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Cynthia Ocampo

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Self-Care Workshop for Residents at Mariposa House

Cynthia Ocampo

Monarch Services & Maria Barranco

Collaborative Health & Human Services

Department of Health Human Services and Public Policy

California State University Monterey Bay

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Author Note

Cynthia Ocampo, Department of Health Human Services and Public Policy, California State University Monterey Bay. This research was supported by Monarch Services. Correspondence concerning this report should be addressed to Cynthia Ocampo. California State University Monterey Bay, 100 Campus Center, Seaside, CA, 93955. Contact: cocampo@csumb.edu

Final Capstone Project Title and Abstract**Self-Care Workshop for Residents at the Mariposa House**

Monarch Services is a nonprofit organization that primarily serves survivors of Domestic Violence, Sexual Assault, and Human Trafficking, in the Santa Cruz County. The agency mission statement is to live free from violence and abuse. The macro-level problem is survivors of domestic violence, sexual assault, and human trafficking have an increased risk of trauma symptoms. The micro-level problem is survivors of these traumatic experiences who live at the Mariposa House lack self-care. The purpose of this project is to create a curriculum and deliver an educational intervention for the Mariposa House residents to increase an awareness and ability to practice self-care activities. The findings showed individuals who participated in the workshop found it to be helpful to learn about self-care, individuals found the activities to be grounding. Some recommendations include the activities to be child friendly, find a time where all residents can participate, and having a set schedule for the workshops.

Keywords:

self-care, activities, curriculum, practicing, workshop

Agency Information and Partnering Organizations

Monarch Services is a non profit organization located in Santa Cruz County that provides services to individuals who have experienced domestic violence, sexual assault, and human trafficking. In 1987, the agency became one of the first Rape Crisis Centers to be funded in California and was instrumental in developing and implementing one of the first Sexual Assault Response Team (SART) in the nation (Monarch Services, 2016).

The mission of Monarch Services is to help people live free from violence and abuse. “Their vision is to empower individuals, families and our communities to take action against violence and abuse.” The agency’s value is “committed to serving everyone in our community, with a special commitment to women, youth, children, Latinas and other underserved groups.” They are committed to working together with the community with respect, trust, integrity, accountability and mutual support. They are also committed to communicating openly, honestly and responsibly to the individuals who they serve. The agency values our staff, volunteer and Board commitment to our clients, to quality services and to social change. Lastly, Monarch Services is committed to serving as leaders for social change for the benefit of the community through advocacy, shaping policy and collaborating with community partners (Monarch Services, 2016). Monarch Services is targeted to help individuals and families impacted by domestic violence, sexual assault, and human trafficking in the Santa Cruz County.

The agency provides a variety of services to the community. The Children and Youth Program focuses on children ages four to seventeen and includes educational and individual counseling services to help them understand domestic violence is not their fault, teach them coping skills and unlearn behaviors that can continue the cycle of violence. Crisis Intervention provides one-on-one counseling for adults, advocates who will help clients develop a safety plan and refer them to different agencies for additional services. In addition to one-on-one counseling, a bilingual support group is also held. Weekly support

groups are also held for Spanish and English speakers. The prevention program is offered to the community as a whole where advocates go to high schools and middle schools to teach them about teen dating violence and where to seek help. The On-Call program is a 24/7 crisis line for individuals who can call for services from Monarch or to learn about other agencies' services. The emergency shelter also known as the Mariposa House provides shelter to women and children who are survivors of domestic violence, sexual assault and human trafficking (Monarch Services, 2016)

During this time of Covid-19 the agency has experienced some challenges. Before the pandemic, the support groups were held in person, however during this time support groups are now via zoom. This has become a huge challenge for clients because some of them are not aware of how to use technology or do not have stable internet access. Another challenge is advocates can no longer meet with clients in person. The interaction is not the same as meeting with someone in person rather than over the phone. Slowly, in-person interactions are happening with the Covid-19 protocols for the safety of clients and advocates.

Monarch Services has many community partners. The Homeless Garden Project Farms provides Monarch Services with vegetables and fruits once a week for residents of Mariposa House. The second community partner is GoKids which helps residents at the Mariposa House find childcare in the area by providing clients with a list of childcare providers and their availability for them to find what works best with their schedule. Another community partner is Hope's Closet that provides clothing and baby equipment for children and families in need in Santa Cruz County.

