

LETTER OF INTENT SUMMARY REPORT



ORGANIZATION INFORMATION

Jewish Family Service
6555 West Maple Rd.
West Bloomfield, MI 48322
<http://www.jfsdetroit.org>

Year Founded: 1928

PERCENTAGE OF WOMEN ON BOARD: 65

PERCENTAGE OF WOMEN ON STAFF: 69

PERCENTAGE OF WOMEN ON PROJECT: 100

ORGANIZATION CONTACT

Perry Ohren
pohren@jfsdetroit.org

REQUEST CONTACT

Yuliya Gaydayenko
ygaydayenko@jfsdetroit.org
(248) 592-3962

PROJECT INFORMATION

TITLE: Lev Detroit: Groups

TYPE OF GRANT: First Time

TOTAL PROJECT COST: \$29,800

TOTAL REQUESTED AMOUNT: \$20,000

PURPOSE

“Lev Detroit, powered by Jewish Family Service, has frum and culturally sensitive staff to provide guidance, compassion and reassurance to members of Detroit’s Orthodox Community. Whether connecting you to JFS programs or providing referrals to resources in the community, when you’re not sure where to turn for help, turn to Lev Detroit.”

This is the premise and pitch for Lev Detroit, a new Jewish Family Service initiative designed to deepen and diversify engagement with the local Orthodox community. In addition to more effectively guiding people to existing resources, JFS is exploring new Lev Detroit programs designed to meet the unique needs and interests of the community.

Lev Groups will offer an evidence-based modality tailored to lower barriers to entry for Orthodox women and girls -- facilitated, convenings where participants can hone tools and relationships that enhance their individual health and the social wellness of their families and community. Lev groups will build upon the existing human-service infrastructure of JFS and the expanding relationships in the Orthodox Community, along with recognized curricula and iterative program development.

JFS will offer two primary categories of Lev Groups: skill-building and therapeutic. Each Skill-Building Group will have a curriculum designed to help participants navigate a particular developmental or life stage. Therapeutic Groups will offer support for women or girls who have a traumatic experience or challenging circumstances in common.

Prospective Skill-Building and Therapeutic/Support Groups include:

- Mothers of Young Children

Conscious Discipline, “a social-emotional intelligence system based on current brain research that teaches adults to respond, rather than react, to life events” has adaptable tools for trauma-informed care and a strong track record in other Orthodox communities.

- **Ages and Stages**

Another group for moms, Ages and Stages will focus on expanding a parenting toolkit to support children at multiple stages of development.

- **Girls’ Social Skills**

In conjunction with the JFS social workers placed at area Orthodox schools, students will receive age-appropriate content -- lower and upper elementary -- in a space where they can ask questions and share concerns.

- **Resilience in Adolescence**

These groups will address issues common to all teens and particular to young women in the Orthodox community.

ORGANIZATION DESCRIPTION

Founded in 1928, Jewish Family Service is a non-sectarian nonprofit health and social services organization that provides a safety net for those struggling with difficult situations. Inspired by the wisdom and values of Jewish tradition, we strengthen lives through compassionate service.

The agency serves people of all ages, religions and socioeconomic backgrounds through a variety of programs including case management, geriatric care management, counseling, Meals on Wheels, home care, transportation, volunteer services, immigration and citizenship services and access to health care. JFS maintains a special focus on serving the unique needs of the Jewish community, and the agency functions as a “central address” for Jews in our region who need help. JFS uses a strength-based and person-centered approach to help vulnerable members of our community, partnering with them to create lives of personal value.

JFS’s staff of more than 100 professionals possesses an extensive and diverse range of competencies and specializations, equipping the agency with the flexibility and knowledge required to meet the community’s evolving needs. And the more than 1,000 volunteers who donate their time each year help to enhance and support our core services. JFS is accredited by the Council on Accreditation (COA).

ORGANIZATION ANNUAL BUDGET: \$11,489,464

RATIONALE (NEED)

Everyone who seeks support from Jewish Family Service has to overcome one barrier or another to getting the help they need. For everyone who picks up the phone to call jHelp, there is someone else -- or multiple others -- who do not. Those barriers can be exceptionally high for a group that provides disproportionate support and stability to those around them: Orthodox women.

LETTER OF INTENT SUMMARY REPORT



Stigma associated with accessing mental health and social services is magnified by the close-knit nature, religious observance and gender roles of the Orthodox community. In the absence of accessible spaces and professional support, individuals often rely on relationships and organizations within the community that, lacking mental health expertise, can reinforce social mores and expectations that are at cross purposes with the pursuit of healthy outcomes.

Lev Detroit Groups will offer distinct benefits for Orthodox women and girls, proactively building skills relevant to their life stage and cultivating a therapeutic environment for dealing with trauma, anxiety and hardship. Lev Groups will create safe spaces for where participants have a “kosher” female-only setting facilitated by mental health professionals, informed by evidence-based practice and enriched by each other’s lived experiences.

