

# CRC Infrastructure Sub-Committee

## Project Identification Template and Instructions

### Project Identification Template

**Instructions:** Please complete all of the information requested with the best information you have available. Limited attachments are acceptable if necessary to adequately describe the project but the **total length should be limited to 6 pages** one-sided (including attachments). This Identification Template is intended as a preliminary mechanism by which proposals and projects to improve the resiliency of Coastal Alabama are solicited and captured with some consistency of format, scope definition, and project benefits and impact. **This is only a first step: proposals and projects will not be funded based upon this submittal. Further information and details will be solicited at such time as the screening and funding process is more fully defined.**

Responses should be received by **December 7, 2010**, to be included in the appendix the Coastal Recovery Commission Report to the Governor to be submitted December 15, 2010. Submittals after that date will be accepted for consideration but will not be included in the Project Appendix.

Completed Templates may be submitted:

- Electronically (.pdf preferred) to:  
[crcalabama.templateresponse@gmail.com](mailto:crcalabama.templateresponse@gmail.com)
- By US mail to: Coastal Recovery Commission,  
P.O. Box 881, Mobile, AL 36601-0881

### I. What – Project Information/Basic Facts

1. Project Scope To provide a resiliency and recovery resource center for psychosocial needs and coordination of existing programs, as well as expansion of ongoing projects to include psychological services, faith-based programs, stress management and resiliency workshops, economic and claims filing resources, social service resources, integrative healthcare and Peer Listening trainings and support groups.  
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2. Project duration or schedule by phase and status of any work in progress One year with community sustainability beyond that via non for profit status and community

sustainability. Ongoing quantitative and qualitative pre-post data will be collected to measure the effectiveness and utility of the services, as well as an initial needs assessment.

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2.1. Conceptual and Feasibility Planning, Engineering, Construction Rental space of a building or resource center space is needed, but no construction. I can utilize my existing office equipment and furnishings, will collaborate with existing agencies and resources already providing psychological, social, and faith-based services, as well as financial and claims based consultants all in one space.

3. Estimated Cost (plus or minus 30%) \$150,000

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3.1. Indicate level of confidence in accuracy of these estimates 95%

## **II. Why – Project Description relative to Impact and Criteria**

1. Identify what need, threat or opportunity that this project, study, or recommendation will address A Healthy Society. Valdez research and your Coastal Recovery Commission report has already identified psychological and psychosocial sequelae both short-and long-term for community members and their families post oil spill. These can include serious problems such as depression, domestic violence, substance abuse, suicide, and anxiety disorders, outside of the “normal” stress of dealing with such tragedy and change. These disorders are also risk factors for stress and behavior- based medical disorders such as obesity, cardiac issues, hypertension, and other stress related disorders. This project would be an integrated resource center meeting all these needs in coordination/collaboration with existing local agencies for “one stop shopping” and alleviate the stress of individuals finding and utilizing the resources in the community, including psychological, social services, medical, financial, and faith-based services targeting these issues. It would also add empirically supported resiliency, mindfulness, and stress management workshops, individual counseling, and other resiliency tools for adults and children in the community. The project includes community presentations and educational materials distributed to schools, faith-based organizations, and other groups in their community settings. It will be a pre-post measured outcome study utilizing psychometrically sound instruments. It also involves Peer Listening training (already ongoing via Seagrant Consortium) for community sustainability and engagement (which research has shown works) even after the one year start up phase. It is an integrated preventative and intervention mental healthcare model.

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2. How does this project or recommendation address and impact the recommended evaluation criteria:

2.1.1. Coastal Recovery Impacts psychosocial recovery from oilspill and hurricanes, both economic and psychological sequelae.

2.1.2. Resiliency This program utilizes a resiliency model based on the American Psychological Association model developed and researched post 911 for both children and adults.

2.1.3. Transformational This is transformational in that the resource center will be based on an Eden/ Greenhouse model (proven efficacious in nursing home settings), will integrate many disciplines and community resources, and will focus on outreach in the communities in addition to the resource center. All programs will be measured empirically via quantitative and qualitative data and presented to the community as well as published in scientific journals. It will be the state of the art model of health and wellness in the resiliency research.

2.1.4. Regionalism The resource center would be very gulfcentric, as would be all the materials (I am writing a children's book on resiliency for hurricanes and the oilspill) and the peer listening materials were just revised by Seagrant to be gulfcentric. All the resources and collaboration would be local and integrative.

2.1.5. Economic Diversification All resources will be available to everyone and would be integrative of many disciplines and target many subpopulations of our community.

3. Project Economics Expenses include space for a resource center and staffing for a coordinator to be at the resource center to schedule and organize activities and workshops, answer calls and emails, meet with community members, organize educational materials for community members to obtain, and have a space for support group meetings, stress management, resiliency, and mindfulness/ mind-body workshops. Trained volunteers or staff members can also go out in the community to schools, community centers, etc to do outreach activities. Other groups such as claims and financial advisors, faith-based groups, perhaps a one day a week physician etc will also have schedules to utilize the resource center space free of charge in order to meet the needs of community members and build a balanced sense of

wellness and resiliency, as well as integrative healthcare in an Eden home environment.

