



Villa Park Rotary Club



DISTRICT GRANT PROJECT PROPOSAL

Foundation for Proposal

Per the Rotary International and Villa Park Rotary Club (“VPRC”) Website, since 1910, the Rotary Motto has been “Service Above Self.” Rotary strives to achieve its objective of “Service Above Self” through activities in four primary areas, or the *Four Avenues of Service*.

Under the “Community Service” avenue (for which I gladly accepted the position of Chair for the upcoming term), our own site provides that:

“This ‘Avenue’ relates to the activities that Rotarians undertake to *improve the quality of life in their community*. Particular emphasis is given to *helping children, needy families, the aged, the handicapped, and those most in need of assistance*. Rotarians strive to promote the ideal of service in their personal, business, and community lives.

It is with this foundational background that I approached the development of the project that I am proposing.

PROJECT TITLE-

“CSP THERAPY SUPPLIES PROJECT”

Goal

To participate in an activity to improve the quality of life in the Rotarian community, with particular emphasis on improving the quality of life for children in our community who have been neglected, abused or abandoned.

Background

About the Recipient(s)

The target beneficiary of the grant is Community Service Programs, Inc. (CSP) CSP is a nonprofit 501 (c) 3 charitable organization based in Orange County. It was established in 1972 to serve families, crime victims and children who were at risk for homeless, running away, or out-of-home placement into programs such as Orangewood Children and Family Center¹. To achieve

¹ Orangewood Children and Family Center (“OCFC”) was the recipient of Villa Park Rotary’s successful District Grant Project for 2016-2017 (P-1373).

these goals, CSP began opening “Youth Shelters” in 1979. (Additional information on CSP can be found on its website www.cspinc.org)

CSP opened its first Youth Shelter in Laguna Beach in 1979, offering services to run-away, homeless and at-risk youth. In 2006, the Huntington Beach Youth Shelter opened with 12 additional beds for a total of 18 beds for this fragile population. Thousands of children between the ages of 11-17 have stayed in the safety of the Shelters. The Youth Shelters offer a short-term crisis intervention residential program with the goal on family reunification. Children at risk of homelessness, institutionalization, incarceration, or hospitalization are given emergency shelter, meals, 24-hour supervision, individual, group and family counseling, academic tutoring, prevention education, and life skills development activities as well as aftercare services.

The CSP Laguna Beach and Huntington Beach Youth Shelters nearly always operated at full capacity, with a wait-list, and were deemed a long commute for north-east Orange County residents, so in the summer of 2016 CSP opened the Tustin Youth Shelter to provide immediate access to the communities of Villa Park, Orange, Yorba Linda and Tustin.

The CSP Tustin Youth Shelter will serve approximately 100 youth and 300 of their family members this year. Most of the children served have had a suicide attempt or threat and have experienced trauma. Many suffer with bullying and depression and live with families who are struggling for help to keep their child safe.

About “Art Therapy”

Understanding adolescents is a challenge at best, and the adolescent who is ill or suffering from psychological stress is an even greater conundrum. Teenagers are sensitive about their image, particularly with their peers, and often put themselves at emotional risk rather than confess that they need help from a “shrink.” Furthermore, their view of the “talking” psychotherapies has been shaped by the movies, and they often think that these therapies are only for serious “mental” cases. In contrast, they come to art therapy without such preconceived ideas, and this form of therapy has proved effective with adolescents.

In art therapy, the client is asked to make a collage, make some marks on paper, or shape a small piece of clay to illustrate the difficulties that have brought them to therapy. The art therapist does not interpret the art piece, and the clients are free to share as much of the meaning of their art as they choose. Adolescents, in particular, are attracted to making symbols and graphic depictions; therefore, they are more attracted to using art as language than to verbal questioning. When the negative behavior is illustrated, it is then external to the individual, and the behavior thus becomes the problem, not the individual.

This externalization of an internal stress or by the creation of “non-artistic art” allows both the therapist and the client to better address the problem. The therapist gains greater knowledge of the problem because the client uses metaphor and narrative to explain the product. The “art” allows clients to distance themselves from their own dilemma and, in that manner, work with the therapist toward alternative solutions to a problem.

Art as an expressive language provides an entrée into a relationship with teenagers by tapping into their creativity and offering a form of communication that is nonthreatening and over which the adolescent has control. When teens enter the art therapy room, they find drawing materials and other forms of media on a table. They are invited to draw anything they choose and even to make a statement in images that represent their feelings about being in the therapeutic setting.

This casual approach is a surprise to the teen and counteracts the fears of exposure and pain that may have been expected. The art materials are more than meet the eye. The art therapist understands the evocative powers of, for example, oil pastels, clay, paint, and felt pens. Each form of media, in its own way, assists in the expressive process. The teens feel that they “lucked out” by having a therapist who is not interested in verbal cross-examination. Instead, their therapist is interested in their opinions of their world as expressed through imagery.

