

Pay it Forward Scholarship Application---

Why am I offering this? I have a blessed life. I feel truly blessed by the many, many gifts of time, talent, support and presence others have offered myself and my family over time throughout multiple struggles we have endured. It is very important to me to pass along the blessing to others and to see the gifts be passed along to still others in need.

Purpose of the Scholarship- This therapy scholarship is designed to assist new individuals in my practice, who would otherwise be unable to work with me, access appropriate therapy services and move toward recovery. The scholarships are intended to be utilized for a maximum of one year once granted.

How is the pay it forward system designed? Just as Michelle is offering her skill as a therapist to you on a scholarship basis, you, the client, you will be required to offer some service to an organization or other person in return for receiving the therapy. Each and everyone has something they can offer—the possibilities of what service/talent you offer are truly endless (work with children/the elderly/animals/organizations/your community...). The key is that you choose something you truly enjoy, something that will bring you joy in the process of giving your time & talents.

How many scholarships will be offered at a time? This will vary based upon the number of folx who have applied AND the amount they are able to contribute toward their services. . Each person MUST contribute something toward their recovery. This data will enable me to determine the number of individuals I can assist at a time as well as the breakdown of the finances. (standard fees for service are between \$35 and \$100)

When should I apply? Scholarship applications will be accepted any time and will be placed in order by the date of the application process. Those applying first will have first access to services. You will be contacted via e-mail to keep you posted on your progress in getting a placement for services, including information regarding if you have been placed on a waiting list for services.

Please complete all information to the best of your ability and submit all requested documentation via e-mail if you have access to the internet.

sharingishealingames@gmail.com

Please include all the following information when contacting me:

Name

Contact information:

Mailing Address:

Phone number:

E-mail address (if you have access to the internet)

Please list all previous therapy you have received: name of business, type of service you received there, type of professionals who worked with you while you were there, when the service occurred, on a 1-10 scale indicate the helpfulness of the services (1 not helpful 10 Extremely helpful), on a 1-10 scale indicate your readiness for using the services at the time they were offered to you (1 not ready- I HAD to go to treatment 10- I worked really hard during this time). Also indicate the approximate length of time you used each service.

Please list any hospital stays related to mental health concerns—where were services received, when were you there, how long were you inpatient?

List any **mental health diagnoses** you have been given by past professionals.

Report any current or past suicidal thoughts, plans or attempts. Report any struggle with harming others.

Please share some information with me about your **current financial situation/work status/academic status/ goals for yourself professionally.**

List any **medications** you take and who monitors those medications for you.

List any **other groups/services** you are currently using as recovery tools.

Please describe for me a **typical day** in your current life- what parts are going well? What things are you struggling with? Be sure to include a description of your mood; any negative coping behaviors you use—self harm; food manipulation; substances; share with me information about the important relationships in your life. **It is essential for you to**

share with me any thoughts about suicide or harm to others you are currently experiencing.

Please tell me why you feel that right now is a good time for you to utilize this scholarship offer?

Please detail how you will “pay it forward”. What service will you offer? Who/what organization will benefit from this service/talent?

Please be sure to include any other information you feel is important for me to know when making the decision about your scholarship application.

Make sure to complete the chart and send it back with your writing.

Feel free to include any drawing/journal entry you feel demonstrates any of the above information.

Please remember that as with all scholarship applications, there is no guarantee that you will receive a scholarship for services. This is simply the application process. If you have not heard back from me within a week of e-mailing your scholarship application to me, please phone me: 515-231-3918.