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MENTAL HEALTH



PROJECT #35

Therapeutic Laughter Exercise



Identify the need for the proposed project

We are living in stressful times. The overall effect of laughter helps prevent and reverse the ill-effects of stress.

Brief Description

The purpose of therapeutic laughter is to bring the healing power of laughter to our community in many venues and applications. Therapeutic Laughter Exercise applies laughter theories and practices into multi-generational, multi-cultural, systematic health and happiness programs. This promotes mental and physical health which positively impacts the individual, family and by extension the entire community. The applications are endless as laughter exercises can be adapted to any group of people in any venue. Therapeutic Laughter Exercise is usually done in a room with enough space to move around with a few chairs situated around the perimeter. Participants sign the waiver or the waiver can be signed corporately. The class begins with an introduction to the benefits of laughter and a breakdown of the structure of the class. Next is a quick warm up with deep breathing and then we do the fun and engaging exercises with mini breaks in between. Next we do a quick relaxation exercise. Finally we discuss the guidelines of Good Hearted living to promote the benefits of therapeutic laughter throughout the coming week. Therapeutic laughter powerfully contributes to the larger mission of health and happiness for all.

Long-Term Benefit

Through the healing benefits of therapeutic laughter exercise, our community will be healthier, build better bonds and become more resilient.

Intended Beneficiary

Our entire community is invited to discover the long term benefits of therapeutic laughter exercise.

Estimated Cost

A therapeutic laughter session lasts about one hour. Cost is \$150 for a 10-25 size group of participants. Add the usual and customary mileage travel costs. Funding is based on the amount of classes you would like to schedule. Sunday through Thursday classes are available at this time.

Project Management Experience

This is my first county-wide project and I look forward to the endeavor.

Federal Funds Experience

This would be my first county-wide project and I look forward to learning all about federal fund requirements.

Project Cost

Minimum Cost: \$58,000

Maximum Cost: \$58,000

ARPA Request: \$58,000

Submitter Info

Name: Karen Griggs RN, BSN, CLE, CLS, CLL

Organization:
Therapeutic Laughter Exercise

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: No

Eligibility:

Sustainability:

Feasibility:

Impact:

Source of Funding

n/a

Partnership

n/a



Project Cost

Minimum Cost: \$58,000
Maximum Cost: \$58,000
ARPA Request: \$58,000

Submitter Info

Name: Karen Griggs RN, BSN, CLE, CLS, CLL
Organization: Therapeutic Laughter Exercise

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: New Project
Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

n/a

Partnership

n/a

Studies on Impact

A sample of the benefits of therapeutic laughter: Muscle relaxation (Southern Medical Journal) Cortisol(a stress hormone) levels reduced (American Journal of Medical Sciences) Improves immune system(Journal of Clinical Research) Laughter has a natural euphoriant effect(light pleasant feelings are produced) (Psychological Reviews) *The Laughter Prescription <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125057/> *Stress relief from laughter? It's no joke - Mayo Clinic <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125057/>

Supporting Documentation

1. RN License (Available upon request; Contains personal information)
2. [Mayo Clinic Stress Management](#)
3. [CLL Certification](#)

Guidehouse Ranking Notes



Eligibility



Sustainability



Feasibility

Behavioral health services are eligible

PROJECT #63

Mental Health First Aid and Youth Mental Health First Aid Certification for the Kent County Community - Provided by Experienced Mental Health and Suicide Prevention Educators from The Mental Health Foundation of West Michigan

MENTAL HEALTH
FOUNDATION



OF WEST MICHIGAN

Identify the need for the proposed project

Within the 2020 Kent County Community Health Needs Assessment, findings include: Diagnosed depression is more common in Kent County compared to Michigan and the U.S. There are persistent disparities in poor mental health based on age, sex, sexual orientation and gender identity, disability status, race, and household income. Groups who consistently report higher rates of poor mental health, diagnosed depression, and stress include: ▪ Younger adults (age 18-24) ▪ Females ▪ LGBTQ adults ▪ People who have one or more disability ▪ Non-Hispanic/White adults ▪ Those with a lower household income 14.3% of adults experienced work or activity limitations in the past 30 days due to a mental health condition ▪ 37% are not currently receiving mental health treatment Source: Kent County BRFSS, 2020; Michigan and U.S. BRFSS, 2019 In 2014, the Mental Health Foundation of West Michigan (MHF) helped to spearhead the county's adoption of Mental Health First Aid (MHFA), an innovative public education model that is addressing this pervasive and persistent challenge in communities across the United States. MHFA is an evidence-based, in person or virtual training program with the proven ability to teach individuals how to recognize and respond to the warning signs of mental and substance use disorders and link people with appropriate, local treatment. As of 2022, the MHF has four MHFA instructors and has trained over 3000 participants in MHFA and YMHFA across West Michigan with an incredibly positive response. Since Spring of 2022, we have received requests for MHFA courses from a variety of local organizations and individuals. We have found that the number one barrier to individuals and organizations adopting this course is the cost

Brief Description

Our proposed project will support participation in MHFA and YouthMHFA courses at no cost to Kent County Community Members over the next four years. The project will support the MHF to work with local to Kent County organizations to host targeted courses to at-risk populations, including Veterans, LGBTQ+ youth, individuals with disability status, educators of at-risk youth, and other groups. The project will also support one additional MHFA trainer that is staff of the Mental Health Foundation, and one additional training module for an existing staff member.

Long-Term Benefit

MHFA is designed to give community members the skills to help someone who is experiencing a mental health crisis, or to intervene early to prevent a crisis from occurring. The program is based on the principle that early intervention prevents mental illness from becoming more severe by encouraging people to seek help early. MHFA teaches people ways to connect to the appropriate local resource, utilizing local and experienced trainers in the areas of mental illness and suicide prevention.

Intended Beneficiary

The intended beneficiaries of this project are Kent County Community Members including, but not limited to, educators, employers, employees, members of faith communities, caregivers and the participants' family, coworkers and peers. By utilizing MHFA and its train-the-trainer model, we can create lay people that are members of diverse groups, ensuring that the knowledge of mental health, illness and suicide prevention is catered to the community we are serving.

Project Cost

Minimum Cost: \$60,700

Maximum Cost: \$60,700

ARPA Request: \$55,000

Submitter Info

Name: Cat Lanting

Organization: Mental Health Foundation of West Michigan

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Existing Project

Matching Funds: 0-25%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

Kent County Health Department
Kent Intermediate School District
Disability Advocates of Kent
County West Michigan Veterans
Coalition The above organizations
have pledged to assist this project
in hosting classes, both with
physical space, as well as
advertising and filling the MHFA
classes with participants.



Project Cost

Minimum Cost: \$60,700

Maximum Cost: \$60,700

ARPA Request: \$55,000

Submitter Info

Name: Cat Lanting

Organization: Mental Health Foundation of West Michigan

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Existing Project

Matching Funds: 0-25%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

Kent County Health Department
Kent Intermediate School District
Disability Advocates of Kent
County West Michigan Veterans
Coalition The above organizations
have pledged to assist this project
in hosting classes, both with
physical space, as well as
advertising and filling the MHFA
classes with participants.

Estimated Cost

One Mental Health Foundation staff trained as a MHFA trainer. \$2,200 + \$1000 travel (5-day course).
One MHF staff (who is currently a MHFA trainer) trained in the Adult MHFA module = \$2,000 + \$500
travel (3-day course) 9 courses per year = 36 courses, \$1500 per course = \$54,000 Mileage to
courses, \$30 per course = \$1,000 TOTAL Cost \$60,700

*Source of Funding

The Mental Health Foundation of West MI has been involved in a Capital Campaign to fund Program
Enrichment and Enhancement, among other objectives. The be nice. Program Enrichment and
Enhancement pillar of the Mental Health Foundation's be together. Campaign, which was started in
2020, has the objective to build our capacity to increase our audience and innovate our mental health
programs through: -Training in social emotional learning and maximizing learning opportunities to be
nice. staff. -Increase staffing to enhance and sustain regional and national growth. -Ensure the be
nice. action plan is targeted to address the adolescent mental health crisis. The achieved funds from
the campaign will and provide coverage for the training of instructors and travel to trainings portion
of the project, roughly covering \$5700 of the \$60,700 project. The resulting ask to ARPA is \$55,000.

Project Management Experience

The MHF and its be nice. program has extensive experience with county-wide projects. We access
multiple donor advised funds that are restricted to specific county use. Our staff then targets
schools or businesses within the county with programming needs. We also have worked with
specific community foundations that sponsor programming to their county schools. Our team is
equipped with the abilities and tools to support recruitment of schools, teams, or businesses within a
county as well as management of their programming long term for sustainability after the grant is
complete.

Federal Funds Experience

The Mental Health Foundation of West Michigan does not currently work with federal funds.
However, the beginning of the Live, Laugh, Love was started with a Federal Block Grant in 2001. This
grant provided funds to develop and sustain a four-lesson curriculum, facilitated by MHF staff, in
middle and high schools in Kent County, educating students on mental health, illness and suicide
prevention. This program is sustaining today in nine schools in and outside of Kent County, and has
been re-named as be nice. extension.

Studies on Impact

Mental Health First Aid has been rigorously evaluated and is proven to improve mental health literacy
and reduce the stigma surrounding mental illness. Peer-reviewed studies have been conducted
around the world and show that individuals trained in the program: Grow their knowledge of signs,
symptoms and risk factors of mental illnesses and addictions. Can identify multiple types of
professional and self-help resources for individuals with a mental health or substance use challenge.
Increase their confidence in and likelihood to help an individual in distress. Show increased mental
wellness themselves. (<https://www.mentalhealthfirstaid.org/about/research/>)



Supporting Documentation

[Letter of Support](#)

Project Cost

Minimum Cost: \$60,700

Maximum Cost: \$60,700

ARPA Request: \$55,000

Submitter Info

Name: Cat Lanting

Organization: Mental Health
Foundation of West Michigan

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Existing Project

Matching Funds: 0-25%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

Kent County Health Department
Kent Intermediate School District
Disability Advocates of Kent
County West Michigan Veterans
Coalition The above organizations
have pledged to assist this project
in hosting classes, both with
physical space, as well as
advertising and filling the MHFA
classes with participants.

Guidehouse Ranking Notes



Eligibility

*Behavioral health
services are eligible*



Sustainability

*Limited duration. Should
not require additional
funding*



Feasibility

PROJECT #64

be nice. Teams for Kent County Student-Athletes, Coaches and Families



Identify the need for the proposed project

With the suicide rates of student-athletes on the rise and the NCAA noting a 1.5X higher suicide rate since the fall of 2020, a need for mental health awareness and suicide prevention programming for student-athletes is extremely apparent. Not only do we know this group of individuals experiences unique stressors and risk factors, studies also show they are less likely to seek mental health services than their non-athlete peers. Education and awareness are essential to tackling these issues. Since 1990, the Mental Health Foundation of West Michigan (MHF) has been offering mental health and suicide prevention education to secondary students in Kent County. be nice. has been the flagship program of the MHF since 2010. Our evidence-based research in West Michigan schools supported our observations that be nice. was improving factors that support good mental health in school districts across Michigan, not only for students, but for staff and families. For the last four years (2018 thru 2022), the Michigan High School Athletic Association has utilized be nice. and its action plan within coaches' rules meetings - educating 30,000 coaches per year in this simple tool to gain knowledge, confidence, and take action when it comes to mental health and suicide prevention. Creating be nice. Team programming was a natural next step for our organization as coaches began reaching out to bring be nice. to their student-athletes and use the program throughout their seasons.

Brief Description

be nice. Team is a mental health and suicide prevention education program that trains coaches, players, and families of athletes in a simple action plan to protect their own mental health as well as that of others. The plan is to notice what is good and right in others so we can notice when there may be changes in mental health. Invite conversations around mental health by asking simple questions and being an active listener. Challenge yourself to know resources that you can share with someone struggling, also work to challenge the negative stigma surrounding mental health. Lastly, empower yourself and others with identifying protective factors and positive coping skills in our lives. Our goal is be nice. to be implemented upstream for prevention of mental health illnesses; however, it also can be used in the mid and downstream areas when recognizing illnesses and mental health crises. By equipping this population with the proper knowledge, they will gain further confidence to take action when it comes to the mental health of their athletes, themselves, their colleagues and their families. Our proposed project supports 120 youth athletic teams over the next three and a half years at about 30 teams per year. Each be nice. Team kit includes the trainings, materials, and follow-up that a coaching staff needs to implement the program to their team and amongst athletic families. Each be nice. Team kit costs \$750 and will be accessible for use by the team for a span of two years.

Long-Term Benefit

be nice. Team trains coaches, players and families. It is inclusive and accessible to diverse populations - The be nice. program is led by members of the community that it is serving. We empower trainers to reach diverse communities by utilizing a train-the-trainer model and giving those trainers license to add their unique perspective when it comes to stigmas, resources, and communication tactics. We hope to make our community safer by educating in the be nice. action plan.

Intended Beneficiary

The target beneficiaries of this project are student-athletes while coaches, families, and community members will be secondary beneficiaries by nature.

Project Cost


Minimum Cost: \$90,000
Maximum Cost: \$90,000
ARPA Request: \$67,500

Submitter Info

Name: Christy Buck
Organization: Mental Health Foundation of West Michigan

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: Expanded Project
Matching Funds: 0-25%

Eligibility: 
Sustainability: 
Feasibility: 
Impact: 

Source of Funding

(Listed in main description)

Partnership

be nice. partners with the MHSAA to train all coaches in the be nice. action plan during their season-starting rules meeting. The project would expand coaches knowledge and confidence to be able to train their athletes.



