



DONNA K. EVANS FOUNDATION
S.W.A.P. PROGRAM
SUPPORTING WOMEN AFTER PLACEMENT



PRESENTED BY
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JOIN US IN SUPPORTING BIRTH MOTHERS FIND THEIR WINGS TO FLY...

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S.W.A.P PROGRAM (SUPPORTING WOMEN AFTER PLACEMENT)

MISSION:

WE ARE AN AFTER-CARE PROGRAM FOR WOMEN WHO HAVE PLACED A CHILD FOR PRIVATE ADOPTION. OUR MISSION IS TO EMPOWER WOMEN AND PROVIDE THEM WITH MUCH NEEDED ADDITIONAL SUPPORT AFTER THE PRIVATE ADOPTION OF THEIR CHILD.

OUR HOPE IS TO BUILD SELF-CONFIDENCE, SELF-WORTH, AND SELF-EFFICACY WHILE PROVIDING WOMEN A SAFE PLACE TO RETURN WHERE THEY FEEL SUPPORTED AND CAN RECEIVE SERVICES THAT WILL HELP THEM FIND THEIR WINGS AND FLY.



ABOUT OUR BIRTH MOTHERS

MANY OF OUR BIRTH MOTHERS ARE IN VULNERABLE PLACES IN THEIR LIVES AND ARE FACING:

- CHRONIC HOMELESSNESS
- SUBSTANCE ABUSE ISSUES
- MENTAL HEALTH ISSUES
- DOMESTIC VIOLENCE, TRAUMA, AND ABUSE
- EXPERIENCE CHRONIC FOOD INSECURITY

THE ADOPTION IS A BEAUTIFUL AND LOVING GIFT, YET IS BITTERSWEET.

BIRTH MOTHERS EXPERIENCE A BLEND OF COMPLICATED AND COMPLEX EMOTIONS INCLUDING:

- GRIEF
- LOSS
- GUILT/SHAME
- REJECTION
- IDENTITY ISSUES
- TRUST ISSUES
- LOSS OF CONTROL OVER THEIR LIVES





TRAUMA-INFORMED PROGRAM MODEL

THE DKE FOUNDATION HAS ADOPTED A TRAUMA-INFORMED PROGRAM MODEL THAT IS AN ORGANIZATIONAL STRUCTURE AND SUPPORT FRAMEWORK THAT INVOLVES UNDERSTANDING, RECOGNIZING, AND RESPONDING TO THE EFFECTS OF ALL TYPES OF TRAUMA.

BECOMING "TRAUMA-INFORMED" MEANS RECOGNIZING THAT BIRTH MOTHERS OFTEN HAVE HAD MANY DIFFERENT TYPES OF TRAUMA IN THEIR LIVES BEFORE BECOMING PREGNANT AND PLACING A CHILD FOR ADOPTION. WITHOUT INTERVENTION AND SUPPORT, TRAUMA SURVIVORS CAN BE RE-TRAUMATIZED BY FUTURE LIFE EXPERIENCES.

BIRTH MOTHERS WHO HAVE EXPERIENCED TRAUMA ARE IN NEED OF EMPATHETIC, COMPASSIONATE ACCEPTANCE, UNDERSTANDING, AND SUPPORT FROM THOSE AROUND THEM.

THE DKE FOUNDATION SEEKS TO EDUCATE OUR COMMUNITIES ABOUT THE IMPACT OF TRAUMA ON BIRTH MOTHERS. UNDERSTANDING THE IMPACT OF TRAUMA IS AN IMPORTANT FIRST STEP IN BECOMING A COMPASSIONATE AND SUPPORTIVE RESOURCE.

OUR TRAUMA-INFORMED SUPPORT, ALSO, EMPHASIZES THE BIOLOGICAL, PSYCHOLOGICAL, SOCIAL WELL BEING OF BIRTH MOTHERS TO HELP EMPOWER THEM TO REBUILD SELF-ESTEEM, SELF-WORTH, SELF-CONFIDENCE AND SELF-EFFICACY.

