



April 2, 2021

Psychology Review Board
Jacket Philanthropy Program
Baldwin Wallace University
Berea, OH 44017

Dear Psychology Review Board:

On behalf of the children and their families at The Haven Home, we respectfully request \$1,898.74 to support Project: PLAY, our newest program dedicated to the well-being and stress reduction of children in transition at our facility. Jacket Philanthropy's commitment to youth perfectly aligns with our organization's mission and specific project goals.

Currently, in the greater Cleveland area, single mothers are the fastest growing-population among the homeless and often turn to shelters for assistance. The children of these mothers are also dealing with the stress and effects of homelessness. Research shows that children in transition experience higher levels of stress than their peers called "toxic stress." Toxic stress occurs when children endure prolonged stressful adversity, and this stress can cause cognitive impairment and stress-related illness well into adulthood. Stress at toxic levels can cause developmental and behavioral problems in children.

Our solution to this problem is childhood play. Play has been shown to reduce stress in children and teach them to deal with intense situations. The stress caused by uncertain conditions like homelessness or abuse can stunt mental development, but those levels of stress can be significantly reduced by the introduction of play.

Project: PLAY's goal is to bring durable playsets into and onto The Haven Home's grounds, providing the children with a healthy outlet for play. Our request will provide play for the children of The Haven Home so as many children can enjoy it for as long as possible. Because of your support, hundreds of children every year will be able to play and grow on this equipment and better deal with what might be a tough road ahead.

We thank you for considering our request. Should you have any questions regarding this program or our proposal, do not hesitate to reach out at BWENG309@gmail.com at any time. We look forward to hearing from you.

Sincerely,

Cindy Rios
Executive Director

Organizational Background

The Haven Home is a 501(c)(3) organization established in 2017 as an emergency overflow homeless shelter. We serve women and their children residing in Cuyahoga County as our facility is located on the Elizabeth Baptist Church's grounds in Cleveland's Slavic Village on the East Side. The Haven Home's mission is "[c]ompassionately serving under-resourced women and their children by empowering sustainable independence." Our organization believes that every family can succeed to help ensure that success is a reality.

The family overflow shelter serves women, mainly mothers under 30 years of age, with two to three children. Most residents are African American or Hispanic. Half of The Haven's Home residents are children, and half of those children are aged six years or less. We can serve an average of 400 families a year or up to 53 families a month. Families stay an average of 22 days in The Haven Home before being moved to a more permanent homeless shelter. However, the length of stay at our facility can vary greatly depending upon the individual situation and vacancies in other shelters in the area.

We have three main program areas. First, the Family Overflow Shelter provides temporary emergency relief to homeless women and their families. The Haven Home houses seventeen individual families at a time and provides on-site services, including laundry, playroom, and dining room.

Second, the Asset Building program provides single mothers with knowledge-based courses such as career workshops, college prep programs, and support groups to foster independence and growth for when they leave Haven Home.

Third, our community outreach targets the needs of women and children in the area. Since last summer, our community outreach distributed over 12,000 diapers to families within the greater Cleveland Community and other products, including formula and baby wipes, to current and former residents. As a new organization only three years running, this is a considerable feat we would not have been able to achieve without our devoted volunteers and donors. In this way, we have begun to contribute to our local community, and we live up to our mission. As we continue to grow, The Haven Home plans to expand our programming to help as many families across Cuyahoga County as we can.

Need Statement

Like those in The Haven Home, Children in transition face adversities that children in more stable housing do not have to face. Homelessness, witnessing or enduring abuse, seeing drug addiction, neglect, and hunger put children in transition in a vulnerable and stressful position very early in their lives.

The stress that they endure has the potential to hinder these children for a lifetime. According to the Harvard Center on the Developing Child, this heightened adversity could lead to cortisol levels so high; they are considered toxic stress.¹ The Wisconsin Department of Health Services (WDHS) describes the poor cognitive ability, intense irritability or anger, visual difficulties, and difficulty sleeping as just some of the manifestations of toxic stress.²

Toxic stress occurs when children endure prolonged stressful adversity, and this stress can cause cognitive impairment and stress-related illness well into adulthood³. The WDHS says that toxic stress endured in childhood could lead to memory loss, excessive alcohol consumption and could potentially send a person into shock.⁴

Children facing homelessness are especially susceptible to these levels of stress due to the compounding effects of homelessness.⁵ The National Child Traumatic Stress Network states that loss of routine, adjusting to shelter living, and the need to re-establish a home are just some of the stressors of homelessness, not to mention past abuse potential in the home.⁶

Toxic stress affects more than increased cortisol levels. A report written for the Family Housing Fund summarizes that the stress of school-aged children facing homelessness causes developmental delays at four times the rate of their peers, twice the amount of learning disabilities, and three times the emotional and behavioral problems.⁷ The same report states that 75% of homeless children from the ages of three to six have at least one major developmental delay or deprivation, and 44% of homeless children have more than one.⁸ For children in

¹ “Toxic Stress.” Center on the Developing Child at Harvard University. The President and Fellows of Harvard College, August 17, 2020. <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>.