Estimated Cost

\$90,000.00

*Source of Funding

The Mental Health Foundation of West MI has been involved in a Capital Campaign to fund Program Enrichment and Enhancement, among other objectives. The be nice. Program Enrichment and Enhancement pillar of the Mental Health Foundation's be together. Campaign, which was started in 2020, has the objective to build our capacity to increase our audience and innovate our mental health programs through: -Training in social emotional learning and maximizing learning opportunities to be nice. staff. -Increase staffing to enhance and sustain regional and national growth. -Ensure the be nice. action plan is targeted to address the adolescent mental health crisis. The achieved funds from the campaign will provide a 25% coverage of the project cost, roughly \$22,500. Our ask to ARPA would be to cover the other \$67,500

Project Management Experience

The MHF and its be nice. program has extensive experience with county-wide projects. We access multiple donor advised funds that are restricted to specific county use. Our staff then targets schools or businesses within the county with programming needs. We also have worked with specific community foundations that sponsor programming to their county schools. Our team is equipped with the abilities and tools to support recruitment of schools, teams, or businesses within a county as well as management of their programming long term for sustainability after the grant is complete.

Federal Funds Experience

The Mental Health Foundation of West Michigan does not currently work with federal funds. However, the beginning of the Live, Laugh, Love was started with a Federal Block Grant in 2001. This grant provided funds to develop and sustain a four-lesson curriculum facilitated by MHF staff in middle and high schools in Kent county that educates students on mental health, illness, and suicide prevention. This program is active today in 9 schools in and outside of Kent County and has been re-named, be nice. extension.

Studies on Impact

The be nice. program completed a research project with Grand Valley State University. The study results showed over a three year span, the be nice. education program; increased behaviors that prevent suicide, increased kindness by 60%, decreased disrespect by 50%, increased mental health awareness by 70% and decreased aggression by 49% in high schools. A study done by Rosemary Purcell, Kate Gwyther, & Simon M. Rice on Mental Health in Elite Athletes suggested 4-steps for the mental health needs of studentathletes. The first step is building mental health knowledge. The researchers suggest training coaches, athletes, supporting staff, and parents in mental health literacy. By engaging all of these individuals, it ensures that the athlete's overall ecology is equipped to be a protective factor for their mental health. The suggested main points for a program directly coincides with the be nice. action plan. The second step is early identification. The be nice. program emphasizes early detection and provides stakeholders within the athletes life the tools and confidence to take action. The last two steps are for treatment - users of the program identify local resources in their school or community.

Project Cost

Minimum Cost: \$90,000

Maximum Cost: \$90,000

ARPA Request: \$67,500

Submitter Info

Name: Christy Buck

Organization: Mental Health Foundation of West Michigan

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: 0-25%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

be nice. partners with the MHSAA to train all coaches in the be nice. action plan during their season-starting rules meeting. The project would expand coaches knowledge and confidence to be able to train their athletes.



Supporting Documentation

1. [Letter of Support](#)
2. [be nice. Grant Reference Letter](#)

Project Cost

Minimum Cost: \$90,000
Maximum Cost: \$90,000
ARPA Request: \$67,500

Submitter Info

Name: Christy Buck
Organization: Mental Health Foundation of West Michigan

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: Expanded Project
Matching Funds: 0-25%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

be nice. partners with the MHSAA to train all coaches in the be nice. action plan during their season-starting rules meeting. The project would expand coaches knowledge and confidence to be able to train their athletes.

Guidehouse Ranking Notes

 **Eligibility**

Behavioral health services are eligible

 **Sustainability**

Appears that this program is for a limited duration

 **Feasibility**

PROJECT #153

College/University Suicide Prevention Blue Envelope Program



Identify the need for the proposed project

Suicide is the second leading cause of death in 10–24-year-old youth nationally (CDC, 2020). Furthermore, suicide is the 8th leading cause of death among all ages in Kent County with residents 18-29 years old accounting for 30% of all suicide deaths (Kent County CHNA, 2020). School staff and faculty have the most interaction with students and can be the first line of defense against suicide. Suicide prevention programs in schools, including gatekeeper training, provide personnel with knowledge, confidence, and a standardized protocol for responding to a student expressing thoughts of suicide. Our School Blue Envelope Program, a suicide prevention and crisis response protocol, provides clear, S.A.F.E. (S: Stay with the student; A: Access help; F: Feelings: validate them; E: Eliminate lethal means) steps for school personnel when a student expresses thoughts of suicide. The program aligns well with other prevention efforts that enable community members to recognize warning signs and concerning behavior. Overall, this project aligns with Objective 5.2 of the National Strategy for Suicide Prevention, which states: “Encourage community-based settings to implement effective programs and provide education that promote wellness and prevention suicide and related behaviors” (US DHHS Office of the Surgeon General & NAASP, 2012).

Brief Description

Spectrum Health, through collaboration, will customize our School Blue Envelope suicide prevention program for the college/university setting with protocols and toolkits for community colleges, residence halls, and health clinics. We will reach out to all colleges/universities in Kent County to find a pilot school, who will be involved in development. A program manager will be hired along with two community program specialists, who will be trained as trainers. In the first year, we provide Level 1 frontline staff education and Level 2 advanced leadership education with shorter, refresher trainings the second year. In the third year, we train the trainer to sustain the program long-term. Data collection will be an integral part of the program, including training pre/post surveys and anonymized Blue Envelope events with students. After piloting the new program, we will reach out to other local colleges/universities in Kent County and offer the program & training over three years. We have successfully completed a small pilot with Calvin University. They have expanded the program to their entire institution, but no data was collected for quality improvement.

Long-Term Benefit

Long-term benefits include increased suicide prevention awareness, increased knowledge & confidence of staff responding to a student in crisis, connecting students to mental health resources & care, more appropriate referrals with fewer students sent to the emergency department, increased collaboration among school staff using a common language, and an established culture of suicide prevention. Overall, improved suicide prevention can ultimately result in a reduction of suicidal behavior.

Intended Beneficiary

Local college/university faculty, staff, and students will benefit most from this suicide prevention training. Faculty and staff will benefit from clear steps and evidence-based tools for responding to a student in crisis. At-risk students will benefit from early intervention and referral to appropriate mental health resources.

Estimated Cost

\$1,500,000-\$1,750,000

Project Cost

Minimum Cost: \$1,500,000

Maximum Cost: \$1,750,000

ARPA Request: \$1,500,000

Submitter Info

Name: Harriet Bird

Organization: Spectrum Health

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

n/a

Partnership

The Kent County Suicide Prevention Coalition and all other Kent County colleges (Calvin University, Davenport University, Cornerstone University, Aquinas College, Kuyper College, Kendall College of Art & Design).



Project Cost

Minimum Cost: \$1,500,000

Maximum Cost: \$1,750,000

ARPA Request: \$1,500,000

Submitter Info

Name: Harriet Bird

Organization: Spectrum Health

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

n/a

Partnership

The Kent County Suicide Prevention Coalition and all other Kent County colleges (Calvin University, Davenport University, Cornerstone University, Aquinas College, Kuyper College, Kendall College of Art & Design).

Project Management Experience

BHSH/Spectrum Health has extensive experience managing and leading county-wide projects. Our team, in collaboration with the Ottawa County Suicide Prevention Coalition, developed and led the pilot phase of the School Blue Envelope Program in Ottawa County. We are currently expanding our school program in elementary, middle, and high schools throughout our 16- county West Michigan service area. After training, school staff express increased knowledge and confidence when responding to a student expressing thoughts of suicide. School feedback highlights the common language provided by the program and a standardized process to follow during a potential crisis. In the 2021-2022 school year, we have trained 52 schools in the program.

Federal Funds Experience

BHSH/Spectrum Health has extensive experience working with federal funds. We have experience managing over \$4.8 million per fiscal year in state and federal grants. Our Office of Sponsored Programs consists of five grant analysts and a manager assisting with grant compliance, progress reporting, and documenting policies and procedures and financials. Furthermore, the School Blue Envelope Program is heavily grant funded and has been operating off these funds since 2019.

Studies on Impact

Outcomes from Spectrum Health’s School Blue Envelope program implementation in West Michigan currently show significant increases in knowledge and confidence of elementary, middle, and high school staff when responding to a student who expresses thoughts of suicide. This is consistent with research that demonstrates gatekeeper suicide prevention training increases the knowledge, confidence, and self-efficacy of participants. This training can also influence gatekeeper intervention and referral behaviors. Furthermore, studies of higher education institutions have found that most faculty believe their role includes suicide prevention and widespread gatekeeper training increases confidence in identifying and assisting at-risk students (Hashimoto, et al., 2021; Sylvara & Mandracchia, 2019; Woliskzy-Taylor, et al., 2020).

Supporting Documentation

[Letters of Support](#)

Guidehouse Ranking Notes

 **Eligibility**

Prevention program within behavioral health is eligible

 **Sustainability**

Pilot program

 **Feasibility**

PROJECT #121

Each One Teach One Intensive Mentoring Program



Project Cost

Minimum Cost: \$400,000

Maximum Cost: \$1,600,000

Submitter Info

Name: JD Chapman Jr.

Organization: Realism Is Loyalty

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: 51-75%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

Family Outreach Center
(Seeking Safety; Mental Health;
SUD); Wedgewood Christian
Services (SUD)

Identify the need for the proposed project

Having had a personal history of involvement with both the juvenile and adult criminal justice system, RIL founder and Executive Director, JD Chapman Jr., created Realism Is Loyalty in collaboration with two fellow returning citizens who recognized a need for African American, credible and relatable role models and mentors in their home neighborhoods. They established a 501(c)3 organization in 2014 and began to serve the highest-risk youth in the community with referrals from family members, school personnel and Kent County judges and probation offices. Since that time RIL has added a licensed clinician and additional mentors to meet the increasing demand for community-placed, family-centered, culturally competent, intensive mentoring and therapy for youth who would otherwise be sent to detention or residential placement. With the Covid pandemic, RIL's targeted demographic has seen steep increases in anxiety, depression, substance abuse, home and community violence and educational deficits. RIL created the Each One Teach One Intensive Mentoring Program in order to meet rising demand for comprehensive, long-term mental health services among a population which has virtually no other access to them.

Brief Description

The Each One Teach One Intensive Mentoring Program is a one-year youth development program that provides wraparound services for participants and their families. The unique mentoring component of the program utilizes credible agents with similar backgrounds and lived experience as well as evidence-based strategies that nurture educational attainment, life skills, leadership, workforce development, financial literacy and community service. The core programming centers on intensive mentoring for a cohort of 15 youths, paired with mental health services for the entire family, that aims to address underlying attitudes that lead to unhealthy behaviors. Financial incentives tied to program attendance and performance ensure meaningful engagement and help to support participants and families during the program while providing participants an opportunity to exercise real-world budget management skills. RIL mentors actively partner with the Courts, probation officers and family and community members to keep participants living safely at home, thereby reducing public spending on detention and residential facilities while at the same time directly providing and connecting them to community-based resources to support them in their home environments. RIL was founded on the principle and for the purpose of increasing the use of alternatives to incarceration and arrest for Kent County youth by addressing the problem directly with the actors themselves, guiding them towards healthier behavior.

Long-Term Benefit

The Program aims to interrupt years' worth of generational trauma in participant families. Participants of the program benefit directly through durable improvements to their mental health, reduced stress and family turmoil; communities benefit from better relationships with the youth and their families and decreased crime rates. County residents benefit from the lower cost of a community-based intervention compared to detention and residential placement.

Intended Beneficiary

Participating youth and their parents will benefit the most from the program. However, program therapies are evidence-based, proven to effect lasting behavioral change and improved mental health, and learned skills and benefits are transferable to others in the family and social circle.



Estimated Cost

\$400,000 annually for 4 years, total \$1,600,000

*Source of Funding

Committed to Date: \$200,000 Grand Rapids Community Foundation 2023-24 and \$137,980 Steelcase Foundation for 2023-24. Pending: \$150,000 Wege Foundation for 2023-2024 and an amount to be determined from WK Kellogg Foundation and Spectrum Health Healthier Communities (a past funder). Additional funds to be raised as needed through private and corporate donations and events.

Project Management Experience

RIL currently serves over 100 individuals within Kent County across its various programs on an annual budget of \$451,252. Members of its Executive Board of Directors have served as Executive Directors and Board members of large, regional nonprofit organizations and are active in guiding and monitoring organizational practices and procedures. Both the Steelcase and the Grand Rapids Community Foundation recently awarded RIL with \$300,000 grants to be distributed over three years.

Federal Funds Experience

This would be the first for the organization itself; however, two current board members have past experience acquiring, administering and reporting on federal grant funding. RIL has retained the services of a third-party bookkeeper who reports both to the Executive Directors and the Board.

Studies on Impact

- Epstein R, et al. Psychosocial and Pharmacologic Interventions for Disruptive Behavior in Children and Adolescents. Comparative Effectiveness Review No. 154. www.effectivehealthcare.ahrq.gov/reports/final.cfm.
- Fox, A. M., et al (2019). An evaluation of Dialectical Behavior Therapy in Washington State’s Juvenile Rehabilitation. Olympia, WA: Department of Children, Youth, and Families, Office of Innovation, Alignment, and Accountability.
- Groves, S., et al (2010). Review: Dialectical behavior therapy with adolescents. Child and Adolescent Mental Health, 17(2), 65-75
- Substance Abuse and Mental Health Services Administration. Interventions for Disruptive Behavior Disorders: Evidence-Based and Promising Practices. HHS Pub. No. SMA-11- 4634, Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 2011.
- Substance Abuse and Mental Health Services Administration: Principles of Community-based Behavioral Health Services for Justice-involved Individuals: A Research-based Guide. samhsa.gov
- The Eisenhower Foundation. (2014) Program Guide: The Quantum Opportunities Best Practice Model. Eisenhowerfoundation.net

Project Cost

Minimum Cost: \$400,000

Maximum Cost: \$1,600,000

Submitter Info

Name: JD Chapman Jr.

