

Application Form

Introduction

A Word version you may use to draft your application is available here. You must submit your final application through this portal.

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

A brief webinar giving an overview of this application can be viewed here.

Project Name*

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

The Arc Tampa Bay Psychosocial Rehabilitation Program

Mission Statement*

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

It is the mission of The Arc Tampa Bay "To support and empower people with intellectual and developmental disabilities."

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.

Yes

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?

09/01/2023

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?

08/31/2024

Annual Operating Budget*

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

\$14,712,847.00

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.

\$57,264.00

Programming

Programming Background*

Please describe the program that this grant would support and how it relates to your mission.

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 this work is related to carrying out your mission.

The Arc Tampa Bay (TATB) is requesting support for its Psychosocial Rehabilitation Services (PSR) program. PSR is a recovery-oriented model for the treatment of mental illness. TATB has been providing PSR services since November 2022. PSR services are intended to restore skills that are essential for independent living. PSR also involves teaching emotional, cognitive, and social skills that can help people diagnosed with mental illness to live and work as independently as possible. TATB's PSR model incorporates group classes to teach and reinforce skills such as establishing a daily hygiene routine, learning coping strategies, and increasing self-awareness. Individual therapy sessions build on these skills. PSR classes are held twice a day, 5 days a week, with each class lasting two hours. Program participants can attend a maximum of one (1) PSR class/day and two (2) individual therapy sessions/month.

The target population for PSR services are adults with a diagnosis of intellectual and/or developmental disability (IDD) along with a secondary diagnosis of mental health or behavioral disorders. Individuals with other primary and secondary diagnoses such as traumatic brain injury and ADHD are also eligible for the program. The initial enrollment criteria have focused on individuals who are presently receiving adult day training (ADT) services from TATB. As the demand for services grows, TATB will expand the program to other sites, engage community partners, and enroll underserved individuals from the community with IDD and/or other eligible diagnoses. The program is currently housed at The Arc Tampa Bay's main location at the Long Center in Clearwater, FL. Since its inception, a total of 36 individuals have received PSR services.

The PSR program falls under TATB's ADT programs but varies from traditional ADT services funded through the Agency for Persons with Disabilities (APD). The APD service delivery model for individuals with IDD focuses primarily on the IDD aspect with services being rendered by paraprofessionals/direct support professionals. TATB is using a blended model of service delivery by providing mental health counseling services onsite instead of outsourcing to another provider. The typical program day for a PSR client consists of 2 hours of PSR class, along with 4 additional hours of APD funded services. As new individuals are enrolled in the program, they may eventually have the option of choosing PSR as their sole day program service.

Urgency*

Please describe how the proposed programming is addressing a time-sensitive community need. You may cite data sources.

Why PCF asks this: The City of Clearwater has indicated that this funding should be directed to programming addressing urgent needs.

A significant proportion of Pinellas County residents experience mental health issues, such as depression, mental health distress, or report a cognitive disability. When the data is broken down by zip code areas, several Clearwater zip codes consistently rank poorer than other municipalities and the county at large. The Community Health Needs Assessment Pinellas County 2022 provides several examples of these discrepancies. If we examine percentage of adults who have ever been diagnosed with depression, several Clearwater zip codes rank in the top 10 with percentage breakdowns as follows: #2 – zip code 33755: 19.8%, #5 – zip code 33765: 19.2%, #10 – zip code 33756: 18.8%. The percentage for Pinellas County is 17.7%. The mental health index measures socioeconomic and health factors that are correlated with self-reported poor mental health. Values range from 0-100 with higher values indicating greater need. Two Clearwater zip codes ranked in the top 10: #3- 33756 at 95.4 and #8-33755 at 92.9. Individuals with intellectual and developmental disabilities (IDD) face many challenges when accessing mental health services. The National Association for the Dually Diagnosed estimates that 35% of people with IDD also experience mental health issues. While many individuals on Medicaid or other health assistance programs, experience barriers to finding mental health care, people with IDD are additionally challenged due communication difficulties, diagnostic overshadowing, and appointment time constraints that serve as additional deterrents to provider availability. Few providers may feel equipped to provide appropriate services due to lack of provider training. Polypharmacy and treatment for multiple medical issues oftentimes make medication reconciliation an additional challenge.

