

LOI Form

Organization Information

A Word version you can use to draft your request is available for download.

The rubric that will be used to score your LOI is available for download.

Project Name*

Please give your proposal a short, descriptive title. This is how your request will appear throughout the PCF grant portal.

Clear Vision Pathways--Mental Wellness Program in Clearwater

Amount Requested*

The minimum grant request for this process is \$50,000.

The maximum grant request for this process is \$325,000.

If you request the full \$325,000, your organization should be able to demonstrate a *significant* impact to be made from these funds.

Please be sure that your grant request is proportional to your annual operating budget. If you have any questions about how much funding to request, please contact Jocelyn Howard at jhoward@pinellascf.org.

\$195,500.00

Annual Operating Budget*

Please provide the amount of your annual operating budget, (expenditures only) for your entire organization.

\$132,375.00

Grant Start Date*

PCF expects to issue a contract to approved organizations in September 2023. If awarded with a contract issuance date of September 1, 2023, when would your organization begin to spend funds?

09/11/2023

Grant End Date*

PCF expects the grant period to be between 12 and 24 months for this process. Given this range, when would your organization expect to finish expending funds if awarded?

10/31/2024

Mission Statement*

Please write your organization's mission statement below. This should be no longer than one or two sentences.

The mission of Dr. Traci's House is to holistically revitalize the local community to achieve health equity and wellness so everyone can live their best life. The commitment to the community is its brand promise—"Better Health. Better Communities" and Dr. Traci's House carries out its mission, one child and one family at a time.

Is your organization headquartered in Clearwater?

Why PCF asks this: Given that the City of Clearwater is the funding source for this grant program, PCF may prioritize organizations headquartered in Clearwater or those that have a strong presence in the City.

No

Programming Background*

Please describe the program that this grant would support.

Example

Peer Counseling Services Inc. offers after-school support groups for middle schoolers and high schoolers. Below, Peer Counseling Services Inc. would describe what its programming is, how its programming works, and who is served.

Why PCF asks this: PCF wants to learn about what your organization does and how it carries out its mission.

Dr. Traci's House is a 501c3 organization founded in 2020 by Dr. Traci Thompson MD, a board-certified internal medicine physician with over 20 years of experience as a physician executive and who has lived in the Tampa Bay area for over 13 years. Dr. Traci's House is a community-based clinic that brings an integrated and holistic approach to building a healthier community from infants to older adults with key resources in their very own community to create a sustainable model for generational health and wellness. By holistically combining the medical, behavioral, nutritional and social aspects of its clients, Dr. Traci's House's objective is to build a community development blueprint for 21st century urban living to address the specific social risk needs of a given community, resulting in improved health equity. Dr. Traci's House in partnership with New Vision Behavioral Health Inc.(NVBH) led by CEO Zaneta Ellison LMHC is submitting this Letter of Intent for the Clearwater ARPA Social Services Funding, Phase II, focused on Mental Healthcare and Youth & families to specifically serve the residents in Clearwater.

Dr. Traci's House started across the bay in Tampa Bay and is actively seeking to expand to Clearwater to bring the Dr. Traci's House model to the Clearwater community. The mission of Dr. Traci's House is to holistically revitalize the local community to achieve health equity and wellness so everyone can live their best life. The commitment to the community is its brand promise—"Better Health. Better Communities" and Dr. Traci's House carries out its mission, one child and one family at a time. With receipt of the American Rescue Plan Act (ARPA) funding in our Clearwater, FL, location Dr. Traci's House and NVBH are committed to providing integrated mental healthcare services through the Clear Vision Pathways program that address the whole person, inclusive of any medical, social or other behavioral health conditions that impact their everyday life. Families in Clearwater with unique complications in accessing counseling will be provided with multiple counseling options in-person, virtual/telehealth, and after-hours appointments. We propose to annually serve 300 individuals through core services (individual counseling services, family counseling services, group counseling services, and mental health resiliency workshops with topics including stress management, coping with grief, self-care and trauma informed practices).

History in Clearwater*

Please describe how long you've been providing services in the City of Clearwater, and the nature of such services.

Why PCF asks this: Given that the City of Clearwater is the funding source for this grant program, PCF may prioritize organizations headquartered in Clearwater or those that have a strong presence in the City.