Organization: Realism Is Loyalty

Project Overview

Funding Group: Community Health

Project Theme: Youth Support

Project Status: Expanded Project

Matching Funds: 51-75%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

Family Outreach Center (Seeking Safety; Mental Health; SUD); Wedgewood Christian Services (SUD)



Supporting Documentation

1. [Letter of Support #1](#)
2. [Letter of Support #2](#)
3. [Letter of Support #3](#)
4. [Letter of Support #4](#)
5. [Letter of Support #5](#)
6. [Letter of Support #6](#)
7. [Letter of Support #7](#)

Project Cost

Minimum Cost: \$400,000

Maximum Cost: \$1,600,000

ARPA Request: \$400,000

Submitter Info

Name: JD Chapman Jr.

Organization: Realism Is Loyalty

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: 51-75%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

Family Outreach Center
(Seeking Safety; Mental Health;
SUD); Wedgewood Christian
Services (SUD)

Guidehouse Ranking Notes

 **Eligibility**

Behavioral health services are an enumerated use of funds

 **Sustainability**

4 year plan

 **Feasibility**

PROJECT #229

New American Mental Health



Project Cost

Minimum Cost: \$500,000

Maximum Cost: \$500,000

ARPA Request: \$90,000

Submitter Info

Name: Tarah Carnahan

Organization: Treetops Collective

Project Overview

Funding Group: Quality of Life

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: 26-50%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

Fountain Hill Center, Bethany
Christian Services, Samaritas

Identify the need for the proposed project

Treetops Collective is deeply embedded in New American communities through our Concentric program. Through these relationships we have seen how language, transportation, and cultural barriers have created additional challenges for immigrant and refugee neighbors in need of mental health services.

Brief Description

During the past two years Treetops has worked with multiple community partners to consider alternative approaches to mental health for those arriving as refugees. In addition to advocating for systems/policy change related to insurance providers and better access to services through already established centers, we created the Circles of Support model with a focus on culturally-connected care done in relationship with others from the same language community. In response to Afghans arriving to Kent County we served 49 individuals through this approach and we desire to expand it through trained individuals from multiple language backgrounds. With a focus on resilience, coping skills, and stress reduction and under the supervision of trained therapists, we can extend services through trusted relationships in the community in small groups of 5- 10. Simultaneously we will work with current providers to better understand the unique needs of these populations through the voices and leadership of those who have come to this country as refugees. We are working with Western Michigan University to establish CEU's for those who participate in trainings and advocate within these provider networks for reduced fee for service for those needing additional services after completing Circles of Support. Additionally, for long-term systems transformation, we would like to establish scholarships and partnerships with local universities to encourage more New Americans to seek out therapy degrees.

Long-Term Benefit

This approach will reduce stigma, eliminate barriers around language, increase access, and elevate the leadership and capacity of the New American community contributing to change that is sustainable. Financial and logistical barriers around interpretation will always hinder access to care so creating a model that is focused on practitioners with varying language backgrounds would increase access and decrease the expenses around intervention leading to healing of Kent County residents.

Intended Beneficiary

Immigrants and refugees

Estimated Cost

\$500,000-750,000

*Source of Funding

We have already received a commitment of \$410,000 from the State of Michigan for this program over the next two years



Project Cost

Minimum Cost: \$500,000

Maximum Cost: \$500,000

ARPA Request: \$90,000

Submitter Info

Name: Tarah Carnahan

Organization: Treetops Collective

Project Overview

Funding Group: Quality of Life

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: 26-50%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

Fountain Hill Center, Bethany
Christian Services, Samaritas

Project Management Experience

We have not yet led a county-wide project but we have extensive experience in collaborating with other organizations as evidenced by our over 20 letters of support for our cross-cultural community center.

Federal Funds Experience

Treetops Collective received over \$92,000 in CARES Act funds at the end of 2020 and successfully executed all funds in a limited amount of time.

Studies on Impact

Yes we are - this can be provided upon request from our Collective Care Specialist SaraJane Herrboldt at sarajane@treetopscollective.org

Guidehouse Ranking Notes

 **Eligibility**

Behavioral health services are eligible

 **Sustainability**

Matching funds are discussed, but not guaranteed.

 **Feasibility**

PROJECT #88

Community Health Connections & Culture Development



Project Cost

Minimum Cost: \$500,000

Maximum Cost: \$500,000

ARPA Request: \$250,000

Submitter Info

Name: Veronica Leshan

Organization:
Leshan Consulting, LLC

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

n/a

Partnership

C4 - Community Collaboration for Climate Change, City of Grand Rapids Environmental Justice Department, National Community Solar Partnership, Grand Rapids Climate Coalition, West Michigan Environmental Action Council, Urban Core Collective, and many more. See original submission list of partnerships.

Identify the need for the proposed project

Throughout my interactions in the community, I have seen a simple game turn into a highly charged traumatic situation. This has shown me that there is a high level of trauma experienced by youth in Kent County. Our youth do not have the mental health tools and resources needed to cope appropriately. This program will create mental health experiences that allow our youth to look inwards and recognize their internal and external stressors. The program will also develop, teach and train our youth to cope with circumstances, de-escalate situations with peers, parents, leadership and authority figures.

Brief Description

Theater offers many opportunities to discuss mental health in a nonthreatening way. This project will create a space for youth to receive regular access to licensed mental health professionals, while engaging in arts and culture enhancement activities. The program will build skills such as de-escalation, identifying internal and external stressors, appropriate coping mechanisms, and building positive character. These skills will help show our youth participants, & adult staff, volunteers and community partners options in life, that it's okay to be different, and create the space to build relationships with positive role models that look like them. The project will also create many jobs within the community.

Long-Term Benefit

Stronger communities, fewer high risk escalated situations, due to preventative mental health resources made available to Kent County's youth. To educate, create and inspire the next generation of leaders. Leaders that have the skills to cope with stressors and build life skills that will allow them to thrive, even when the world around them is in chaos.

Intended Beneficiary

Kent County youth and the communities in which they live.

Estimated Cost

500,000

Project Management Experience

I have worked with private, government and non-profit organizations in a variety of regulatory environments. I have extensive experience working in large scale community projects across Michigan, Indiana, Ohio & Illinois.



Federal Funds Experience

I have direct and indirect experience working with federal funds through my previous employment with the State of Michigan Unemployment office, and my current employment with a financial institution. While I have access to a team of federal regulators, I would welcome any additional training or information offered specific to this program.

Studies on Impact

Yes! Research studies from Michelle Sherman, PhD - University of Minnesota Medical School Clinical Study, WayAhead, BeNice, UNICEF, Dan Summer - Lesley University, Stage Coach Theater Arts, Appalachian State University and various other medical professionals, universities, and professional theater companies will validate the positive correlation between mental health resources and musical theater. The Journal of Experimental Social Psychology, Artists Repertory Theater of Portland and The Public Theater in NYC also have data supported research showing the positive impact on audience behavior. This positive impact includes increases in empathy, charitable behavior etc. when exposed to mental health issues depicted in the theater performances. Due to many research studies across the US and the world I believe this program could greatly benefit Kent County youth and the communities in which they live.

Supporting Documentation

- [1. Community Connections, Culture & Development](#)
- [2. Baxter Partnership](#)

Project Cost

Minimum Cost: \$500,000

Maximum Cost: \$500,000

ARPA Request: \$250,000

Submitter Info

Name: Veronica Leshan

Organization:
Leshan Consulting, LLC

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: No

Eligibility:

Sustainability:

Feasibility:

Impact:

Source of Funding

n/a

Partnership

C4 - Community Collaboration for Climate Change, City of Grand Rapids Environmental Justice Department, National Community Solar Partnership, Grand Rapids Climate Coalition, West Michigan Environmental Action Council, Urban Core Collective, and many more. See original submission list of partnerships.

Guidehouse Ranking Notes

Eligibility

Behavioral health services are eligible

Sustainability

Project may need future funding

Feasibility

More details on program/use of funds needed

PROJECT #211

Pediatric Medical Psychiatric Unit at Helen DeVos Children's Hospital



Identify the need for the proposed project

Across the country, hospitals and health systems are challenged by increasing behavioral health cases that have been exacerbated by the pandemic. Delayed and disrupted care, social isolation, virtual learning, food insecurities, and increased stress from the pandemic has magnified existing challenges as there is more demand for care to treat depression, anxiety, and substance use. Teen suicide is also rising and will require the heightened use of early, timely, and appropriate treatment. According to data from the Center for Disease Control (CDC), suicide is the second leading cause of death among people ages 10-24 and recent reports from the National Association of Mental Illness has shown rate of death by suicide for adolescents has surged 57.4% over the last ten years. Sg2 reports an expected increase in inpatient pediatric volume with diagnoses such as bipolar disorder, mood disorder, psychosis, and substance use disorder from 2.5% to 6+ percent in the next 5 years. The Helen DeVos Children's Hospital(HDVCH) Emergency Department(ED) currently cares for the most pediatric behavioral health cases in the Grand Rapids area at 78%. Compared to March of 2020, pediatric patients with behavioral health conditions have increased from ~4% of all admissions and discharges in HDVCH to ~12% one year later. Behavioral health patients require a greater level of care and have a higher utilization of clinical services and resources. Without a locked unit, patients often need to be isolated in their rooms for safety reasons. This milieu can be challenging for patients and does not provide the most healing environment. Knowing we do not currently have the most healing environment for these patients along with the increased demands we recognize we must build a new medical psychiatric unit at Helen DeVos Children's Hospital to better care for these patients

Brief Description

A new pediatric medical psychiatric unit at HDVCH is needed to serve the high behavioral health demands. Currently, behavioral health patients are spread out over multiple floors in the hospital and are not in the most healing environments. Building the unit will allow for beds to be freed up for patients with other medical needs while providing continuity of care and a carefully designed space to meet the needs of the behavioral health patients. In addition, part of this work will be creating care pathways and relationships with local community mental health partners to ensure every patient that comes through HDVCH's ED is cared for in the right setting. By having a dedicated area with more medical psychiatric beds, behavioral health patients will be able to receive specialized care unique to their needs by a dedicated team. The design of the unit will also be specific to serve the needs of this population such as having a group therapy room, sensory space, a family room, a classroom and music/art therapy space. This will all be in one secured unit to allow for easy mobility and comfort for patients.

Long-Term Benefit

Added capacity for pediatric med/psych patients enhances collaboration between medical and behavioral health providers, allowing for coordinated, compassionate care. Patients will have a clear pathway from presenting in the ED to either receiving care in the new unit or a partnering organization. This unit will have resources to best serve this vulnerable population. The program will ensure exceptional outcomes and the care team has the necessary tools to provide excellent care for peds patients

Intended Beneficiary

The intended beneficiaries are pediatric patients aged 6 through 17. We aim to serve approximately 3,504 patient days or 345 patients annually.

Project Cost

Minimum Cost: \$13,700,000

Maximum Cost: \$13,700,000

ARPA Request: \$5,000,000

Submitter Info

Name: Natalia Szczygiel

Organization: Spectrum Health

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: 26-50%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

\$5,000,000 is being provided from the Michigan Economic Development Corporation Grant. Updated budget for the whole project has increased to \$13.7 M due to inflation.

Partnership

Please see supporting document.



Estimated Cost

13,700,000

Project Management Experience

BHSH/Spectrum Health has extensive experience managing and leading county-wide projects.

Federal Funds Experience

BHSH/Spectrum Health has extensive experience working with federal funds. We have experience managing over \$4.8 million per fiscal year in state and federal grants. Our Office of Sponsored Programs consists of grant analysts and a manager assisting with grant compliance, progress reporting, and documenting policies and procedures and financials.

Studies on Impact

Research has been done regarding the need for medical psychiatric units especially as it relates to the child and adolescent populations and how a healthcare system can best implement these types of units. Below are a list of research papers/publications in support of this project. Current Status of Child and Adolescent Medical Psychiatric Units Association Between Comorbid Psychiatric Disorders and Hospital Resource Use in Physically Ill Pediatric Inpatients: A Case-Matched Analysis Measuring Outcomes on a Medical Psychiatric Unit: HoNOS, CANSAS and costs Evaluation of Opening a Type III/IV Medical Psychiatric Unit Organization and Outcomes of Integrated Inpatient Medical and Psychiatric Care Units: A Systematic Review

Supporting Documentation

- [1. Community Partners](#)
- [2. HDVCH Med Psych Unit Design](#)
- [3. Letter of Support](#)

Project Cost

Minimum Cost: \$13,700,000

Maximum Cost: \$13,700,000

ARPA Request: \$5,000,000

Submitter Info

Name: Natalia Szczygiel

Organization: Spectrum Health

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: 26-50%

Eligibility:

Sustainability:

Feasibility:

Impact:

Source of Funding

\$5,000,000 is being provided from the Michigan Economic Development Corporation Grant. Updated budget for the whole project has increased to \$13.7 M due to inflation.

Partnership

Please see supporting document.

Guidehouse Ranking Notes

Eligibility

Behavioral health services are eligible

Sustainability

Lacking guaranteed funding after 2026 though partners were identified

Feasibility

Risk to 2026 completion



PROJECT #40

Art For Healing

Identify the need for the proposed project

Considering the amount of violence taking place within our community, our organization is aware of the need for healing within our community.

Brief Description

Art for Healing provides self expression art programs, which allows individuals an outlet to express themselves in a positive & creative way. Opposed to expressing themselves through violence! Our programs currently provide services at the Kent County Juvenile Detention Center, however we are looking to expand.

Long-Term Benefit

Our program will provide long term benefits to the community as it will allow individuals/youth an opportunity for creativity, guidance, and a better path of life.

Intended Beneficiary

Our community as a whole, our youth. This program is inclusive to all groups, all ethnic backgrounds.

Estimated Cost

\$200,000.00

Project Management Experience

This organization is in its beginning stages however, we currently provide services at Kent County Juvenile Detention Center. Where any funding received goes towards the program, to benefit our students.

Federal Funds Experience

Exhibit Alexander has participated in The World Of Winter Festival, all funding received was used towards the project. Also any funds received for Art For Healing is used towards the program. We are looking to elevate our experiences.