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.

The Arc Tampa Bay's history with the City of Clearwater began in 1958 when the agency, formerly known as UPARC (Upper Pinellas Association for Retarded Citizens), was founded by a small advocacy group of parents who held their meetings in a city building, where Clearwater's City Hall is presently located. Several years later, they moved to rented office space on Ponce de Leon Street. Pioneer programs such as Camp "We Can Do" originated from this location. Initial services focused on childcare for children with developmental disabilities. Shortly after formal incorporation in 1963, UPARC moved into a building on the grounds of the old Clearwater High School. UPARC then expanded by merging with Play Parc School, a Junior League preschool program located on Prospect Street in Clearwater. With UPARC's continued growth, fundraising efforts assisted with the acquisition of a new site on Calumet Street in 1972, providing UPARC with its first real home. Community needs compelled TATB to expand its offerings to residential and adult day training services. A larger facility was eventually needed to meet the increased demand for services. Local leaders

envisioned a multi-agency community facility. Construction of the Long Center in Clearwater was completed in 1990, providing UPARC with over 50,000 square feet of office and program space, as well as access to the recreational facilities, basketball courts, and an Olympic-sized pool. In 2015, UPARC rebranded as The Arc Tampa Bay (TATB). As a tenant of the Long Center, numerous partnerships have flourished on the Long Center premises, such as the Festival of Trees and Special Olympics. Most recently, TATB has collaborated with the City of Clearwater, Vocational Rehabilitation, The Arc Tampa Bay Foundation, the state of Florida, and the Dunedin Fine Arts Center for a Culinary Institute project. With this LOI, The Arc Tampa Bay envisions a partnership with our Psychosocial Rehabilitation (PSR) program, focusing on a recovery-oriented model for serious mental illness. Housed at the Long Center, the PSR program has been operating since November 2022. TATB wishes to partner with the City of Clearwater for the PSR project to help with unfunded clients and credentialing services.

Language Capacity*

To what extent will your organization provide the proposed programming in languages other than English? Be specific as to written/digital materials and staff capabilities.

Why PCF asks this: Approximately 20% of Clearwater residents speak a language other than English in their homes (ACS Community Survey, 2021 1-yr Estimates). [msocom 1](#) PCF is interested in your ability to reach these residents.

The Arc Tampa Bay conducts a Four Factor Analysis every three years to identify the “Limited English Proficiency (LEP)” population that may use our services and need language assistance. The last Four Factor Analysis was completed on March 24, 2022. The analysis relies on a variety of internal and external assessments, surveys, and data points to develop the agency’s language assistance plan. Internal staff surveys provided the most valuable feedback. Surveys indicated that staff had infrequent interactions with individuals with limited English proficiency. Most language needs for the agency have revolved around family members requesting American Sign Language. For these interactions, The Arc Tampa Bay contracts with a sign language interpreter. The Arc Tampa Bay also assessed the language needs of individuals calling the agency or coming into the office to inquire about services. These staff surveys indicated that no inquiries were made from individuals needing language assistance. In the event that language interpreters are needed, The Arc Tampa Bay maintains a list of employees proficient in other languages. Several employees are proficient in Spanish. In the event that other language needs are not being met, The Arc Tampa Bay has the capacity to utilize Language Line Solutions, an on-demand interpretation provider, to meet those needs.

Outcomes*

Define one to two outcomes already being measured by your organization in relation to the programming this grant would support. This should be the outcome of the overall 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.

By the end of YR 1 of the project, 70% of program participants will demonstrate improvement in one or more of the 18 functional domain areas based on the Functional Assessment Rating Scale administered during intake.

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.

The Arc Tampa Bay will use the Functional Assessment Rating Scale (FARS) for individual treatment plan development and to assess each individual's progress towards their programmatic goals and objectives. Treatment occurs in individual counseling sessions and in a classroom setting. Counseling notes are transcribed for each treatment session that the individual attends. Each treatment note indicates the individual's progress towards their stated goals, such as insufficient progress (1%-17%), minimal progress (18%-33%), etc.