² “Resilient Wisconsin: Trauma and Toxic Stress,” November 16, 2020, <https://www.dhs.wisconsin.gov/resilient/trauma-toxic-stress.htm>.

³ *Ibid*, 1.

⁴ *Ibid*, 2.

⁵ Bassuk, Ellen L, and Steven M Friedman. “Facts on Trauma and Homeless Children.” The National Child Traumatic Stress Network, April 11, 2018. <https://www.nctsn.org/resources/facts-trauma-and-homeless-children>.

⁶ *Ibid*, 5.

⁷ Hart-Shegos, Ellen, and Anne Ray. Rep. *Homelessness and Its Effects on Children*, 1999.

⁸ *Ibid*, 7.

transition, childhood is an unnecessarily stressful time that, if unchecked, could hinder them for the rest of their lives.

Project Description

The Haven Home is committed to addressing the emotional and developmental needs of children in transition through Project: PLAY. According to Voice of Play, a nonprofit group that advocates for the necessity of childhood play, play has been linked to lower levels of cortisol in the brain, meaning children who play in response to stressful situations may see their stress reduced⁹. Other similar homeless shelters have addressed the need for play in the lives of children. The Gándara Center in Massachusetts offers group home services, and in 2018, they began building a playground for the children in their facilities, citing the need for children to reduce stress and give the children a bright spot of an otherwise stressful time in their life.¹⁰ The need for childhood play is recognized and realized at various shelters and group homes around the country for the reduction of stress, and we believe our shelter should be next to provide this necessity. Though Substance Abuse and Mental Health Services Administration states that the window with which the damage from toxic stress can be reversed is relatively short, we are looking at how to take our short time in these children's lives and help reverse some of these potentially damaging effects.¹¹ Project: PLAY aims to acquire durable play equipment that will benefit the youth in a safe and comfortable environment.

Project: PLAY

Goal: Decrease the overall levels of stress of the children residing at Haven Home's temporary relief shelter.

- **Objective:** Provide play equipment to the children in order for them to increase their mental well being
- **Methods:** Find play equipment in a cost-effective manner that suits both indoor and outdoor play

⁹ Kemper, D. Benefits of play. <https://voiceofplay.org/benefits-of-play/#releasing>.

¹⁰ "Health Benefits of Play: Why We're Building a Playground at Our Group Home for Children." Gandara Center, August 20, 2018. <https://gandaracenter.org/health-benefits-of-play-playground-fundraiser-frozen-yogurt-5k/>.

¹¹ "Child Homelessness: A Growing Crisis," SAMHSA, accessed March 6, 2021, <https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/child-homelessness-growing-crisis>.

- Acquire play equipment from Little Tikes as their play equipment is suitable for ages served by Haven Home
- Solicit sports equipment donations from a private donor
- Set up a supervised play area at Haven Home temporary relief shelter
- Evaluate children's stress levels through the use of the NIH Perceived Stress Instrument by Milika Eubanks, The Haven Home's child staff assistant

Project Evaluation

A survey instrument (NIH Perceived Stress Instrument) will be given to staff member Milika Eubanks (see **Project Staff** on page 4) in order to evaluate the stress reduction due to play in the temporary relief shelter. Children will be surveyed over one week every month, as their stay in the relief shelter is not planned, and a spot in a more permanent shelter can open at any time. In this way, we can measure the progress of individual children over the course of their stay and also have comparable data for the rest of the year. This will ensure that we are encouraging the correct activities to reduce the effects of toxic stress and will help us determine the most successful activities to continue even after the grant period is over.

Project Staff

Cindy Rios is the executive director of The Haven Home. She will be responsible for the purchase of all of the play equipment. She will also be in charge of giving the staff supervisor (Milika Eubanks) the evaluation survey.

Milika Eubanks is the child staff assistant at The Haven Home. Any constructive play will be done under her watch in the facility. Her main focus at The Haven Home is playground supervision and running children's activities.

