

GRANT APPLICATION COVER PAGE (Attachment A)

Name of Applicant Organization: Mills County Public Health

Address: PO Box 209

Glenwood, IA 51534

Phone: 712-527-9699 Fax: 712-527-4711

Contact Person: Julie Lynes, Family Centered Services Supervisor

Board of Directors Chairperson of Applicant: Richard Swenson, BOH Chair

Is your organization

Private School Public School

Private Not for Profit Government

Private for Profit Other _____

Tax Exempt Status [e. 501 C (3)]: Tax Exempt due to Governmental Status

Federal ID#: 42-6004708

Name of Project: Mills County Circles4Support

Target Population of Project: Mills County Families Living in Poverty

Category New Project Existing Project

Total amount requested from Boost4Families \$ 20,000.

In-Kind Contributions \$ 12,050.

Other funding secured for this project \$ 1,700.

TOTAL PROGRAM COST \$ 33,750.

I certify that I am duly authorized to commit and assurances for the applicant, and therefore agree to comply with all the provisions of the Request for Proposal, and to the best of my knowledge, the information contained in this application is correct and complete.

Signature of authorized Officer/Director of Applicant Date

Agency Administrator
Title

**BOOST4FAMILIES
CASS/MILLS/MONTGOMERY
Prevention, Early Intervention, and Family Well-Being Project
FY10 Request for Application**

Proposal Check List

Proposal Components	Proposal Page #
Cover Page (Attachment A)	Pg. 1
Proposal Checklist (Attachment B)	Pg. 2
Action Plan/Project Narrative	Pg. 3
Budget	
Budget Detail (Attachment C)	Pg. 6
Budget Narrative	Pg. 7

Applicant Name: Mills County Public Health – Circles4Support

1. FUNDING REQUEST

A brief description of your organization

Mills County Public Health was established in 1972 to serve the residents of Mills County in various capacities. The mission of the Family-Centered Services Department at Mills County Public Health is to provide compassionate, respectful and innovative services which strengthen and support families and our community. Julie Lynes, LBSW, MA, and Melody Ragland will facilitate the Circles4Support program. Julie and Melody have over 28 years of collective experience in the public health setting, working with families and individuals with diverse needs.

Amount requested \$20, 000.00

What is the goal your project hopes to achieve?

Vision: The Mills County Circles4Support is a community of hospitality and caring where everyone has enough money, friends, and meaning to fulfill their dreams and potential in life, and share their contributions.

Mission: We are dedicated to building Circles4Support that will eliminate poverty in Mills County and become models to other communities. We acknowledge the real barriers people face when making the transition from welfare to interdependent self-sufficiency and are committed to learning all we can about addressing both external and internal barriers that families often face.

The program goals include the following:

- Recognizing and supporting the voices of people marginalized by poverty.
- Supporting the development of learning relationships across race, class, gender and other “lines”.
- Participation of a minimum of 70 individuals.
- Supporting one another’s movement out of poverty and isolation, into economic well being and thriving communities, where the safety of our children is a shared responsibility of us all.
- Building a community and network led by the “consumer” in partnership with service provision leaders and other citizens that will improve the quality of life for all individuals, regardless of income.
- Developing a vision of reciprocity, by giving back to the community using talents and strengths from the Circle.

Describe in detail your project

More than 308,000 Iowans were living in poverty in 2005, up about 30 percent from five years earlier, according to estimates released in January 2008 by the U.S. Census Bureau. Locally, Mills County Community Health Assessment indicates that poverty continues to play a major role in the economy of our community, as well as our health and education. Almost 40% of Mills County babies go home to families experiencing poverty and are considered at-risk. Families in poverty, without appropriate supports face overwhelming stress related to joblessness, homelessness, isolation, substance abuse or violence which places their children or other family members at high risk of abuse.