Dr. Traci's House and New Vision Behavioral Health Inc. were recently awarded \$100,000 each in grant funding specific to the North Greenwood Community to provide youth educational, mentoring, tutoring, and mental health and wellness services, respectively. Dr. Traci's House has been active in the Tampa Bay community, adopting local schools for mentoring and literacy workshops. Since 2018, New Vision Behavioral Health Inc. has been servicing residents of Clearwater through The Florida Division of Vocational Rehabilitation, Clearwater branch. As an active Pinellas County organization, New Vision Behavioral Health has annually hosted a free Mental Health Awareness & Youth Empowerment Summit for five years. 2021, the summit was hosted at the St. Petersburg College, Clearwater campus. This one day of empowerment has impacted youth and families throughout the Pinellas County area and attracted annual donors such as St. Petersburg College, Juvenile Welfare Board, and Johns Hopkins Healthy Start Coalition.

Outcomes*

Define one to two outcomes already being measured by your organization in relation to the programming this grant would support. This is not the outcome of this specific funding, but of the programming itself. **Outcomes are not the number of people you will serve, but how they or their situation will change.**

"Outcomes - are specific, measurable statements that let you know when you have reached your goals.

Outcome statements describe specific changes in your knowledge, attitudes, skills, and behaviors you expect to occur as a result of your actions. Good outcome statements are specific, measurable, and realistic."

(W.K. Kellogg Foundation Logic Model Development Guide)

Example

80% of youth involved in peer counseling will show increased emotional intelligence after six months of participation.

Why PCF asks this: PCF considers measurable outcomes to be a cornerstone of effective social service programming. Tracking outcomes allows both an organization and its supporters to know how effective its programming is and helps an organization improve its programming over time.

NVBH currently provides mental health counseling services to youth/families in Pinellas County Truancy Intervention Program Services and Bethel Community Foundation's DJJ Florida Network of Youth and Family Services Child in Need of Services/Family in Need of Services. Services include biopsychosocial assessments, individual and family counseling, substance abuse intakes and counseling, Anger Management groups, active parenting groups, and individual counseling services for parents. During the Fiscal year 2021, NVBH served 65 youth and families through the Bethel program: 30% of those youth were involved in some form of juvenile diversion and 50% of that population were faced with felony charges had they not completed the program. Outcomes for Clear Vision: Eighty percent of participants who complete at least 4 out of 6 counseling sessions in the Clear Vision Pathways program will experience improved number of healthy days per month and a decrease in their Perceived Stress Scale.

Measurements*

Explain what measurement tools you will use to evaluate the stated outcome(s) above. That is, how will your organization know it is achieving or not achieving the outcome(s) stated above? Stronger requests will use a

validated tool or method of data collection.

Example

Peer Counseling Services administers the Schutte Self Report Emotional Intelligence Test before counseling begins, and in six-month intervals thereafter.

Why PCF asks this: PCF would like to know how the outcome(s) you've specified are measured, and if you used a validated tool that has been proven in usage outside your organization. If you've developed your own tool, please describe how it was made.

Clear Vision Pathways Program will utilize various clinical assessment tools to assess the needs of the clients and measure outcomes from program participants.

ACE assessment: ACE stands for "Adverse Childhood Experiences," which accesses traumatic experiences you had during childhood, such as domestic violence or sexual abuse. ACE scores range on a scale from 0 to 10, with a higher score indicating more negative childhood experiences. ACE assessment will be conducted at baseline and every 3 months while in the program to assess if any changes or increases in Adverse Childhood Experiences occur.

Clear Vision Pathways will utilize the Perceived Stress Scale at baseline and reassessed at every other visit. The Perceived Stress Scale (PSS) is a classic stress assessment instrument. Initially developed in 1983, the tool remains a popular choice for helping us understand how different situations affect our feelings and perceived stress. The (PSS) is the most widely used psychological instrument for measuring the perception of stress. It measures the degree to which situations in one's life are considered stressful. Items were designed to tap into how unpredictable, uncontrollable, and overloaded respondents find their lives.

Additionally, Clear Vision Pathways will also use the Centers for Disease Control and Prevention Health-Related Quality of Life "Healthy Days Measures" at every visit to assess and track the number of healthy days perceived by the client. The questions include: Would you say that in general your health is excellent, very good, good, fair or poor?; Now thinking about your physical health, how many days during the past 30 days was your physical health not good?; Now thinking about your mental health which includes stress, depression and problems with emotions, how many days during the past 30 days was your mental health not good?; During the past 30 days, how many days did poor physical or mental health keep you from doing your usual activities?

