

## Re: Project W 2020 grant end of year report

Project W <projectw@tcfhelps.org>

Mon 12/6/2021 8:28 PM

To: Lauren Sustersic <lauren@tcfhelps.org>

Get [Outlook for iOS](#)

---

**From:** Meghan Costello <MCostello@delcovictimassistance.org>

**Sent:** Friday, December 3, 2021 9:06:34 AM

**To:** Project W <projectw@tcfhelps.org>

**Subject:** Re: Project W 2020 grant end of year report

Hi Lauren,

The project we started was a therapy group for female inmates at George W. Hill correctional Facility. This group, which are organization had wanted to pilot for some time, happened this year thanks to the funding provided by the W grant.

One of our agencies two therapist went to GHW and taught a "Trauma-Informed Psychoeducational Group " which was for 8 weeks, 1 hour at a time. The overall goal and purpose of the group was to:

- Help individual's process victimization & its impact in a supportive therapeutic environment. -To focus on the results of the exposure to trauma- experiences that everyone can relate to- loss of safety, inability to manage emotions, overwhelming losses, and challenges in imagining a different future.
- To think differently about problems & organize the changes needed to make problems into more manageable bundles
- To help develop pattern recognition for the ways in which present problems relate to past experiences
- To help provide a roadmap for process of recovery

Working with those incarcerated can be difficult, as there are so many changes that happen daily, weekly, and monthly within the prison system. Over the 8 weeks, 18 women participated and 4 women came for the full 8 weeks. The weekly attendance averaged between 7-9.

We are beyond thrilled to have had the opportunity to work with these individuals and have set up another group to begin in the spring. Although we do not have any pictures from group, I have attached the outline of the 8-week course and also the final group evaluation summary, which reflects the work our therapist and these individuals did together.

Thank you,

---

Meghan Costello, MNM she/her  
Director of Finance, Delaware County Victim Assistance Center  
e:[mcostello@delcowar.org](mailto:mcostello@delcowar.org) | p: 610-566-4342

*Serving survivors of sexual assault and other crimes since 1974.*  
For victim resources, click [here](#).



---

**From:** Project W <projectw@tcfhelps.org>

**Sent:** Thursday, December 2, 2021 1:47 PM

**To:** Meghan Costello <MCostello@delcovictimassistance.org>; Karen Kispert <khkispert@delcovictimassistance.org>

**Subject:** Project W 2020 grant end of year report

CAUTION: This email originated from outside your organization. Exercise caution when opening attachments or clicking links, especially from unknown senders.

Hello Meghan and Karen,

I hope you are both doing well!

At your earliest convenience, could you please provide an update report on the grant from Project W awarded in October 2020?

Please provide the following for the end of year report:

- Narrative describing the program/project activities during the grant year
- Number of individuals impacted in Delaware County by program/project during grant year
- If available, photos or story you would like to share with Project W members and on social media.

I look forward to hearing from you!

Lauren Sustersic



**Project W**

**By Women, For Women**

**A Program of The Community's Foundation**

[www.ProjW.org](http://www.ProjW.org)

ProjectW@TCFhelps.org

610-461-6571