In 2005, Beyond Welfare and Move the Mountain provided Boost4Families with information about a project intended to assist families in overcoming poverty – with Circles of Support. The program’s model focuses on all families needing three things: money, meaning, and friends. The program helps participants build new individual and group relationships in their community, built on acceptance, trust and reciprocity. On October 11, 2007, Mills County initiated a Pilot Program based on the Circles model to serve the citizens of Mills County. The program has

provided an environment where “poor” is being redefined and personal success is being achieved through building a community network that promotes opportunities for success and reciprocity. The program continues to gain new participants and currently is serving over 70 individuals. To date, the program meets bi-monthly. Feedback from participants is positive and attendance numbers are steadily increasing as community awareness grows. Over 98% of original participants continue to participate in the program.

Target Population

The Circles4Support Program targets Mills County residents - families and/or individuals that are experiencing barriers to becoming successful within their own lives and our community. Participants attending are currently addressing issues of isolation, mental health, history of juvenile delinquency, foster care, adult criminal involvement, addiction, lack of support system, financial struggles, meeting basic needs, and lack of transportation. There are no income requirements and Circles4Support invites any community member that has a strong desire to change their current circumstances, to join in our community leadership meetings.

Project Outcome

The long range goal for this project is to empower Mills County families currently living in poverty and isolation by improving their social supports, financial status and educational level. We will work to build stronger communities by helping empower families with ways to achieve more money, meaning and/or friends needed to rise out of situations associated with poverty and isolation.

We are dedicated to the principle of complete respect for all people. We believe that everyone deserves the support they need to function at their best. We believe that the best way to bring about social change is through building authentic relationships. Therefore, our primary strategy for advocacy is relationship building. We believe that accountability and reciprocity build self-respect, and invite the respect of others. Therefore, we are committed to empowering all our members by expecting and encouraging accountability and reciprocity from all of us. We acknowledge that all people need help and support in different ways and at different times in their lives.

Strategies you will employ to implement the project

Mills County Public Health has partnered successfully with multiple agencies since 1972. We are participating members of the Mills County Coalition for Families and the Boost4Families Local Planning Group. This program requires collaboration with multiple helping agencies and service organizations in Mills County to achieve success. Area agencies are being utilized to assist families as they move forward in the Circles process. Volunteers continue to be sought from our local communities, volunteer organizations, faith-based community and the public in general. Community bi-monthly dinners will be provided by local businesses and churches. The Calvary Baptist Church has pledged a monthly stipend of \$100.00. The Grace United Methodist Church will donate its facilities for meetings. Angel Food Ministries continues to donate free food certificates. Hy-Vee has placed us on their food donation list for extra near-dated perishable foods. Panera Bread donates two loaves a bread each month. Mills County Fair has provided participants with free passes. The Qwest Center has donated tickets for events. The Henry Doorly Zoo has provided the group with a seasonal pass. In the coming grant year, we will continue to seek out community support to help the program be successful.

Specific strategies will include the following:

- The Circles4Support Program will facilitate a Community Leadership Team Meeting (CLTM) every 2nd and 4th Thursday of the month.
- A community meal will be provided at each meeting, donated by area churches or businesses.
- Following the dinner, daycare will be provided for the children while the adults participate in the CLTM. The meeting will follow an evidence-based agenda which will facilitate open discussions and relationship building activities and interactions.
- This links community members from all classes, races, ages, genders and walks of life together to support individuals or families who want to make a positive change in their life.

Describe how your organization will sustain this program once grant funds have been spent?

Our agency has done well to balance the grant monies with in-kind donations. We have received overwhelming support for the program from all area churches and business organizations. We also rely on volunteers to help facilitate the program. Grant funds are crucial to pay for basic staffing and operational expenses.

If your project is not fully funded, is the project still viable and at what minimum amount?

We continue to aggressively pursue alternate funding sources for this project. We would certainly appreciate full funding, but would be grateful for any amount received.

2. EVALUATION

Discuss how you will know if you are successful.