Grant Impact*

How would this grant help your organization and its clients achieve the outcomes stated above? That is, what would you be able to do with this funding that you otherwise could not?

Why PCF asks this: The intention of this grant is to fund organizations providing support for individuals and families in Clearwater with emergency housing and social services needs. How that support happens, and how this grant could help, differs from organization to organization. PCF would like to know specifically how this grant would help your organization and the clients you serve.

Clear Vision Pathways aims to target Clearwater youth and adults who are experiencing the following mental health conditions:

- Youth and teens that have demonstrated behavior issues.
- Youth and teens with a history of juvenile delinquency and juvenile detention center.
- Families that have demonstrated conflict and crisis issues, and Seniors that have demonstrated mental health, kindred care stressors, and well-being

issues. Having experience serving under-resourced areas in the Tampa Bay Area, Dr. Traci's House currently serves the most impoverished neighborhoods/zip codes that show the greatest socioeconomic and access needs. Dr. Traci's House aims to directly impact health equity by restructuring and empowering the community within the very zip codes that currently correlate with worse health outcomes. Through its

comprehensive and high-quality programming of holistic wellness services inclusive of behavioral, physical and social services in the Clear Vision Pathways Program funded by the Clearwater ARPA Social Services Funding, Phase II, we strive to achieve the following outcomes:

The resiliency workshops are well attended.

The Clearwater community will be fully engaged in the referral process and actively refer youth and families to our Clear Vision Pathways program for mental healthcare.

Reduced stigma toward mental healthcare within the Clearwater community as evidenced by Clearwater families actively engaged in services, attending group and individual sessions, providing positive testimonials and increased community partners and other stakeholders such as churches, other local and non-profit organizations.

Increased access to care with participants utilizing multiple treatment options i.e., virtual or in-person, hybrid.

Increased referrals from neighborhood stakeholders and community members for mental healthcare services through Clear Vision Pathways.

Participants will have resolved or be actively resolving initial areas of needs/conflict. Participants with improved number of healthy physical and mental health days as measured by the CDC's Health Days Measure.

Participants will have learned coping skills and strategies to address identified and future stressors, as evidenced by a lower score on the Perceived Stress Scale

Preliminary Budget Narrative*

Please write a brief breakdown of line items showing how your requested funds would be used. You may add context to the expenses if needed (for example, if salaries are requested, state how that position supports the programming described in your proposal). A more detailed, formal budget will be required if your request is moved forward in the funding process.

Small equipment purchases are permitted under this grant provided they are directly tied to service delivery. You may include those purchases in this narrative.

If your organization will be requesting indirect costs, please include this in your narrative. Note that the indirect cost rate for this grant is capped at 5% of the grant.

Why PCF asks this: PCF would like to gain a general understanding of the proposed programming costs for this grant.

Counseling services for individual, group and virtual/telehealth sessions will be performed by a licensed mental health counselor: 300 individuals or families at \$100/session for total of 6 sessions= \$180,000

Monthly Resiliency Workshops total of 9-12 per year (\$250 per workshop)=\$3000

Process Groups: 1 to 2 per week with a total of 60 groups per year at \$100 per group from \$6000

Social services support by community healthcare navigator during the 13 month Clear Vision Pathways program at \$500/month= \$6500

Reduction in Funding*

Due to limited funding, your request amount may not be fully awarded if it is moved forward in the grant process. How would reduced/partial funding impact your proposed program?

Why PCF asks this: The review committee that ultimately recommends proposals for funding may consider partial funding. PCF would like to know upfront what impact this would have on your proposal.

If the full requested amount is not awarded, the Clear Vision Pathways program will revise its number of anticipated participants accordingly and adjust the number of resiliency workshops it provides. In addition, to maximize the number of impacted individuals, Clear Vision Pathways may promote more group and peer counseling sessions to increase the number of active participants in the program. Additionally, Clear Vision Pathways would consider soliciting volunteer licensed mental health counselors who align with the mission of Dr. Traci's House and encourage them to donate their time and treasure to serve the Clearwater community.

File Attachment Summary

Applicant File Uploads

No files were uploaded