, hosting gatherings at her home, cooking, reading, running, and camping.

## **Don McCasland, LCSW, Army SPC (Ret.), Board Member**

Don retired from the US Army after 21+ years of service, having served in Desert Shield/Desert Storm as well as 3 tours in Iraq as a Platoon Sergeant with the 101st Airborne Division. His own past difficulties with overcoming combat-related PTSD inspired him to earn his BSW and MSW at Austin Peay State University in Clarksville, TN in order to help his Brothers and Sisters who are still struggling. Don is also highly skilled at providing leadership, consultation, training, and support to healthcare & mental health professionals, and civic organizations related to the unique challenges faced by active duty service members, veterans, and their families.

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### **Mission Statement**

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Mission: The Center for Post Traumatic Growth supports and promotes the healing of veterans, first responders and their families for Post Traumatic Stress and Moral Injury.

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**Organization Website Address, if applicable**

Centerptg.org

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**Attach or provide URL for Annual Report, if applicable**

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**Attach your organization's logo.**

Enhanced CPTG Logo (2).jpg

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### **Is Your Non-Profit in Good Standing?**

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**EIN or TIN**

462962589

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**Attach the IRS Determination letter that contains your organization's Employer Identification Number.**

IRS Determination Letter.JPG

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**Click on this link for the IRS database to find your organization. Please take a screenshot of the page that shows your organization name and the IRS filings for the past year(s).**

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**THIS SECTION IS REQUIRED unless organization is a faith based organization, a government entity or a Native American Tribe recognized by the federal government.**

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**Visit the CA Secretary of State website and search for your organization. Take a screenshot of that page that shows your organization is active and up-to-date with your statement of information.**

**If your entity is registered in a state other than California, please provide a screenshot of your state's registration entity proving your active and up-to-date status.**

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**THIS SECTION IS REQUIRED unless organization is a faith based organization, a government entity or a Native American Tribe recognized by the federal government.**

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**Lastly, visit the CA Department of Justice website to verify your organization's registration. Search for your organization , and take a screenshot of the page that shows your organization name, and that its registration with the Department of Justice is CURRENT. Upload this screenshot here.**

**Once again, if your entity is not based out of California, please submit comparable paperwork/screenshot.**

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**THIS SECTION IS REQUIRED unless organization is a faith based organization, a government entity or a Native American Tribe recognized by the federal government.**

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### **Grant Information**

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<b>Grant Title/ Description</b>	Veterans TOT 2024 Grant Application
<b>Geographic Area Served by this Grant</b>	Greater Sacramento county, El Dorado County, Placer County, Nevada County
<b>Grant Amount Requested</b>	10000

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**What is the need this grant supports?**

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This grant supports suicide prevention in the veteran population; nearly twenty veterans a day continue to die by suicide, but no effective solution has been found to mitigate these deaths. The field of mental health has finally come to recognize that moral injury (unresolved guilt, grief, and shame) is a primary factor in veterans' suffering, driving suicidal thoughts and behaviors (Jamieson et al., 2023). Unfortunately, very few interventions have been developed to address moral injury directly. Current treatments offered by the V.A. have been developed to address the symptoms associated with Post Traumatic Stress Disorder (PTSD) and they fail to address the core issues of moral injury, which often co-occurs with Post Traumatic Stress (PTS), but is a different condition that needs different treatment. If we apply interventions designed for PTS, we risk making moral injury worse. At the Center for Post Traumatic Growth, our interventions target these deeper core issues using a program which was developed based on 20 years of working with veterans who have taught us what they need to heal. We provide a unique combination of innovative and evidence-based techniques that make up a safe and effective peer-based, trauma-focused group treatment program targeting PTS and moral injury. Our center integrates a couples and family component into our veteran program, as the connection and support of the family system is critical for healing. Our program also includes a psychoeducation component to reduce stigma and promote understanding of how one's service can negatively impact mental health.

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**Please provide information demonstrating the need exists for Veterans in El Dorado County.**

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The Sacramento region contains the 3rd largest veteran population in California, and an estimated 35,950 veterans reside in El Dorado County. El Dorado County offers the opportunity for a rural lifestyle which appeals to many veterans. However, despite the appeal of this lifestyle to veterans, access to VA services may, in many cases, require a long commute to access VA care, and wait times at the VA for behavioral health and other services can often be months. Problems accessing mental health services may be one reason the suicide rates remain high. The Center for Post Traumatic Growth (CPTG) currently serves veterans with no wait times and directly targets moral injury, one of the most significant factors in veterans suicides. We offer phone and virtual therapy sessions to expand accessibility for those in rural areas. Additionally, CPTG offers extended family services which are not offered at the VA or the Vet Centers. Many other public or private agencies do not have the expertise that CPTG does regarding the veteran experience, military culture, and how veterans' service affects their families. We believe that family treatments and involvement is also imperative to decrease veteran suicide. Increasing and supporting accessible and innovative treatment resources with a proven track record of success for veterans and their families would fill a much-needed gap in care for El Dorado County veterans and their families. CPTG is committed to building our organization so that we may expand our services to the Northern California region and beyond.

