

# 2026 WOMEN UNITED GRANT APPLICATION FORM

## Organization Information

**Organization Name**

Good Samaritan Services

**EIN**

23-3011817

**Project Name**

Good Sam Counseling Program for Women

**Address**

P.O. Box 756  
Ephrata, Pennsylvania 17522  
United States

**Contact Name**

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**Executive Director / President (If different)**

Nate Hoffer

## Eligibility Criteria

**Is your organization a registered nonprofit organization with an official letter of determination of 501c3 status from the Internal Revenue Service?**

Yes

**Has your organization operated in Lancaster County for at least one year (operating in Lancaster before July 1, 2025)?**

Yes

**Does your organization or program you are requesting funding for in this application serve primarily women and/ or teen girls?**

Yes

**Does your organization provide services to families at or below the ALICE threshold in Lancaster County?**

Yes

**Is your organization delinquent on any state or federal debt?**

No

**Does your organization share United Way's view of collaborative and inclusive service to the entire community, without excluding anyone on the basis of race, color, religion, gender, ethnicity, national**

**origin, age, disability, sexual orientation, or any other factor not relevant to a person's eligibility for service or ability to contribute?**

Yes

**Has your organization update your listing with PA 211 in the last 12 months?**

Yes

## **Application Elements**

### **Executive Summary**

Funding from the 2026 Women United Grant from United Way of Lancaster County will support the Good Samaritan Services Counseling Program at our Lancaster County Women's Shelter. This program provides trauma-informed mental health counseling for women experiencing homelessness, housing instability, domestic violence, and other traumatic life events. Counseling services help women heal from trauma, develop coping skills, and build the emotional stability necessary to maintain safe housing and move forward in their lives. In the most recent fiscal year, Good Samaritan Services provided 602 hours of therapy to 98 participants, demonstrating the critical demand for accessible mental health services for women rebuilding their lives after crisis.

### **Organization Description**

Good Samaritan Services' mission is to compassionately respond to homelessness and poverty by meeting people where they are and walking alongside them on their journey from crisis to stability. Through relationship-based support, housing, and holistic services, Good Samaritan Services helps individuals and families overcome barriers, build independence, and achieve long-term housing stability.

Good Samaritan Services serves individuals and families experiencing homelessness or housing instability across Lancaster and surrounding communities through a comprehensive continuum of care. Our programs provide outreach, dignified short-term housing, supportive housing, case management, and resource coordination designed to address both immediate needs and the long-term challenges that contribute to housing instability. Participants work with trained staff to develop individualized Stability Plans that outline personal goals such as securing safe housing, obtaining employment, increasing income, accessing healthcare, and strengthening social support networks.

By combining housing with personalized supportive services, Good Samaritan Services helps participants rebuild stability and independence. Each year, the organization supports hundreds of individuals and families as they work toward safer housing, improved well-being, and renewed hope for the future.

### **Commitment to Equity**

Good Samaritan Services serves individuals and families experiencing homelessness or housing instability in Lancaster County, including women residing in our Lancaster County Women's Shelter. The community we serve is diverse and often includes individuals facing significant barriers related to poverty, trauma, domestic violence, mental health challenges, and limited access to stable housing. Many participants are women with children, single mothers, survivors of abuse, and individuals with limited financial resources. These households frequently face compounded challenges such as housing insecurity, low wages, lack of childcare, and limited access to healthcare and mental health services.

By focusing services on women experiencing homelessness or housing instability, the Counseling Program helps address disparities that disproportionately affect women living in poverty. Trauma-informed mental health counseling provides a pathway toward healing, emotional stability, and long-term housing success.

Good Samaritan Services prioritizes a relationship-based, participant-centered approach that elevates the voices of those we serve. Participants work collaboratively with staff to develop individualized Stability Plans that reflect their personal goals, strengths, and needs. This approach ensures services are responsive to the lived experiences of participants and supports greater equity in access to housing stability, mental health support, and long-term opportunity.