The primary funding sources for the agency are through government grants and private donations from the community. One of their major government funders is the California Office of Emergency Services and Caroline's Nonprofit Thrift Shop that provides donations for programs. Other sources of funding are

from in-kind donations from the community that may include supplies for the clients such as food (Annual Report, 2020).

Communities Served: Demographic Profile and Needs Analysis

The agency provides services for individuals of all genders and ages, who have experienced domestic violence, sexual assault, and human trafficking in the Santa Cruz County. Table one shows what percentages of demographic Monarch Services serve.

Table 1. Demographic Profile of Monarch Services’ Clients (2020)

Ages	
0-18	21%
19-24	9%
25-59	65%
60+	5%

Women are more likely to seek services and programs for domestic violence, sexual assault, and human trafficking. According to Monarch Services (2016), 90% are women seeking services, nine percent are men, and one percent is nonbinary. 51% are Latino survivors seeking services and 17% are White (Annual Report, 2020). Lastly, Monarch Services keeps data of education level from clients. There are 20% who have a Bachelor's degree, 14% who have an Associates degree from some college, and 21% who graduate from highschool (Annual Report, 2020).

Domestic Violence, sexual assault, and human trafficking are not only county issues, but also statewide issues. According to National Coalition Against Domestic Violence (NCADV) (2020), 34.9% of California women and 31.1% of California men experience intimate partner physical violence and sexual violence. In the United States nearly three in ten women (29%) and one in ten men (10%) in the US have experienced

physical and sexual violence. According to NCADV (2020), women ages 18 to 24 and 25 to 34 experience the highest rates of intimate partner violence. Domestic Violence is an issue that can affect everyone at any age. Monarch Services is available to all individuals in the county to help decrease the number of people affected by abuse.

Monarch Services is becoming well known within Santa Cruz County because the agency has a prevention team that goes out into the community and discusses agency services. For instance, the prevention team goes to local high schools and explains available services. The prevention team also does tabling events in the community so people can become informed about Monarch Services. The Mariposa House is the only confidential shelter in Santa Cruz County which also helps the agency get involved with other shelters in the community. Monarch Services is also connected with other agencies to best support clients with additional resources that they can benefit from.

Capstone Project Description & Justification

Project title: Self-Care Workshop for Residents at Mariposa House

Description:

The practice of self-care helps reduce any feeling of anxiety, stress, and any feeling of overwhelmedness. According to Narasimhan (2019), “Given the potential to enhance health and wellbeing, self care is an important component of people-centered care. A people-centered framing emphasizes psychological, empowerment, and self fulfillment needs, placing less emphasis on technical activities and instead looking at self care in terms of capacities, building on a person’s “health assets,” both as a condition for and a product of the practice of self care.” Not only does practicing self care reduce health issues, but it will also help individuals feel empowered. The problem that will be targeting in this project are survivors of domestic violence, sexual assault, and human trafficking who live in the Mariposa House who lack in

self-care practices. In 2020, there were 4,110 numbers of shelter beds provided (Annual Report, 2020). Having self-care workshops that promote practicing self-care will allow clients to become comfortable practicing on their own.

Stakeholders:

The stakeholders for this project will be the residents who are living in the Mariposa House as well as staff members who wish to participate. The residents who wish to participate in the self-care workshop because it is a time to de-stress and to not focus on any other issues that may be happening in their lives. The residents at the Mariposa House are constantly working or doing other tasks and forget to take a moment for themselves.

Primary purpose:

This project will implement a self-care workshop where residents at the Mariposa House can practice self-care. The workshops will be voluntary for residents but strongly encouraged for all to participate. According to the World Health Organization (WHO), self care is “the ability of individuals, families and communities to promote health, prevent diseases, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” This workshop will be an hour long. The time that will be spent together will be a safe and supportive environment that will be created so residents can feel comfortable and relaxed to explore self-care techniques. The problem that I will be targeting in this project is survivors of domestic violence, sexual assault, & human trafficking who live in the Mariposa House lack in self-care practices. Having self-care workshops that promote practicing self-care will allow clients to become aware of techniques.

