

The Blue Bench

Request for Proposal

A. Statement of Purpose

The Blue Bench's mission is to eliminate sexual assault and diminish the impact it has on individuals, their loved ones and our community through comprehensive issue advocacy, prevention and care. The Blue Bench has a 30 plus year history of providing trauma informed services to victims of sexual assault in the Denver Metro area. This proposal is in response to funding received through a Victims of Crime Assistance (VOCA) grant to be completed by April 2017. The purpose of this RFP is to recruit an expert in trauma informed care and culturally relevant, bi-lingual service provisions, especially as it relates to the Latin@ community. Tasks include recommendations on best practice approaches to meeting the needs of this population and improved means of communication. Products will include development of culturally and linguistically relevant written/website materials and curriculum design. Interested candidates should submit proposals by September 30, 2016. (See details for submission below.) The Maximum budget is \$34,425

B. Background Information

The Blue Bench provides comprehensive services to victims of sexual assault including 24-hour hotline and hospital response, case management and criminal justice support and therapy. These services are provided in both English and Spanish, as is individual therapy. The therapy services include both short and long term individual and group sessions. This proposal is looking specifically at the group component of services. Current groups offered in English include:

Begin with Hope: A skills group for adult survivors of sexual assault. This is a 6-week ongoing group for female-identified survivors of sexual assault (ages 18 and up), who are in the beginning stages of their healing. This therapist led, module based group covers six skills for coping, emotion regulation and self-care, as well as provides psycho-education on the effects of trauma.

Rising Above: A group for adult survivors of childhood sexual abuse. This is a 24-week, closed* group for female-identified survivors of child sexual abuse and/or incest (ages 18 and up). This therapist led, curriculum-based group focuses on understanding the effects of childhood sexual abuse, building skills, telling your story in a safe environment, connecting with other survivors, and going from surviving to thriving.

Stand Up, Speak Out: A group for adult survivors of an adult sexual assault. This is a 16 week, closed* group for female-identified survivors of an adult sexual assault (ages 18 and up). This therapist led, curriculum-based group focuses on managing your triggers, telling your story in a safe environment, connecting with other survivors and using mindfulness to create balance.

Standing Strong: A group for teen survivors of sexual assault. This is a 12-16 week, closed* group for female-identified survivors of sexual assault or abuse (ages 13 to 18). This therapist led, curriculum-based group focuses on trauma recovery, storytelling, strength building and coping skills. (Note: Crime must have been reported if survivor is under 18 years old.)

Breaking the Silence: A Men's group for survivors of sexual assault. This is a 16-week, closed* group for male-identified survivors of sexual assault (ages 18 and up). This therapist led, curriculum-based group focuses on male messages, relationship and trust issues, emotional awareness, trauma recovery, and setting life goals.

Someone I Love: A workshop for family and friends of sexual assault survivors. This 3-hour workshop is designed for partners, family and friends (ages 17 and up) of sexual assault survivors. This therapist led, curriculum-based workshop focuses on understanding trauma, helping a loved one and answering the question: "What About Me?" (Note: this workshop is not intended for survivors or service providers.)

Additionally, this proposal is looking at how we best communicate with and engage the Latin@ community, and is therefore looking specifically at our website and written material that is available and provided to clients: Current materials include: website (www.thebluebench.org), hotline cards and brochures and flyers. There is a section on our website that has been translated into Spanish as has our "Healing is Possible" Brochure and a portion of the Hotline Card.

The Blue Bench is the only organization of its type to offer this life-changing service at low/no cost in the metro Denver area. This is extremely important for individuals who cannot afford therapy, with 70% of our clients having a household income of \$35,000 or less. The ethnicities of survivors served are 51% White; 25% Hispanic; 7% African American; 6% Multi-Racial; 2% Asian, 1% Native American and 8% Unknown Race.

C. Tasks to be Accomplished

Task 1: Review current group and workshop curriculums and consult with Clinical Team to have a full understanding of current service provision.

Task 2: Complete literature review and in-depth research for evidence based/promising culturally relevant practices for models of trauma informed groups specific to Latin@ survivors of sexual assault and their loved ones.

Task 3: Consult with designated staff and review website and relevant written material to gain a full understanding of current material used with/for clients.

Timeline: November through December 2016

Task 4: Make recommendations and work with Clinical Staff/Director of Client Services to determine direction for adapting curriculum(s).

Task 5: Make recommendations and work with designated staff to determine direction for adapting website and written material.

Timeline: January 2017

Task 6: Modify curriculum(s) as needed to ensure The Blue Bench has the means to begin implementation.

Task 7: Work with designated staff to modify and implement changes to website and written material.

Timeline: February 2016 through March, 2017

Task 8: Meet with designated staff and Clinical Team to review implementation of curriculum(s), website and written material, and make adjustments as needed.

Timeline: March through April 2017

Summary of Deliverables

All deliverables are due by the end of the period of performance.

1. Research to support recommendations to adaptations of curriculum, website and written material.
2. Completed Handbooks for each of the curriculums adapted.
3. Background descriptions with sources to be used to apply for grant funding.
4. Clear recommendations of changes to website and written material.

D. Contract Details

This section provides details that a potential consultant would want to know up-front.

- This contract is for November 2016 through April 2017. There is no chance for renewal.

The maximum fee for this scope of work is \$34,425. One tenth of the project will be paid when the contract is signed. Monthly payments will continue throughout the project if timelines are being met with adequate performance. Final payment will be made when work is completed prior to April 30, 2017.

E. How to Submit a Proposal

Please submit the following no later than September 30, 2016 to Jacquelyn Aamodt, Director of Client Services, The Blue Bench, PO Box 18951 Denver, Colorado 80203 or jaamodt@thebluebench.org. Electronic versions welcome.

1. Qualifications and experience for completing the tasks of this contract. Should include, but is not limited to: clinical degree; experience with providing trauma informed care (preferably with survivors of sexual assault); expertise with therapeutic groups; strong understanding of and experience with the Latin@ community; and marketing and curricula design experience.
2. A description of how you will carry out the tasks outlined above.
3. A summary of your recent and relevant projects.
4. A firm estimate of the fees to be charged and an estimate of expenses that would be incurred.
5. Resumes of all consultants who would be involved in the project.
6. Names, phone numbers, and email addresses of individuals at three nonprofit organizations who have been your clients during the last eighteen months and whom we can contact as references.

The Blue Bench will hold interviews with finalists in the beginning of October 2016. If you have questions, please email them jaamodt@thebluebench.org.