



# ZELIE'S HOME SEEKING SAFETY



BY: CHRISTINA JONES & ANNIE DANNER

# ORGANIZATIONAL SETTING



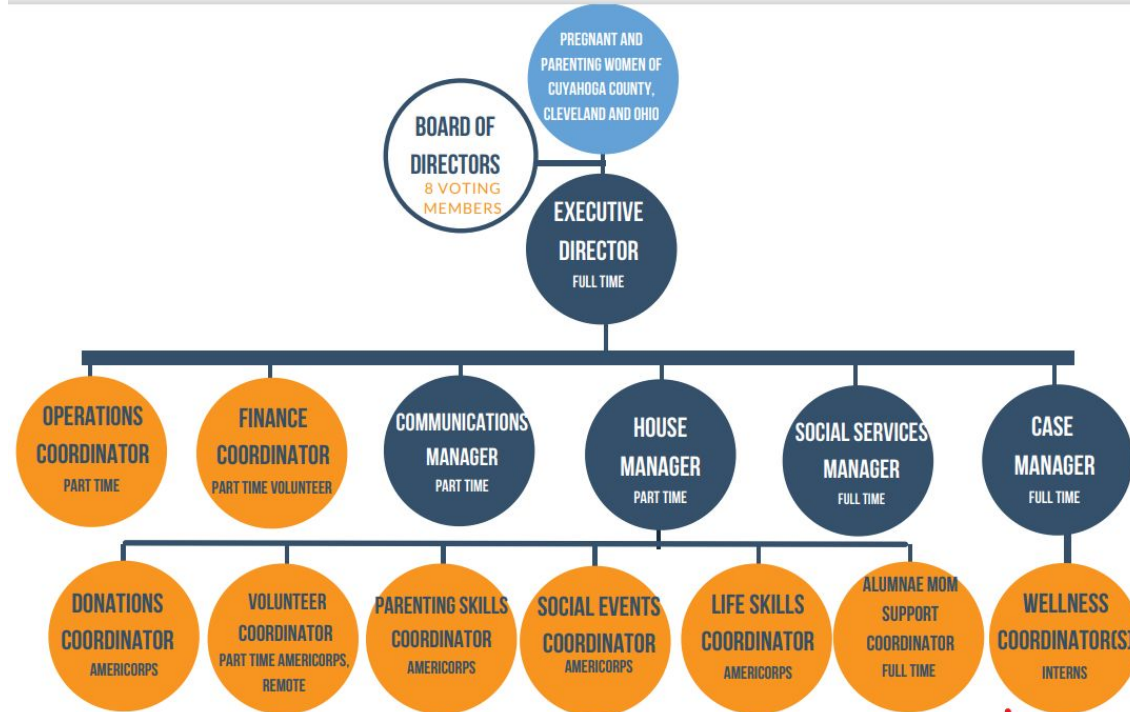
Originally called the Zechariah House, and was part of the Maggie's Place family, based in Arizona. In 2020, Zelie's Home became its own 501c3.

**Mission:** a caring community that empowers pregnant and parenting women to take positive and effective action on behalf of themselves and their children by providing physical, emotional, spiritual, and professional support

## Programs include:

- parenting classes
- financial literacy
- workforce development
- Health and wellness
- Enhancing coping skills
- infant safety
- car seat safety
- safe sleep
- social support programs



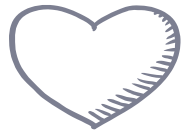


# PROGRAM

Seeking Safety was developed in 1992 “under grant funding from the National Institute on Drug Abuse and it was developed by Lisa M. Najavits, PhD at Harvard Medical School and McLean Hospital.” Seeking Safety “**is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse.**”

The program has five principles:

1. **Safety** as the overarching goal (helping clients attain safety in their relationships, thinking, behavior, and emotions).
2. **Integrated treatment** (working on both trauma and substance abuse at the same time).
3. A focus on **ideals** to counteract the loss of ideals in both trauma and substance abuse.
4. **Four content areas**: cognitive, behavioral, interpersonal, case management.
5. Attention to **clinician processes** (clinicians' emotional responses, self-care, etc.).



# RESEARCH QUESTIONS

1. How does the seeking safety program affect the care of child?
  - a. Is there a significant increase in knowledge of healthy decision making, coping skills, and self-care?
  - b. Is there a significant increase in self-care in use of healthy decision making in participants?
  - c. Is there a significant increase in confidence to raise their child in program participants?
  - d. Is there a significant increase in program participants self-awareness and self-care to adequately birth, nurture, and raise their child?



Zelig's Home is a Cleveland-based community where women thrive as they embrace motherhood.