A short term goal from this project will be that the current residents at the house will practice self-care and learn self-care techniques. A long term goal will be having a positive impact on their mental

health. According to Horta (2018), Specifically in relation to victims of violence, studies indicate that therapeutic interventions based on Mindfulness may lead to a general reduction of symptoms and promote positive changes in behavior. Studies have shown there have been positive outcomes practicing mindfulness.

The people who are at the Mariposa House are individuals and families who have experienced domestic violence, sexual assault, and human trafficking. International studies show that violence against women can result in many negative effects for them, as women victims of violence experience increased physical and mental disorders (Ghahari et al, 2017).

The goal of this project is to help clients de-stress during their stay at the house and hopefully be able to practice self care when they are transitioning out of the house into their own. The workshop will be conducted in person with the residents along with the Covid-19 protocols being followed. According to Kendall Morgan (2019), once one learns how to practice, the tools and the benefits will be available throughout life. The success of this project will hopefully spark the resident's interest in self-care tools that they enjoy and practice on their own. In addition, practicing self care can help reduce stress, anxiety, and depression that is caused by violence.

Problem Analysis:

The micro-level problem is survivors of domestic violence, sexual assault, & human trafficking who live in the Mariposa House lack knowledge about self-care practices. Some contributing factors of this issue is lack of knowledge and skills in self-care, not putting self-care as a priority, and residents at the house feeling overwhelmed with multiple tasks they need to accomplish. The consequences of not addressing this issue include an increase in mental health disorders for residents at the Mariposa House and clients not accomplishing their goals due to feeling stressed or overwhelmed. According to Healthtalk.org, "Even after leaving the relationship, women described experiencing panic attacks, had flashbacks or nightmares,

self-harmed, and suffered from post-traumatic stress syndrome.” Having a self-care workshop at the Mariposa House will help decrease mental health disorders.

The macro-level problem is survivors of domestic violence, human trafficking, & sexual assault have increased risk for trauma symptoms. According to the Women's advocate (2020), “On average, more than half of the women seen in mental health settings are being or have been abused by an intimate partner.” The contributing factors of this macro-level issue is clients are in a domestic violence relationship and domestic violence survivors have a limited to no support system. The consequences of this issue are an increase in mental health disorders, clients will not seek services, and the cycle of violence will continue. Monarch Services is available to those who have experienced domestic violence, sexual assault, and human trafficking in the community and all services provided are free of cost.

Figure 1. Problem Model Template:

Figure 1. Problem Model Template		
CONTRIBUTING FACTORS TO AGENCY PROBLEM	AGENCY-SPECIFIC “MICRO-LEVEL” PROBLEM STATEMENT	CONSEQUENCES TO AGENCY/CLIENTS IF PROBLEM IS NOT ADDRESSED
Lack of knowledge and skills	Survivors of Domestic Violence, Sexual Assault, & Human Trafficking who live in the Mariposa House lack in self-care	Increase in mental health
Not putting self-care as a priority		Survivors not meeting their goals
Feeling overwhelmed with the goals they want to accomplish		Survivors not seeking for help
CONTRIBUTING FACTORS TO BROADER PROBLEM	BROADER “MACRO-LEVEL” HEALTH OR SOCIAL PROBLEM STATEMENT	CONSEQUENCES TO SOCIETY IF PROBLEM IS NOT ADDRESSED
Individuals are in a domestic violence relationship	Survivors of Domestic Violence, Human Trafficking, & Sexual Assault have increased risk for trauma symptoms.	Increase of mental health
Lack of support system		Clients not seeking services
History of abuse		Cycle of abuse continues

The implementation plan will include developing a curriculum for residents at the Mariposa House. The curriculum will include activities that will help promote self-care in the Mariposa House. Some self-care examples will be learning how to do yoga, art activities, breathing activities. During this process of developing a curriculum, I will do research on best practices to see if there are any examples of successful self-care workshops for shelter residents that can provide ideas on the types of activities to include in this project. For instance, one study found that when mindfulness practice is combined with meditation, the benefits are numerous, such as reduction in stress, anxiety, depression, and other psychological disorders. This yields higher self-awareness and well-being, as well as improved mental clarity (Davis & Hayes, 2011; Sansone & Sansone, 2009). Mindfulness intervention has been shown to be effective when serving individuals who have been in an intimate partner relationship.