TRAUMA AFFECTS THE BIRTH MOTHER, THEIR FAMILIES, AND THEIR COMMUNITIES BY ADVERSELY IMPACTING HEALTHY DEVELOPMENT OF RELATIONSHIPS THAT CAN CONTRIBUTE TO MENTAL HEALTH ISSUES INCLUDING SUBSTANCE ABUSE, DOMESTIC VIOLENCE, AND CHILD ABUSE. THE CYCLES OF TRAUMA CAN PRODUCE MULTI-GENERATIONS OF PEOPLE WITH UNTREATED TRAUMA TO IMPACT THE STABILITY OF THE FAMILY AND IMPACT THE FUNCTION OF THE COMMUNITY. THESE CYCLES CONTRIBUTE TO A BIRTH MOTHER'S ABILITY TO HEAL, TO GROW, AND TO THRIVE.

OUR TRAUMA-INFORMED PROGRAM MODEL PROVIDES THE TOOLS, RESOURCES, AND SUPPORT FOR HOPE AND HEALING FOR BIRTH MOTHERS FUTURE ABILITY TO FIND HER WINGS TO FLY.



S.W.A. P. PROGRAM LOGIC MODEL

PROGRAM VISION: WE ARE AN AFTER-CARE PROGRAM FOR WOMEN WHO HAVE PLACED A CHILD FOR PRIVATE ADOPTION. OUR MISSION IS TO EMPOWER WOMEN AND PROVIDE THEM WITH MUCH NEEDED ADDITIONAL SUPPORT AFTER THE PRIVATE ADOPTION OF THEIR CHILD. OUR HOPE IS TO BUILD SELF-CONFIDENCE, SELF-WORTH, AND SELF-EFFICACY WHILE PROVIDING WOMEN A SAFE PLACE TO RETURN WHERE THEY FEEL SUPPORTED AND CAN RECEIVE SERVICES THAT WILL HELP THEM FIND THEIR WINGS AND FLY.

POPULATION SERVED: ALL BIRTH MOTHERS WHO HAVE PLACED A CHILD THROUGH A PRIVATE ADOPTION WITH ANY AGENCY AT ANY TIME OF THEIR LIVES.

POPULATION NEEDS TO BE ADDRESSED BY SERVICES AND RESOURCES: CURRENTLY, POST ADOPTION SERVICES ARE VIRTUALLY NONEXISTENT IN THE ADOPTION WORLD. WE HOPE TO TURN THIS AROUND AND BE A PART OF THE SOLUTION IN BETTERING THE LIVES OF THE WOMEN WE SERVE. BIRTH MOTHERS CAN FEEL FORGOTTEN, LONELY, AND ARE NOT SURE WHERE TO TURN AFTER THEY PLACE A CHILD FOR ADOPTION. THE SELFLESS CHOICE IS ONE THAT CAN AFFECT THEM FOR YEARS DOWN THE ROAD. THE WOMEN THAT COME TO US ARE OFTEN IN A VULNERABLE PLACE IN THEIR LIVES. MANY FACE HOMELESSNESS, POVERTY, SUBSTANCE ABUSE, AND MENTAL HEALTH ISSUES.

EVIDENCE-BASED PROGRAM MODEL: APPROPRIATE, CLIENT-FOCUSED TRAUMA-INFORMED PROGRAM SERVICES, RESOURCES, INTERVENTIONS, AND SUPPORT FOR BIRTH MOTHERS TO PROCESS THE BIOPSYCHOSOCIAL EFFECTS OF POST-PLACEMENT ADOPTION. ASSESSMENTS, INTERVENTIONS, AND SERVICES ARE ROOTED IN ATTACHMENT THEORY, TRAUMA INFORMED LOGIC THEORY, PERSON/ENVIRONMENT INTERACTION APPROACH, FAMILY SYSTEMS THEORY, GRIEF AND LOSS THEORY, AND ECOLOGICAL SYSTEMS APPROACH THROUGH A PROMOTIONAL, STRENGTHS-BASED APPROACH FOR HOLISTIC AND COMPREHENSIVE PROGRAMMING AND SERVICES WHICH HAS BEEN SHOWN TO HAVE POSITIVE RESULTS WITH SIMILAR POPULATIONS.



SWAP PROGRAM MODEL: THEORIES & SYSTEMS

AN EVIDENCE-BASED PROGRAM IS AN INTERVENTION WITH DEFINED GOALS AND PROVEN RESULTS FOR A SPECIFIC TARGET POPULATION. THE EVIDENCE-BASED PROGRAM INCLUDES A RESEARCHED RATIONAL FOR THE INTERVENTION, A WELL-DEFINED PROGRAM STRUCTURE AND TIMEFRAME, REQUIRED STAFFING NEEDS AND SKILLS, SPECIFIC FACILITY AND EQUIPMENT REQUIREMENTS, AND PROGRAM EVALUATION TOOLS TO MEASURE PROGRAM QUALITY AND OUTCOMES.