POPULATION SERVED

The total number of Jewish people the project will serve:

Women	Age 0-12	15	Men	Age 0-12	0
Women	Age 13-18	7	Men	Age 13-18	0
Women	Age 19-25	10	Men	Age 19-25	0
Women	Age 26-45	10	Men	Age 26-45	0
Women	Age 46-69	5	Men	Age 46-69	0
Women	Age 70+	<u>0</u>	Men	Age 70+	<u>0</u>
		47			0

TOTAL JEWISH PEOPLE SERVED: 47

TOTAL WOMEN: 47

TOTAL MEN: 0

TOTAL NUMBER OF NON-JEWISH PEOPLE SERVED: 0

WOMEN: 0 Men: 0

ACTIVITIES AND OUTCOMES

Lev Detroit Groups will vary in their subject matter and scope but will have the following best practices in common:

- Size: Between 4 and 12 participants.
- Staff: Two professional facilitators, at least one of whom is a recognized member of the community.
- Participants: Identified as appropriate for the content and committed to full participation in advance of the first session.
- Venue: Spaces that are accessible and conducive to the skill-building and therapeutic goals.
- Confidential
- Diagnostic: Facilitators empowered, discrete from the rest of the group, to make individual referrals to mental health or social services.
- Evaluation and Iteration: Feedback solicited and synthesized to enhance subsequent Groups.

- **Post-Program:** Ensuring participants have direct access to appropriate resources following the conclusion of group programming.

Skill-Building Groups will take participants through curricula relevant for settings and challenges they can expect to encounter -- and, just as importantly, space to talk through or act out realistic scenarios. Therapeutic/Support Groups will introduce methodologies and tools for coping with past or ongoing adversity.

Anticipated outcomes for Skill-Building and Therapeutic/Support Groups include both the solidarity of sharing experiences with peers and the following issue-area benefits:

- **Mothers of Young Children:** Parenting tactics calibrated to the brain development.
- **Ages and Stages:** Strategies for fostering harmony and mediating conflict in households with children spanning a range of developmental stages.
- **Girls' Social Skills:** Positive self-image as a vehicle for building durable peer relationships.
- **Resilience in Adolescence:** Access to actionable information about making healthy decisions in all-female and co-ed settings.

An additional outcome would be a referral for individual counseling or other support services. Rooted in the trust-based group experience, a participant will likely be more receptive to the suggestion and better able to access appropriate services with discretion and dignity.

SOCIAL IMPACT

With the right practices and interventions, Orthodox women and girls can develop identities, skills and resiliency that not only help them lead healthy lives but also have a catalytic social impact on their community.

The article "Improving Access to Mental Health Care in an Orthodox Jewish Community: A Critical Reflection Upon the Accommodation of Otherness" describes the unique challenges and opportunities for Orthodox Jews. Research has suggested that "self-improvement" and "growth" are common and accepted ideas in the community; groups framed in a positive, proactive way yield higher participation. Alternatively, groups suggesting a "stigmatizing factor" will likely struggle to gain traction.

JFS has succeeded in promoting awareness and prevention, through the buy-in of Orthodox individuals and institutions, on a highly stigmatized subject: child abuse. Safety Kid -- a comprehensive child abuse prevention program for school staff, parents and children -- is designed specifically for Orthodox Jewish communities. Annually since 2015, over 1,000 students (ages 4-11), teachers, administrators and parents have participated in the program.

Women and girls who have a socially acceptable alternative addressing their own mental health -- internalizing others' expectations, ignoring anxiety or compartmentalizing trauma -- will helm healthier households and further their leadership in the community.

LETTER OF INTENT PROJECT BUDGET FORM

JEWISH FAMILY SERVICE - LEV DETROIT: GROUPS

PROJECT EXPENSES:	Total for the Project	Amount Requested from the JWF
Salaries	20,000	14,000
Payroll Taxes	1,700	1,020
Fringe Benefits	4,300	2,580
Consultants & Professional Fees		
Insurance		
Travel	800	500
Equipment		
Supplies	300	0
Printing & Copying		
Postage & Delivery		
Rent	1,500	900
Utilities		
Maintenance		
Evaluation		
Marketing	1,200	1,000
Other (<i>Specify</i>)		
TOTAL EXPENSES	29,800	20,000

SOURCES OF REVENUE:	(A) Pending Revenue	(B) Committed Revenue
Grants/Contracts/Contributions:		9,800
Jewish Women's Foundation	20,000	
Government		
Foundations		
Corporations		
Individuals		
Earned Income (<i>Admissions, Fees, etc</i>)		
In-Kind Support (<i>Indicate Source</i>)		
Other Revenue (<i>Specify</i>)		
SUBTOTAL REVENUE	20,000	9,800

(C) TOTAL REVENUE (A plus B)

