

# Healthcare Fund Grant Application

*sample grant*

## **Organization Information**

**Current Year**

2023

**Legal Name of Organization**

New Balance Health Center

**Preferred Name of Organization**

New Balance Health Center

**Organization Type** (select from dropdown: 501(C)(3)/509(a); governmental, tribal, school, or public entity; fiscal agent/sponsor)

501(C)(3)/509(a)

**In which Western Slope region are you located?**

[Click here to see a map of our Western Slope regions.](#)

Southwest

**9-Digit FEIN**

84-0000000

**Website**

newbalancehealth.org

**Year Founded**

1993

**Briefly, tell us about the history of your organization.** (100-word limit)

The New Balance Health Center was established in 1993 as a walk-in clinic, providing behavioral health services for the uninsured and underinsured in Montezuma County. In 2005, it became a 501(c)(3), and in 2021 we turned our focus to school-based health services. Today, New Balance has expanded to provide services to all six schools located in our county.

**What is your organization's mission?** (100-word limit)

To build thriving and resilient children and youth who can access mental health services, tools, and support—without fear or stigma.

**Is serving or representing a specific community part of your organization's mission?** (select yes or no)

no

*If 'yes' is selected, this field will appear:*

**Please select the specific community served. You may select more than one.** (Select from dropdown: people experiencing homelessness; immigrant/migrant families; people whose primary language is not English; people who identify as LGBTQ+; people with intellectual, developmental, or physical disabilities; other)

**What percentage of the people you serve are living with low income?**

65%

**How do you define low income? (examples: SNAP eligible, free/reduced lunch, X% FPL)**

We define low income considering SAIPE county poverty rate, patient Medicaid percentage and considering total cost of living, the HUD definition of low income (80% of area median income).

**Funding Request**

**What is the amount of your request?** (Round to the nearest thousand. For example, \$29,000, not \$28,700).  
\$40,000

**With which priority is this request most closely aligned** (select checkbox: Behavioral Health, Physical Health. You may check both boxes if you provide both behavior and physical health direct services)

Behavioral Health

**Select subcategory from dropdown.** (Options will vary depending on the Priority Area selected above. Choose the best fit.)

Mental health counseling & therapy

*When completing the narrative below, remember that word-count maximums are limits, not targets. There is no obligation to use the maximum allowed word count and no penalty for answers that do not approach the limit.*

**What community need does your organization address? (500-word limit)**

In March 2022, the County Community Health Coalition completed a Behavioral Health Needs Assessment to assess, interpret, and become more knowledgeable regarding the interplay between economic, cultural, and social factors in relation to behavioral health outcomes. Data related to behavioral health impacts on youth include the following:

1. Between 2019 and 2020, 90 percent of youth served by Green Valley Mentors (GVM) lived at or below the FPL.
2. Between 2020 and 2021, the most prevalent risk factor for youth served by GVM changed from poverty to violence, where 74 percent of the youths referred to GVM lived in homes where abuse or neglect, family violence, or witnessing violence in the home was a concern.
3. Youth substance use rates have increased in the past 5 years. In the 2019 Healthy Kids Colorado Survey (HKCS) data showed that binge drinking rates for high school aged youth increased about 8 percent between 2017 and 2019. This rate is higher than the national (14%) and state (14.2%) youth binge drinking rates. HKCS also shows that there was a significant increase in access to vaping products for high school students between 2017 and 2019.
4. In 2019, HKCS indicated there was a 10 percent increase in youth reporting having used marijuana in the past 30 days, and a slight decrease in youth reporting using marijuana by the time they turned 13 years old. Qualitative data reports students noting that substances are accessible, and they are using them to cope with stress.
5. Of the youth who reported Binge drinking, 43.1% reported they felt sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing usual activities, 20.2 % reported they made a plan about how they would attempt suicide during the past 12 months and 10.3% reported they attempted suicide one or more times during the past 12 months.

Access to mental health services is another challenge for our county's population. In 2015 the ratio of people to mental health providers in the county was 738:1, and in 2020 the ratio was 440:1. The state's ratio is 300:1. Although the ratio of mental health providers has improved, there is an increasing demand for mental health services in our community. Therapists are booked-out months in advance. Increasing the number of therapists is

needed; however, it is only one piece to increasing access to services. Diversity in workforce, cultural competency, translation services, and specialized professionals are necessary to make services accessible to a broader audience.

Last year, New Balance partnered with the School District to create the school-based therapy program in all elementary, middle, and high schools. We have experienced significant positive outcomes for students through this program and expansion to other student populations is desperately needed--specifically at the High School with special emphasis on providing services to our Spanish speaking youth.

