

Clayoquot Biosphere Trust 2008 Call for Projects Application for Funding

All applicants must complete this form (available on our website – www.clayoquotbiosphere.org). Please save the document under a new file name before completing. Once finished, please submit electronically to Curtis Cook, CBT Executive Director, via email at curtis.cook@clayoquotbiosphere.org. In addition, please electronically attach any letters of support specific to your application. Additional information should not exceed 3 pages. Please contact CBT staff if you need assistance or have any questions. Applications must be received by our office by 4p.m. September 30, 2008. Applicants will then be invited to meet with a committee to present their application. Approval of funding will be announced by December 18, 2008.

1. Lead Organization

Organization Name: Westcoast Community Resources Society
 Mailing Address: [REDACTED]
 Contact person: Sarah Hogan Job Title: Violence Prevention Education Co-ordinator
 Telephone: [REDACTED] Fax: [REDACTED]
 Email: [REDACTED]
 Has this organization applied for CBT funding in the past? Yes
 Has this organization received CBT funding in the past? Yes

2. Project Details

Project Title: The Roots of Empathy Programme
 Funds Requested: \$6480.00 Total Project Budget: \$8430.00
 Start Date: December 2008 End Date: June 2009
 Is this a new or an existing project? New When are the funds required? January 2009

3. Project Partners (please use additional pages if required): The CBT considers project partners to be organizations or individuals that are contributing to the project either financially or in-kind.

Organization Name: Ucluelet Elementary School
 Address: [REDACTED]
 Contact person: Drew Ryan Job Title: Vice Principal
 Telephone: [REDACTED] Fax: [REDACTED]
 Email: [REDACTED] Is this partnership confirmed? Yes

Organization Name: _____
 Address: _____
 Contact person: _____ Job Title: _____
 Telephone: _____ Fax: _____
 Email: _____ Is this partnership confirmed? _____



The Clayoquot Biosphere Trust supports research, education, and training initiatives for conservation, sustainable economic development and community health in the Clayoquot Sound UNESCO Biosphere Reserve Region.
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4. Application for Funding Questions: Please briefly answer the following questions in point form or paragraph format. Please limit your responses to the space provided.

a. Introduction to your organization:

Westcoast Community Resources Society provides safety, counselling, support, and advocacy for those who have experienced violence, abuse, or need help accessing the community supports. The Society was formed in 1992 as a response to the need for a Transition House for women and children fleeing abuse. Since then the organization has grown to include: a five bed transition house, women's counselling and outreach programs, a children's counselling program, a community youth worker, and a community outreach and advocacy program.

We are a non-profit organization which shares the community's vision that every member's well being is ensured. Through our professional, responsive and non-judgmental services we are committed to providing the tools to enable healthier lives, including programs that specifically address the prevention of violence and abuse.

b. Tell us about your project. Include a description, goals and a timeline for completion:

Roots of Empathy (ROE) is an award-winning, evidence-based classroom program that has shown dramatic effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy.

ROE aims to build caring, peaceful and civil communities through the development of empathy in children and adults. The focus of ROE in the long term is to build the capacity of the next generation for responsible citizenship and responsive parenting. In the short term, ROE focuses on raising levels of empathy, resulting in more respectful and caring relationships and reduced levels of bullying and aggression.

At the core of the program are a local parent and infant who visit the classroom nine times over the school year. The ROE instructor visits the classroom on each parent and infant visit, as well as a pre and post family visit for a total of 27 visits over one school year. Using a variety of activities such as art, stories, writing, songs and role plays, students learn about: caring for infants, safety, crying, brain development, temperament, communication, and emotions. The instructor coaches students to observe the baby's development and label the baby's feelings. In this experiential learning the baby is the "Teacher" and a lever that the instructor uses to help children to identify and reflect on their own feelings and the feelings of others.

The emotional literacy taught in the program lays the foundation for more safe and caring classrooms, where the children are the leaders in changing the classroom environment. They are more competent in understanding their own feelings and the feelings of others, and are therefore less likely to physically, psychologically, and emotionally hurt each other through bullying and other emotional cruelties.



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c. What will be the impact of your project at the individual, community and regional level?

Since 2000, there have been seven independent evaluations of the effectiveness of ROE, as well as two reviews of the program as a whole in Canada and internationally. Results showed that compared to control groups, children from the ROE program demonstrated: increased social and emotional knowledge, increased prosocial behaviours with peers and decreased aggression with peers. This is particularly significant because in the control classrooms aggression increased across the school year. Children from the ROE program reported an increased sense of classroom belonging, inclusion, and peer acceptance. They also felt that their peers were more helpful and sharing than children not involved in the ROE program. All of these positive effects were shown to be still present in children three years following the ROE program with some positive behaviours continuing to improve even after the three year follow-up review.

ROE has also been found to be an effective teaching tool in the following areas:

- Fetal Alcohol Spectrum Disorder Prevention
- Child abuse prevention
- Parenting
- Substance-abuse prevention
- Anti-racism education
- Infant injury prevention
- Crime Prevention
- Character Education

d. Describe the community involvement and collaboration with other agencies.

Urdueler Elementary School is an essential part of the ROE program as it will provide:

- The students in two grade levels
- Classroom space for ROE sessions and displays
- School supplies for the classroom activities
- A venue for sharing the ROE program's progress with the whole school population (eg. a bulletin board, news letters home)
- Feedback forms from students, teachers, and administration for the ongoing evaluation of ROE

The classroom teacher is an active participant in the ROE sessions helping with activities, taking photos, providing input, and taking notes. The teacher is also able to use ROE topics to support other areas of learning in the classroom. Some teachers have, for example, used the measurements of the growing infant in math class, and written stories for the baby in language arts.



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e. How do you plan to communicate the results of your project?

Within the school, the ROE program's progress is displayed on bulletin boards and included in school news letters. In collaboration with the teachers and administrators, we will review the program's outcomes to assess whether to implement the program again and in which classrooms.

Feedback forms, writing and artwork is submitted to the ROE national office to be included in it's ongoing research and promotional materials. If permission is granted, these results could also be shared with CBT and included in an annual report to the WCRS Board of Directors.

The local media is also often interested in helping promote the ROE program.

f. How will your project help to achieve the CBT's Mission?

Communities striving to promote conservation and attain sustainable development require people that are reaching their optimum potential in all areas of life. Children who feel vulnerable, threatened, or victimized are inhibited in their learning and often develop interpersonal problems. Furthermore, childhood aggression is a significant predictor of adult criminal and anti-social behaviour. By reducing aggression and creating safer classrooms, ROE helps children to reach their full potential intellectually, socially, and emotionally.

With a strong evidence base and body of research, the ROE program could grow to reach other west coast communities.

The CBT guiding principals of respect, connectedness, and living in balance are also core concepts that are promoted through the ROE program.

g. How will your project contribute to the CBT's Measuring Community Health Initiative?

Please see our website for a description of this project and a list of indicators that we are interested in.

Because the ROE program targets children between the ages of 4 and 13, a long term follow-up with participants would be necessary to measure the majority of CBT's indicators. Given the research already done on ROE, it would seem likely that ROE participants may show higher employability and high school completion rates and less need for support services.



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5. Project Budget

Please complete the following project budget including contributions from partner organizations and any other funding sources.

Item & Description	CBT Funds Requested	Confirmed Contributions	Unconfirmed Contributions	Total Cost
Salaries & Benefits				
ROE Instructor's Salary	\$5,508.00			\$5,508.00
Facilities Rental				
Office space	\$672.00			\$672.00
Classroom		\$750.00		\$750.00
Materials & Supplies				
ROE kit		\$500.00		
Office Supplies	\$300.00			\$300.00
Classroom Supplies		\$100.00		\$100.00
Other (please specify)				
Training		\$600.00		\$600.00
Total	\$6,480.00	\$950.00		\$8,430.00



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