The Functional Assessment Rating Scale (FARS) was developed in 1995 by the State of Florida's Alcohol, Drug Abuse and Mental Health program office in collaboration with the Louis de la Parte Florida Mental Health Institute (FMHI) at the University of South Florida (USF). The purpose of this collaboration was to develop procedures to evaluate the effectiveness of state funded mental health and substance abuse treatment programs. Several existing functional assessments and functioning scales were examined for the Florida project. Once final revisions were in place, the FARS was adopted by Florida's Department of Children and Families (DCF) for statewide use for Medicaid funded mental health and substance abuse treatment programs to monitor changes in functioning, particularly during the admission process, six months or annually from admission, and upon discharge. The FARS has been approved by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) for use on outcome-based reporting to JCAHO. Since its adoption by Florida Medicaid programs, the FARS has since been implemented in other states such as Wyoming, New Mexico, and Illinois.

Grant Specifics

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?

This has been copied from your LOI. Please expand in this question to describe how this grant expands services.

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.

With this funding request, The Arc Tampa Bay seeks to assist unfunded clients with receiving Psychosocial Rehabilitation Services. This can be accomplished two-fold: (1) reimbursement for the provision of unfunded services and (2) contract services providing insurance credentialing to enable third-party payment for PSR services. Presently approximately 7-8 clients are no longer eligible for PSR services. These individuals have primary insurance plans for which The Arc Tampa Bay must apply to the plans for provider enrollment. TATB is credentialed with Medicaid but not with other major health insurance plans. The Arc Tampa Bay has contracted with a credentialing provider to assist with the process. While TATB waits for verification from the various insurance plans, TATB is unable to serve these individuals in the PSR program. This results in treatment delays of up to 5-6 months as well as loss of revenue for the program. Additionally, other clients who would be targeted for the program will be unable to enroll until TATB is enrolled under their primary health insurance plans.

In the long-term, the project has potential to provide day program treatment to individuals with intellectual/developmental disabilities (IDD) who are on the waiting list with the Agency for Persons with Disabilities (APD) to receive services funded through Florida's Home and Community Based Medicaid Waiver program. There are over 20,000 individuals in the state of Florida on APD's Medicaid Waiver waiting list. These individuals are languishing at home, with their independent living skills being diminished due to lack of activity and no resources to participate in an adult day training program. The PSR program has the potential to circumvent the APD wait list and enable individuals to receive daily therapeutic treatment while they are pending APD funding. Presently, there are no other providers in Pinellas County or neighboring counties that provide PSR services to individuals who are dually diagnosed with IDD and a mental health condition. This program varies from the current service model for the Agency for Persons with Disabilities (APD) which relies on funding from Florida's Home and Community Based Medicaid Waiver funding. PSR services are instead billed through the individual's insurance carrier on the fee-for-service model. TATB would also seek community partners to help establish the PSR program in areas where the need is demonstrated.

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.

Partial funding would still enable The Arc Tampa Bay (TATB) to provide contract and unfunded services for the PSR program. TATB will be able to assist currently unfunded clients by monitoring the number of days for which services are provided to ensure that TATB does not exceed the amount allocated for the program. It is anticipated as well that our contracted vendor will be able to increase TATB's enrollment as a provider with multiple insurance plans. TATB is currently credentialed by Medicaid to provide PSR services and is processing the application for United Health. This funding request seeks to fill the gap when there are delays in insurance credentialing in order to make sure clients are not foregoing treatment.

Sustainability*

Given that this funding is time-limited, how does your organization plan to sustain the programming expansion? If there is no sustainability plan, how would your organization effectively wind down the expansion when this funding ends?

Why PCF asks this: Due to the size and potential impact of this grant, PCF would like to know how clients would be supported after the grant period ends.

The most significant barrier to implementing the program has been the loss of primary insurance funding for several existing clients and lack of insurance for new clients for the program. The Arc Tampa Bay has been addressing this issue by subcontracting for credentialing and oversight of the program. The insurance credentialing process has been time-consuming and costly but once The Arc Tampa Bay is able to accept more insurance plans, the need for these sub-contract services will decrease and the program will be self-sustaining with only the occasional need for consultation.

Governance/Financials

Board List*

Please upload a current list of your organization's Board of Directors.

PDF and Word formats are accepted.

2022-2023 BOD and Affiliations.2023.pdf

Organization Budget*

Please upload your most recent, board-approved organizational budget. You may add any notes regarding your budget below.

