

## *Narrative*

Hope's Door was created in 1986 to address a growing need in our community for services for victims of domestic violence and started off as a community 24-hour crisis hotline. Currently, HDNBC has 78 employees and is still the only organization in North Dallas and Collin County specializing in prevention and intervention services for domestic violence victims, children, and perpetrators. Initially, there was no permanent shelter for the first four years, clients were housed in area hotels, until finally a 21-bed permanent shelter was opened. Over time counseling services, and other programs were added.

In September of 2016, Hope's Door merged with the New Beginning Center. This merger has allowed more resources to be placed in services while at the same time reducing the administration rate. HDNBC continues to provide a wide array of services including individual counseling (for both adults and children), support group therapy, two emergency shelters, transitional housing, legal advocacy, community education, and two battering prevention programs. HDNBC plans to continue to provide services to survivors of domestic abuse within our community. Through merging, HDNBC has increased the number of services we provide and hopes to increase our capacity so more individuals in our community can receive necessary services.

The mission of Hope's Door New Beginning Center (HDNBC) is to offer intervention and prevention services to individuals and families affected by intimate partner and family violence and to provide education programs that enhance the community's capacity to respond. HDNBC's primary goal is to help victims of family violence rebuild their lives in a safe and healthy environment. With more than 30 years' experience, we understand the importance of individualized care. Each family comes to the agency in crisis seeking a safe and nurturing environment. The staff at HDNBC evaluates the needs of each individual and helps them create a plan for moving beyond the trauma suffered from violence and abuse. Our programs reduce stressors that can negatively affect an individual's health and well-being as she / he navigates next steps beyond the abusive environment. The organization strives to deliver the level of social support that will increase the likelihood of success for each family member as healthy, thriving adult

HDNBC believes intervention and prevention are vital to stop the cycle of violence within families in our communities. Therefore, HDNBC specializes in comprehensive intervention and prevention services for everyone affected by intimate partner and family violence – from victim to abuser. The agency is a full-service agency providing intervention and prevention services for families overcoming intimate partner or family violence. Our services include two emergency shelters (Garland and Plano), with a total of 57 beds, long term housing assistance, a Victims Outreach Program (VOP) that includes, group and individual counseling, case management, legal assistance at two service sites, a Batterers Intervention and Prevention Program (BIPP) and community education. The programs and services offered at HDNBC are designed to empower those affected by domestic violence to break the cycle of abuse.

HDNBC is requesting funding for Play Therapy supplies. Over 350 children are involved in

HDNBC's children's counseling program. Of those attending, 80% of them are under the age of 8. HDNBC has Licensed Professional Counselors (LPC's) who are also certified as "play therapist" All the children we work with have witnessed family abuse and are in need of working through this trauma. Play therapy is a powerful interaction that allows the child a safe way to communicate their feelings. Play therapy is a structured, theoretically based approach to therapy that builds on the normal communicative and learning processes of children (Carmichael, 2006; Landreth, 2002; O'Connor & Schaefer, 1983). The curative powers inherent in play are used in many ways. Therapists strategically utilize play therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings (Gil, 1991). In play therapy, **toys are like the child's words** and play is the child's language (Landreth, 2002). Through play, therapists may help children learn more adaptive behaviors when there are emotional or social skills deficits (Pedro-Carroll & Reddy, 2005). The positive relationship that develops between therapist and child during play therapy sessions can provide a corrective emotional experience necessary for healing (Moustakas, 1997). Play therapy may also be used to promote cognitive development and provide insight about and resolution of inner conflicts or dysfunctional thinking in the child (O'Connor & Schaefer, 1983; Reddy, Files-Hall, & Schaefer, 2005).

***Please provide a detailed description of how the funds will be used:***

Since there is an increase in the number of children needing play therapy, the funds will be used to purchase additional and replacement toys for this service. There are main categories of toys that are used. They are:

**1. Nurturing/Family Toys**

- Purpose: Build and explore relationships
- Dolls, baby bottles, blankets, diapers, doll house (furniture and doll family), puppet family (people and/or animals), miniatures, kitchen set (food, dishes, etc.), doctor's kit.

**2. Fantasy/Pretend Toys**

- Purpose: Express feelings, and play out roles/scenarios
- Dress-up clothes/hats, costume jewelry, puppets, miniatures, mirror, masks, play money, magic wand, vehicles (cars, trucks, rescue vehicles, planes), doctor's kit, communication toys (phone, microphone, mailbox, etc.)

**3. Expressive and Construction Toys**

- Purpose: Express feelings, mastery, problem solving and creativity
- Arts supplies (markers, crayons, paint, paper, etc.), craft supplies (stickers, pipe cleaners, beads, popsicle sticks, tape), play dough, clay, building blocks, legos, cardboard bricks.

**4. Acting Out/Aggressive Release Toys**

- Purpose: Expression, processing and mastery of fear and anger; Control
- Monsters and villains, heroes, plastic soldiers, dinosaurs, spiders, snakes, aggressive looking puppets and miniatures (ex. dragons, animals with teeth showing, etc.), rope, handcuffs, bop bag, toy guns/knives, dart gun.

**5. Movement and Motion Toys**

- Purpose: Mastery, emotional outlet, and self-regulation.

- Balls, basketball/hoop, bubbles, ring toss, bean bags, target games, jump rope, hula hoop, music.

## **6. Sand Tray Miniatures**

- Make sure you have a wide selection.

We have four play therapy rooms at different locations in Garland and Plano Texas. The following items would be needed for the play therapy rooms that are in current operation:

- Sand Tray Platinum Starter Kit = \$499.99
- Complete Play Therapy Kit \$349.00
- Filial Therapy Kit = \$99.99
- Multi-ethnic Pretend Play Family Set = \$75.99

Total for these items is \$1,924.97

Times 4 locations = \$4,099.88

We are also requesting 1 mobile Play Therapy Kit for the therapist that works with children in our Transitional Housing program since the therapy takes place in the client's home. Cost = \$344.95

Total request is  $\$4,099.88 + \$344.95 = \mathbf{\$4,444.83}$