

**Jewish Family and Children’s Service of Greater Philadelphia (JFCS)
2022 Grant Request to the Friends Foundation for the Aging (FFA)**

1. Has the identified problem changed? JFCS’ Hoarding Support Program provides support services and awareness around Hoarding Disorder and is open to anyone struggling with Hoarding Disorder in the five-county Philadelphia region with a strategic focus on Older Adults. Currently, 58% of clients are over 65 years of age; 100% are low-income (at or below 300% of the federal poverty line), and 21% are disabled.

JFCS’ Hoarding Support Program provides support services and community awareness around Hoarding Disorder, formally defined as “persistent difficulty discarding or parting with possessions, regardless of their actual value” in the *Diagnostic and Statistical Manual of Mental Disorders*. While the disorder can impact individuals as early as their teenage years, the Mayo Clinic reports that hoarding tendencies tend to worsen with age, and that the disorder is more common among older adults. Research focusing on the impact of COVID-19 on those experiencing Hoarding Disorder and concurrent mental health disorders (e.g.: obsessive-compulsive disorder, anxiety, depression, etc.) reveal that rates and severity of Hoarding Disorder increased as a direct result of the COVID-19 pandemic due to isolation related to mandated lockdowns and perceptions of scarcity that lead to panic-buying (Fontenelle et. al., 2021). Furthermore, rates and severity of Hoarding Disorder are on the rise specifically due to a lack of mental health supports which were unavailable or limited as resources were reallocated to more acute, pandemic-related challenges (Banerjee, 2020). Not only does Hoarding Disorder impact the individual, but also has the potential to impact the wider community.

2. Have your objectives changed? Our objectives for the program largely remain unchanged for the program in the coming year; we will continue providing supports virtually and will resume in-person sessions and individual supports as needed based on client level of comfort and in compliance with current public health guidelines. Objectives for the program in FY2022 include:

Service	Outputs	Outcomes
Individual Support Services	<u>Goal:</u> 45 total participants, 15-18 new participants	-85% of clients at risk of eviction due to hoarding behaviors maintained housing and avoided eviction -85% improved or maintained the state of clutter in their homes -85% improved or maintained the level of squalor in their homes -85% improved or maintained their Activities of Daily Living (ADLs) impacted due to hoarding within the first year
Buried in Treasures (BIT) Support Group	<u>Goal:</u> 20 total participants. Three or four 16-week sessions	- 85% of participants improved or maintained their ADLs impacted due to hoarding - 85% improved or maintained scores on the Hoarding Rating Scale - 85% improved or maintained scores on the Savings Cognition Inventory - 50% improved or maintained scores in the Adult State Hope Scale
The Art of Letting Go/ Art Therapy Support Group	<u>Goal:</u> 15 total participants. Three or four 8-week sessions	- 80% of participants experiences reduced feelings of emotional distress, measured by improved scores on PROMIS pre- and post-assessments - 80% reported satisfaction with the group

Mindfulness Support Group	<u>Goal:</u> 10 total participants. Four or five 8-week sessions	- 80% of participants learned about mindfulness/meditation techniques to reduce stress/anxiety related to hoarding tendencies - 80% reported satisfaction with the group *JFCS is actively seeking a therapist to run this group.
Family Support Group: <i>Supporting Your Loved Ones with Hoarding Disorder</i>	<u>Goal:</u> 8-12 total participants. Two 8-week sessions	- 85% of participants learned about topics such as effective communications, accessing support, and self-care - 80% reported satisfaction with the group
Educational Trainings	<u>Goal:</u> 350 individuals trained in 8-10 training sessions.	- 85% of participants reported satisfaction with the training - 85% reported something new about Hoarding Disorder

3. Will your efforts/actions to impact the problem change? The Hoarding Support Program will provide the following existing and new services:

Individual Support Services: In the grant period, JFCS will offer one-on-one support services to 65 clients ages 65 and older, to help them reduce the negative impacts of hoarding behaviors and create stability in their home environments. As in prior years, JFCS' therapeutic model will follow four tiers of safety interventions and support services, delivered by JFCS care managers for 1-2 hours each week. Care managers will develop individual care plans and monitor client progress towards long-term individual goals, safety goals, and reduced recidivism of hoarding behaviors. This year, we will provide programming via a hybrid approach; we will continue to operate services virtually and by phone, until it is safe to resume in-home, in-person care and/or until the client is comfortable with the shift to in-person supports. Once care managers can safely return to client homes, JFCS expects to conduct thorough in-person assessments for all clients – including new clients, clients who joined our program since spring 2020 whose homes we have never entered, and long-term clients – to make sure we fully understand the current needs and living situations of each individual. We expect to see more severe physical hazards or needs among some existing clients than what had been shared through client self-reporting and virtual communications. We also anticipate higher numbers of clients who present with mental and physical decline due to isolation.

Support Groups: JFCS will continue our suite of support groups available to individuals with Hoarding Disorder and their families including: 1) Buried in Treasures (BIT): Sixteen-week, evidence-based curriculum for individuals living with hoarding disorder. Sessions will be co-led by a JFCS staff member/intern and a trained peer facilitator, thereby helping clients see role models in their own community. We plan to offer two concurrent sessions (four total) due to high demand. We expect to offer both in-person and virtual sessions once in-person programming returns; 2) The Art of Letting Go: In partnership with Drexel University, JFCS will once again offer art therapy sessions that connect creative-minded participants with therapeutic tools such as art journaling as ways to learn new coping skills, as well as respond, express, and process what it means to let go – both physically and emotionally. Virtual and in-person options will be offered; 3) Mindfulness: This eight-week session, led by JFCS staff will be offered virtually and in-person. The sessions focus on integrating mindfulness and meditation practices into everyday life, to help clients refocus attention away from anxiety relating to their disorder; 4) Supporting Your Loved Ones with Hoarding Disorder: Using curriculum from The Hoarding Project, this family support group will help participants better understand Hoarding Disorder and learn how to better support their loved ones experiencing the disorder as well as themselves. We expect to keep this a virtual-only offering, to reduce

transportation and time barriers and plan to market this group to family members who may be outside of the Philadelphia region.