EVIDENCE-BASED PROGRAMS WILL INCREASE THE LIKELIHOOD OF POSITIVE OUTCOMES FOR PARTICIPANTS AND PROVIDE TOOLS TO MEASURE THOSE OUTCOMES FOR THE JUSTIFICATION OF FUNDING AND EFFICIENT USE OF RESOURCES.

SWAP PROGRAM ASSESSMENTS, INTERVENTIONS, AND SERVICES ARE ROOTED IN:

ATTACHMENT THEORY: BOWLBY'S THEORY IS THAT HUMANS ARE BORN WITH A NEED TO FORM A CLOSE EMOTIONAL BOND WITH A CAREGIVER. ATTACHMENT IS A PROTECTIVE BIOLOGICAL MECHANISM THAT SERVES TO ENSURE THE SURVIVAL OF THE INDIVIDUAL AND SERVES TO PROTECT VULNERABLE INDIVIDUALS FROM POTENTIAL THREATS OR HARM AND TO REGULATE NEGATIVE EMOTIONS FOLLOWING THREATENING OR HARMFUL EVENTS.

PERSON/ENVIRONMENT INTERACTION APPROACH: THE PERSON/ENVIRONMENT INTERACTION APPROACH PROPOSES THAT THE FIT BETWEEN INDIVIDUAL CHARACTERISTICS AND ENVIRONMENTAL CONTEXTS CAN HAVE IMPORTANT PSYCHOLOGICAL REPERCUSSIONS FOR THE INDIVIDUAL. A P-E FIT OCCURS WHEN THERE IS A MATCH BETWEEN PERSONAL CHARACTERISTICS OF THE PERSON AND CHARACTERISTICS OF THE ENVIRONMENT.

FAMILY SYSTEMS THEORY: FAMILY SYSTEMS THEORY DESCRIBES THE PROCESSES THAT AFFECT THE IDEAL FUNCTIONING OF A FAMILY. THE MAIN PURPOSE OF FST IS TO INFORM THE UNDERSTANDING AND INTERPRETATION OF THE COGNITIVE, SOCIAL, AND EMOTIONAL FUNCTIONING OF INDIVIDUALS IN THEIR FAMILIES AND IN SOCIETY.

GRIEF & LOSS THEORY: THEORIES TO UNDERSTAND GRIEF AS A PROCESS OF ADJUSTMENT TO LOSS IN A WORLD THAT IS FOREVER CHANGED AND TRANSFORMED. BY WHICH THE THEORIES EMPHASIZE THE UNIQUENESS OF GRIEF AS AN ACTIVE PROCESS WITH LIMITLESS CHOICES AND POSSIBILITIES THAT PROVIDE INDIVIDUALS WITH THE OPPORTUNITY TO RECONSTRUCT MEANINGS IN RELATION TO THE LOSS. THE TASK OF GRIEVING IS TO INTEGRATE THESE RECONSTRUCTED MEANINGS INTO THEIR LIVES.

ECOLOGICAL SYSTEMS APPROACH: THE ECOLOGICAL PERSPECTIVE IS A MODEL FOR UNDERSTANDING HUMAN BEHAVIOR THAT IS BASED ON THE GUIDING VISION THAT HUMAN BEHAVIOR IS A FUNCTION OF A PERSON INTERACTING WITHIN THEIR ENVIRONMENT BEING FUNDAMENTALLY CONNECTED WITH THE WORLD AROUND THEM.