Mills County Public Health has developed a satisfaction survey that reflects participant's views of the program and assesses future needs of the program. The survey is being provided annually to all current participants. In addition, ongoing statistical data has been collected to measure improvements in the participants' circumstances to ensure progress of money, meaning and friends. During the past grant funded year, the program has experienced measurable progress and received positive feedback from all participants.

How will you measure this?

Progress will be measured through various components. The first will be through the participant's satisfaction survey. In addition, success will be measured through the groups "pay it forward" philosophy. The program will record how many participants take on a leadership role during monthly meetings and how many volunteer to help at local events, such as Festival of the Young Child, Scoop and Scope and Mills County Fair.

DETAILED BUDGET (Attachment C)

DESCRIPTION OF EXPENSES	PROPOSAL REQUEST	OTHER FUNDING PUBLIC DONATIONS	OTHER FUNDING (IDENTIFY SOURCE)	IN-KIND MATCH MILLS COUNTY PUBLIC HEALTH/MULTIPLE SOURCES
Salaries: .33 FTE – FCS Worker 689 hrs @ \$19.35/hr SUBTOTAL	\$ 13,332. \$ 13,332.			
Benefits: FICA, IPERS, Ins. SUBTOTAL	\$ 1,907. \$ 2,511. \$ 4,418.			
Training/Travel: Registration fees Out of area travel In area travel SUBTOTAL				
Office Supplies: Postage Printing Supplies SUBTOTAL		\$ 100. \$ 300. \$ 300. \$ 700.		
Program Materials: Meal Supplies Meeting Site Exp. Participant Support Activity Expenses (Donations of free activity passes) SUBTOTAL	\$ 1,500. \$ 1,500.	\$ 450. \$ 450.		\$ 5,400. \$ 2,400. \$ 2,050. \$ 9,850.
Equipment: Purchase Rental Maintenance SUBTOTAL	\$ 0			
Other: Mileage – 2083 mi. .48/mi Transport clients/ pickup materials. SUBTOTAL	\$ 750. \$ 750.	\$ 250. \$ 250.		
Indirect Cost (not to exceed 8%)		\$ 300.		\$ 2,200.

TOTALS	\$ 20,000.	\$ 1,700.		\$ 12,050.
---------------	-------------------	------------------	--	-------------------

Budget Narrative:

Salaries –

This project will utilize 13 hours per week of staff time (Family Centered Services Worker) at an average cost of \$19.35 per hour. – **\$13,322.**

Fringe Benefits –

2010 expenses for FICA/IPERS total 14.3% of the wage/hour – **\$1907.**

Health Insurance Costs have been prorated at .33 FTE expense. - **\$2511**

Training/Travel – There will be no anticipated training costs for this project.

Program Materials –

Meal Expense – a Community Dinner is served each meeting with donated meals (\$5600) and purchased products including food and paper products (\$1500) **\$6900.**

Meeting Site Expense – We are currently utilizing the Grace United Methodist Church as a meeting site, using the kitchen, large meeting room, small meeting room, restrooms and 1 classroom and a preschool daycare room including toys. Estimated cost is \$100/use for 24 meetings - **\$2400.** (in-kind)

Participant Activity Expenses – Individuals are encouraged to participate in their community through the use of donated tickets to the Zoo, YMCA, Glenwood Theater, Mills Co. Rodeo, etc. – **\$2050 Inkind.** In addition, the group provides service activities throughout the community and \$450 in donated funds is used to cover costs of community projects sponsored by the group, i.e. supplies used to serve food at Scoop & Scope.

Other –

Mileage – staff transports participants to meeting sites, activities and to pick up supplies. We estimate 2083 miles at .48/mi (Mills Co. reimbursement rate) - **\$1000.**

Indirect Cost –

8% indirect costs have been allowed for this project including office administrative costs and supervisory/clerical staff support. - **\$2500.**