Studies on Impact

Art has been a source for healing for at least over 30,000 years. Art allows individuals an opportunity to address what they're feeling, it allows individuals to express what they're feeling and allows them to release those feelings through the means of creativity. Art is known to have measurable psychological and physiological healing properties. Which improves personal and public health.

Project Cost

Minimum Cost: \$200,000

Maximum Cost: \$200,000

ARPA Request: \$200,000

Submitter Info

Name: Erica Alexander

Organization: Exhibit Alexander

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

n/a

Partnership

n/a

Guidehouse Ranking Notes

 **Eligibility**

 **Sustainability**

 **Feasibility**

Evidence-based violence intervention programs are eligible

Does not include a funding plan or fund availability after expending all the ARPA dollars.



PROJECT #51

Women's Seeking Safety

Identify the need for the proposed project

Family Outreach Center was selected as the lead agency for the Modified Seeking Safety Program (Seeking Safety for African American Males) through the City of Grand Rapids federal grant in 2015. When this grant concluded Family Outreach Center was able to secure funding to run a more limited version of the Seeking Safety for African American Males. Throughout the time that we ran this program for black and brown males we were asked to provide this for females as well. Recently Network180 has funded the clinician to run the Seeking Safety for Black and Brown Females. The peer support that is part of the male program and critical to recruiting, supporting and maintaining participants in the program was not funded based on limited available funds. Family Outreach Center believes in a wrap-around philosophy for individuals who have experienced trauma to provide needed services not available through the provider. A holistic and compressive integrated service that addresses the individual's trauma, behavioral and physical health care, and other unmet basic needs will provide the necessary balance to restore a healthy level of functioning. Presently, most services for adults in Kent County are fragmented. Through Peer Support activities, Family Outreach Center will identify the most active victim service providers, and work within existing collaboratives, including Baxter Community Center, Steepletown Neighborhood Services, and the Urban Core Collective to facilitate wrap-around supports for survivors of trauma and/or violence. Therefore, Family Outreach Center is seeking funding to add this essential role to the Women's program.

Project Cost

Minimum Cost: \$238,667

Maximum Cost: \$238,667

ARPA Request: \$217,667

Submitter Info

Name: Dr. Veneese Chandler

Organization:
Family Outreach Center

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: New Project
Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

\$21,000.00 - Funding Source:
General Operating Funds

Partnership

Baxter Community Center,
Steepletown Neighborhood
Services, and the Urban Core
Collective

Brief Description

This is a multi-year (3 year request for funding). The Female Seeking Safety Program will provide Seeking Safety Groups; Individual Therapy and Community Education on trauma; recognition and treatment for young girls and Women impacted by trauma. The therapist role is currently funded by network180. The program design includes a Peer Support staff person which is the portion being sought through this funding opportunity. The Peer Support is an individual with lived experience who can work with participants individually while assisting them to build natural supports. Additionally, the Peer Support will provide supportive services to eliminate barriers to participation and ensure enrollees are connected to all necessary comprehensive supports (e.g. reminder calls for appointments, arrange transportation if needed, help in developing natural/informal supports, help connect to community resources, help obtain/connect to health care services etc.). The inclusion of the Peer Support will provide wraparound support to enhance program effectiveness.

Long-Term Benefit

Trauma has a lifelong negative impact upon victims' physical and mental health and social functioning, which leads to major public health and social problems. (Felitti, V.J. and Anda, R.F., [2014] The Lifelong Effects of Adverse Childhood Experiences in Chadwick's Child Maltreatment, 4th Ed., vol. 2). The long term benefits include: Improved academic outcomes. Reduce trauma symptoms. Reduction in school suspensions. Reduce poverty & Improve health outcomes for marginalized populations.

Intended Beneficiary

This project's primary focus will be on Black and Brown females residing in Kent County who have experienced trauma. The program will focus on (2) age groups: 12-17 and 18 and older.

Estimated Cost

(3) year total budget \$238,667.



Project Management Experience

Family Outreach Center's (FOC) mission is "leading the way in promoting healthy family living by reaching out to underserved populations and those who are low income in the community." Some of Family Outreach Center's County wide programs include: Prevention service for the Lakeshore Regional Entity focused on youth; Family Outreach Center was one of the founding partners of Kent School Services Network (KSSN) and continues (as the largest provider of services) to date; and Family Outreach Center was selected as the lead agency in the City of grand Rapids 5 year Federal Grant to provide Seeking Safety for African American Males. The KSSN program covers all of Kent County. Family Outreach Center has 16 schools across several districts including Grand Rapids Public school to Sparta Schools. We have demonstrated the ability to work with several school districts; both Urban and Rural communities and various funders to ensure the success of this program. The Prevention Services for the Lakeshore Regional Entity (LRE) began as Substance Use Prevention services for youth. Family Outreach Center, through its successful partnership with the LRE has expanded services to Youth Gambling and Native American Behavioral Health. This contract demonstrates Family Outreach Center's ability to work not only within Kent County but across counties as well. Seeking Safety for African American Males was a Federal Demonstration Project. Family Outreach Center was successful in meeting and or exceeding benchmarks set throughout this 5 year grant. Due to the success of the demonstration project Family Outreach Center was able to secure funding from Network180; Spectrum Healthier Communities and United Way to continue this work.

Federal Funds Experience

The Seeking Safety for African American Males program was a federally funded program. Family Outreach Center was the lead agency and responsible for all Federal Funding guidelines and operations. In addition, Family Outreach Center's MIREP Program in the Kent County Jail receives federal funding and thus Family Outreach Center is familiar with compliance rules related to programming; budget and reporting. Audits against Federal rules and regulations found no areas or correction throughout the duration of the grant. Family Outreach Center has received COVID relief funding through the Outpatient and Prevention Programs.

Studies on Impact

Seeking Safety is an Evidence Based Program that addresses the impact of trauma & the presence of trauma symptoms for those that have been exposed to violence and/or traumatic events. Research suggests that Black & Brown individuals experience trauma at higher rates than their white counterparts. Our young youth of color are experiencing trauma at higher rates than their peers & the educational system perpetuates dehumanizing behavior through policies & practices. WGUV reported November 8, 2018 that "In Grand Rapids Public Schools, black students are three times as likely as white students to be suspended. And 87% of all the students suspended were students of color." With higher suspension rates for black students we have a societal infrastructure that supports the dehumanization of our black youth. "Suspension predicts greater odds of: victimization (increased by 22%), criminal activity (31% higher), and being incarcerated (72% greater)," Wolf, K. Kupchik, A, Justice Quarterly April 2017. WMU's study of FOC's Seeking Safety Program found: 53% of participants reported that their PTSD symptoms interfered less with their daily lives after attending the Seeking Safety group & 52% reported an increase in their resiliency.

Project Cost

Minimum Cost: \$238,667

Maximum Cost: \$238,667

ARPA Request: \$217,667

Submitter Info

Name: Dr. Veneese Chandler

Organization:
Family Outreach Center

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: New Project
Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

\$21,000.00 - Funding Source:
General Operating Funds

Partnership

Baxter Community Center,
Steepletown Neighborhood
Services, and the Urban Core
Collective

Guidehouse Ranking Notes

 **Eligibility**

 **Sustainability**

 **Feasibility**

Behavioral health services are eligible

Does not include a funding plan or fund availability after expending all the ARPA dollars.



PROJECT #54

Expanding Hispanic Behavioral Health Access

Identify the need for the proposed project

The long-existing need for this project has become increasingly evident through local and national needs assessments, community forums, research and our own work across West Michigan. Locally, some early signs emerged out of Catholic parishes with large Hispanic communities. In these churches, the parish priest is deeply involved in community life, and serves as a confidante, counselor and guide for many families. These pastors are often the primary trusted resource assisting families through difficult and traumatic circumstances. Through their involvement, a growing call was echoed by priests for specialized mental and behavioral health services to be developed specifically with the needs of Hispanic community members in mind. After a long consultation process with multiple stakeholder groups, this project was developed as an answer to that call.

Brief Description

The project aims to expand the Hispanic Behavioral Health infrastructure in Kent County, while lowering the barriers that prevent access to these critical services. It does so through: 1-The implementation of Localized & Culturally Sensitive Model 2-Held at trusted contact points 3-Run collaboratively by community members & licensed professionals 4-Imparting strategic tools to overcome barriers to utilization The project’s Trauma Recovery Model is available in 6 languages and has been successfully utilized in Michigan since 2002. National research corroborates local findings that: limited cultural sensitivity, a shortage of Hispanic healthcare providers and mental health illiteracy remain the main barriers to access for Hispanics. Further, even where access to health care services exists, underutilization is a major challenge. These issues lead to traumas from abuse, domestic violence and adverse childhood experiences to continue perpetually unaddressed. Simultaneously, the project focuses on overcoming the shortage of Hispanic counselors by removing key barriers to entry. These include reimbursed college tuition, internships and mentoring. Therefore, creating a pipeline of career-ready Hispanic behavioral health leaders.

Long-Term Benefit

The long-term benefit of such a project is the development of a local, behavioral health infrastructure, specifically designed to meet the needs of our Hispanic communities. This will lead to increased access to critically needed behavioral and mental health services to the underserved Hispanic population in Kent County, driving equitable health outcomes and deeper community well-being.

Intended Beneficiary

The intended beneficiaries of this project are underserved members of the Hispanic community. These include individuals, families, parents and partners, the undocumented and those who are underinsured or completely uninsured. The project includes a special focus on those grappling with domestic violence, abuse and related traumas.

Estimated Cost

We estimate the annual cost of this project to be \$287,914 for each of the first 3 years. We therefore request a 3-year grant of \$863,742.

Project Cost

Minimum Cost: \$863,742

Maximum Cost: \$863,742

ARPA Request: \$751,080

Submitter Info

Name: Karol Maurer

Organization:

Catholic Charities West Michigan

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: 0-25%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

Trauma Recovery Associates, Aquinas College, Catholic Diocese of Grand Rapids, local churches



Project Cost

Minimum Cost: \$863,742

Maximum Cost: \$863,742

ARPA Request: \$751,080

Submitter Info

Name: Karol Maurer

Organization:

Catholic Charities West Michigan

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: 0-25%

Eligibility:

Sustainability:

Feasibility:

Impact:

Source of Funding

(Listed in main description)

Partnership

Trauma Recovery Associates, Aquinas College, Catholic Diocese of Grand Rapids, local churches

*Source of Funding

Other funding sources include the Diocese of Grand Rapids, the Catholic community and local family foundations. Our traditional Behavioral Health funding model includes revenue from client insurance payments or client self-payment. As this project is seeking to remove barriers to entry in order to ensure maximum uptake of these critical services, we have chosen to adopt a fee-free model for the initiation years of this project. While this will drive a higher service utilization, it does require that a large portion of these services will be funded through external sources in the project's infancy. Internal allocations, Catholic Diocese of Grand Rapids, local churches - total of \$115,000

Project Management Experience

Our agency has over 75 years of experience serving the West Michigan community. We currently operate 34 projects in 16 counties across the region.

Federal Funds Experience

We have multiple projects across the agency in which we are a subrecipient of federal funds. Below are some examples of federal funds we received in the FY2021 alone (not a comprehensive list): 1. Affordable Care Act funds support Empowering Youth Today, Healthy Families and Local Home Visit Leader Group projects: approx. \$485,000 2. CNCS funds support our Foster Grand Parent and Senior Companion Programming: approx. \$410,000 3. Block Grant for Community Mental Health Services funds our Mental Health Juvenile Justice project: approx. \$35,000 4. CARES ACT funds have been awarded in support of God's Kitchen and Behavior Health services: approx. \$8,000 5. Our foster care and adoption programming in Kent County receive funds from WMPC which is a pass-through agency for federal funds: approx. \$760,000

Studies on Impact

Yes, there is a body of evidence which supports the use of group and individual therapy treatments in addressing behavioral and mental health matters. The success of the particular model being adopted by this project has been independently investigated through a research study of 116 participants. This research study can be found at: Jennifer M. Foster & Whitney DeCamp (2019) A QuasiExperimental Investigation of a Group Intervention for Adult Survivors of Polyvictimization and Complex Trauma, The Journal for Specialists in Group Work, 44:3, 152-169, DOI: 10.1080/01933922.2019.1634780

Supporting Documentation

[Letter of Support](#)

Guidehouse Ranking Notes

Eligibility

Behavioral health services are eligible

Sustainability

Does not include a funding plan or fund availability after expending all the ARPA dollars.

Feasibility

PROJECT #91

Clinical stability - Salvation Army Turning Point Programs



Project Cost

Minimum Cost: \$75,000

Maximum Cost: \$90,000

Submitter Info

Name: Jason Boeve

Organization:

Salvation Army - Turning Point

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Existing Project

Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

n/a

Partnership

n/a

Identify the need for the proposed project

There is a serious therapist shortage throughout the community making it increasingly difficult to give adequate clinical service to patients in our detox and intensive stabilization program in Grand Rapids. The new ASAM Continuum mandated throughout the state's CMH's last October has caused an additional burden for therapists to complete early in treatment on top of the usual clinical duties of therapy groups, crisis intervention, aftercare, co-occurring assessments, suicide risk assessments, and our own therapeutic assessments. We have also been unable to hire a new Clinical Supervisor to fill the need of LMSW clinical supervision for limited licensed MSWs and masters level interns.

Brief Description

Sign contracted therapists (if hiring through normal means continues to produce no results/hires) for assistance regarding the ASAM Continuums. Also, contract with a fully licensed LMSW to provide the state required supervision for our LLMSW therapists as well as masters level MSW interns that provide extra support to our clinical team.