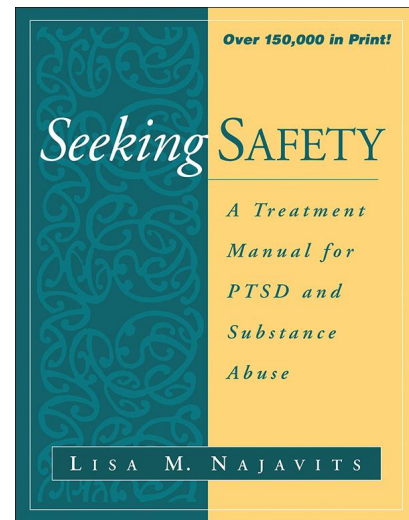
## TARGET POPULATION



12 women fitting the criteria and screened through Zelig's Home protocols

# PRIOR RESEARCH

- One study looked at Seeking Safety as an intervention for pregnant mothers who have PTSD. The study tested Seeking Safety's feasibility within prenatal care and tested the outcomes.
- Results:
  - PTSD Symptom Severity
    - When compared to usual care women, intervention women had a greater decrease in PTSD symptom severity scores.
  - Coping Skills
    - "Intervention women decreased their negative coping skills significantly more than did usual care women."





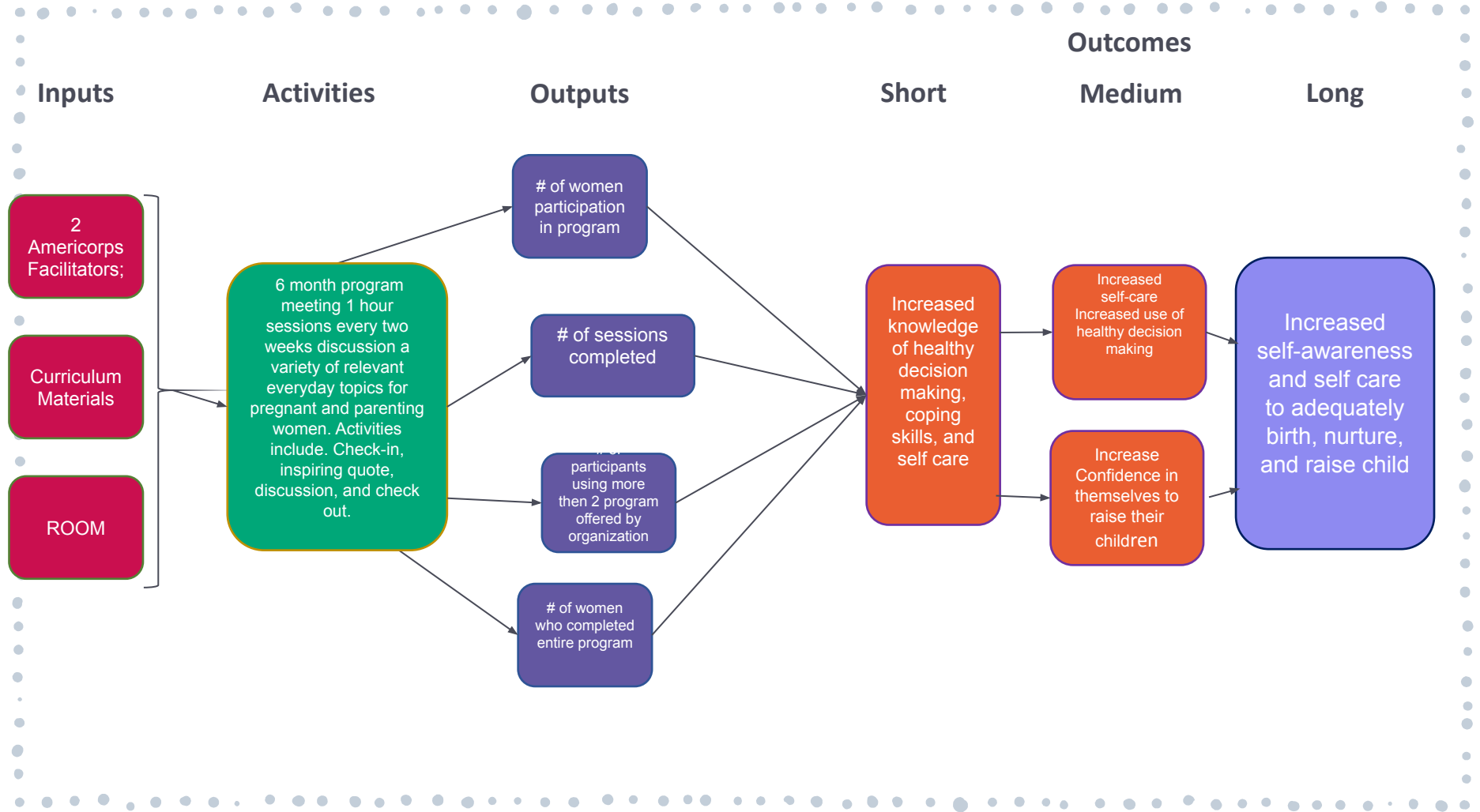
“  
*LOGIC MODEL*”

The Logic Model describes the Seeking Safety program. The logic model explains the resources required, the activities planned to take place, and the intended short, medium, and long-term outcomes.