In addition to the ongoing research for this project, a survey will be developed for the Mariposa House residents to determine the best times/days to meet, and what types of self-care and how often they currently practice such techniques. Based on the survey findings, workshop topics will include resident's ideas on self care. All activities will happen in person therefore finding a location will be an important step in preparing for the workshop.

The participants in this project will include all residents at the Mariposa House and staff members. I will also be a part of this project since I will be facilitating the workshop activities. My mentor and staff members will provide support on how to best support the residents and provide feedback on the overall project. The residents in the house will decide on participating in the activities and join if they wish to. Staff members are more than welcome to join in the activities if they have time to do so. Residents who attend will join the group meetings once a week and do an activity that will be chosen for that week. For instance,

one week can be art activities and the following week will be yoga. Every week there will be a different topic based on the feedback from the survey.

Some potential challenges may include the time schedule for everyone. All the Mariposa House residents have different times and availability. The difficult part will be finding the right time and day to implement the self-care workshop.

Scope of Work and Timeline:

The major phases that will be completed in the project will be the planning of the project. Figuring out what type of project I will be conducting will be the first priority that will be done by November 2021. Such as conducting research, creating a survey to see what the Mariposa House residents would like to have in the self-care workshop will also be done by December 2021. Moving forward the implementation of the project will be completed. A self-care curriculum will be finalized as well based on the findings of the survey. Once the self-care workshop has been established an interview will be conducted to see the satisfaction of the workshop in February 2022. Lastly, a final report will be conducted and presented at the Capstone festival in May 2022.

Figure 2: Scope of Work Table:

Phases		Activities		Deliverables	Timeline
1	Select capstone project	1.1	Discuss capstone project ideas with mentor and agency staff	Generate a list of capstone project ideas.	Sept 2020
		1.2	Discuss capstone project ideas with mentor and agency staff	Submit a list of ideas and final project option to mentor for review/approval	Oct 2020
2	Plan project	2.1	Research best Practice on self-care in DV survivors	Submit mentor with best practices	Nov 2021
		2.2	Develop survey	Submit a draft curriculum to mentor for review/ approval	Nov 2021
			Plan for in-person Find Location	Submit location to mentor	Dec 2021
			Pass out survey to residents	Submit data to mentor to have a discussion	Dec 2021
			Analyze survey responses/data for input to curriculum	Submit draft curriculum content	Dec 2021
3	Implement project	3.1	Develop draft curriculum	Submit a draft curriculum to mentor for review/ approval	Dec 2021
		3.2	Finalize and implement curriculum	Submit report or notes from the self-care workshop	Feb 2022
		3.3	Finalize curriculum with mentor	Submit final curriculum to mentor for review and approval	Feb 2021
		4.1	Conduct interviews with residents and staff re satisfaction of workshop	Submit data to mentor to have a discussion	Feb 2021
4	Assess project	4.2	Make modification if needed	Submit data to mentor to discuss modification	Mar 2021
5	Report on project findings	5.1	Prepare capstone presentation in selected format	Present at Dress Rehearsal for grading	April 2022
		5.2	Final preparation for Capstone Festival	Final Capstone Festival presentation!	May 2022
		5.3	Complete reporting requirements	Final agency and capstone reports	May 2022

Project Assessment Plan

The project is an educational intervention that was delivered in a workshop to promote self-care among the residents at Mariposa House. The short term outcome is to increase awareness of the importance of self-care. The long term outcome will have positive impacts on their mental health such as when feeling anxious or overwhelmed they are able to practice techniques that can help them ground themselves. The outcome measure is to increase awareness of self-care and help them gain knowledge and tools. The assessment method will include a pre- and post- survey to collect data about what participants already knew about self-care prior to the workshop and what knowledge they gained after completing the workshop. Also, the data collected from the survey will determine how effective the self-care workshops were implemented at the Mariposa House.

Short term outcome	Intermediate outcome	Long Term outcome
Increase awareness of the importance of self-care	Reduce trauma symptoms such as stress and anxiety that results from increasing awareness of self-care	when feeling anxious or overwhelmed they are able to practice techniques that can help them ground themselves

Findings, Assessment Results, Recommendations, Conclusions

Findings

Based on the findings of the project, all participants were satisfied with the self-care workshop. They reported that practicing self-care techniques helped them increase their knowledge of self-care. The workshop allowed residents to set aside time to focus on themselves and practice. All participants found the activities to be grounding, especially the box breathing exercises which were the most effective at helping to ground themselves in a short amount of time.