Project Timeline

Month	Action	Person Responsible
March, 2021	Contact Private Donor for sports equipment donation	Cindy Rios
April, 2021	Receive grant money, order Step2 equipment	Cindy Rios
May, 2021	Receive Step2, art supplies, &	N/A

	sports equipment	
June 1st -7th, 2021	First week of child observation	Milika Eubanks
June 10th, 2021	Collect survey instrument and analyze survey data	Cindy Rios
July, Aug., Sept., Oct., Nov., Dec., Jan., Feb., Mar. 1st-7th	Week of child observation	Milika Eubanks
July, Aug., Sept., Oct., Nov., Dec., Jan., Feb., Mar. 10th	Collect survey instrument and analyze survey data	Cindy Rios
April 1st-7th, 2021	Final week of measured child observation Milika	Milika Eubanks
April 10th, 2021	Collect final survey instrument and analyze survey data	Cindy Rios
April 15th, 2021	Turn in grant report for JPP	Cindy Rios

Project Budget

Jacket Philanthropy Program - Project Budget Form

Organization Name: The Haven Home

Total Amount Requested: \$1,898.74

Project Grant Period: 12 Months

PROJECT INCOME	Anticipated	Committed	Total	Line Item Description
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Jacket Philanthropy Program	\$1,898.74		\$1,898.74	
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In-kind support	\$89.92		\$89.92	Private Donor Support
TOTAL	\$1,988.66		\$1,988.66	

PROJECT EXPENSES	Jacket Philanthropy Request	Other Funding	Total	Line Item Description
Salaries and wages				
Equipment	\$1746.77	\$89.92	\$1836.69	<p>JPP Request includes:</p> <ul style="list-style-type: none"> - Cost of the Step2 equipment - Great Outdoors Playhouse (\$254.99), Play Up Double Slide Climber (\$349.99), Fixin' Fun Outdoor Grill (\$44.99), Naturally Playful Woodland Climber II (\$299.99), Great Creations Art Center (\$99.99), Two (2) Play Food Assortments (\$29.99 ea), Lifestyle Custom Kitchen - Brights (\$99.99), Springtime Wheelbarrow (\$39.99), Seaside Villa Playhouse (\$149.99), Panda Climber (\$124.99), Modern Mart Shopping Cart (\$34.99) [\$1559.98 purchase from Step2] - Cost of art supplies for Great Creations Art Center - SunWorks 700 sheet pack of construction paper (\$19.95), Crayola Crayon Classpack, School Supplies, 16 Colors 800 Ct (\$49.98), Crayola Broad Line Markers Classpack, 256 Count, 16 Colors (\$69.99), Three (3) Melissa & Doug Easel Paper Rolls (Set of 2), White (\$15.99 ea) [\$186.89 art supply purchase] Other funding includes \$89.92 in equipment from Dick's Foundation - 2 soccer balls (\$9.99 each), 2 basketballs (\$9.99 each), 1 set of foam disks (\$19.99), 2 playground

				balls (\$9.99 each), 1 volleyball (\$9.99)
Postage and mailing	\$119.97		\$119.97	This accounts for the cost of shipping as reported by the Step2 website for the shipping of the aforementioned playsets.
Office Supplies/Materials	\$32		\$32	This covers the cost of eight (8) 30-gallon Tupperware bins to safely store smaller play materials
TOTAL	\$1,898.74	\$89.92	\$1,988.66	

Sustainability

The Haven Home believes that through a healthy fundraising plan combined with an organizational culture of philanthropy, we will sustain, expand, and scale our program, Project: PLAY, to effectively serve the East Cleveland community for the long-term. The sturdily built play equipment will last for years to come. The average length of time a child will stay at Haven Home's temporary relief shelter is three weeks, meaning the play equipment purchased through our grant has the potential to be used by hundreds of children yearly. Art supply donations will be asked for during an art supply drive in the fall starting in 2022 in order to ensure there is enough art equipment for the kids to use with the Great Creations Art Center.

Summary and Request

The Haven Home requests funding in the amount of \$1,898.74 to provide play equipment for the children who come through the Overflow Family Shelter to help them reduce their stress. The installment of play equipment in Haven Home for Project Play will help in fulfilling the organization's mission of "compassionately serving under-resourced women and children by empowering sustainable independence" by addressing each child's need for stress reduction while in transition. If full funding cannot be provided, an alternate budget of \$1,500 would be used with the omission of the purchase of the Seaside Villa Playhouse and the Great Outdoors Playhouse. By funding our project, you are helping the children who come through The Haven Home deal with external stress from transitional situations and let them have fun while they do it.