Collaborations and Referrals: JFCS will continue to work with the 10+ long-time Hoarding Disorder Support Program referral partners as well as continue to strengthen new referral partnerships. For example, JFCS initiated partnerships with Philadelphia Energy Authority (PEA), L&I (licensing and inspection), and Older Adult Protective Services (OAPS) to refer any customers/clients they encounter during home visits or site calls who are demonstrating hoarding tendencies or living in unsafe, cluttered environments to JFCS's Hoarding Support Program. This has led to a potential paid service contract with APS (adult protective services) to ensure individuals living with Hoarding Disorder who are younger than 65 are able to also access JFCS services.

Educational Trainings: In conjunction with and independent of the Philadelphia Hoarding Task Force, JFCS will deliver educational trainings to community members and professionals who engage with older adult clients, to teach them about Hoarding Disorder as well as how to identify, support, and link individuals with hoarding tendencies to needed assistance. We are excited to resume community trainings to previous and new individual partner agencies or groups of agencies, as such requests were largely absent in the past year due to COVID-19. This year we are working with organizations across the state to provide trainings. Volunteers play a crucial role in outreach, coordination, and operations of these trainings aimed at both safety-net providers (social workers, first responders, health service providers) in addition to landlords, property managers, and existing partners.

Expanded and Diverse Staffing Model: The last year has been a year of expansion and growth for the JFCS Hoarding Disorder Support Program. The addition of new funding sources allowed us to expand our staffing team to include peers and volunteers. We believe the addition of these new positions will help us sustain the momentum generated in both our individual and group-based supports. Additionally, the past two years have taught us that while in-person, individual services and home-based supports are preferred and necessary; group-based programming can flourish virtually. As we slowly begin to integrate in-person programming back into our service delivery model, the Hoarding Disorder team intends to also continue with online services. This hybrid model will include evidenced-based groups, the monthly peer support programming, and some individual check-ins. We will also continue to look for opportunities to engage our newly trained cohort of volunteers. Check-in calls by volunteers will continue as well as group facilitation by peers-volunteers. We will also evaluate whether it is appropriate to include volunteers as members of our home-based services team. Overall, we are excited by the evolution of our service model and look forward to sharing how the infusion of new staff positions have allowed us to meet our proposed outcomes.

4. How will you know if the program is successful? Individual support service outcomes are measured using five evidence-based, nationally recognized assessment tools (Clutter Image Rating, ADL-H Assessments, Home Environment Index, HOMES Multi-Disciplinary Hoarding Risk Assessment Tool, and the Hoarding Initial Assessment Tool) and JFCS measures support group progress via attendance records and anonymous participant self-reporting surveys. As mentioned in our 2021 grant report, for support groups, JFCS uses evidence-assessment tools provided in the Buried in Treasures curriculum to evaluate participant progress, and JFCS developed survey forms that feature a five-point Likert scale to measure respondents' levels of agreement to statements about skills, comfort level, and knowledge gained around topics relevant to each group. JFCS administers post-event surveys to all participants of our community trainings.

5. Program budget and amount of the request. JFCS respectfully requests a \$30,000 program grant for the grant period of April 1, 2022–March 31, 2023. Please see the attached budget.

JFCS Hoarding Support Program
Proposed Program Budget
4/1/2022-3/31/2023

Revenue	Program Budget		FFA Grant Use
Education & Group fees	3,500.00		
Insurance	31,936.00		
Friends Foundation for the Aging	30,000.00		\$30,000
Contributions	37,650.00		
Total	103,086.00		\$30,000
Program Director 5%	4,920.00		\$2,005
Social Worker 30%	39,888.00		\$8,287
Social Worker 30%	18,097.00		\$8,785
Benefits 30%	18,872.00		\$5,723
Occupancy	1,933.00		
Insurance	2,230.00		
Communication	278.00		
Printing/Marketing	1,000.00		
Training	150.00		
Consultants	5,500.00		\$2,000
Transportation	1,250.00		
Mileage	500.00		
Client Expenses	2,000.00		\$500
Overhead 10%	6,468.00		\$2,700
Total	103,086.00		\$30,000

Internal Revenue Service

Date: July 11, 2006

JEWISH FAMILY AND CHILDRENS SERVICE
OF GREATER PHILADELPHIA
2100 ARCH ST FL 5
PHILADELPHIA PA 19103-1300

Department of the Treasury
P. O. Box 2508
Cincinnati, OH 45201

Person to Contact:

Patricia Sims #31-04345
Customer Service Representative

Toll Free Telephone Number:
877-829-5500

Federal Identification Number:
23-1352026

Dear Sir or Madam:

This is in response to your request of July 11, 2006, regarding your organization's tax-exempt status.

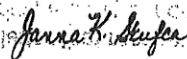
In April 1942 we issued a determination letter that recognized your organization as exempt from federal income tax. Our records indicate that your organization is currently exempt under section 501(c)(3) of the Internal Revenue Code.

Our records indicate that your organization is also classified as a public charity under sections 509(a)(1) and 170(b)(1)(A)(vi) of the Internal Revenue Code.

Our records indicate that contributions to your organization are deductible under section 170 of the Code, and that you are qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Internal Revenue Code.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely,



Janna K. Skufca, Director, TE/GE
Customer Account Services