PDF and Excel files are acceptable.

FY 2022-23 The Arc TB Budget summary.pdf

The Arc Tampa Bay's current FY is from October 1, 2022 - September 30, 2023

Project Budget*

Please use [this template](#) to describe expenses for this program. You should use this template to provide a budget narrative as well, explaining the purpose of each expense and how it relates to the program.

The more specific your line items, the better. Any staff member(s) that would not be 100% funded by this grant should be shown with the time and effort that would be allocated to this grant.

TATB Budget Detail.xlsx

Capital Purchases*

Capital expenses in your proposal should be shown to remove barriers to expanding services. Please describe below:

1. What percentage of your request is capital?

2. Describe why capital purchases are needed, and how they *directly* support the programming described in this proposal.

If your request does not include capital purchases, write "N/A" below.

Why PCF asks this: Unlike other local opportunities using ARPA funding, this grant opportunity is not meant to primarily fund capital needs. While capital purchases are permitted, the acquisition must be connected to your programming and should be helping unlock operational resources.

N/A

Additional Upload

Additional Upload*

If you have additional documents to support your application, you may upload them here. Please limit your upload to five pages. PDF files are accepted.

TATB DEMOGRAPHIC NARRATIVE.pdf

File Attachment Summary

Applicant File Uploads

- 2022-2023 BOD and Affiliations.2023.pdf
- FY 2022-23 The Arc TB Budget summary.pdf
- TATB Budget Detail.xlsx
- TATB DEMOGRAPHIC NARRATIVE.pdf



Board of Directors
October 1, 2022-September 30, 2023

Name	Affiliation/Area of Expertise	Home Address	Email	Phone Number
Stephen Heller, President	retired -Hopkins Manufacturing Corp			
Travis Finchum, Vice President	Special Needs Lawyers PA			
John Holcombe, Treasurer	Owner - THG Rentals			
Margaret Martin, Secretary	self-employed - Martin & Associates			
Richard Schomp, Immediate Past President	Director - Sunstar Paramedics			
Kalaria Baldwin	Retired, Pinellas County Schools			
Jennifer Brooks	Retired, Pinellas County Schools			
Melody Figurski	Retired teacher			
Dr. John Fox	Physician - Pinellas County Primary Care and Hospitalists			
Richard Harris	commercial realtor - Richard Harris and Associates			
Charles Joyner	Merrill - financial advisor			
Kevin Kenney	Fire commissioner - East Lake Fire Rescue			
John Kiker	Retired, Kiker Services - construction			
Robert Kinney	Retired - banking			
Gracie Samarkos	Associate Attorney at K. Dean Kantara PA			
Honorable John Schaefer	Retired Circuit Court Judge			
Phyllis Steele	Director - St. Jerome Early Childhood Center			
Gregory Stock	General Contractor, Insurance Agent			
Board Members from The Arc Tampa Bay Foundation				
Ricky Bouchard	Bouchard Insurance			
John Greene	Retired - Prudential Financial			
Mary Lynne Hawkins	Philanthropist			
Ex-Officio Organizational				
Susanna Schramek	Advocare Trust			
Mario Lopez	People First			

The Arc Tampa Bay, Inc.
Agency Budget for FY 2022-2023

Revenue:

Med Waiver	\$9,108,134
PSR - Medicaid	\$341,266
Occup. Rev.	\$660,185
Private Pay	\$907,827
Foundation	\$705,218
Other Contributions	\$103,600
D.C.-Funding	\$1,230,242
Other Governmental Funding	\$52,500
Grants & rentals	\$570,306
PSTA	\$120,360
Match	\$63,840
Food Stamps	\$38,844
Industry Cont.	\$30,000
VR	\$51,470
Unfunded Revenues	\$729,055

Total Revenue: \$14,712,847

Expenses:

Salaries	\$9,830,414
Employee Benefits	\$1,817,844
Liability Insurances	\$353,528
Janitorial	\$4,800
Utilities	\$349,452
Supplies/Office Expenses	\$263,670
Food Exp.	\$358,200
Repairs & Maintenance	\$231,760
Vehicle Fuel	\$77,174
Travel & Training	\$50,520
Advertising & Promotions	\$15,150
Dues & Memberships	\$29,675
Licenses & Fees	\$5,275
Professional Expenses	\$165,350
Interest Expense	\$250
Doubtful Accounts	\$1,500
Depreciation	\$433,510
Lease Expense	\$660,185
Bank Svc. Chgs.	\$750
Match	\$63,840

