



Thank you for applying to Family & Children's Services of Lebanon County Fund, a fund of The Foundation for Enhancing Communities. Please tell your story clearly and concisely. Attachments are required; follow all directions. Failure to answer questions, utilize this template, or attach required documents will disqualify your application. **Answer all questions using information that applies to the project seeking support of grant funds.** Contact Jennifer Strechay, Program Offer for Community Investment, at 717-236-5040 or jstrechay@tfec.org with questions.

APPLICANT SNAPSHOT

Applicant Name

Lebanon Family Health Services, Inc.

Provide your organization's name as recognized by the IRS. This name will be used for all grant contracts, communications and publicity unless a Doing Business As name is provided and confirmed below.

Applicant's DOING BUSINESS AS Name

Click or tap here to enter text.

Complete ONLY if your organization uses a Doing Business As name and attach one copy of any documentation that officially notes this change. This name will be used for all grant contracts, communications and publicity.

Fiscal Sponsor's Name

Click or tap here to enter text.

If utilized, provide your fiscal sponsor's name. If a fiscal sponsor is not needed, write NA

Project Title

Be The One Parenting Program

Project Title must match title listed throughout application and online

Name and Title of Executive Leader

Kimberly Kreider Umble, President & CEO

All contracts and notifications of grant status will be addressed to the individual provided here

Name, Title, Email, Phone of Contact Completing Application

Vicki DeLoatch, Vice President, Finance & Marketing; vicki@lebanonfamilyhealth.org; 717-273-8893

If application questions arise, this individual will be contacted by TFEC staff

Grant funds available through this grant opportunity may only be utilized for work taking place in and serving Lebanon County, but if your project also serves other counties within the TFEC service area, listed below, check all that apply.

- Cumberland Dauphin Franklin Lebanon Perry Northern York (Dillsburg Area)

Projected Number of Individuals to be served by project

<u>76</u>	Total number of ADULTS served
<u> </u>	Total number of CHILDREN (ages 17 and under) served
<u>76</u>	Total number of ALL INDIVIDUALS served by the project

If above data is not appropriate to project, be sure to fully state the audience type and numbers to be served in Question 2 of the Impact Narrative

Organization's Mission Statement: Do not exceed this page

The primary mission of Lebanon Family Health Services is to provide education, nutrition and reproductive health services to the uninsured and underinsured families of Lebanon County with emphasis on women, infants and children.

Organization History: Do not exceed this page

Lebanon Family Health has been providing services in Lebanon County for 47 years. Services include reproductive health (gynecologic examinations, contraception, sexually transmitted infection testing/treatment, pregnancy testing), prenatal care, employment, driver's license, sport's and education physicals, drug screening, tetanus shots, convenient care, WIC (women, infants and children) special supplemental nutrition program and education programs (tobacco cessation, parenting classes, teen education, school/community programs). Programs are tailored to community needs and help address health issues that fit within our scope of service. We serve over 15,000 individuals annually with an excess of 52,000 visits.

Board members, staff and volunteers of LFHS work endlessly to help provide services to many individuals. Without this care, cancers would go undetected, community members would not know where to access services, individuals would not have access to assistance they need to break the nicotine addiction, children would be born with their mothers receiving late or no prenatal care, and infants and children would not have nutritious foods to eat.

LFHS serves 35-40% of the city population and 10% of the county population, positively impacting the community.

Recent Grant History: Do not exceed this page

Did you apply for and receive a grant from the Family & Children's Services of Lebanon County Fund in 2020?

Yes No

If so, state the project's name, amount awarded, and describe the current status of the project that was awarded funds in 3 sentences or less. If "no" type NA.

NA

PROJECT SNAPSHOT

1. Capture your project and the community need it seeks to address in 200 words or less.

Our vision is to expand the Be The One parenting program designed to assist families dealing with trauma by improving parenting skills, interpersonal communication and family bonding, partner with community organizations to provide additional classes and expand Be The One into a Spanish curriculum.

The goal is to repair and prevent ruptures in parent-child relationships where trauma has occurred, by developing parental skills to nurture healthy relationships. A lack of safe and secure attachments to others leads to individual, community, and societal ills. Exposure to trauma is a barrier to belongingness. This program helps create emotionally safe and secure home environments.

Be The One is provided as two curriculums 1) parents of children birth to 8; 2) parents of adolescents 9-18. The schedule is four sessions, 3 hours per session. A workbook has been created so participants have resources to utilize throughout the program and at home. Program content will be covered through hands-on, interactive, skill-building activities, group discussions, videos, and journaling.

A partnership has been developed with the Lebanon School District's Communities in Schools program to enable this expansion. Resources/parent workbook will be translated to serve the Latino population with assistance from this grant funding.

PROJECT NARRATIVE

Answer questions 2-10 clearly and concisely; no limit.

2. Describe the proposed project, the geographic area it will serve, and the audience to be served; state why this audience was selected. You MUST use and complete the following statement within your answer, "Grant funds will be used to _____".