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**How will this grant address this need?**

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An El Dorado Community Foundation Grant would allow the Center for Post Traumatic Growth to continue to provide our individual therapy sessions and group treatment program to veterans and to implement expanded family services in an effort to mitigate veteran suicides. CPTG currently offers a three-phased group therapy program which includes trauma-informed, evidence-based techniques to address unresolved grief, guilt, and shame (moral injury) and PTS. Our group program is facilitated by professional trauma therapists who are competent in military culture.

The Family Program is a component of the group program and is designed for the loved ones of active military and veterans to support the healing of the family system that's been impacted by issues arising from serving their country. Our program provides education and support in a non-threatening environment to promote the development of coping skills, healthy grieving, and reconnection. We provide psychological and emotional healing for spouses and significant others of military members dealing with trauma. Heightened awareness and understanding of the core issues of these emotional wounds, education and application of conflict resolution and coping techniques, and peer support all increase the strength of the family system to be able to adapt and cope with all aspects of PTS and moral injury.

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**How are you suited to meet this need?**

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The CPTG was established by Dr. Keenan after 19 years with the V.A. She and her staff have been treating veterans and their families since 2019 at the center. CPTG is uniquely positioned to address suicidal thoughts and behaviors in veterans by mitigating moral injury and we have had much success with this approach developed based on over 20 years of treating traumatized veterans who have taught us what they need to heal. We are one of a few treatment programs designed to safely, effectively, and compassionately address both Post Traumatic Stress and moral injury. We have trained trauma professionals and peer specialists who educate, advocate, and offer individual counseling. Thousands of veterans have participated in our group program since 2001 while Dr. Keenan was employed at the Mather V.A. and the Citrus Heights Vet Center. Over these 20 years of serving veterans we have developed a powerful program which would be supported with any acquired funding.

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**What is the grant timeline and what are the major milestones?**

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The grant timeline would be one year, from September 2024 to September 2025. These dates would mark the beginning of two new group cohorts, continuing through phases one and two of the program for a duration of one year. Phase three is outside the scope of this grant timeline.

Major milestones:

Phase One - psychoeducation and group establishment - 12 weeks (9/24-12/24)

Family Weekend program (10/24)

Phase Two - trauma-focused group therapy - 40 weeks (12/24-9/25)

Other milestones include data collection at 0, 12, and 52 weeks for research purposes.

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**What is the anticipated impact of the project?**

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September 2024-September 2025. The current proposal would support services for 2 new cohorts in September including providing the family services over all that would likely serve 20-24 veterans and additionally their family members through the family program. It would also provide individual intake and therapy session for veterans.

September 2024-September 2025: With the acquisition of more funding, CPTG would focus on capacity building by hiring the three trained trauma therapists, providing services to at least 200 veterans and their family member (100) in the fiscal year.

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**How will you measure the results of the project?**

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The results of the project will be measured by number of veterans and family members served, percentages of veterans and family members who complete the program, and objectively by administering a short battery of clinical measures which would demonstrate decreases in moral injury, symptoms of PTS, depression and suicidal thoughts and an increase in quality of life and post Traumatic Growth at the cohort level.

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**What is the number of un-duplicated veterans to be served if this grant is funded?** 24

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**How will you confirm/show proof of a veteran's status? Please be very specific...this data may be asked for in the final report**

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Military service will be verified by either Military Identification, Veterans Administration card, veteran driver's license, or DD Form 214.

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<b>If this is a clinical program, what is your standard recidivism rate?</b>	5
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### **Grant Budget**

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#### **Grant Program Revenue**

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<b>Veteran's Grant Amount Requesting</b>	10000
<b>Other Contributions</b>	40000
<b>Fundraising revenue</b>	0
<b>Total Revenue</b>	50000

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#### **Grant Program Expenditures**

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<b>Staff salaries, wages and benefits</b>	39700
<b>Occupancy and utilities</b>	31456
<b>Equipment</b>	0
<b>Supplies, materials and printing</b>	200
<b>Travel and meetings</b>	0
<b>Marketing and advertising</b>	0
<b>Staff and volunteer training</b>	0
<b>Contract services</b>	0
<b>Other</b>	
<b>Total Expenditures</b>	71356

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#### **Budget Narrative**

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**Budget Narrative**

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**Submit Grant Application**

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**Signature and Affirmation**

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**By entering your full name below,  
you certify that all information is  
true and correct to the best of your  
knowledge.**

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Melinda J. Keenan