**What services/activities do you provide to meet that need? (260-word limit)**

Child and adolescent years are filled with significant changes that can often impact one's mental and physical health. Young people experience new feelings they may not know how to process, which could result in behavioral, emotional, or social problems if left unaddressed. School-based therapists work within elementary, middle, and high school facilities to help students overcome matters that interfere with success at school and at home. We offer individual and family counseling, risk assessments, collaboration with teachers and other community providers, and more,

Our School-based therapists work very closely with students and their families. We provide full comprehensive mental health services to students who need extra help with various issues ranging from new adjustments, isolation, depression, and issues with substance use. Benefits of students receiving therapy at school include improved self-esteem, immediate access to care, less interruption in learning, increased quality of everyday life and relationships, strengthening the use of their emotions, and increased self-awareness.

**OUTCOMES: As a result of your work, what meaningful change(s) do you expect for the people you serve? (260-word limit)**

We believe that students utilizing school based mental health services will be more likely to:

- go to school ready to learn and actively engage in school activities
- have supportive and caring connections with adults and other young people
- use appropriate critical thinking skills
- have nonaggressive behaviors

The school-based therapy program will result in more immediate access to services for students. A study by the U.S. Department of Health and Human Services Office of Adolescent Health indicated that adolescents are more comfortable accessing mental health services through school-based clinics and like the idea of accessing a range of health and social services in a single location. Further, schools provide a natural setting in which students can receive needed supports and services and where families are comfortable and trusting in accessing these supports and services.

The benefits of school-based mental health services are extensively researched, and studies have shown the value of developing comprehensive school mental health programs in helping students achieve academically and have access to experiences that build social skills, leadership, self-awareness, and caring connections to adults in their school and community.

**INDICATORS: How do you know you are getting results? What key indicators of change do you measure and what tools/instruments do you use to do so? (260-word limit)**

- 1) % of students seen by a mental health provider within 48 hours of referral
- 2) % increase in student attendance rates for participating students based on school records
- 3) % reduction of serious misconduct incidents at school based on report from the School Counselor and Principal
- 4) % of students following through with treatment plan recommendations based on therapist records

5) % of students reporting Improved mental health functioning within two months of the intervention based on student survey

**Describe your significant collaborations and efforts with other organizations to enhance your results. (260-word limit)**

New Balance collaborates daily with various community partners to achieve our goals and provide the best healthcare experience to our patients and clients. We are an active member of the Community Health Coalition, a consortium of health and human service organizations and professionals dedicated to improving the health and well-being of all residents. Key partners include the School District, Mountain State University, Acme Health Systems, Health and Human Services, law enforcement officials, the District Court Judge, and key nonprofit organizations. One of the most significant collaborations resulting in notable outcomes for clients is with all local law enforcement agencies in the Valley. New Balance conducts a monthly meeting with law enforcement in which there is problem solving regarding community members experiencing chronic behavioral health issues. From these meetings, significant momentum inspired the creation of a new mobile crisis/co-responder team that started operation last July through the new behavioral health department. New Balance is also involved with a county-wide effort called the One Valley Prosperity project and is engaged in a community health planning process (Roadmap to Recovery and Resiliency) with all local municipalities.

**We believe it's important to listen to the people you serve and learn from the wisdom of their lived experiences. How do you elevate and integrate community/participant voice into your work? (260-word-limit)**

Over eight hundred community members participated in our most recent Community Health Needs Assessment (CHNA) and independent interviews were also conducted with parents and students. Interviews with 43 community members were conducted as part of the Behavioral Health Needs Assessment (BHNA) to intersect stories between quantitative and qualitative data. This included many individuals with lived experience and a facilitated discussion with local middle and high school students.

New Balance meets monthly with representatives from the multicultural center; parent and youth focus groups are regularly conducted through the County Juvenile Services Department to discuss youth accountability and how to tackle chronic issues of substance misuse due to concerning high-risk behaviors.

These many and varied community voices clearly expressed the need for more mental health and substance use/abuse services in the schools, and we began a pilot school-based therapy program in 2021. A request to hire a bilingual (Spanish), bicultural, school-based therapist at our High School was recommended multiple times and we are happy to report we were able to fill this position in January 2023.

**OPTIONAL: Share a client success story that illustrates the impact of your organization. (260-word limit)**

A story from our elementary school-based clinician: "Over the last year, I developed a close therapeutic relationship with two girls whose family had relocated from Mexico. Racist neighbors targeted their family, and they were being physically and verbally threatened every day. The kids were not able to play outside, and the children came to school in fear every day terrified of what would happen to their mom when they were at school. The girls had a history of trauma, and the situation was causing significant anxiety for both girls, to the point of both struggling to learn and stay focused in classes. I was able to use trauma-focused play therapy to help the girls process trauma from their violent upbringing in Mexico and to advocate for them with the property manager, write letters to the court and connect the family with community resources to have the neighbors evicted. The girls are doing significantly better in school knowing they are safe in their apartment, and they can play outside again."

