
	<h2>LiGHT Grant Application 2024</h2>	
	<p>2024 LiGHT Grant Cover Form and Guidelines</p>	

Name of individual, group or organization: Cancer Services of Northeast Indiana

Contact name(s): Stacey Stumpf

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Phone number: (260) 484-9590 Email Address: sstumpf@cancer-services.org

Name of the program as it would appear on the grant award: _____

2024 Mental Health and Emotional Support for Mothers with Cancer in Well County

Describe who the grant award will serve and approximate number affected: This grant will serve mothers with cancer and their families, especially children. It will serve approximately 16 families.

Dollar amount requested: \$1,200.00

Would the program be offered if only a *partial* grant from LiGHT is made? Yes

Summary paragraph of the grant award requested: This program provides mental health counseling and emotional

➤ May be utilized for part of the presentation.

support to mothers who have cancer as well as their families - especially their children. One of the most heartbreaking

challenges of cancer is the impact it has on children. This program provides the support mothers need to help them

and their children through cancer.

Complete all requested items below:

- 1) This Cover Form
- 2) Project Narrative, 1-5 pages typed, including:
 - What need in the Community will this program address? Give evidence to substantiate your request. (i.e., data, letters of recommendation, etc.)
 - What do you want to do?
 - What is your timeline?
 - What results do you expect?
 - If partnering with other organizations, please list.
 - Describe the program and tell how the funds from the grant will be used based on your budget
 - Signature page: To include endorsement of the project or program by the requesting agency's Board of Directors. This page must include a signature of the Board president.
- 3) Detailed budget

LiGHT Grant Application 2024
Cancer Services of Northeast Indiana
Mental Health and Emotional Support for Mothers with Cancer Project Narrative
September 2024

Program: Mental Health and Emotional Support for Mothers with Cancer in Wells County

Amount Requested: \$1,200

Community Need Addressed:

Cancer Services of Northeast Indiana is requesting funding support for our Mental Health and Emotional Support Program for mothers with cancer.

This program ensures that mothers, often the primary caregiver in the family, have access to affordable mental health counseling, emotional support, and wellness opportunities when facing cancer. The program ensures vulnerable individuals – especially low-income, uninsured, and underinsured – have access to high-quality mental health care provided by highly-skilled professionals.

Research from the National Cancer Institute found that about 25% of cancer survivors experience depression symptoms, 45% experience anxiety and many also experience Post-Traumatic Stress Disorder. The same study found that cancer survivors are twice as likely to commit suicide when compared to the general population. However, stigma, lack of awareness and lack of access mental health services remain significant obstacles to cancer patients accessing appropriate support services.

Anyone facing a life-threatening illness needs emotional support and benefits from learning healthy coping strategies and effective stress-reduction techniques. Our educational classes and one-to-one consultations with a client advocate help families learn how they can improve their physical and mental wellness and how they can find solutions to challenging problems that are causing stress.

Many cancer patients also need therapeutic mental health counseling. This program provides cancer patients with short-term counseling to address issues arising from their cancer diagnosis, e.g., anxiety, depression, fear, or patients sensing a loss of control.

Timeline:

Mental Health and Emotional Support for Mothers with Cancer is an ongoing program for clients. When a client comes to Cancer Services of Northeast Indiana, they will be connected to a professional client. The advocate will complete an assessment of the client's mental health needs and the appropriate intervention using a specialized screening tool. This screening determines if the client's needs will be successfully met through emotional support services, including problem-solving discussions with their client advocate, participation in a support group, or if the client needs therapeutic mental health counseling. The advocate will also refer the client and their family members to appropriate wellness activities to support their mental and physical wellbeing.

All clients are surveyed soon after registration and then again several weeks later to measure program efficacy. Additionally, health counselors will use a variety of assessment tools depending on the client's age. We will use the PedsQL Quality of Life Inventory with an accompanying PedsQL Parental Report for pediatric clients. We use age-

appropriate versions of the report depending on the age and cognitive abilities of the child. For adults we use the McGill Quality of Life Inventory. These measurement tools are used before counseling begins (baseline assessment) and then after intervention and towards the end of counseling to measure progress.

Expected Results:

As a result of this program, families facing cancer will have access to affordable mental health counseling, emotional support, and wellness opportunities when facing cancer.

The program will:

1. Provide greater access to mental healthcare – especially individuals who have low-income, are uninsured or underinsured.
2. Improved psycho-social and spiritual support to empower individuals to make meaning of their cancer experience and their life in general.
3. Stress reduction and the ability to adopt coping strategies and knowledge gained through emotional support and participation in wellness opportunities.


Project Description:

The Mental Health and Emotional Support for Mothers with Cancer Program will provide families affected by cancer with mental health, emotional support, and wellness opportunities, such as support groups, recreational activities, and oncology massage.

This program will ensure that families in Wells County that are affected by cancer have the support they need to reduce the emotional burden of cancer.

All the funds received from the LiGHT Grant will be used to support Mental Health and Emotional Support for Mothers with Cancer Program. Please see the attached budget for further information.

LiGHT Grant Application 2024
Signature Page

Board Chair:  Date: 9/10/2024
Diane Calinski, Ph.D.

LiGHT Grant Application 2024
Wells County Mental Health and Emotional Support Program
Detailed Budget

Source of Funds	Amount	Percent of Total Project
Your organization's contributions	\$34,358	97%
Amount Requesting from LiGHT	\$1,200	3%
TOTAL <u>SOURCE OF FUNDS</u> FOR THIS PROJECT/PROGRAM	\$35,558	100%
Project/Program Expenses Item	Amount	Percent of Total Project
Mental Health Counseling	\$1,200	3%
Client Advocacy and Emotional Support	\$33,000	92%
Professional Certifications	\$54	1%
Cancer Survivorship Support & Education	\$1,304	4%
TOTAL <u>EXPENSES</u> FOR THIS PROJECT/PROGRAM	\$35,558	100%