S.W.A.P. PROGRAM EVALUATION & MAPPING STRATEGY

SERVICES	OUTCOMES	INDICATORS	MEASUREMENT
<p><u>CLIENT INTAKE:</u></p> <ul style="list-style-type: none"> - NEEDS ASSESSMENT - AFTER-CARE PLAN - GOAL SETTING - BIRTH MOTHER SUPPORT AND CASE MANAGEMENT 	<p>INITIAL: CLIENTS INCREASE SELF-CONFIDENCE, INTRINSIC MOTIVATION AND DECISION MAKING; SOCIAL CONFLICT RESOLUTION, SELF-EXPRESSION, AND SOCIAL AWARENESS; PSYCHOLOGICAL SELF-AWARENESS AND COPING STRATEGIES; AND HEALTH KNOWLEDGE</p>	<p>NUMBER AND PERCENT OF CLIENTS WHO RESPOND FAVORABLY TO QUESTIONS ON INITIAL ASSESSMENTS.</p>	<ul style="list-style-type: none"> - CLIENT INTAKE ASSESSMENT COMPLETION - LIFE STRESSOR CHECKLIST - PROTECTIVE FACTOR SURVEY - ROSENBERG SELF ESTEEM SCALE - SMART GOAL-SETTING
<p><u>SUPPORTIVE SERVICES:</u></p> <ul style="list-style-type: none"> - HEART OF A BIRTHMOTHER SUPPORT GROUP (3RD TUESDAY OF EVERY MONTH) - CASE MANAGEMENT - MENTORING AND PEER SUPPORT - EMOTIONAL SUPPORT - HOUSING AND SHELTER REFERRALS AND RESOURCES - EMERGENCY HOUSING ASSISTANCE - EMERGENCY FOOD BAGS - RESOURCES FOR DOMESTIC VIOLENCE ASSISTANCE MEDICAL/BEHAVIORAL HEALTH/SUBSTANCE ABUSE RESOURCES 	<p>INTERMEDIATE: ARTICULATE MENTAL HEALTH NEEDS REGARDING POST-PLACEMENT ADOPTION. HIGHER SELF-WORTH, SELF-ESTEEM, AND SELF-EFFICACY. ARTICULATE A POSITIVE FUTURE, VISION/PERSONAL GOALS. ENGAGE IN POSITIVE BEHAVIOR CHOICES AND PARTICIPATE IN SUPPORT PROGRAMS. ARTICULATE NEEDS FOR PERSONAL AND ENVIRONMENTAL FACTORS INCLUDING SUBSTANCE ABUSE, MENTAL HEALTH, AND DOMESTIC VIOLENCE ISSUES. ARTICULATE STRONGER SELF-AWARENESS AND ENGAGE IN FEWER SELF-DEFEATING BEHAVIORS</p>	<p>NUMBER AND PERCENT OF CLIENTS WHO DEMONSTRATE HIGHER SELF-WORTH, SELF-ESTEEM, SELF-CONFIDENCE. ARTICULATE EMOTIONAL/PSYCHOLOGICAL NEEDS REGARDING POST-PLACEMENT. ARTICULATE A POSITIVE FUTURE VISION/PERSONAL GOALS. ENGAGE IN POSITIVE BEHAVIOR CHOICES AND PARTICIPATE IN SUPPORT PROGRAMS AND SERVICES.</p>	<ul style="list-style-type: none"> - DKE CASE MANAGER SURVEY - CLIENT-COMPLETED SURVEY - SMART GOAL-SETTING COMPLETED/UPDATE
<p><u>CLASSES & WORKSHOPS</u></p> <ul style="list-style-type: none"> - MINDFULNESS & COPING SKILLS - JOURNALING AND ART THERAPY - INTERVIEW AND RESUME WRITING SKILLS - BUDGETING AND FINANCIAL LITERACY - VARIETY OF LIFE SKILLS AND PERSONAL AND PROFESSIONAL SELF-IMPROVEMENT TOPICS 	<p>INTERMEDIATE: ENGAGE IN CREATING POSITIVE SUPPORT SYSTEM, CONFLICT RESOLUTION, IMPLEMENTATION OF PERSONAL REFLECTION OF NEEDS, SELF-CARE SPECIFIC TO POST-PLACEMENT ADOPTION NEEDS AND NON-SPECIFIC ADOPTION PERSONAL WELL-BEING. INCREASE SELF-EFFICACY OF IDENTIFYING NEEDS AND GOAL SETTING. RETAIN AND MAINTAIN BASIC NEEDS AND IMPLEMENTATION OF STEPS TO ADVANCE TOWARD FUTURE GOALS.</p>	<p>NUMBER AND PERCENT OF CLIENTS ENGAGED WITH POSITIVE SUPPORT SYSTEM, ENGAGE IN HEALTHY CONFLICT RESOLUTION, ABLE TO BETTER ARTICULATE NEEDS AND GOALS. RETENTION OF BASIC NEEDS (HOUSING, EMPLOYMENT, FOOD, HEALTH).</p>	<ul style="list-style-type: none"> - DKE CASE MANAGER SURVEY - LIFE STRESSOR CHECKLIST - PROTECTIVE FACTOR SURVEY - ROSENBERG SELF ESTEEM SCALE - SMART GOAL SETTING COMPLETED/UPDATED
<p><u>RESOURCES:</u></p> <ul style="list-style-type: none"> - ACCESS TO COMPUTER STATIONS FOR HOUSING, CAREER, AND EDUCATIONAL NEEDS WHEN AVAILABLE. - RESOURCES FOR ASSISTANCE WITH ACADEMIC AND CAREER TRAINING ADMISSIONS AND SCHOLARSHIPS PROCESS. - TRANSPORTATION RESOURCES - JOB SEARCH RESOURCES AND ASSISTANCE - ASSISTANCE WITH CLOTHING AND ATTIRE FROM THE CLOTHING CLOSET ON SITE. - REFERRAL TO LOCAL SOCIAL SERVICE RESOURCES AND SUPPORT - MAILBOXES FOR DELIVERY OF PERSONAL ITEMS FOR SOCIAL SERVICES AND JOB-RELATED NEEDS. 	<p>IMPACT: HEALTHY AND STABLE INTERACTIONS PERSONALLY, SOCIALLY, AND IN THE COMMUNITY. DEVELOPMENT OF HEALTHY SUPPORT SYSTEM. ACTIVE PARTICIPATION IN SUPPORTIVE RESOURCES. POSITIVE AND ACTIVE DECISION MAKING. ACHIEVEMENT OF PERSONAL GOALS OR MILESTONES. GREATER SENSE OF WELL-BEING AND HOPE FOR THE FUTURE.</p>	<p>NUMBER AND PERCENT OF CLIENTS WHO REGULARLY PARTICIPATE IN SUPPORT PROGRAMS AND RESOURCES. ABLE TO COMMUNICATE ACTIVE AND POSITIVE PROCESSING OF POST-PLACEMENT EMOTIONAL AND PSYCHOLOGICAL NEEDS. REPORT ACTIVE DECISION MAKING AND GOAL SETTING. ACHIEVEMENT OF PERSONAL GOALS OR MILESTONES. REDUCED INTERNAL CONFLICT, FEWER SELF-DEFEATING BEHAVIORS AND GREATER POSITIVE BEHAVIOR CHOICES. SUSTAINING HEALTHY AND STABLE PERSON/ENVIRONMENT INTERACTIONS.</p>	<ul style="list-style-type: none"> - DKE CASE MANAGER SURVEY - LIFE STRESSOR CHECKLIST - PROTECTIVE FACTOR SURVEY - ROSENBERG SELF ESTEEM SCALE - SMART GOALS COMPLETED/UPDATED