Proposal

To sponsor a community service grant to supplies to assist CSP in providing supplies for CSP’s “art therapy.” Supplies to be provided include various sorts of painting, collaging and photographic supplies used in such art therapy.

The adolescents at CSP Youth Shelters do self-actualization collages as well as art projects and they do a lot of gardening and nature walks with the therapists. These are all very therapeutic activities providing stimulation, exercise and an opportunity to practice mindfulness. CSP would also like to have digital cameras for the adolescents to use, to be able to capture images and use in their art therapy and skills groups. The youth will be taught about photography and at the same time help them create memories to take home with them as transition objects.

Cost(s)

Total amount-**\$4,798.29**, broken down as follows:

A. Art Supplies

1. **Acrylic paint:** \$36.35 (48 box set) (times 6) (\$218.10)
https://www.amazon.com/Liquitex-BASICS-Acrylic-Paint-48-Piece/dp/B00251I66C/ref=sr_1_12?s=arts-crafts&rps=1&ie=UTF8&qid=1493659868&sr=1-12&keywords=acrylic+paint&refinements=p_85%3A2470955011
2. **Oil Pastels:** \$7.26 (50 count) (times 12) (\$87.12)
https://www.amazon.com/Pentel-Arts-Pastels-Color-PHN-50/dp/B00LFCWSPM/ref=sr_1_3?ie=UTF8&qid=1493659942&sr=8-3&keywords=oil+pastels
3. **Canvases:** \$11.95 (12-pack) (times 12) (\$143.12)
https://www.amazon.com/CANVAS-PANELS-12-PACK-Painting/dp/B01FCHZOII/ref=sr_1_1?s=arts-crafts&ie=UTF8&qid=1493659988&sr=1-1&keywords=canvases

4. Sketchbooks to send home with the kids: \$12.38/each (times 40) (\$495.20)
https://www.amazon.com/Pentalic-Sketch-Hardbound-2-Inch-11-Inch/dp/B0025TV24C/ref=sr_1_3?dd=NRgNZqA4CGktyKpxfibOTQ%2C%2C&ie=UTF8&qid=1493660281&sr=8-3&keywords=sketch+book&refinements=p_96%3A10155283011
5. Markers: \$4.36 (24-pack) (times 12) (\$53.32)
https://www.amazon.com/Sargent-Art-22-1592-Classic-Peggable/dp/B007VYLQG0/ref=sr_1_8?ie=UTF8&qid=1493660309&sr=8-8&keywords=markers
6. Colored Pencils: \$6.11 (50 pack) (times 12) (\$73.32)
https://www.amazon.com/Sargent-Art-Coloring-Assorted-22-7251/dp/B0027PA1AU/ref=sr_1_4?ie=UTF8&qid=1493660334&sr=8-4&keywords=colored+pencils
7. Crayons (Bulk Buy: Crayola Crayons 8/Pkg 5 [12-pack]) \$9.43 (x 6) (\$56.58)
https://www.amazon.com/Bulk-Buy-Crayola-Crayons-52-3008/dp/B002OF2C50/ref=sr_1_5?ie=UTF8&qid=1493660350&sr=8-5&keywords=crayons
8. Clay-(pack of 24 colored clays): \$9.99 (times 6) (\$59.94)
https://www.amazon.com/Colored-Colors-Creative-Tutorial-Children/dp/B01KOHFX0K/ref=sr_1_7?ie=UTF8&qid=1493660455&sr=8-7&keywords=clay
9. Paint Brushes (Pack of 25, Multi Color): \$5.26/pack (times 12) (\$63.12)
https://www.amazon.com/Loew-Cornell-245B-Brush-Multi-Color/dp/B000U68YJI/ref=sr_1_6?rps=1&ie=UTF8&qid=1493660672&sr=8-6&keywords=paint+brushes&refinements=p_85%3A2470955011
10. Paint Brushes (108 count Classroom Value Pack): \$16.01 (times 6) (\$96.06)
https://www.amazon.com/Royal-RCVP-108-Classroom-Brushes-Assorted/dp/B00DSOPQSQ/ref=sr_1_11?rps=1&ie=UTF8&qid=1493660742&sr=8-11&keywords=paint+brushes&refinements=p_85%3A2470955011
11. Thin sharpies (24-Count pack): \$12.58 per pack (times 12)(\$150.96)
https://www.amazon.com/Sharpie-Permanent-Markers-Assorted-24-Count/dp/B002766V3K/ref=sr_1_4?ie=UTF8&qid=1493660813&sr=8-4&keywords=thin+sharpies
12. Adult coloring books: \$10.99/3-pack (times 20) (\$219.80)
https://www.amazon.com/Bendon-Everyone-Loves-Coloring-3-Pack/dp/B01HQCEHDK/ref=sr_1_1?ie=UTF8&qid=1493660860&sr=8-1&keywords=adult+coloring+book+pack
13. Gel Pens (Gel Pen Set for Adult Coloring Books): \$19.99/108-count set (times 6) (\$119.94)
https://www.amazon.com/Shuttle-Art-Duplicates-Coloring-Markers/dp/B01GLS0C2K/ref=sr_1_5?ie=UTF8&qid=1493660879&sr=8-5&keywords=adult+coloring+book+pack