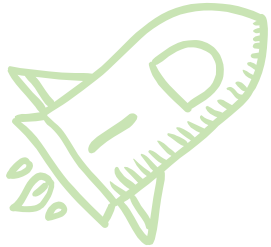
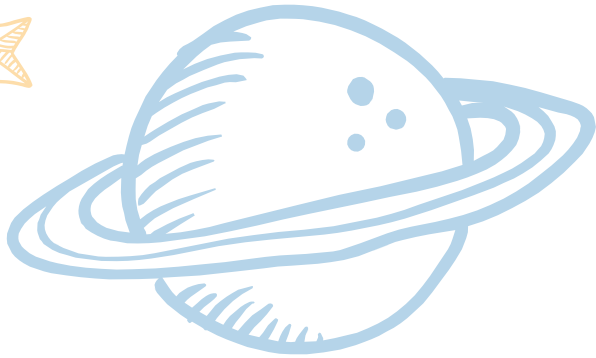
The Long-term outcome include having an increased self-awareness, and self confidence to adequately birth, care, and nurture their child.







# EVALUATION RESEARCH DESIGN



- twelve participants with twelve one hour sessions
- Measuring confidence, self-awareness, self-care, healthy decision making, coping skills, knowledge on infant care in Pre and Post Surveys
- Evaluation will last 6 months
- Facilitator observations will also be used to measure factors of knowledge and use of skills
- Average scores for the group and individual scores will be analyzed to show results

Indicator	Source	When Administered	Target Audience	Who is Responsible
Confidence	1) Survey	1)Pre and Post program	Program Participants	1)Self-Administered
Self awareness	1) Survey	1)Pre and Post program	Program Participants	1)Self-Administered
Self-care	1) Survey	1)Pre and Post program	Program Participants	1)Self-Administered
Healthy Decision Making	1)Survey 2)Observation	1)Pre and Post program 2) After each session	Program Participants Staff	1) Self-Administered
Coping Skills	1)Survey 2)Observation	1)Pre and Post program 2) After each session	Program Participants Staff	1)Self-Administered 2) Program staff
Knowledge of infant care	1)Survey 2)Observation	1)Pre and Post program 2) After each session	Program Participants Staff	1)Self-Administered 2) Program staff

## PROTECTION OF HUMAN SUBJECTS

- Organization Confidentiality Policy
- Sign a NDA in contract exchange with organization
- Notified participants the program is being evaluated



## PROPOSED BUDGET

Item	Cost	Total	Narrative
Consultant Team Queen Bees (3 team members)	<b>\$11,250.00</b>		\$225/hr for Consultant team 50 billable hours over the course of 6 months
<b>Contributed Value- Staff administering Survey</b>	Americorps hourly salary:		Americorps hourly salary:
Software SPSS- Statistical Package for the Social Sciences	<b>\$285.00</b>		
Survey Monkey- for Pre and Post Surveys	<b>\$150.00</b>		
Travel to Site location- <b>And room for the program</b>	<b>\$100.00</b>		
Report Preparation and Evaluation Report	<b>\$150.00</b>		
Supplies	<b>\$100.00</b>		
Misc.	<b>\$500.00</b>		
<b>Total:</b>	<b>\$12,535.00</b>		

## LIMITATIONS

- Small Sample size n=12
- No randomized control group
- Self-reported data
- Not all measures have not been tested for high validity and reliability
- Program staff implementation of Seeking Safety are not Clinical Social-Workers
- Hawthorne Effect
- Impact of Pre-Test



## Resources

Treatment Innovations. (n.d.). *Seeking Safety*. Treatment Innovations. Retrieved October 11, 2021, from <https://www.treatment-innovations.org/ss-description.html>.

Upshur, C. C., Wenz-Gross, M., Weinreb, L., & Moffitt, J. J. (2016). Using prenatal advocates to implement a psychosocial education intervention for posttraumatic stress disorder during pregnancy: Feasibility, care engagement, and predelivery behavioral outcomes. *Women's Health Issues, 26*(5), 537–545. <https://doi.org/10.1016/j.whi.2016.06.003>

Zelie's Home. (2020). Retrieved from <https://www.zelieshome.org/>.