S.W.A.P PROGRAM MAPPING & FLOW CHART

TRAUMA-INFORMED AFTER-CARE PROGRAM FOR WOMEN WHO HAVE PLACED A CHILD FOR PRIVATE ADOPTION TO BUILD SELF-CONFIDENCE, SELF-WORTH, AND SELF-EFFICACY THROUGH A STRENGTHS-BASED APPROACH FOR HOLISTIC AND COMPREHENSIVE SERVICES AND RESOURCES.

WOMEN HAVE PLACED A CHILD FOR PRIVATE ADOPTION WITH ANY AGENCY AT ANYTIME IN HER LIFE HEAR ABOUT THE SWAP PROGRAM AND SCHEDULE APPOINTMENT.

INTAKE AND ENROLLMENT IN PROGRAM

CASE MANAGER ASSIGNED

HIGH RISK & NEEDS ASSESSMENTS

SMART GOALS AND AFTER-CARE PLAN

SUPPORTIVE SERVICES

CLASSES & WORKSHOPS

RESOURCES & REFERRALS

BIRTHMOMS HAVE EMOTIONAL AND PEER SUPPORT AND RESOURCES FOR BASIC NEEDS

BIRTHMOMS ATTAIN COPING, LIFE, AND JOB SKILLS

BIRTHMOMS HAVE SERVICES, RESOURCES, AND MARKETABLE SKILLS FOR CAREER & EDUCATION

INCREASED SELF-ESTEEM, SELF-CONFIDENCE, AND SELF-EFFICACY FOR LONG-TERM AND SUSTAINABLE, HEALTHY, AND STABLE LIVES.