## **GEOGRAPHIC COVERAGE**

**How many people did you serve in your most recently completed fiscal year?**

450

**What Western Slope County/Counties do you currently serve? Check all that apply, then provide your BEST ESTIMATE for the PERCENTAGE of your people served in each of those counties. (select from list of counties)**

Gunnison

100%

**100 %** This field will auto calculate. If it doesn't equal 100%, please check your entries.

## **CLIENT DEMOGRAPHICS**

Why do we ask for demographic information? Equity is one of the Foundation's core values. We support equity by identifying and helping to eliminate disparities that keep people from living a healthy life. One indicator we consider is the demographic profile of the people you serve and especially how it compares to the ethnic profile of the community. Preference will be given to organizations whose client demographic profile is proportional to or better than the profile of your community regarding people of color.

**Provide your ACTUAL or BEST ESTIMATE numbers for the PERCENTAGE of clients served in each of the demographics below. The total in each section should equal 100%.**

### **GENDER**

**Are the percentages for gender actual or estimated? (select from dropdown: actual, estimated)**

Actual

54 % **Women and Girls**

43 % **Men and Boys**

3 % **Non-binary**

0 % **Unknown/Not Reported**

**100 %** This field will auto calculate. If it doesn't equal 100%, please check your entries.

### **AGE**

**Are the percentages for age actual or estimated? (select from dropdown: actual, estimated)**

Actual

37 % **Children**

63 % **Youth**

0 % **Adults**

0 % **Older Adults**

0 % **Unknown/Not Reported**

**100 %** This field will auto calculate. If it doesn't equal 100%, please check your entries.

### **ETHNICITY/RACE**

**Are the percentages for ethnicity/race actual or estimated? (select from dropdown: actual, estimated)**

Actual

0 % **Asian/Asian American**

3 % **Black/African American**

18 % **Hispanic/Latinx**

0 % **Middle Eastern/North African**

12 % **Multiracial**

20 % **Native American or Alaska Native**

0 % **Native Hawaiian or Other Pacific islander**

42 % **White/European**

5 % **Unknown/Not Reported**

100 % This field will auto calculate. If it doesn't equal 100%, please check your entries.

For this question, please refer to current DOLA demographic charts [here](#).

**Is the ethnicity/race demographic reported above proportional to or better than the demographic for the primary county you serve?** (select from dropdown: yes, no)

yes

*(If your answer is 'no' this field will appear)*

**If not, please tell us why.** (100-word limit)

**If there is any other demographic information you feel is important to define who you serve, please tell us here.** (100-word limit)

We serve a slightly higher percentage of Native American students in our corner of the county because of our proximity to the Ute Mountain Ute community in Towaoc.

## **Volunteers**

**How do volunteers contribute time to your organization?** (100-word limit)

In addition to our volunteer Board of Directors, we utilize community volunteers at our fundraising and awareness events in many ways, from event set-ups to serving as ticket takers and ambassadors, as well as helping us administer ad hoc surveys.

**Estimate the number of people who volunteered with your organization last year.**

40

**Estimate the total number of volunteer hours contributed last year.**

600

## **Financial Information**

**What is your current organizational budget amount?**

\$325,000

**How often does your Board review the organization's financial statements?**

The Executive Committee reviews detailed financial statements each month and presents a summary to the full Board at their monthly meeting. The Board also receives complete monthly financial statements in their packet prior to the meeting, and there is time on the agenda to review in-depth if desired.

**As of your organization's most recent financial statement, how many months of operations can be covered with available cash? This is the amount of cash and liquid investments that an agency has on hand that are not designated for specific purposes by the terms of government contracts, foundation grants or individual donor intent. Please include Board Designated Reserves. Formula: (Cash + savings + liquid investments) ÷ (total expenses ÷ 12). Why do we ask this? We want to understand the stability of your funding sources and your ability to respond to unexpected situations.**

4

**What is the level of your independent annual financial report?** *(Select from dropdown: audit, review, compilation)*

Review

**When does your fiscal year end?** (Example: December 31, June 30)

June 30

**If needed, use this space to enter any clarifying comments regarding financial information or the level of financial review.**

We have a full audit every three years, and a review in the other two.

**Do your clients pay a fee?** *(select from dropdown: yes, no)*

No

*(if you answered 'yes' this field will appear)*

**What is your fee structure?**

## **Financial Attachments**

The following four attachments must be uploaded. Please provide what you typically share with your Board; you don't need to create something just for this grant application.

**IMPORTANT:** You cannot upload documents that have a password on them. You will need to remove the password and then upload the document. If you don't know the password, you can go to <https://smallpdf.com/unlock-pdf> and have it removed.

**Current fiscal year's Board-approved operating budget (both revenue and expenses)** for the Organization.

\*For **government entity**, please provide the relevant Department budget; for **fiscal sponsor**, provide applicable program budget.

**Most recent budget-to-actuals (both revenue & expenses)** for the Organization.

\* If you are a **govt/school/tribe/public entity**, please only provide information for the department submitting this request, not for the entire organization.

**Most recent balance sheet** for the Organization.

\*If you are a **govt/school/tribe/public entity**, please only provide information for the department submitting this request, not for the entire organization.

**Most recent IRS Form 990**

\*We are asking you to provide this because the IRS has not yet uploaded most 2020-2022 forms to their website.

**Digital Signature**

**Date Completed**