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4. Identify Direct Project benefits to Coastal Alabama, including avoided costs, consequence of “No Build” alternative. Will use existing resources and infrastructure, just coordinate and collaborate them in a way that they are more accessible to the community, teaching people that being resilient and finding resources does not also have to be stressful, and creating a peer listening and peer counseling infrastructure that grow into the communities beyond the resource center. We are “building” nothing but coordinating everything. We will need existing space to rent to create our Eden/Greenhouse environment inside (cost effective and “green”).
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4.1. Impact on employment, job training and development, both short term and permanent \_\_\_\_  
Healthier individuals would be better able psychologically (and medically) to be open to job training, development, and employment, even outside their original occupation. Vocational rehabilitation services could be linked as part of the programming.

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4.2. Oil spill mitigation outside of claims process none - although information to community members about where to go/what to do to get claims and financial assistance will be a part of the services offered.

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5. Identify Indirect benefits and costs

5.1. Collateral Benefits to the objectives of Healthy Environment, Healthy Economy and Healthy Society (subjective responses allowed) This proposal greatly benefits objectives of Healthy Society including greater access to mental health care, addresses behavior-related trends that contribute to chronic medical disease through stress management, self-care emphasis and mind-body connection workshops, coordinates primary care, mental health care, and faith-based services, addresses underlying mental health issues via needs assessment and outcome research. My perception is that many great programs are going on in the area- just that no one is coordinating them and many residents don’t know what they are, how to access them, and how to integrate them into their lives to promote psychological health and resiliency and protect against medical health problems as a result of chronic stress and behavioral problems.

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5.2. Collateral Costs or impacts to the objectives of Healthy Environment, Healthy Economy and Healthy Society ( subjective responses allowed) none

5.3. Connectivity and Linkage to other projects or initiatives: Does this project complement or compete with other projects? What other projects would be precluded if this project is funded? \_\_\_\_\_ This complements Seagrant Consortium's Peer Listening program, which is already funded by them in the short term. I don't foresee how it could preclude or compete with other projects- it would actually refer people to appropriate projects and existing mental health, medical healthcare, social service, and faith-based resources in the area, as needed. It integrates the resources and refers them to appropriate providers and programs.

### III. Who/How - General Information

1. Name and contact information for Entity, Collaboration or Person submitting project or recommendation nomination. Bethany Lohr, Ph.D. Clinical Psychologist drbethanylohr@gmail.com. 455 East Beach Blvd #1513 Gulf Shores, AL 36542 931.273.8162

I have been in collaboration with Seagrant Consortium, Alabama Psychological Association, Altapointe Mental Health, Baldwin County Mental Health, and MS Coastal Family Health on the peer listening project, along with Dr. Steve Picou of University of South Alabama. I would foresee great community support and no hurdles to collaboration as the center would be a referral source to community agencies.

*1.1. Entities and communities sharing a common threat or need are encouraged to collaborate for a joint/combined project submittal to raise the profile of the issue and solution to be addressed. Also please indicate the level of community support or resistance and hurdles to collaboration.*

2. Identify Sponsoring Entity for oversight and accountability if different from above.

2.1. Existing or to be created? I am founding a non for profit : Gulfcoast Resiliency and Recovery Association.

2.1.1. If to be created, what parties or interests must be involved and what level of effort is required to do so? I have a board of directors and am in the process of founding the non for profit. I can do this project through my University institution beforehand but would prefer to start it without that indirect cost overhead.

- 2.2. Describe governance, organizational capacity, availability of skills, experience of sponsoring entity to implement the Project I am a clinical psychologist and have been the President of the TN Psychological Association and the Alzheimer's Association, as well as served on many other Board of Directors. I have taught at a University and had a private practice for 12 years, so I have excellent clinical, interpersonal, organization, financial, teaching, and outreach skills. My board members are experienced and have a wide variety of skills and experience in non for profit work and scientific research as well as in the helping professions (e.g. the treasurer is an Episcopal priest).
- 2.3. Project complexity: Hurdles and barriers to project implementation, completion and sustainability. Identify regulatory issues. Finding appropriate, affordable, and accessible space for the resource center to all community members in Baldwin county.
3. Identify any known or anticipated administrative, regulatory, or legislative action that would be required at either the local, state, or federal governmental level. Setting up the non for profit (in progress) by the end of the initial year period.
4. Requested funding from Coastal Recovery Fund (CRF) \$150,000
5. Identified potential funding sources other than the CRF I have applied for several other small grants from private institutions. I am applying for another grant from Seagrant consortium due Feb 25.
- 5.1. Leverage or multiplier on CRF investment: matching funds, public or private none
- 5.2. Public Private Opportunities, user fees, Federal funds, private foundation grants, bonding capacity, etc. none yet
6. Forecast of ongoing maintenance or operating costs and source of funding if not self sustaining I hope it will be self sustaining after one year.