## Proposal Details

### Main Priority Area

Women's and/ or Teen's Health

### Grant Dollar Amount Requested

\$20,000.00

### What percent of the overall project budget is covered by the Women United grant?

19

### Will this program/project start or continue to operate if you do not receive 100% of the funding requested?

Yes

### Project Description

Good Samaritan Services is requesting support to continue and expand its Counseling Program serving women at the Lancaster County Women's Shelter. This is an existing program that continues to grow in response to community need. Many women who enter the shelter have experienced trauma related to domestic violence, homelessness, poverty, addiction, or family instability. Without access to mental health support, these experiences can create barriers to maintaining employment, rebuilding relationships, and sustaining long-term housing stability. The Counseling Program was developed to ensure that women in our shelter have access to free, trauma-informed mental health services that support healing and stability.

Through this project, Good Samaritan Services will provide individual counseling, trauma-informed therapy, and emotional wellness support for women residing in the Lancaster County Women's Shelter. Counseling is provided by a licensed therapist and focuses on trauma recovery, emotional regulation, coping strategies, and mental health stabilization. Sessions typically occur weekly or bi-weekly depending on participant needs and are integrated into each woman's individualized Stability Plan.

The program meets the priority area goal of improving the well-being and stability of vulnerable women and families in Lancaster County by addressing mental health barriers that often accompany housing instability. Research and lived experience show that trauma and untreated mental health challenges can prevent individuals from maintaining housing or achieving financial stability. By providing accessible counseling within the shelter environment, women are able to receive support in a safe and familiar setting without barriers such as transportation, insurance limitations, or long waitlists for community providers.

The Counseling Program operates through close collaboration between the therapist, resource coordinators, and shelter staff. Together, they identify participants who would benefit from counseling and connect them to services quickly. Counseling services are integrated with housing support, case management, and life skills development to address both emotional healing and long-term stability.

During the 2024-2025 fiscal year, the Counseling Program provided 250+ hours of counseling services to 25 women in Lancaster County, offering consistent mental health support during critical moments of transition and recovery. The program also served seven children of single mothers, providing 29 hours of counseling support, including family sessions that strengthened the emotional well-being of both mothers and children. These services reflect the program's holistic approach to supporting women and their families as they move toward stability.

### Collaboration

Yes, the Good Samaritan Services Counseling Program collaborates with a strong network of community partners to ensure women residing in the Lancaster County Women's Shelter receive comprehensive support that extends beyond counseling. While mental health services are delivered directly through Good Samaritan Services, partnerships with

local organizations help address the broader social, medical, and economic needs that impact long-term stability.

Internally, the licensed therapist works closely with Good Samaritan Services resource coordinators, housing staff, and case managers to integrate counseling with each participant's individualized Stability Plan. This coordination allows women to receive mental health support alongside housing stabilization, employment coaching, financial guidance, and life-skills development.

Externally, Good Samaritan Services partners with organizations across Lancaster County including Union Community Care, Lancaster General Health/Penn Medicine, Tabor Community Services, Water Street Mission, the Lancaster County Homelessness Coalition, and local school districts. These partnerships allow participants to access healthcare, long-term behavioral health services, financial counseling, childcare resources, and educational support.

By working collaboratively with these partners, the Counseling Program ensures women and their families receive holistic, coordinated care that strengthens their path toward healing, stability, and permanent housing.

### **Implementation Plan**

Good Samaritan Services will implement the Counseling Program at the Lancaster County Women's Shelter through a structured, trauma-informed model designed to support women experiencing homelessness or housing instability. The program is led by Kristin Lapp, MSW, a licensed social worker with extensive experience in behavioral health who utilizes evidence-based practices such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and trauma-informed care to support participants' healing and stability. Counseling is integrated with Good Samaritan Services' broader housing continuum, including Emergency Housing, Transitional Housing, Affordable Housing, and Supportive Housing. Participants receive counseling alongside case management, landlord mediation, budgeting support, and coaching on daily functioning to strengthen overall housing stability.

