



Affirm Adult Application Form

Introduction

AFFIRM Adult is an evidence-informed, eight-session, manualized intervention aimed at enhancing affirmative and positive mental health and well-being among LGBTQ+ individuals. With this application, you can apply to be an AFFIRM Adult site with a specific focus on implementing and evaluating the AFFIRM Adult intervention at your organization. The Center of Excellence on LGBTQ+ Behavioral Health Equity (CoE LGBTQ+ BHE) is devoted to providing the training, coaching, and technical assistance to support sites for the effective and sustainable implementation of AFFIRM Adult.

Participation Cost

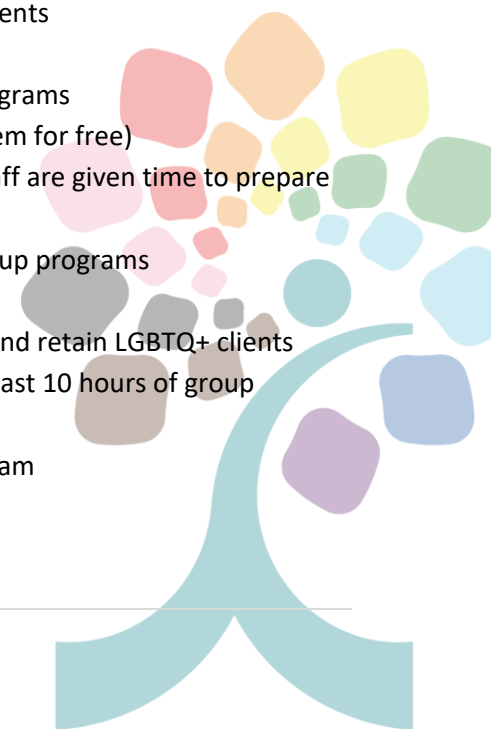
The opportunity to be an AFFIRM Adult site is completely free for accepted applicants. Typical costs for implementing the AFFIRM Adult intervention ranges from \$25,000-\$30,000 and includes coaching sessions, facilitated peer-to-peer learning, fidelity, and booster sessions. Accepted applicants would receive all of these supports at no cost.

For more information on AFFIRM Adult: <https://lgbtqequity.org/affirm/>

Eligible Applicants

Organizations are eligible to apply if they are:

- Currently running intervention or support groups with members of the LGBTQ+ community **OR** have LGBTQ+ clients identified that would be willing to participate in groups (e.g., have the time to do a weekly interactive group for all 8 sessions, have transportation to meeting space or access to a virtual platform).
- Have organizational readiness to implement group programs for LGBTQ+ clients
 - Your organization already offers groups
 - Your organization has a method to recruit participants to group programs
 - You have ways to pay for group programs (or are willing to offer them for free)
 - You have leadership support to implement group programs (i.e., staff are given time to prepare for and implement group programs)
 - You have a physical space and/or virtual platform to implement group programs
 - Clinicians have experience facilitating groups
 - Your organization has the capacity to consistently recruit, engage, and retain LGBTQ+ clients
- Must have 4-6 therapists willing to go through 21 hours of training and at least 10 hours of group coaching provided by the CoE LGBTQ+ BHE throughout the year
- Must agree to administer a pretest and posttest to participants in the program





Agency Requirements:

- a) Identify 4-6 therapists who will participate in all AFFIRM Adult activities.
- b) Ability to recruit and retain a minimum of 20 LGBTQ+ adult clients (with matched pretest and posttest evaluations) who will participate in the 8-session AFFIRM Adult group
- c) Support recruitment and delivery of AFFIRM Adult groups beginning by April 2024
- d) Capacity to effectively deliver AFFIRM Adult groups virtually or in person as needed
- e) Commit to ensure, to the extent possible, that Adult participants complete the online pretest and posttest assessments

Therapist Requirements:

- a) Complete 3 hours of virtual training modules prior to attending the interactive AFFIRM Adult training
- b) Attend the 3-day (18 hour) interactive, virtual AFFIRM Adult training to be held **Tuesday, January 23rd, Wednesday, January 24th, and Thursday, January 25th, 2024, from 11 a.m. - 5 p.m. ET** prior to delivery of any AFFIRM Adult groups
- c) Attend a minimum of 6 virtual site-specific coaching sessions (1 hour each) and a minimum 2 virtual cross-site group learning sessions (2-3 hours each)
- d) Complete and submit AFFIRM facilitator process notes after each Affirm cohort

Applications must be emailed to LGBTQEquity@uconn.edu no later than Friday, October 27th, 11:59 p.m. ET.

*Agencies selected for an interview will be notified by **Friday, November 10th**. If your agency's application is selected for an interview, the lead listed on this application and at least one clinician listed on this application will have to attend a one-hour Zoom call. It is also recommended that the person supervising the clinicians, or the person who signed the commitment letter, be in attendance. Selected applicants will be interviewed between **Tuesday, November 28th and Tuesday, December 5th, 2023**.*

*Accepted applicants will be notified by **Friday, December 18th** and must complete 3-hours of virtual training modules before **January 19th, 2024**.*

*All clinicians listed on the application must commit to the mandatory **3-day AFFIRM Adult Training on January, 23, 24, and 25**.*

*AFFIRM Adult groups are expected to begin in **April 2024**. Selected applicants will have **12 months to collect pretest and posttest evaluation data for at least 20 participants**.*





Section 2: Narrative (please keep this section to 2 pages or less).

- I. Describe your agency's experience engaging and supporting LGBTQ+ clients
- II. Describe your agency's strategy for recruiting AFFIRM Adult participants
- III. Describe any policies, training, or practices your organization implements, or has implemented, related to LGBTQ+ populations

Section 3: Letter of Commitment

Include a letter of commitment from agency leadership supporting your organization in becoming an AFFIRM Adult site.

The letter of commitment should speak explicitly to leadership's support for *therapist's time spent participating in all trainings, coaching sessions, and learning collaboratives*, as well as, *time spent with activities related to delivering AFFIRM Adult groups including recruitment, engagement, group preparation, and completing required paperwork*.

In addition, letters should specify other ways in which the organization will demonstrate its commitment to becoming an AFFIRM Adult site--e.g., resources for recruitment/engagement of clients (meals, snacks, swag bags, care packages) and active support from supervisors or clinical directors for the implementation of AFFIRM Adult groups.

AFFIRM Adult is an intervention developed by