Assessment Results

Individuals who practiced self-care techniques during the workshop helped them develop and maintain a new routine that included self-care practices. The workshop helped the agency see the need there was for self-care. The strengths and successes of the project was that client's are now able to practice self-care techniques. Residents have learned tools and techniques to practice self-care individually.

Recommendations

The workshop should continue in the shelter program to ensure that residents are practicing self-care. The effectiveness of self-care will help residents promote positive changes in their lives and will help teach residents skills and tools to practice self-care to address previous traumatic experiences. Additionally, setting up a weekly schedule so the workshop can be consistent and have the most participation. As well as, reminding residents the set day and time the workshop will take place. Another

recommendation is to incorporate activities that are more family oriented so children can be involved. This will increase the number of individuals participating in the workshop. One last recommendation, is to remind residents that it is okay to take time for themselves to practice self-care so they will continue to gain benefits of these activities.

Conclusions

In conclusion, being able to do an internship at Monarch Services was a great experience. I learned a lot of what the agency has to offer to the community and the impact it holds. Throughout my experience, I was able to grow and apply skills such as working collaboratively with others and gaining leadership skills. Prior to my project, I had no experience facilitating a group which helped me gain more skills and knowledge on how to facilitate a workshop. I am grateful for the opportunity I had at Monarch Services to help the residents learn skills and tools on how to practice self-care during this crucial time they have been experiencing. Some advice to future CHHS interns is have good communication with your mentor, don't be afraid to ask questions or to reach out to different staff members. Also, setting boundaries with your time maintaining a good balance between work, personal life, and internship. Having a planner is extremely helpful during this whole process.

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Appendix

Survey one included questions that will help understand what activities they would like to see in the workshop.

1. Are you interested in participating in a self care workshop at the Mariposa House?
2. Which of the following activities will you be interested in?
 - a. Yoga
 - b. Art activities
 - c. Walking
 - d. Breathing exercises
 - e. Don't know
 - f. Other (please specify)
3. How often do you practice self-care?
 - a. Daily- once a day
 - b. Once a week
 - c. Bi-weekly
 - d. Once a month
 - e. Less than one month
 - f. Choose not to respond
 - g. None
 - h. Other (Please specify)
4. Which of the following days works best?
 - a. Tuesday 12:00-1:00pm
 - b. Thursday 7:00-8:00pm
 - c. Saturday 9:00-10:00am
 - d. Sunday 1:00-2:00pm
 - e. Other (please specify)
5. Do you have any questions or concerns about the self-care workshop?

Survey two is to collect what an individual has learned throughout the self-care workshop.

1. Please tell us how much you learned from the self-care workshop:
 - a. I learned a lot about self-care from the workshop
 - b. I learned some things about self-care from the workshop
 - c. I learned very little about the self-care from the workshop
2. Please tell us some of the new things you learned about in the self-care workshop:
3. Please tell us how much you learned about art activities in the workshop.
 - a. I learned a lot about art activities from the workshop
 - b. I learned some things about using art activities in the workshop
 - c. I learned very little about using art activities in the workshop
4. Please tell us some of the new things you learned about art activities in the workshop.

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5. Please tell us how much you learned about practicing yoga at the workshop.
 - a. I learned a lot about practicing yoga from the workshop.
 - b. I learned some things about practicing yoga from the workshop.
 - c. I learned very little about practicing yoga from the workshop.
 6. Please tell us some new things you learned about practicing yoga in the workshop.
 7. Please tell us how much you learned about practicing breathing techniques at the workshop.
 - a. I learned a lot about practicing breathing techniques in the workshop.
 - b. I learned some things about breathing techniques in the workshop.
 - c. I learned very little about breathing techniques in the workshop.
 8. Please tell us some things you learned about practicing breathing techniques in the workshop.
 9. Please tell us how satisfied you were with the self-care workshop overall.
 - a. I am very satisfied with the workshop.
 - b. I am somewhat satisfied with the workshop.
 - c. I am unsatisfied with the workshop.
 - d. I am very satisfied with the workshop.
 10. Please feel free to share any suggestions you have for improving the self-care workshop.

Self-Care Flyer was posted at the Mariposa House:

