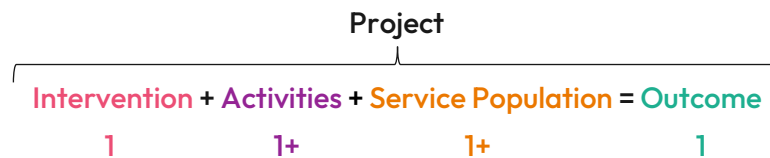


What is a Project?

A **project** is composed of one intervention, which is supported by multiple activities, in service of at least one service population, and results in one main outcome.



Key Definitions

An **intervention** is a method or process to prevent harm or improve functioning. There can be only **one** intervention per project (i.e., socialization events, chair yoga, individual therapy, pastoral counseling, case management). Every intervention in the Innovations Program must be person-centered, trauma-informed (PCTI).

While there is one intervention per project, the intervention can take different formats. For example, a group therapy intervention could include morning, afternoon, and weekend sessions of group therapy. A socialization intervention could include discussion groups on current events, music appreciation, and art history. In these two examples, there are different methods of implementing the intervention, but they are still considered one intervention.

An **activity** is a task implemented to support the effectiveness of the intervention. All activities listed for a project should support the project's intervention. For example, a chair yoga project could entail the following activities: conducting outreach to participants, training staff in PCTI care, providing chair yoga sessions, conducting an evaluation of project outcomes, and grant administration tasks. A project should not include activities that do not relate directly to the intervention.

The **Service Population** is the intended project participants. At least one service population must be served per project, but projects can serve multiple service populations (i.e., Holocaust survivors, older adults with a history of trauma, family caregivers).

For example, a project may conduct cooking classes as an intervention while serving various populations of older adults. One class may be delivered in Russian for Holocaust survivors from the Former Soviet Union, while another is offered in English for Holocaust survivors from multiple backgrounds. The curriculum may incorporate different recipes and examples to ensure cultural relevance for each group. Since the intervention is the same, this would be considered one project serving multiple service populations.

An **outcome** is a result of a project on participants (e.g., improved mental health among family caregivers, reduced social isolation among Holocaust survivors). Jewish Federations evaluates every project in the Innovations Program to determine how the proposed intervention achieves the suggested outcome. While projects may achieve many outcomes, for the purpose of the Center's evaluation, each project should have only one primary outcome. Applicants must select one primary outcome for each proposed project from the list of outcome categories below:

- Improved physical health,
- Improved mental health,
- Improved social health,
- Improved spiritual health,
- Improved access to home and community-based resources,
- Improved financial health,
- Improved family caregiving experience, or
- Improved understanding of the PCTI approach

Jewish Federations' Center on Aging, Trauma, and Holocaust Survivor Care evaluates each project in the Innovations Program to determine how the proposed intervention achieves its outcome. For example, how does PCTI chair yoga result in improved physical health for older veterans? While projects may achieve many outcomes, for the purpose of the Center's evaluation, each project should have only one primary outcome.



Project Examples

The following section includes three examples of project descriptions. The first example is a description for a well-defined project. The second example is a description that would not be considered a project. And the third example is a description that would be considered multiple projects.

Project Description 1: A Well-Defined Project

An organization proposes the project, “Healing Through Connection: A Group Therapy Project for Older Adults.” **The intervention is group therapy sessions for retired first responders to discuss different mental health topics, such as healthy responses to grief, trauma triggers, and stress,** with the intent to **improve mental health.** **Activities include training the group therapist in the PCTI approach, conducting outreach to participants, providing sessions on different topics, attending the Center’s Training Workshop, completing quarterly reports, and conducting an evaluation of project outcomes.**

Why is the project in this proposal well-defined?

There is one clear intervention (highlighted in pink) with multiple activities (highlighted in purple) that support the intervention. These activities serve a defined service population (highlighted in orange). Additionally, there is one clear intended outcome (highlighted in teal) that aligns with the list of Center approved outcomes.

Project Description 2: Not Considered a Project

An organization proposes the project, “Community Wellness Enhancement,” with the intent to **improve overall quality of life** for older adults served. The project will include **hosting occasional socialization events, distributing food baskets when supplies are available, providing referrals to individual counseling, posting mental health tips on social media, training staff in the PCTI approach, and supporting caregivers through informal conversations.** Activities may change over time based on emerging needs, staff capacity, and community interest.

Why would this proposal not be considered a project?

The proposal lists various independent activities (highlighted in purple) that do not support a larger, singular intervention. Additionally, no specific intervention or service population is identified. The outcome (highlighted in teal) is very broad and does not align with Center approved outcomes.



Project Description 3: Multiple Projects

An organization proposes the project, “Connected Aging,” with the intent to improve the social health of Holocaust survivors. The project will include weekly peer-led social support groups, as well as weekly movement-based social programs including chair yoga, tai chi, and yoga. The activities include training the group leaders in the PCTI approach, recruiting participants for the support groups and movement-based social programs, conducting an evaluation of project activities, and administrative tasks. Community members would be recruited to be Peer Leaders to host the peer-led social support groups, and a survey would be conducted to better understand the movement-based social programs of greatest interest to the community.

Why would this proposal be considered multiple projects?

This proposal would be considered multiple projects as it includes more than one intervention (highlighted in pink). The proposal includes peer-led social support groups *and* movement-based social programs, however, a project can only have one intervention. While peer-led social support groups and movement-based social programs share the same outcome (highlighted in teal) of improved social health, support the same service population (highlighted in orange), and share some of the same activities (highlighted in purple), they are two different interventions. Peer-led social support groups and movement-based social programs are two separate interventions, as they are different methods of preventing harm or improving functioning. As such, these interventions may have different effectiveness in improving social health and therefore must be evaluated separately as two separate projects.