The implementation plan includes several key activities carried out throughout the program year. Participant identification and referral will occur through collaboration with shelter staff and resource coordinators who identify women experiencing mental health challenges, trauma, or emotional distress. Women may also self-refer to the Counseling Program.

The Counseling Program follows a 12-session clinical model grounded in Maslow's Hierarchy of Needs and the Person-in-Environment framework. Each participant begins with a comprehensive intake process conducted by Kristin, including mental health screenings such as the PHQ-9, GAD-7, and Wellness Assessment to evaluate depression, anxiety, and overall emotional well-being. These assessments establish baseline needs and guide individualized treatment planning.

The program operates in three phases. First is Engage, Assess, and Plan, where participants build trust with Kristin, complete clinical assessments, and establish treatment goals. Second is Intervention and Goal Attainment, where participants engage in regular individual counseling sessions, typically weekly or bi-weekly depending on participant need. Sessions focus on trauma recovery, coping strategies, emotional regulation, crisis stabilization, and improved daily functioning, and may range from brief interventions to longer therapeutic conversations depending on the situation. Counseling services are provided free of charge with no insurance required, removing barriers to care. Third is Evaluation, where participants complete follow-up assessments, develop discharge plans, and receive referrals or warm handoffs to community mental health providers when appropriate.

Throughout the program, counseling is closely coordinated with housing and stability services. Kristin works alongside Good Samaritan Services case managers and resource coordinators to integrate mental health support into each participant's individualized Stability Plan and broader goals related to housing, employment, and overall well-being. This approach supports emotional healing while strengthening participants' ability to achieve and maintain long-term housing stability.

### **Outcomes & Evaluation**

If awarded this grant, Good Samaritan Services will expand the impact of the Counseling Program serving women at the Lancaster County Women's Shelter by improving mental health stability, strengthening coping skills, and

supporting long-term housing success. Women entering the shelter often carry significant trauma related to domestic violence, poverty, family instability, and homelessness. By providing trauma-informed counseling during a critical period of transition, the program helps women rebuild emotional stability and develop the tools necessary to move forward.

### Program Outcomes and Goals

The Counseling Program will focus on several measurable outcomes. First, women participating in counseling will demonstrate improved mental health outcomes, including reductions in symptoms of anxiety and depression. The program anticipates that at least 90% of participants will show a meaningful reduction in anxiety and depression symptoms as measured through standardized screening tools.

Second, the program will support participants in building practical coping strategies and wellness routines, with at least 85% of participants identifying and working toward three or more wellness goals related to emotional health, self-care, or daily functioning.

Third, the program will strengthen participants' ability to maintain stability as they transition from shelter to independent living. As a result, at least 75% of women participating in counseling will demonstrate improved capacity to manage daily responsibilities and maintain housing stability.

### Evaluation and Program Metrics

Program outcomes will be evaluated using both clinical assessments and service delivery metrics. At intake and throughout counseling, participants complete PHQ-9 and GAD-7 mental health screenings to measure symptoms of depression and anxiety. These assessments are repeated periodically and at discharge to measure progress and evaluate changes over time.

Additional program metrics include the number of women served, total counseling hours delivered, number of counseling sessions provided, and completion of individualized wellness or treatment goals. Staff also track improvements in daily functioning, housing stability, and participant engagement through case notes and progress reviews.

Together, these metrics allow Good Samaritan Services to evaluate the effectiveness of the Counseling Program and ensure women receive meaningful support as they rebuild stability and move toward long-term independence.

## Documents

### Required Documents

- [Budget-for-Counseling.xlsx](#)
- [Board-List-Current.pdf](#)
- [2023-24-Audited-Financial-Statement.pdf](#)
- [2024-PUBLIC-990.pdf](#)
- [2025-2026-Approved-Budget.pdf](#)
- [Good-Sam-501c3\\_2019-Updated-Name.pdf](#)