Long-Term Benefit

Having clinical staff to complete the ASAM Continuums and KEEP OPEN. When we are unable to complete those assessments, most CMHs will not allow us to bill for ANY of the services we provide. Consequently, if we continue to have a large therapist shortage, we would eventually go out of business due to not being able to bill enough to break even as a nonprofit. There have been several other local detox/rehab facilities that have closed in the last 2 years due to similar budget/staffing issues.

Intended Beneficiary

The patients we serve and our community would benefit the most as we would be able to give better clinical support - especially to those that struggles with substance AND serious mental health concerns. Also, we would be able to stay open and continue to take patients that are in addiction crisis and have almost nowhere to go for appropriate care.

Estimated Cost

75,000-90,000 (yearly)

Project Management Experience

We are involved in how to best serve the addiction-substance abusing population in all of western michigan - coordinating with N180, Heathwest, WCMCMH, and others to better serve their needs. We have opened Outpatient/MAT clinics in Grand Rapids, Muskegon, Ludington, and Baldwin over the last few years to meet part of the high needs counties have related to substance abuse.



Federal Funds Experience

Extensive experience related to past CARES Act funding, state funding with CMHs, Medicaid funding, as well as other various grants over the years.

Studies on Impact

It is well known that those with serious substance abuse issues tend to have much higher rates of mental health disorders and complications. If hospitals and rehabs aren't giving adequate staffing for the mental health and therapeutic aspects of treatment, patients are much more likely to continue to have relapses. Those relapses usually end in needing to come back for more services - and occasionally there are deaths (due to overdoses and/or suicide).

Project Cost


Minimum Cost: \$75,000
Maximum Cost: \$90,000

Submitter Info

Name: Jason Boeve
Organization:
Salvation Army - Turning Point

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: Existing Project
Matching Funds: No

Eligibility: 
Sustainability: 
Feasibility: 
Impact: 

Source of Funding

n/a

Partnership

n/a

Guidehouse Ranking Notes

 **Eligibility**  **Sustainability**  **Feasibility**

Eligible under behavioral health services

Does not include a funding plan or fund availability after expending all the ARPA dollars.

PROJECT #146

Investing in our Community's Mental Health



Identify the need for the proposed project

Through the pandemic and its recovery, Arbor Circle and other mental health providers have seen an increase in the need for mental health services. Providers have been unable to keep up with demand, particularly for those with Medicaid or who are under/uninsured. To ensure individuals in need have access to critical services and to maintain the high quality of care provided across Kent County, additional funds are needed. These funds will ensure that Outpatient Mental Health Counseling is available for those in need by supporting the cost of care for individuals and families who have Medicaid or are under or uninsured and cannot afford copays/deductibles. The Medicaid reimbursement rate for Outpatient Mental Health Counseling paid by Medicaid Health Plans falls far short of the cost of providing the service. In some cases the rate covers less than half the cost. Standard cost for an Outpatient Counseling session is approximately \$110-\$120.

The Medicaid Health Plans under contract with the State of Michigan and serving Kent County pay the following rates for a typical session for a Medicaid member:

- Blue Cross Complete - \$63.47
- McLaren Health Plan - \$58.64
- Meridian Health Plan -- \$63.47
- Molina Healthcare of Michigan -- \$53.95
- Priority Health Choice -- \$63.47
- UnitedHealthcare Community Plan -- \$58.75

As a result, Outpatient Mental Health service providers, including Arbor Circle, are forced to limit the number of clients they can serve who are covered by Medicaid. This limitation significantly impacts access for low income individuals and families, and specifically communities of color. Because 90% of Arbor Circle clients are 200% of the Federal Poverty Line (FPL) or less, this unsustainable reimbursement disproportionately impacts our client population.

Brief Description

This project would bolster our community's ability to provide services regardless of insurance status for both Arbor Circle and other organizations' Outpatient Services, opening the door for providers to service significantly more clients regardless of insurance type or status. These funds will ensure that Outpatient Mental Health Counseling is available for those in need by supporting the cost of care for individuals and families who have Medicaid or are under or uninsured and cannot afford copays/deductibles. While Arbor Circle has identified this need and requires additional resources to sustain Outpatient Counseling Services for individuals and families who have Medicaid for our own services, we would also be willing to act as a fiduciary for distributing funds to our committed partners in this project in the same way.

Long-Term Benefit

While these funds would be expended over a relatively short period, the long-term impact for those who were able to obtain services that were otherwise not available to them is a significant step on the path to healing. With the pandemic recovery ongoing, this funding will help address critical mental health needs specific to Kent County, and sustain Outpatient Mental Health counseling/therapy services, both at Arbor Circle and additional agencies, by reducing barriers to treatment.

Project Cost





- Minimum Cost:** \$3,000,000
- Maximum Cost:** \$3,000,000
- ARPA Request:** \$3,000,000

Submitter Info

- Name:** Taylor Greenfield
- Organization:** Arbor Circle

Project Overview

- Funding Group:** Community Health
- Project Theme:** Mental Health
- Project Status:** Expanded Project
- Matching Funds:** No

- Eligibility:** 
- Sustainability:** 
- Feasibility:** 
- Impact:** 

Source of Funding

No

Partnership

We are planning to partner with the Family Outreach Center and D.A. Blodgett



Project Cost




Minimum Cost: \$3,000,000
Maximum Cost: \$3,000,000
ARPA Request: \$3,000,000

Submitter Info

Name: Taylor Greenfield
Organization: Arbor Circle

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: Expanded Project
Matching Funds: No

Eligibility: 
Sustainability: 
Feasibility: 
Impact: 

Source of Funding

No

Partnership

We are planning to partner with the Family Outreach Center and D.A. Blodgett

Intended Beneficiary

Kent County residents; specifically, individuals who are have Medicaid or are under/uninsured and in need of/seeking Outpatient Mental Health Counseling. Individuals covered by Medicaid Health Plans often face more limited access to care due to the providers’ ability to sustain services with reimbursement rates that don’t cover the cost of services. Many Kent County residents face a variety of behavioral health concerns including substance abuse, anxiety, depression, stress, anger, grief and loss, family relationship issues, and trauma; each of these issues may have their roots in or have been exacerbated by the pandemic. Arbor Circle is currently utilizing telehealth and in-person modes of care. While telehealth has increased access and flexibility in care for some, others continue to face barriers due to insurance type and status. With the impact of COVID-19 on our community’s mental health still largely unknown, it is necessary to remove barriers to accessing services as a result of lack of or type of insurance. According to the 2020 Kent County Community Health Needs Assessment, 1 in 4 adults and 1 in 3 young adults age 18-24 have some form of diagnosed depression— troubling numbers that point to the significant and ongoing need for accessible mental health counseling services. To address these issues, Arbor Circle is seeking additional funding to increase access to services with both an immediate impact and an eye on the future need. 90% of clients served by Arbor Circle are 200% Federal Poverty Level or less, and sustainability for mental health services remains a challenge because traditional reimbursement rates from Medicaid Health Plans do not fully cover the cost of the service. In order to maintain the current level of services while working towards future solutions for our community, additional funding is critical. We anticipate serving 3,000 individuals and families with these funds.

Estimated Cost

\$3,000,000.00

Project Management Experience

Arbor Circle has established long standing, positive relationships with numerous community-wide systems, agencies and organizations in the community. The Chief Executive Officer, along with a range of other Arbor Circle staff (from Administrative/Leadership positions to direct care staff) are active participants in these collaborations by providing leadership and content expertise to ensure advocacy and appropriate coordination of care. Our service model includes co-location with other organizations, in addition to over 20 school partners and partnerships through our Kent County Correctional Facility based services. Arbor Circle led the effort to produce the Recommendations to the Community to Address LGBTQ+ Youth Homelessness, a True Colors initiative, and created the initial set of workgroups related to this project. Arbor Circle has been an active participant in the Kent County Family and Children’s Coordinating Council, as well as the Kent County Community Corrections Advisory Board. Additionally, Arbor Circle leadership serves on the executive committee for the Kent County Great Start Collaborative. Arbor Circle staff serve as the co-chair for the Youth Homelessness subcommittee for the Coalition to End Homelessness. Lastly, Arbor Circle staff serve on the Healthy Kent Infant Health Action Team. With Arbor Circle staff so deeply embedded into the fabric of our community, we are in a constant state of collaboration across our footprint.



Project Cost

Minimum Cost: \$3,000,000
Maximum Cost: \$3,000,000
ARPA Request: \$3,000,000

Submitter Info

Name: Taylor Greenfield
Organization: Arbor Circle

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: Expanded Project
Matching Funds: No

Eligibility:

Sustainability:

Feasibility:

Impact:

Source of Funding

No

Partnership

We are planning to partner with the Family Outreach Center and D.A. Blodgett

Federal Funds Experience

Arbor Circle is well versed in managing federal funds, and maintains its accounts on the accrual basis of accounting. Its Chief Financial Officer has extensive experience in non-profit accounting and holds a Bachelor's degree in Business Administration with an emphasis in accounting. Care is taken to segregate financial duties and cash handling to ensure that reasonable safeguards are in place. The internal control system is structured to provide reasonable assurance that assets are safeguarded against loss from unauthorized use or disposition and that transactions are executed in accordance with proper authorizations and recorded properly to permit the preparation of financial statements in accordance with generally accepted accounting principles. An independent audit of financial statements is conducted annually in accordance with generally accepted auditing standards and the standards applicable to financial audits contained in Government Auditing Standards issued by the U.S. Comptroller General. The FY2021 audit and Single Audit has been completed, and as in previous years, had an unqualified opinion, and no findings, material weaknesses, deficiencies or noncompliance. Our total amount of federal awards in FY2021 was \$3,138,251. Lastly, financial reporting is also analyzed alongside utilization and outcome achievement to ensure fidelity to clinical models of care and positive impact. Weekly and monthly review of this information allows us to be nimble and respond quickly to the needs of the people being served, staff providing care and the financial health of the business.

Studies on Impact

Supporting our community's mental health is critical, especially in light of the ongoing pandemic recovery. Mental health issues can make life unbearable for the people who have them, and problems can have a wider effect on society as a whole especially when they go untreated or treatment is delayed. The following statistics from NAMI (National Alliance of Mental Illness) shed light on this fact:

- o Serious mental illness costs the U.S about \$193.2 billion in lost earnings per year.
- o Mood disorders, such as depression and bipolar disorder, are the third most common reason for hospitalization for patients between the ages of 18 and 44.
- o American adults living with mental illness die an average of 25 years sooner than others, largely due to treatable conditions.
- o 37 percent of students suffering from a mental health condition drop out of high school.
- o More than 90% of children who die by suicide suffer from a mental health condition.
- o Growing up with a parent who has an untreated MH diagnosis can be detrimental to healthy development. According to NAMI, approximately 1 in 5 Americans experience some type of mental illness each year, with 10% experiencing serious mental illness that interferes with major life activities.

Supporting Documentation

- [1. Letter of Support #1](#)
- [2. Letter of Support #2](#)

Guidehouse Ranking Notes

Eligibility	Sustainability	Feasibility
<i>Behavioral health services are eligible</i>	<i>Does not include a funding plan or fund availability after expending all the ARPA dollars.</i>	

PROJECT #157

Mental Health Today



Identify the need for the proposed project

A 2021 report by HHS cites “persistent systemic social inequities and discrimination” which worsened stress and associated mental health concerns for people of color. The HHS estimates that during the COVID-19 pandemic 40.3% of Hispanics experienced current depression, and 36.9% had an increase or initiation of substance abuse. This compares to 25.3% depression and 14.3% substance use in Whites. The statistics point to significant health inequities in the United States. COVID-19 is not an equal opportunity virus. Indeed, it shined a light on America’s pandemic of inequality. The facts indicate the burden falls disproportionately on low-income communities and communities of color, especially the Urban community. These inequities are exposed in the average length of life, quality of life, rates of disability, severeness of illness, and access to treatment. Mental health equity will be achieved when all everyone has the opportunity to attain their full health potential, and no one is impeded from doing so because of socially and economic determined circumstances.

Brief Description

This Mental health program is a placemaking opportunity to build a healthy, resilient community for people of color. We propose to air a weekly 30 min. radio roundtable on 91.9FM WDPW (African American founded and operated) noncommercial educational radio station broadcasting for over 11 years. We will focus on mental health issues/topics such anxiety, depression, suicide, schizophrenia, etc. These subjects have a high impact on the lives of the Urban community and surrounding areas. They contribute to substance abuse, unemployment, homelessness and poverty. The panel will consist of invited mental health industry professional i.e., doctors, therapists, and other. It will be facilitated by Samuel Jones, MA, LPC. of the Wisdom Center. We will also broadcast a daily series of vignettes (a brief evocative account) highlighting mental health wellness and crisis support. We will partner and collaborate with the University of Michigan Health West. Together we will leverage the social media platforms of our organization, partners, and collaborators to change the perception of mental illness in the Urban community by encouraging people to get the help they need while building trust between people of color and the mental health field.

Long-Term Benefit

Accessing available resources and information are key for long term benefits and sustainability. This will not only benefit the Urban community but surrounding areas in Kent County. The urban community has been historically underinvested and is considerably further behind other neighboring communities within the City of Grand Rapids. Knowledge is power. Providing valuable content information and crisis support on how to manage and maintain a healthy mental disposition is vital to society.

Intended Beneficiary

Nielsen Radio Market Report states that during the first quarter of 2020, 91% of adults listened to radio each week, more than any other medium. Market estimate data reports WDPW-FM (Larlen Communications Inc.) averages over 2500 listeners per week. These estimates are derived from the diaries that are provided to the audience for data. WDPW station demographics are 70% women and 30% men ages 18-32. As an urban inspirational station, our listeners are primarily African American and people of color. The combined social media platforms of partners and collaboratives will be utilized to reach millennials and generation z which are the fastest growing demographic on social media today.

Project Cost

Minimum Cost: \$150,000

Maximum Cost: \$150,000

ARPA Request: \$100,000

Submitter Info

Name: Helen Harp

Organization:

Larlen Communications Inc.