SERVICES MOST BENEFICIAL

- COORDINATION WITH OTHER CASE MANAGEMENT PROVIDERS
- COMPUTER USAGE LOCATION
- NON-PERISHABLE FOOD PANTRY
- REFERRAL RESOURCE CENTER
- CONTINUITY OF CARE
- BIRTH CONTROL REFERRAL RESOURCE
- ASSISTANCE WITH STATE RESOURCES
- NON-JUDGMENTAL, STIGMA FREE ENVIRONMENT
- MET WITH UNCONDITIONAL POSITIVE REGARD
- PROVIDING SERVICES FOR BASIC NEEDS; FOOD, HOUSING, AND JOBS.
- SUBSTANCE ABUSE RECOVERY AND MENTAL HEALTH RESOURCES AND SUPPORT
- EDUCATION AND CAREER TRAINING
- SUPPORT GROUP WITH BIRTH MOTHERS FOR VITAL PEER SUPPORT AND EMPATHY
- 1:1 CASE MANAGEMENT FOR SUPPORT, GUIDANCE, AND EMPOWERMENT



ADOPTION AGENCY BENEFITS:

- INCREASING ADOPTIVE PARENT CONFIDENCE
- SUCCESSFUL TRANSITION AFTER ADOPTIVE PLACEMENT
- BIRTH MOTHER RETENTION
- BIRTH MOTHER REFERRAL RESOURCE
- BIRTH MOTHER AFTER PLACEMENT PLAN
- ETHICAL AND RESPONSIBLE PRACTICE IN SERVING VULNERABLE BIRTH MOTHERS.
- UPHOLDING THE VALUE AND INTEGRITY OF SOCIAL WORK SERVICE
- SUCCESSFUL TRANSITION AFTER PLACEMENT

SOURCES OF FUNDING:

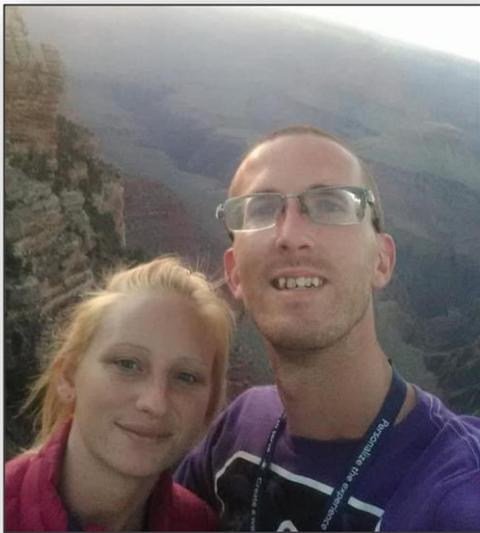
- DONORS
- SPONSORS
- PARTNERSHIPS
- GRANTS
- RECIPROCAL PROVIDER RELATIONSHIPS
- USAGE OF VOLUNTEER HOURS
- LOCAL CITY COUNCIL
- FUNDRAISING
 - GALAS
 - RUMMAGE SALES
 - MONTHLY DRIVES FOR SUPPLIES, HOUSING, FOOD, AND MORE



BIRTH MOTHERS WHO HAVE FOUND THEIR WINGS...

S.W.A.P PROGRAM STATISTICS

- NUMBER OF PARTICIPANTS : 21
- FULL-TIME EMPLOYMENT: 5
- HOUSING: 19
- CAREER & EDUCATION TRAINING: 15





HELPING BIRTHMOMS FIND THEIR WINGS...

WE REACH OUT TO PROVIDE...

HOPE TO BIRTH MOTHERS WHEN THEY FEEL LOST...

STRENGTH WHEN THEY FEEL WEAK... AND

SUPPORT WHEN THEY FEEL FORGOTTEN AND LONELY...

A BIRTH MOTHER GIVES THE ULTIMATE AND PRICELESS GIFT AND
CREATE A FAMILY FOR OTHERS.

THEY NEED A COMMUNITY TO EMBRACE THEM WITH THE SUPPORT THEY NEED
TO HEAL, TO GROW, TO THRIVE, AND TO FIND THEIR WINGS TO FLY!





NOTES