Total Expenses: \$14,712,847

Surplus/(Deficit) \$0

Annual Budget Detail

ORGANIZATION NAME: The Arc Tampa Bay

EXPENSES	Total Project Cost	SCS Grant Request
1 Salaries		
Show your calculations. Include any project staff that will be paid a percentage of time from SCS funds. Explain what will they do, how many hours will they work on the project.		
Mental health tech rate = approximately \$20/hour, 40 hours/week, 52 weeks per year. Program requires 2 FTE mental health technicians	\$ 83,200.00	\$ -
Mental health techs provide individual counseling and group instruction/classes		
Salaries Sub-Total	\$ 83,200.00	\$ -
2 Fringe Benefits		
Show your calculations. Includes such items as FICA, medical, dental, life insurance, etc.		
Fringe benefits approximately 20.24% of base salary	\$ 16,842.04	\$ -
Fringe includes: FICA, health, dental, workers comp, unemployment, life insurance, and retirement match		
Fringe Benefits Sub-Total	\$ 16,842.04	\$ -
3 Contractual		
Show calculations for reimbursement. Include: funds to hire someone for the project who is not a member of the agency's staff; Name of person/company, if known; What will they do?		
Current contract: Imperfectly Balanced Counseling and Consulting LLC: \$125/month/client. Average of 25 clients/month	\$ 37,500.00	\$ 37,500.00
Contractor is a LMHC who provides program oversight and credentialing services		
Contractual Sub-Total	\$ 37,500.00	\$ 37,500.00
4 Equipment		
This is the category requesting to purchase a major piece of equipment such as a computer or copy machine and during the grant period, must be used primarily for the project. Explain: What is the specific item and how did you determine its cost? Why is this needed for the project? Please show any calculations.		
Laptop/computer and software licensing fees	\$ 2,000.00	
Equipment Sub-Total	\$ 2,000.00	\$ -
5 Travel		
Provide any travel costs and calculations. Include, for example, if you plan to reimburse project staff for local travel and/or to send for out of town training/conference. Show calculations.		
There are no projected travel expenses for the program	\$ -	
Travel Sub-Total	\$ -	\$ -
6 Supplies		
What specific items, how many, unit and extended cost? Include expendable items, including office supplies necessary for day to day project activities.		
Office supplies	\$ 500.00	
Supplies Sub-Total	\$ 500.00	\$ -
7 Other		
Includes miscellaneous items that do not fit into any other category such as, but not limited to, costs for printing, duplication of project-related materials. Provide details. Emergency Relief fits here.		

Training and CEUs = \$800, professional licensing = \$360	\$ 1,160.00	
Unfunded losses, averaging \$1647/month	\$ 19,764.00	\$ 19,764.00
Other Expenses Subtotal	\$ 20,924.00	\$ 19,764.00
TOTAL EXPENSES	\$ 160,966.04	\$ 57,264.00
Difference between requested SCS grant and project cost	\$	103,702.04

The Arc Tampa Bay Demographic Data and COVID-19 Risk Factors: Analysis:

The physical and mental impact of COVID-19 on individuals with intellectual and developmental disabilities (IDD) has been profound. Many studies have demonstrated that individuals with intellectual and developmental disabilities are at increased risk of hospitalization and death from COVID-19 compared to the general population. One of the largest studies completed by Gleason et al. (2021) found that individuals with “intellectual disabilities were six times more likely to die from COVID-19 than other members of the population.” In fact, having an intellectual disability was determined to be “the highest independent risk factor for contracting COVID-19, controlling for race, ethnicity, and other variables” (Ross, 2021). Landes et al. (2022) published the results of a study examining death certificates from 2020 and found that while COVID-19 was the third leading cause of death for the general population in 2020, it was the leading cause of death for individuals with IDD. Co-morbidities, congregated living, and personal hygiene limitations undoubtedly contributed to this increase in risk.