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

WDPW-FM (Larlen Communications Inc.) partner organizations and collaborators within the program are the University of Michigan Health West, Spectrum Health, the Wisdom Center and Dr. Lennox Forrest, PhD of Faith Counseling Services.



Estimated Cost

150000

*Source of Funding

The funding plan for the long-term sustainability of our programming and services will be garnered from the redevelopment of 640 Eastern Avenue SE. The existing two-story commercial building will be demolished and rebuilt into a four-story mixed-use facility (development renderings attached). This brand-new structure will enhance our future operations while attracting volunteers, donors, partners, and sponsors to assist in the work. Included in the redevelopment will be twelve (12) one-bedroom units on the top three (3) floors at four (4) units per floor. The ground floor and basement will function as offices for the nonprofit including broadcast studios, an educational media center, and a small retail space. By expanding the building property and doubling our capacity we will strengthen our capabilities in the programs and services offered. The use of the rental income from the apartments will increase the financial stability of the nonprofit organization. We also have private donors, corporate sponsors and a \$49,450 grant pending from the Wege Foundation a past contributor.

Project Cost

Minimum Cost: \$150,000

Maximum Cost: \$150,000

ARPA Request: \$100,000

Submitter Info

Name: Helen Harp

Organization:

Larlen Communications Inc.

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Project Management Experience

WDPW-FM (Larlen Communications Inc.) in partnership with The Gerald R. Ford International Airport the exclusive sponsor of a similar program "Community Voices" which was one of the most listened to broadcast on the station. Our organization is deeply involved in a city-wide youth program entitled NexGen Media GR in partnership with the Grand Rapids Public School 21st Century LOOP Program and funded by the City of Grand Rapids BRIP, the Grand Rapids Jaycees Foundation, Wege Foundation, and the Grand Rapids Community Foundation.

Federal Funds Experience

WDPW-FM (Larlen Communications Inc.) has worked with the US Department of Health and Human Services (HHS) on COVID-19 informational messaging campaigns.

Studies on Impact

The Corporation for Public Broadcasting states, "Public media stations, locally operated and highly trusted, are well-positioned to provide critical information to communities hard hit by the pandemic." The effective messaging project for COVID-19 was the leading factor to providing disproportionately impacted communities with information, resources, and solutions to combat the virus. According to the National Institute of Health "Health information technologies play a pivotal role in responding to the COVID-19 epidemic." Mental health issues are just as prevalent in communities of color and require health informatics as well. The Substance Abuse and Mental Health Services Administration states, "Blacks and Latinos have substantially lower access to mental health and substance-use treatment services." ResearchGate states, "The findings reveal that community radio is making a significant contribution to managing community mental health by empowering audiences to better understand and control issues that impact their emotional and social well-being." WDPW-FM's (Larlen Communications Inc.) proposed program, "Mental Health Today" will meet the needs of information technology to the people of color in our community.

Source of Funding

(Listed in main description)

Partnership

WDPW-FM (Larlen Communications Inc.) partner organizations and collaborators within the program are the University of Michigan Health West, Spectrum Health, the Wisdom Center and Dr. Lennox Forrest, PhD of Faith Counseling Services.



Supporting Documentation

[Development Renderings](#)

Project Cost

Minimum Cost: \$150,000

Maximum Cost: \$150,000

ARPA Request: \$100,000

Submitter Info

Name: Helen Harp

Organization:

Larlen Communications Inc.

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

WDPW-FM (Larlen Communications Inc.) partner organizations and collaborators within the program are the University of Michigan Health West, Spectrum Health, the Wisdom Center and Dr. Lennox Forrest, PhD of Faith Counseling Services.

Guidehouse Ranking Notes



Eligibility

Behavioral health services are an enumerated use of funds



Sustainability

Does not include a funding plan or fund availability after expending all the ARPA dollars.



Feasibility

PROJECT #161

Expansion of Behavioral Health Crisis Services to Reduce Suicide



Identify the need for the proposed project

It has long been established that nearly all mental health diagnoses significantly increase the risk of suicide [1]. Patients discharged from a psychiatric inpatient hospital have suicide rates that are 44 times that of the general population [2]. In response to this risk, the National Committee for Quality Assurance (NCQA) has established a best-practice standard that all patients should be seen within seven days following hospital discharge. This quick follow-up has been shown to improve clinical outcomes, decrease the likelihood of rehospitalization, and reduce the overall cost of patient care [3,4,5]. The reality, however, is that at best, only 50% of commercially insured patients and 30% of publicly funded individuals meet that target [6]. Based on recent data from Pine Rest's Central Access center, wait times for a new appointment with a therapist can be a month, and for a psychiatrist, the wait can be over two months. The situation is even more grim in rural areas of Michigan where it can be much more difficult to obtain care with appropriate providers, resulting in longer wait times and extended commutes for care. According to the 2019 Altarum report, "Access to Behavioral Health Care in Michigan", 25 counties in Northern Michigan do not have a psychiatrist, and 10 of those counties neither a psychiatrist nor a psychologist [7]. This means that many Michigan children, seniors, and those with more complex needs are often seen post-discharge by their primary care physicians out of necessity. Ideally, they would be seen by providers with expertise in complex psychiatric conditions and have the support of a multi-disciplinary team as they recover from the crisis. Pine Rest provides crisis services across the community and state; however, extended wait times leave those exiting these services at risk for suicide while they wait for an opening at an outpatient clinic.

To address these service gaps and provide proper treatment for patients, Pine Rest will utilize Kent County ARPA funds to enhance and expand current programming to ensure patients who are at risk for suicide receive follow-up care, both immediately post discharge from a crisis service, and during wait times for new appointments. We propose to do this in two ways, first by expanding the capacity of the Pine Rest Transition Clinic. Currently this clinic provides follow-up clinical care for patients discharging from the Pine Rest inpatient units or the Psychiatric Urgent Care Center. However, space limitations also create limits on the number of people that can be treated. Expanding the space will allow this treatment to occur within the recommended seven days for those who call for an outpatient appointment and are screened as high risk for suicide. The Transition Clinic is designed to serve these individuals by bridging the time between the crisis and seeing a permanent provider...a window of time essential to an individual's recovery where they often have many questions, need to acquire new skills, and often need medication adjustments. By providing services such as evaluation, medication management, therapy, and case management during this time of transition, we significantly improve clinical outcomes, decrease re-hospitalizations, reduce suicides, and provide expert care as patients return to their home communities. The Transition Clinic currently provides services both in person and via telehealth to patients residing in the State of Michigan. The second approach to reducing the gaps in service is the utilization of a case manager to provide follow-up care with patients who are at risk of suicide. Funding from the Kent County ARPA fund will provide salary support to case managers, a role that is currently not supported by commercial insurance. These case managers will engage several follow-up tools such as postcards, letters, telephone calls, texting, and/or emails with patients who may be in transition or may be current clients within the Pine Rest

Project Cost

Minimum Cost: \$1,050,000

Maximum Cost: \$1,050,000

ARPA Request: \$1,050,000

Submitter Info

Name: Amy Mancuso

Organization: Pine Rest Christian Mental Health Services

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

No

Partnership

No

Brief Description

Pine Rest is proposing to expand and enhance services to provide treatment to individuals facing behavioral health crises. This will occur through the expansion of the Pine Rest Transition Clinic, where treatment is provided during periods of time where suicide risk is high and the patient cannot access typical outpatient care, as well as through the implementation of case management services to provide follow-up care and ongoing communication to individuals who are at high risk of suicide. These programs will target both those individuals who are transitioning from a higher level of care as well as those who are seeking treatment, but are waiting for an initial appointment due to barriers with access to care.



Project Cost

Minimum Cost: \$1,050,000

Maximum Cost: \$1,050,000

ARPA Request: \$1,050,000

Submitter Info

Name: Amy Mancuso

Organization: Pine Rest Christian Mental Health Services

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

No

Partnership

No

Long-Term Benefit

Currently in Kent County suicide is the 10th leading cause of death overall, and in the top 5 leading causes of death for those aged 5 to 45 years. For each suicide death, more than 115 individuals are impacted and of those, up to 25 people have lasting major life disruptions. Based on outcomes in other national programs implementing Zero Suicide approaches, it is expected that this project could reduce these deaths by 40% annually as well as the impact of them on the community.

Intended Beneficiary

The proposed program will benefit adults at higher risk for suicide. These individuals may be transitioning from a higher level of care, such as inpatient hospitalization or a behavioral health urgent care visit but may also be a community member who calls for an outpatient appointment and, during screening, exhibits a risk for suicide behaviors. These services will provide treatment and followup with these adults during a time that research indicates as the highest risk time for a person to attempt suicide or die by suicide. While this program is available to all individuals, regardless of payer, it is often most difficult for those individuals who have Medicaid or Medicare to find aftercare and follow-up outpatient services, it is expected that a large number of the people treated through these initiatives will be publicly insured.

Estimated Cost

Total amount for the 3-year project is \$1,050,000. \$300,000 per year for staffing for three years (3FTE Case Manager and .5FTE Supervisor per year), and \$150,000 for capital needs year one or two to expand the Transition Clinic.

Project Management Experience

Pine Rest has significant experience managing large projects both county and state-wide. Pine Rest has experience as the Kent County PATH (Projects for Assistance from Transition from Homelessness), funded by the State of Michigan through a SAMHSA grant. This program serves adults experiencing homelessness across the county. In addition, those that meet eligibility, are also engaged in SOAR (SSI/SSDI Outreach, Access, and Recovery) in order to provide support to these individuals as they apply for SSI/SSDI with the goal of finding housing and reducing homelessness in the community. Pine Rest provides services to individuals in nearly every county in the state. In Fiscal Year 2021, Pine Rest provided services to over 47,000 individuals across the state in one of 20 outpatient clinics located in northern, west, and southwestern Michigan, by telehealth, or in our hospital and residential programs located in Kent County. In Marion County Iowa, Pine Rest managed all funding and hosted wellness programming for every high school freshman within the county to attend an event designed to provide engaging and ageappropriate information about wellness and suicide prevention to reduce suicide behaviors within this age group in the county.



Project Cost

Minimum Cost: \$1,050,000

Maximum Cost: \$1,050,000

ARPA Request: \$1,050,000

Submitter Info

Name: Amy Mancuso

Organization: Pine Rest Christian Mental Health Services

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: No

Eligibility:

Sustainability:

Feasibility:

Impact:

Source of Funding

No

Partnership

No

Federal Funds Experience

Pine Rest has received federal funding both directly and via sub awards through grant agreements from SAMHSA (PATH and Telehealth), USDA, and NIH (National Institutes of Health). In addition, Pine Rest has been the recipient of Cares Act/ARPA funding passed through the State of Michigan and the City of Grand Rapids, as well as directly through the FCC and FEMA. In fiscal year 2021, Pine Rest underwent its first federal single audit which was clean with no findings. Pine Rest has a specific procedure in place for all federally funded grant agreements, cooperative agreements and sub recipient agreements, whether directly funded or passed through another non-profit organization. Federal grant financial management is supported by the Great Plains financial system. Each federal program is assigned its own department within Great Plains. New awards will receive a new department. Receipts and disbursements from this department are tracked individually by Federal Program. Pine Rest has the infrastructure in place to manage and report on these federally funded projects.

Studies on Impact

Evidence-Based Practices include Cognitive Behavioral Therapy (CBT), Motivational Interviewing, Dialectical Behavior Therapy Informed CBT, Zero Suicide, Lethal Means Reduction, and Collaborative Assessment and Management of Suicidality. Research that validates the effectiveness of this project includes: Layman, D. M., et al. (2021). The Relationship Between Suicidal Behaviors and Zero Suicide Organizational Best Practices in Outpatient Mental Health Clinics. *Psychiatric services (Washington, D.C.)*, 72(10), 1118–1125. Bickley, H., et al. (2013). Suicide within two weeks of discharge from psychiatric inpatient care: a case-control study. *Psychiatric services (Washington, D.C.)*, 64(7), 653–659. Olfson, M., et al. (2016). Short-term Suicide Risk After Psychiatric Hospital Discharge. *JAMA psychiatry*, 73(11), 1119–1126. National Action Alliance for Suicide Prevention. (2019). Best practices in care transitions for individuals with suicide risk: Inpatient care to outpatient care. Washington, DC: Education Development Center, Inc Stanley, B., & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice*, 19: 256–264.

Supporting Documentation

[Renovation Quote](#)

Guidehouse Ranking Notes

Eligibility

Sustainability

Feasibility

Behavioral health services are eligible

Does not include a funding plan or fund availability after expending all the ARPA dollars.



PROJECT #122

Trauma Treatment Collaborative

Project Cost

Minimum Cost: \$980,000

Maximum Cost: \$1,000,000

Submitter Info

Name: Drew Clay

Organization:

Bethany Christian Services

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: 0-25%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

Although not a direct match of funds, some of the direct service activities completed by the occupational therapist will be billable to insurance. This will offset some of the direct costs of employing the provider.

Partnership

n/a

Identify the need for the proposed project

Bethany Christian Services' Outpatient Counseling Center contracted with the Michigan Department of Health and Human Services from 2016 to 2022 to provide trauma assessments for children and adolescents engaged with CPS and/or Foster Care. An interdisciplinary team of medical and mental health professionals was formed to evaluate the impact of trauma on children across multiple domains of functioning. In line with emerging research on trauma and the brain-body connection, including somatic experiencing (van der Kolk, 2015) and polyvagal theory (Porges, 2011), this interdisciplinary team frequently found that trauma-related cognitive, emotional, behavioral, and sensory processing concerns were impacting the mental and physiological wellbeing of those being assessed. As a result, service recommendations provided by the team often included a combination of trauma informed mental health counseling, psychiatric care, and occupational therapy. Based upon this trend and existing research, we believe that it would be beneficial for our clients and the community at-large to expand our current trauma-informed outpatient counseling and psychiatric service offerings by developing an interdisciplinary team approach that also includes occupational therapy. Doing so would provide clients with more comprehensive and efficient care by increasing communication between providers and reducing the number of agencies with which a client may need to interact.