29,800



JEWISH FAMILY SERVICE

BOARD OF DIRECTORS

2019-2020

OFFICERS AND EXECUTIVE COMMITTEE

Julie Teicher – Chairperson
Michael Berke – Vice Chairperson
Todd Schafer – Treasurer
Gail Danto – Secretary
Suzan F. Curhan – Immediate Past Chairperson
Marc Bakst
Dorothy Barak
Helen Katz
Mara Moss
Shelly Rubenfire
Amy Singer

BOARD

Michael Baum
Rhonda Brown
Beth Davidson
Rabbi Levi Dubov
Mickey Eizelman
Michelle Freeman
Jerry Frohlich
Bill Goldstein
Micki Grossman

Rabbi Marla Hornsten
Melissa Orley Lax
Danielle Newman
Randy Orley
Jason Page
Mark Picklo
Julie Rothstein
Avi Rubin

Sandy Schwartz
Nancy Solway
Erin Stiebel
Ellen Tabak
Renee Unger
Sara Voight
David Witten
Andi Wolfe
Margie Yaker

PAST PRESIDENTS

Susan Citrin
Marvin C. Daitch
Sandy Muskovitz Danto
Marcy Feldman
Janice B. Friedlander
Ed Gold

Amy Hoffman Haimann
Merle Harris
John E. Jacobs
Terran Leemis
John D. Marx
Mark Milgrom
Don Rochlen

Bernard Stollman
Sheldon Stone
Brent Triest
Stewart Weiner
Kathleen Wilson-Fink
Betsy G. Winkelman

**JEWISH FAMILY SERVICE
PREVIOUS JWF GRANTS**

Year	Amount	Project / Program
2001	3,000	Shalom Bayit (Domestic Abuse)
2003	7,500	Healing Waters
2004	7,900	Girls' Services at Yeshivas Darchei Torah
2005	5,000	Hannah's Sisters (Infertility)
2005	10,000	Out of the Shadows: Illuminating the Issue of Domestic Violence in the Jewish Community
2007	15,000	Caregiver Connections
2007	15,000	Mentors for Girls
2008	20,000	JCADA <i>Jewish Coalition Against Domestic Abuse</i>
2008	15,000	Mentors for Girls
2008	18,200	Women Helping Women
2008	20,000	Legal Referral Service - Legal Assistance Fund for Jewish Women
2009	8,700	Parents and Teens Telling the Truth (with Friendship House)
2009	15,000	Parent's Place: An Online Parenting Forum
2009	5,000	JCADA Training Project
2009	40,000	Emergency Financial Assistance
2009	20,000	Project Chessed for Prescription Drugs
2010	15,000	Cancer Resource Connection Mentoring Program
2010	9,000	JCADA Community Building Project
2010	15,000	Project Chessed Women's Heart Health Initiative
2010	12,000	Legal Referral Service / Volunteer Service
2011	11,320	Cancer Resources Connection Associate
2011	5,000	Project Build!
2011	15,000	Project Chessed Women's Heart Health Initiative
2011	10,775	Project Chessed's Prescription Drug Assistance Program (in partnership with Women's Philanthropy)
2011	8,475	Emergency Financial Assistance (in partnership with Women's Philanthropy)
2011	8,315	JCADA - Call to Action
2011	20,000	Legal Referral Service
2012	10,000	Cancer Outreach and Education
2012	10,000	JCADA - Take the Message Home
2012	17,000	Legal Referral Service
2013	18,850	Legal Referral Service (Challenge)
2013	18,850	Legal Referral Service
2013	14,550	JCADA - Into the Future
2014	15,000	JCADA - Moving Forward
2014	15,000	Legal Referral Service (3)
2015	18,340	Cancer Thrivers Network for Jewish Women (3)
2015	18,000	Caregiver Wellness
2015	15,000	Legal Referral Service
2015	15,000	JCADA (Jewish Coalition Against Domestic Abuse)
2016	10,000	Cancer Thrivers Network for Jewish Women (4)

**JEWISH FAMILY SERVICE
PREVIOUS JWF GRANTS**

Year	Amount	Project / Program
2016	27,000	Door Through Door Transportation
2016	15,000	Legal Referral Service
2016	15,000	JCADA (Jewish Coalition Against Domestic Abuse)
2017	10,000	A Single Soul Crisis Intervention & Prevention Training
2017	16,000	Addressing Chronic Disease Management Barriers
2017	10,000	Cancer Thrivers Network for Jewish Women - Women's Health Lecture Series <i>(provided by the Alfred & Sandra Sherman Women's Health Fund)</i>
2017	15,000	JCADA (Jewish Coalition Against Domestic Abuse)
2017	15,000	Legal Referral Service (Challenge)
2018	20,000	Addressing Chronic Disease Management Barriers
2018	10,000	Cancer Thrivers Network for Jewish Women - Women's Health Lecture Series <i>(provided by the Alfred & Sandra Sherman Women's Health Fund)</i>
2019	20,000	Cancer Thrivers Network for Jewish Women - Program Manager (Challenge)
2019	10,000	Cancer Thrivers Network for Jewish Women - Women's Health Lecture Series <i>(provided by the Alfred & Sandra Sherman Women's Health Fund)</i>