B. Dream Catcher Supplies

14. Suede (25-rolls faux leather cords): \$25.99/25-roll pack (times 12)(\$311.88)
https://www.amazon.com/PEPPERLONELY-Brand-Rolls-Leather-Beading/dp/B00N9RCVK8/ref=sr_1_1?ie=UTF8&qid=1493661866&sr=8-1&keywords=dream+catcher+supplies
15. Metal rings: 5-Inch, 4-Pack (\$6.21/ 4-pack) (times 25) (\$74.52)
https://www.amazon.com/Realeather-Crafts-Metal-5-Inch-4-Pack/dp/B00DG8VAYS/ref=sr_1_2?ie=UTF8&qid=1493662009&sr=8-2&keywords=dream+catcher+supplies
16. Feathers: \$9.10/ bag (time 12 bags) (\$109.20)
https://www.amazon.com/Touch-Nature-Packed-Feather-Assortment/dp/B00E1G5E96/ref=sr_1_3?ie=UTF8&qid=1493662009&sr=8-3&keywords=dream+catcher+supplies
17. Beads: \$15.98/12 color variety pack (times 6) (\$95.98)
https://www.amazon.com/Rainbow-Pony-Beads-Variety-Colors/dp/B005XPWSSE/ref=sr_1_15?s=arts-crafts&ie=UTF8&qid=1493660961&sr=1-15&keywords=pony+beads
18. Beads: \$15.94/ “bucket” (times 6) (\$95.64)
https://www.amazon.com/Beadery-Ultra-Kandi-Bucket-Multicolor/dp/B00526GSSK/ref=sr_1_25?s=arts-crafts&ie=UTF8&qid=1493661020&sr=1-25&keywords=pony+beads
19. Beads (Alphabet beads): \$7.35/pack (800 count) (times 12) (\$88.20)
https://www.amazon.com/Goodlucky-Bracelets-Necklaces-Childrens-Educational/dp/B01LPO5JEG/ref=sr_1_22?s=arts-crafts&ie=UTF8&qid=1493661020&sr=1-22&keywords=pony+beads
20. Bracelet string (multi-color pack): \$14.97/pack (times 6) (\$89.82)
https://www.amazon.com/Premium-Rainbow-Color-Embroidery-Floss/dp/B016HUI756/ref=sr_1_1?ie=UTF8&qid=1493661116&sr=8-1&keywords=string+for+bracelets
21. Bracelet string (white): \$5.99/60m roll (times 12) (\$71.88)
https://www.amazon.com/BEADNOVA-Elastic-Stretch-Polyester-Bracelet/dp/B00HC2MEKI/ref=sr_1_2?ie=UTF8&qid=1493661143&sr=8-2&keywords=string+for+bracelets

Sub-total \$2,773.80

Plus 8% Tax \$2,995.70

C. Photography Equipment ²

1. Sony - DSC-W830 20.1-Megapixel Digital Camera (\$119.99 ea.) (times 8)
(\$959.92 total)

[\[http://www.bestbuy.com/site/sony-dsc-w830-20-1-megapixel-digital-camera-silver/3489014.p?skuId=3489014\]](http://www.bestbuy.com/site/sony-dsc-w830-20-1-megapixel-digital-camera-silver/3489014.p?skuId=3489014)

Sub-total	<u>\$959.92</u>
Plus 8% tax	<u>\$1,036.71</u>

Total Funding Required

Totals Sections A. plus B. \$2,995.70 + \$1,036.71 = \$4,032.41

Grand Total: \$4,032.41

(This total leaves a small margin for cost overages that may arise. In the event that costs remain stable or as budgeted, any remainder will be used to purchase additional similar items to those described above.)

The supplies being purchased are needed to supply the items for use by CSP for one year.

The Project Coordinator will coordinate purchase of the needed supplies, and then coordinate a date with the staff at CSP for VPRC members to deliver the supplies to CSP's Tustin facility.

Project coordinator will also seek publicity for the project in local print media, seeking participation from Supervisor Todd Spitzer's office in the delivery of the supplies.

² Estimates/prices derived from Best Buy website.