Brief Description

We are proposing the development of a collaborative interdisciplinary treatment team to serve individuals who have experienced trauma. Funding obtained would expand our current outpatient counseling and psychiatric services to integrate occupational therapy. This would involve hiring a fully licensed occupational therapist, developing and implementing a collaborative approach to service and consultation, and supporting the administration of the treatment team. Leveraging the expertise we have gained through our work with individuals and families who have experienced trauma or other adverse childhood experiences (ACEs) (e.g. foster care, adoption, residential living, and refugee services), our team of expert clinicians will be able to work together to deliver comprehensive care. Our history of collaboration with Western Michigan University's Occupational Therapy program, which has served youth within Bethany's residential programming, will also be a valuable connection as we seek to implement this service within the outpatient context.

Long-Term Benefit

Mental health services will be improved for children, families and communities who have suffered from trauma. Increased resilience and a return to a healthy developmental trajectory will have lifelong implications for those engaging in services. This will ultimately lead to healthier functioning in adulthood and more stable family systems. As families stabilize, communities benefit socially and economically.

Intended Beneficiary

The primary intended beneficiaries of this proposed project are children and youth who have faced adverse childhood experiences and or other traumas. Based upon our current client population, this will have the most direct impact on children in foster care and adoptive families, as well as refugees, immigrants, and other at-risk youth in the community.

Estimated Cost

980,000 – 1,000,000 over 4 years



Project Cost

Minimum Cost: \$980,000

Maximum Cost: \$1,000,000

Submitter Info

Name: Drew Clay

Organization:

Bethany Christian Services

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: 0-25%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

Although not a direct match of funds, some of the direct service activities completed by the occupational therapist will be billable to insurance. This will offset some of the direct costs of employing the provider.

Partnership

n/a

Project Management Experience

Bethany Christian Services, across the country, has many county funded programs with county specific reporting requirements. Specifically, within Kent county, the agency has 2 Ready by 5 awards. In addition, many of our contracts are with local DHHS's or with State specific DHHS's that are specific to serving a range of 1 county to statewide. Within Kent County, we work with the West Michigan Partnership for Children to provide foster care services to children in Kent County. We serve between 150-200 children at any given point in time in partnership with WMPC. We are able to segregate our county, or regional funding, from other funding by giving it a unique code within our general ledger so that all revenue and expenses are tracked separately for each unique funding source (whether it is county, regional, or statewide).

Federal Funds Experience

Bethany Christian Services, across the country, has many county funded programs with county specific reporting requirements. Specifically, within Kent county, the agency has 2 Ready by 5 awards. In addition, many of our contracts are with local DHHS's or with State specific DHHS's that are specific to serving a range of 1 county to statewide. Within Kent County, we work with the West Michigan Partnership for Children to provide foster care services to children in Kent County. We serve between 150-200 children at any given point in time in partnership with WMPC. We are able to segregate our county, or regional funding, from other funding by giving it a unique code within our general ledger so that all revenue and expenses are tracked separately for each unique funding source (whether it is county, regional, or statewide).

Studies on Impact

Interdisciplinary communication and collaboration in health care can help to optimize services, improve systems, and positively impact client outcomes (WHO, 2010). Specifically, research has indicated possible benefits for youth in care for significant mental health concerns, including trauma (Gathright et al., 2016). This is particularly important due to the prevalence of adverse childhood experiences (ACEs) and trauma. According to the CDC (2022), 61% of adults in a multi-state survey indicated that they had experienced at least one type of ACE. Of these individuals, 1 in 6 reported 4 or more ACEs. Exposure and reaction to multiple traumatic experiences is referred to as complex trauma (National Child Traumatic Stress Network, 2022). Because complex trauma is common in the populations served by Bethany (e.g. foster care, adoption, refugee), it is important that we deliver services that are comprehensive and effective. Research has established that Occupational Therapists (OT) play an important role in the treatment of complex trauma (Fraser et al., 2019). OTs offer specialized interventions to address trauma-associated sensory processing, social functioning, and activities of daily living difficulties (Castenada et al., 2013).

Guidehouse Ranking Notes

 **Eligibility**

Behavioral health services are eligible

 **Sustainability**

Does not include a funding plan or fund availability after expending all the ARPA dollars.

 **Feasibility**

PROJECT #297

Healing the Wounds of Trauma Initiative



S.E.E.D. of HOPE
GLOBAL

Identify the need for the proposed project

Working alongside a mental health provider, teaching in a middle school and coaching in a high school, it has come to our attention that there is a significant increase in anxious, depressed adolescents and adults due to the Covid-19 pandemic. There is a gap in the number of adolescents and adults requiring mental health treatment and the number of mental health agencies available to field new patients to accommodate the demand. According to a report by the Community Mental Health Association of Michigan (CMHA) the pandemic created significant adverse mental or behavioral health conditions such as anxiety, depression, traumatic stress disorder, and substance abuse. Seventy-two percent of parents state they have witnessed a decline in their child's emotional well-being since the onset of the global pandemic. Nearly half of parents surveyed indicated the pandemic increased their need to seek treatment for their child, yet the supply of mental health providers is not adequate to meet the need. According to research conducted by the University of Wisconsin Population Institute there is one service provider for every 270 citizens in Kent County. Waiting times for first time visits to health care providers are two-nine months in Kent County. Mental health hospitals and facilities are at capacity with long waiting times. According to the Citizens Research Council of Michigan 40% of people with behavioral health issues go untreated. Many due to the lack of access to care, but others choose to go untreated due to the fear of a leaked health record and the negative stigma associated with mental health. In fact, according to the 2022 Kent County Health Needs Assessment, one respondent offered this statement, "I don't want any kind of mental health labels like "depression" or "anxiety" or anything else left in my permanent medical record. You never know what can happen with those labels down the road. So even if that's what's happening, I'm not telling them." Because of this public health emergency, it is necessary to meet people's immediate needs for counseling. A person's cry for help usually comes after their suffering has gone on so long they can no longer bear the weight of the pain. When help is unavailable, they begin a downward spiral of despair and hopelessness, and the risk for suicide increases with each day they wait for care. 1 "Child and Adolescent Mental Health as a Result of COVID: a Michigan Perspective." Community Mental Health Association of Michigan, https://www.cmham.org/wp-content/uploads/2021/03/MDE-DHHS_COVID_One_Pager_Draft3-002.pdf. Accessed 15 July 2022. 2 Michling, Tim. "Michigan (Still) Falls Short on Mental Health Services - Citizens Research Council of Michigan." Citizen's Research Council of Michigan, Citizens Research Council of Michigan, 18 January 2022, <https://crcmich.org/michigan-still-falls-short-on-mental-health-services>. Accessed 15 July 2022. 3 Brummel, Maris. "Community Health Needs Assessment - 2020." Access Kent, Kent County Health Department Material Review Committee, <https://accesskent.com/Health/CHNA/pdf/FINAL-2020-CHNA-REPORT.pdf>. Accessed 15 July 2022

Brief Description

In response to the Covid-19 public health emergency & its negative impact on community mental health, the potential exists to build a better community through the Transformational Trauma Healing Initiative. We offer Individual & group counseling sessions to address & relieve trauma through the telling of personal stories, long term support groups, recognition o automatic neural pathways in the brain, & retraining healthier neural pathways to direct & reframe thought patterns for a healthier life. Conference/retreat style counseling sessions are necessary for those in deep crisis & for groups of healed women seeking to become mentors. Our mission is to stabilize, equip, empower & develop women. Stabilize - Move women from crisis mode into healing and wholeness & provide mental & emotional support in a community setting Equip - Provide practical tools to cope with anxiety, depression, deep pain, shame, guilt, & fear in order to navigate stressful situations with ease & confidence, give women a voice through storytelling, teach women to reframe their experiences & circumstances to see them as building character, personality & resilience. Empower - Walk alongside women as they take ownership of the skills taught & put them to use in their daily lives. Healed women will become mentors to walk alongside others desiring freedom from trauma because healed people, heal people. Develop - Transformational healing through the establishment of identity to ensure a thriving future.

Project Cost

Minimum Cost: \$325,000

Maximum Cost: \$400,000

ARPA Request: \$325,000

Submitter Info

Name: Wendy Cornelison

Organization:

S.E.E.D of Hope Global

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

No

Partnership

Ekklesia Society



S.E.E.D. of HOPE
GLOBAL

Project Cost

Minimum Cost: \$325,000

Maximum Cost: \$400,000

ARPA Request: \$325,000

Submitter Info

Name: Wendy Cornelison

Organization:

S.E.E.D of Hope Global

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Expanded Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

No

Partnership

Ekklesia Society

Long-Term Benefit

Healing the Wounds of Trauma Initiative provides a positive impact on community mental health for future generations. As hearts are healed, minds are renewed, voices are empowered, & confidence is restored, women will become healthier individuals/wives/parents/teens resulting in healthier families, & better job & school performance. Healthy families have less drug and alcohol use, violence, hopelessness, teen pregnancy, and unemployment, which all create a strain on government agencies

Intended Beneficiary

Women in need of mental health services who fall through the cracks due to the provider shortages as a result of the pandemic, women who cannot afford mental health care, & women who will not seek traditional methods of care in the medical community because of the stigma associated with mental illness and the fear of being "found out".

Estimated Cost

\$325,000-\$400,000

Project Management Experience

We have not managed this project county wide, but have led this effort, locally and internationally in Uganda and Dominican Republic with teams and larger groups.

Federal Funds Experience

This is our first time on this level.

Studies on Impact

Our research is personal experience as to how this has impacted those in the Dominican Republic and Uganda. There is no formal research that we are aware of.

Supporting Documentation

[Supporting Details](#)

Guidehouse Ranking Notes

Eligibility

Behavioral health services are eligible

Sustainability

Does not include a funding plan or fund availability after expending all the ARPA dollars.

Feasibility

PROJECT #221

Mental Health Film Series



Identify the need for the proposed project

We've seen and heard the struggles of mental health increasingly in our community, and the pandemic has elevated the issue & conversation to new levels. The negative effects of poor mental health impact not only the individual, but also the homes and community around them. After the increased isolation of the pandemic, we recognize now more than ever that we need safe spaces for individuals to come together and connect so that we can remember we are not alone.

Brief Description

A series of film-screenings & discussions that focus on mental health. An opportunity for individuals to come out of isolation in a safe space for entertainment, conversation, and shared experience.

Long-Term Benefit

It is ongoing work for our community - facing & overcoming the challenges of mental health. To continue that work, we want to provide opportunities for conversation & understanding about those challenges - for ourselves, others, and the next generation. When appropriate, the discussions will be filmed and shared, to ongoingly provide resources & conversations with the community

Intended Beneficiary

Those struggling with mental illness, their families, friends, as well as anyone who wishes to understand more and join the conversation.

Estimated Cost

\$3,000 - \$10,000

Project Management Experience

Community Media Center's Elevating Voices project worked to raise the visibility of diverse voices by providing the access, training and tools necessary for individuals to tell their stories, right in the neighborhoods where they live and work. For this project, CMC worked with nonprofit organizations such as: Boys & Girls Club Grand Rapids, Disability Advocates of Kent County, Grandville Avenue Arts and Humanities, & Harrison Park Elementary. Prior to this, Elevating Voices teamed up with 12 Grand Rapids organizations for video storycollecting in our community.

Federal Funds Experience

Most recently, GRCMC applied for and received funding from the Shuttered Venue Operators Grant, specifically for our Wealthy Theatre venue.

Project Cost

Minimum Cost: \$3,000

Maximum Cost: \$10,000

Submitter Info

Name: Chris Kotcher

Organization: Grand Rapids
Community Media Center (Grand
Rapids Cable Access Center)

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: 0-25%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

Funding from Grand Rapids Film Society, through GRCMC / Grand Rapids Cable Access Center.

Partnership

n/a



Studies on Impact

"Health economics researchers at Grand Valley State University found more Michiganders have access to health care and health insurance, but mental health outcomes for residents have worsened. ... The report was written by Erkmen Aslim and Daniel Montanera, assistant professors of economics in GVSU's Seidman College of Business. 'We discovered that while people have better access to health insurance for primary care and routine checkups, mental health outcomes were worse,' Aslim said." Article: <https://grbj.com/news/health-care/report-mental-health-outcomes-for-michigan-residents-worsen-despite-more-access-to-health-care-insurance/> The data also showed that deaths from suicide had risen from one year to the next. With high numbers of those struggling with mental health (even when access to resources is available), there is a need to provide additional information & conversation via entertainment/events to raise awareness and help alleviate stigma of the issue that so many of us face. Referenced GVSU study: https://www.gvsu.edu/cms4/asset/8E18419A-D4DC-9B46-28A2EDA8270F04C0/for_posting_gvsu_2020_health_ck_final_single_pages_508.pdf

Project Cost

Minimum Cost: \$3,000

Maximum Cost: \$10,000

Submitter Info

Name: Chris Kotcher

Organization: Grand Rapids Community Media Center (Grand Rapids Cable Access Center)

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: New Project

Matching Funds: 0-25%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

Funding from Grand Rapids Film Society, through GRCCMC / Grand Rapids Cable Access Center.

Partnership

n/a

Guidehouse Ranking Notes

 **Eligibility**

Behavioral health services are eligible

 **Sustainability**

Does not include a funding plan or fund availability after expending all the ARPA dollars.

 **Feasibility**



PROJECT #142

Healthy, Happy People in Parks

Identify the need for the proposed project

The distribution of both paper and digital surveys at park and tree planting events in 2021 allowed FGRP to record data from 237 unique responses. In surveying park users and residents of Grand Rapids, we found that over 60% of respondents agreed or strongly agreed that they visit parks for their mental health, with the majority of the remaining 40% responding as neutral. Continued surveying in 2022 has followed along these same lines. This indicates that most residents visit parks with the conscious intention of improving their mental health, but also that those who do not still recognize that park visits have some positive impact on their mental health. Residents also asked for more integrated mental and behavioral health support and services to be integrated into parks programming and activities.

