



Manna Behavioral Services

2026 Application Overview

PROJECT GOAL AND OBJECTIVES

Module 1: Every 3rd Saturday, AODA Education/Mental Wellness Workshops. Module 2: Understanding Addiction and Identifying Triggers. Module 3: Trauma-Informed Coping. Module 4: Community, Fatherhood/Motherhood, and Purpose. Module 5: Building Your Recovery Network and Certificate Ceremony.

INTENDED OUTCOMES:

1. Serve approximately 220 unduplicated individuals (140 workshop participants, 100 individual counseling clients with significant overlap, 120 family members, and 80 community/family attendees at Week 4 certificate ceremonies).
2. Complete 8 Saturday workshop cycles (32 sessions, 64 program hours) with a 75% Workshop completion rate.
3. Deliver approximately 1,050 individual counseling sessions and approximately 200 family counseling sessions over 24 months.
4. Connect 70% of enrolled participants to at least one wrap-around service.
5. Document meaningful gains in relapse-prevention knowledge through pre/post workshop surveys administered at the start of Week 1 and the end of Week 6 of each cycle.

SCOPE OF WORK AND KEY ACTIVITIES

- Individual Counseling
- Group Counseling
- Community workshops
- Trauma Resilience Counseling
- Healing Circles
- Referral and Consultation Services

TARGET POPULATION AND COMMUNITY IMPACT

Through individual counseling, group therapy, community workshops, and reentry support, we empower individuals to achieve long-term healing and self-sufficiency. Our programs are designed to address the unique challenges faced by individuals affected by trauma; substance use disorders, mental health concerns, poverty, violence, and systemic inequities.

Manna Behavioral Services is committed to serving individuals and families in historically underserved communities by providing accessible, culturally responsive behavioral health and supportive services to the following populations:

- Single mothers and fathers who are rebuilding their lives.
- Individuals and families experiencing substance use disorders, mental health challenges, and unresolved trauma.
- Youth and adults who are at risk of involvement with the criminal justice system due to adverse childhood experiences, community violence, or limited access to prevention and intervention services.