When we examine the diagnostic and other demographic data for current and prospective Psychosocial Rehabilitation clients attending The Arc Tampa Bay’s Long Center Adult Day Training program, we find multiple conditions and diagnoses that have put them at risk, either due to the medical risk or due to factors requiring additional supervision and/or assistance with personal care and activities of daily living. Below is a summary of some of these factors:

Condition	Number (N=70)	Percentage
Autism	6	9%
Cerebral Palsy	13	19%
Down Syndrome	7	10%
Prader-Willi Syndrome	11	16%
Seizure Disorder	15	21%
Behavior and/or Mental Health	48	69%
Diabetes	5	7%
Hypertension/High Blood Pressure	16	23%
Vision or Hearing Impairment	11	16%
Parkinson’s Disease	1	1%
Alzheimer’s/Dementia	1	1%

Other factors such as race and ethnicity were also identified in a study by Gleason et al. (2021) as they correlated to risk of COVID-19 diagnosis. Higher rates of COVID-19 mortality were also reported for people with Down syndrome and cerebral palsy compared to the general population (Landes et al., 2022). After intellectual disability, Hispanic ethnicity (versus Non-Hispanic White) was the second highest risk factor for COVID-19 diagnosis. African American (versus Non-Hispanic White) was 5th. If we break down The Arc Tampa Bay’s demographic and diagnoses data by race and ethnicity, we see a higher proportion of co-morbidities among the population that is Asian, African American, and Hispanic compared to their Caucasian cohorts. Other COVID-19 risk factors such as hypertension and diabetes are also more prevalent among this population. The data is broken down below:

Condition	Asian, African/American, Hispanic % (N=11)	Caucasian, Non-Hispanic (N=58)
Autism	0%	10%

Cerebral Palsy	27%	17%
Down Syndrome	18%	7%
Prader-Willi (genetic condition resulting in uncontrollable appetite and obesity)	36%	12%
Seizures	27%	21%
Behaviors or Mental Health	73%	69%
Diabetes	27%	3%
Hypertension/High Blood Pressure	27%	22%

In summary, compared to the Caucasian/Non-Hispanic program participants, Asian, African/American, and Hispanic program attendees demonstrated a greater propensity for being diagnosed with cerebral palsy, Down syndrome, seizure disorder, Prader-Willi, diabetes, and hypertension. As demonstrated in various studies, these are all risk factors for contracting COVID-19 and increased risk of mortality from COVID.

While most studies focused on the physical health disparities experienced by the population with IDD, the impact of COVID-19 has not only been felt physically but mentally. A study completed by Sanders et al. (2022) demonstrated that over half of the study participants (individuals with IDD) reported that their mental health worsened compared to their status prior to the pandemic. The same amount experienced higher doses or newer psychotropic medications that were prescribed during the pandemic. Not only does the physical isolation impact individuals with IDD severely, the changes in routine can also be challenging. The mental toil caused by the isolation and routine changes is demonstrated by examining the reactive strategy logs for individuals receiving residential services from The Arc Tampa Bay. 2020 reactive strategy logs were examined for the period pre-pandemic and during the pandemic. Reactive strategy logs are used to document to the Agency for Persons with Disabilities (APD) when restraints, seclusion, and other interventions are used for crisis management during behavior incidents. Not only were group home residents temporarily restricted from attending the adult day training program, they were also not allowed in-home visitors until September 2020. Community activities and group home visits were restricted until November 2020. These restrictions were put into place with guidance from APD. The Arc Tampa Bay initiated day program closures in late March 2020. Use of reactive strategies initially decreased from 56 to 51 incident in February and March to 21 April. However, incidents eventually continued to increase to a high of 84 incidents in August, plateauing in September. This coincided with the reinstatement of in-home visits from families and guardians. Numbers of incidents for November (41) and December (28) were extremely low as community outings and additional home visits were reinstated during this time.

As demonstrated in Table 1 above, 69% of existing and prospective PSR clients have a mental health or behavioral health diagnosis. In Table 2, we see that a disproportionate amount of the population that is a racial or ethnic minority is diagnosed with a mental or behavioral health disorder, calculated at 73%.

While the COVID-19 pandemic has presented many challenges for The Arc Tampa Bay, the expansion of the Psychosocial Rehabilitation program will ensure that emotional, cognitive, and social skills are taught and provide participants with the support needed to develop coping strategies and overcome barriers to accessing mental health care.