Brief Description

The proposed project is a three-year pilot focused on integrating mental and behavioral health resources into the community by introducing mental health professionals into existing and new parks and outdoor recreation programming. Outcomes include reducing stigma around conversations related to mental health, improving access to resources, and overall improved mental health outcomes for participants. Six to ten events will occur from late spring to early fall each year in three Grand Rapids and two Kent County Parks.

Studies show that time outdoors improves mental health, increases feelings of connection, curiosity, sharing emotions, receiving new information, and other prosocial behaviors. By integrating mental health professionals into parks programming, we are establishing an easy, direct way for community members to engage in a low pressure environment. This reduces the stigma around mental health conversations and resources while simultaneously teaching participants about existing resources and how and where to access help. Participants benefit directly while also serving as ambassadors for mental health. The mental health professionals will give a brief introduction and overview of services at the event, and will be available to speak with participants before, during, and after the events. Ensuring events represent diverse interests and include good, healthy food supports strong rates of participation and promotes a healthy lifestyle and builds trust with residents

Long-Term Benefit

Benefits of the project include residents spending time outdoors and accessing a variety of mental and behavioral health services, which will result in stigmas around talking about mental health being lowered; mental health conversations and accessing mental health becoming commonplace in Kent County, leading to a healthier, happier County overall. This will ultimately reduce mental health crises among residents and ease budgetary needs long term for addressing mental health challenges.

Intended Beneficiary

Residents in neighborhoods and communities where parks that host the mental health programming take place as well as referred participants from neighborhood organizations or other mental health partners.

Project Cost

Minimum Cost: \$750,000

Maximum Cost: \$1,250,000

ARPA Request: \$1,000,000

Submitter Info

Name: Stacy Bare

Organization: Friends of Grand Rapids Parks

Project Overview

Funding Group: Community Health

Project Theme: Parks and Rec.

Project Status: New Project

Matching Funds: 26-50%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

Additional fundraising is currently ongoing, none has been secured yet.

Partnership

YMCA of Greater Grand Rapids, Hispanic Center of Western Michigan, Seeds of Promise, and Garfield Neighborhood Association; conversations of support have also occurred with the City of Grand Rapids Parks and Recreation Department, and additional neighborhood associations



Project Cost

Minimum Cost: \$750,000

Maximum Cost: \$1,250,000

ARPA Request: \$1,000,000

Submitter Info

Name: Stacy Bare

Organization: Friends of Grand Rapids Parks

Project Overview

Funding Group: Community Health

Project Theme: Parks and Rec.

Project Status: New Project

Matching Funds: 26-50%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

Additional fundraising is currently ongoing, none has been secured yet.

Partnership

YMCA of Greater Grand Rapids, Hispanic Center of Western Michigan, Seeds of Promise, and Garfield Neighborhood Association; conversations of support have also occurred with the City of Grand Rapids Parks and Recreation Department, and additional neighborhood associations

*Partnership

Through this initiative, FGRP will partner with parks and recreation, cultural and art programs and mental health providers in Grand Rapids and Kent County, including Grand Rapids Parks and Recreation, Network 180, Mental Health Clinicians of Color and different Neighborhood and Downtown Associations. The neighborhood and community groups would help guide what kind of activities are needed, as well as support outreach and community engagement. The recreation, cultural, and arts programs would provide the activity. The mental health providers would provide the necessary professional mental health support. Fall and winter of each year would be used to conduct community outreach and engagement to ensure programming is meeting the needs of the community where programming is occurring.

Estimated Cost

\$750,00-\$1,250,000

Project Management Experience

While Friends of Grand Rapids Parks does not yet have experience managing county-wide projects, we have managed large city-wide projects and worked with many county residents as volunteers and recipients of education programs. We feel strongly that our experience managing large tree planting and maintenance programs city-wide will translate to the county-wide level.

Federal Funds Experience

FGRP has received federal funds for programming in the past, including funding from the Great Lakes Initiative and the National Fish and Wildlife Federation (NFWF). We are currently managing a NFWF grant, which will conclude at the end of 2022.

Studies on Impact

There are multiple studies which demonstrate the impact that the intersection of outdoor activities and mental health have on communities. Some of these studies can be found below or include articles that link to additional studies.

https://greatergood.berkeley.edu/article/item/why_do_we_feel_awesome

<https://pubmed.ncbi.nlm.nih.gov/29927260/> <https://psycnet.apa.org/record/2017-48088-001>

<https://www.nature.com/articles/srep11610>

<https://www.sciencedaily.com/releases/2018/07/180706102842.htm>

<https://www.businessinsider.com/why-spending-more-time-outside-is-healthy-2017-7>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3393816/>

<https://pubmed.ncbi.nlm.nih.gov/21996763/> <https://pubmed.ncbi.nlm.nih.gov/22948092/>



Project Cost

Minimum Cost: \$750,000
Maximum Cost: \$1,250,000
ARPA Request: \$1,000,000

Submitter Info

Name: Stacy Bare
Organization: Friends of Grand Rapids Parks

Project Overview

Funding Group: Community Health
Project Theme: Parks and Rec.
Project Status: New Project
Matching Funds: 26-50%

Eligibility:

Sustainability:

Feasibility:

Impact:

Source of Funding

Additional fundraising is currently ongoing, none has been secured yet.

Partnership

YMCA of Greater Grand Rapids, Hispanic Center of Western Michigan, Seeds of Promise, and Garfield Neighborhood Association; conversations of support have also occurred with the City of Grand Rapids Parks and Recreation Department, and additional neighborhood associations

Supporting Documentation

- 1. [Letter of Support #1](#)
- 2. [Letter of Support #2](#)
- 3. [Letter of Support #3](#)
- 4. [Letter of Support #4](#)
- 5. [Pathways Nature Healing Program Slide Deck](#)

Guidehouse Ranking Notes

Eligibility

Behavioral health services are eligible

Sustainability

Does not include a funding plan or fund availability after expending all the ARPA dollars.

Feasibility

Need more information to determine who the program is targeting and how it will reach them.



PROJECT #328

Grief and Bereavement Center

Project Cost

Minimum Cost: \$3,700,000
Maximum Cost: \$3,700,000
ARPA Request: \$250,000

Submitter Info

Name: Adam Kinder
Organization:
Faith Hospice

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: Expanded Project
Matching Funds: 76% or greater

Eligibility: 
Sustainability: 
Feasibility: 
Impact: 

Source of Funding

In 2018/2019 we initiated a \$2.0 million capital campaign to fund a portion of the project, noting the public campaign may come up short and alternatively determined to use any excess cash flows of the organization to attempt to fund the remaining balance of the project. To-date we have raised approximately \$2.2 million through the capital campaign.

Partnership

No

Identify the need for the proposed project

We've been provided bereavement services and grief programming for many years; however, we determined our current space and environment was no longer appropriate to serve current programming needs and that a new, fully-dedicated space for grief services and programming is necessary for the community we serve.

Brief Description

Using an available and unused space, renovate and create a dedicated space for bereavement and grief support services, which will provide for better, more innovative, and expanded bereavement services. The project includes creation of dedicated various-sized meeting spaces, as well as increased capacity to serve families of those receiving hospice services, as well as those members of the community who have experienced loss, but may not have previously been connected to hospice services.

Long-Term Benefit

Improve delivery of grief and bereavement support services, including potential for expansion of services beyond current capacity. By improving access to grief support services, the community, both individually & collectively, learns how to grieve well and provides space for community members to receive critical support services.

Intended Beneficiary

While most of those benefiting, will be the families and friends of those that have received hospice care through Faith Hospice, the hope is that these grief services can continue to be expanded and marketed to those that may not be connected to hospice services. At present, these services are already available, at no cost, to members of the community, regardless of whether they're connected with Faith Hospice hospice care; however, the hope is that these services become more accessible to more members of the community.

Estimated Cost

3,700,000

Project Management Experience

We do not have significant experience managing or leading large county-wide projects. We do have extensive experience managing capital projects and new program development within our sector.

Federal Funds Experience

We have significant experience working with various grant funds, including federal funding. Most recently, we've managed significant federal funding made available through the CARES Act, specifically, Provider Relief Funds, as well as a handful of other less significant grants. We have experience both in reporting, accounting, and managing grant funding, including Single Audit Reporting and applicable grant compliance requirements.



Project Cost

Minimum Cost: \$3,700,000
Maximum Cost: \$3,700,000
ARPA Request: \$250,000

Submitter Info

Name: Adam Kinder
Organization:
Faith Hospice

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: Expanded Project
Matching Funds: 76% or greater

Eligibility: 
Sustainability: 
Feasibility: 
Impact: 

Source of Funding

In 2018/2019 we initiated a \$2.0 million capital campaign to fund a portion of the project, noting the public campaign may come up short and alternatively determined to use any excess cash flows of the organization to attempt to fund the remaining balance of the project. To-date we have raised approximately \$2.2 million through the capital campaign.

Partnership

No

Studies on Impact

We are not aware of any immediate research studies; however, significant research and study has been conducted on the benefits of the provision of grief and bereavement support services to those that have experience personal loss. Reflecting the importance of grief support services, Medicare requires hospices to provide bereavement services to family members and friends for at least a year after a hospice patient dies.

Supporting Documentation

[Project Overview](#)

Guidehouse Ranking Notes

Eligibility

Mental health services and facilities are an allowable cost. Marking as yellow due to this being a capital expenditure, additional justification will be required and necessary for final determination.

Sustainability

Expansion of existing services with ongoing additional funding

Feasibility

Concrete plan with partners already exist

PROJECT #189

Fall out of Covid-19 Aftercare



Project Cost

Minimum Cost: \$1,000,000
Maximum Cost: \$1,500,000
ARPA Request: \$1,000,000

Submitter Info

Name: Janathan Abney-Austin & Cherie Rucker
Organization: The Sozo Safetynet Group

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: New Project
Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

No

Partnership

GRAHHI, Bethel Empowerment Church

Identify the need for the proposed project

As therapists and life/grief coaching the demand in services increased as the pandemic continued. The increase of trauma has left the marginalized population that has no mental health insurance desolated. The fall out of Covid-19 has left this population confounding and overwhelmed, by the many mental and physical challenges that they are facing. As the pandemic continues, complex trauma is a result compounding the stigma around mental health in the Black community.

Brief Description

This program hopes to address the gap of mental health services for uninsured individuals and the marginalized. We provide a cutting edge and innovative approach in mental health services. Our focus will be a transformational change and changing the trajectory of individuals recovering from the losses experienced by Covid-19.

Long-Term Benefit

This proposal will provide a paradigm shift in how emotional and mental health services are implemented in the Black community. The program will be transformational in how issues in cultural attitudes around mental health and Black communities they serve. They will not only provide a more innovative assistance, but they can also reduce prevailing stigmas that exist around mental health illness.

Intended Beneficiary

Black, marginalized individuals and families whom have found themselves displaced and unable to access the same care as their white counterpart with health benefits.

Estimated Cost

\$1,000,000 - \$1,500,000

Project Management Experience

None

Federal Funds Experience

None



Project Cost

Minimum Cost: \$1,000,000
Maximum Cost: \$1,500,000
ARPA Request: \$1,000,000

Submitter Info

Name: Janathan Abney-Austin & Cherie Rucker
Organization: The Sozo Safetynet Group

Project Overview

Funding Group: Community Health
Project Theme: Mental Health
Project Status: New Project
Matching Funds: No

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

No

Partnership

GRAHHI, Bethel Empowerment Church

Studies on Impact

We are not aware of any research studies that validate the effective of this type of project. This is what makes this initiative so innovative and cutting edge. There is a tremendous need for this program. It is said, "insanity is doing the same thing and expecting different results." Our program submits to coming to the table with a fresh prospective on how we can address the prevailing Covid-19 fall out which will last indefinitely. An African proverb says, "When spider webs unite, they can tie up a lion." This program seeks to provide a sustainable and transformational change in how emotional/mental health services are accessed and delivered to marginalized Black communities. Transformational change is to be irreversible and enduring.

Supporting Documentation

[Additional Information](#)

Guidehouse Ranking Notes



Eligibility

Behavioral health services are an enumerated use of funds. Would need to narrowly tailor the individuals or communities served.



Sustainability

Does not include a funding plan or fund availability after expending all the ARPA dollars.



Feasibility

PROJECT #320

Living Well Together



Identify the need for the proposed project

We have been in the community for the past 20 years working with individuals with disabilities and individuals with mental illness, and seeing the growing population of individuals with mental illness.

Brief Description

To provide optimal service to individuals by providing housing and an on-site hub for social workers and mental health workers.

Long-Term Benefit

This would remove many people from homelessness, provide jobs in the community and address many health issues.

Intended Beneficiary

People who have mental health issues, people who have physical health issues, and people who are homeless, people in the community and abroad with employment. Local merchants - supplying items such as groceries that would be purchased, and many other merchants. Program.

Estimated Cost

\$500,000

Project Management Experience

None.

Federal Funds Experience

We have worked with Medicare funds for the past 20 years.

Studies on Impact

I cannot detail the study, but I know it has been studied before.

Project Cost

Minimum Cost: \$500,000

Maximum Cost: \$500,000

Submitter Info

Name: Marva L. Townsend

Organization:
Living Well Adult Living Center

Project Overview

Funding Group: Community Health

Project Theme: Mental Health

Project Status: Existing Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

n/a

Partnership

n/a

Guidehouse Ranking Notes



Eligibility

Need additional information to clarify what the intended use of funds are. State beneficiaries and project description do not align.



Sustainability

There is no stated long term plan for funding housing for workers.



Feasibility

Need additional information to determine what is the plan for the project.