Grant funds will be used to expand the Be the One Parenting Program in Lebanon County; specifically to provide translated materials and resources which will allow us to serve the Latino population in our community. The Latino population is growing in our county, with a greater concentration in Lebanon City. For this reason, we have selected to work with the Lebanon School District to expand the program in Spanish.

Be The One offers a unique trauma informed approach. There is a growing body of research which shows the need for parents to understand the impact of Adverse Childhood Experiences (ACE). ACE such as domestic abuse and neglect greatly increase a child's chances of developing poor coping mechanisms and can result in lifelong chronic illnesses such as depression.

Be The One is an opportunity for parents to address ACE and curtail the intergenerational cycle of abuse. Research shows that the trauma informed approach has positive measurable outcomes such as increased school readiness and increased high school graduation rates.

The target population is parents of children ages birth to 18, with an emphasis on serving high risk families to include parents connected to Children & Youth Services, the Lebanon County Court System, social service agencies and the Lebanon School District.

Violence in the home is a problem for parents attending our parenting classes. Between 2013 and 2017, according to LFHS intake data, 61% of class participants were mandated to attend either through Lebanon County Children and Youth Services or the court system as a condition of regaining custody of their children. An additional 21% were referred by a social service agency. Many of these parents cited violence in the home as a major contributing factor to their mandate, which resulted in altering the parenting class content to address trauma awareness and resilience (Be The One).

The need for this program is identified by United Way 2017 Community Needs Assessment, in which 17.4% of survey respondents noted that they or someone in their household had experienced physical or sexual abuse or violence. In 2015, a higher proportion of child abuse cases in Lebanon County were substantiated (12.7%) compared to the state average (10.3%).

Expansion through this funding and partnership with the Lebanon School District will allow us to provide the curriculum in Spanish. Information from the U.S. Census Bureau for 2010 stated 9.3% of the county population is of

Latino descent (a 108% growth since the 2000 Census). 2016 Census Population Estimates indicate 13% Hispanic. A greater percentage of minority residents reside in the city of Lebanon which will be served by our partnership with the Lebanon School District. This is demonstrated by a school district enrollment over 65% Hispanic, according to the PA Department of Education Enrollment Report.

Lebanon County Children and Youth and the County Court System work with the high risk families when they are experiencing the challenges of raising children. CYS provides site visits, individual consultation and creates a treatment plan. The treatment plan often involves taking a parenting class. Furthermore, the court system also utilizes parenting classes as part of parole or a requirement to regain custody. Neither of these entities offers the parenting class and relies on LFHS as a referral source.

In recent years, Lebanon School District has expressed challenges with student truancy. As a result, many parents are receiving fines. The district is interested in utilizing the parenting program as an alternative to fines. They feel that the families will benefit from a program that allows them to understand how their child is impacted by of the stress the family is experiencing. At the present moment, they do not offer a parenting class and rely on LFHS to provide this.

In order to expand the reach of Be The One parenting curriculum, LFHS will: participate in community groups such Community Health Council, Better Together, Lebanon County Council of Human Service Organizations, Chamber of Commerce and Community of Lebanon Association; utilize media outlets for paid advertising which include the Merchandiser and Facebook ads; utilize media outlets for free promotion such as radio PSA's, social media posts, e-blasts; participate in health fairs and community events to promote program; translate materials and promotional items into Spanish; promote Be The One at events and locations with a high Latino population, i.e. Latino Health Fair, Lebanon School District events, Latino churches and businesses/human services organizations who serve the Latino community.

DATES & LOCATIONS

3. When and where will the project take place? List dates and locations as appropriate in chronological order. State if provided dates/locations are confirmed, estimated, or to be determined.

August 18, 20, 25 & 27 at Lebanon Family Health Services, 615 Cumberland St, Lebanon; 6-9 p.m. (confirmed)

September 15, 17, 22 & 24 at Lebanon Middle School, 350 N. 8th St, Lebanon; 6-9 p.m. (confirmed)

November 10, 12, 17, 19 at Lebanon Family Health Services, 615 Cumberland St, Lebanon; 9 a.m.-12 noon (confirmed)

Estimated: January 5, 7, 12, 14 at Northwest Elementary School, 1315 Old Forge Rd, Lebanon; 6-9 p.m.

Estimated: March 17, 19, 24, 26 at Lebanon Family Health Services, 615 Cumberland St, Lebanon; 9 a.m.-12 noon

Estimated: May 5, 12, 19, 26 at Lebanon Family Health Services, 615 Cumberland St, Lebanon; 9 a.m.-12 noon

Estimated: June 8, 10, 15, 17 at Lebanon Middle School, 350 N. 8th St, Lebanon; 6-9 p.m.

ROLES & RESPONSIBILITIES

4. Does the project involve partnerships, collaborations, service, or affiliations with other organizations that will strengthen the project? If so, LIST their name(s) and corresponding role(s) within the categories below OR if this does not apply to you, state why your project would be best positioned for success as a single organization.

SINGLE ORGANIZATION STATEMENT:

Click or tap here to enter text.

PARTNERSHIPS: We are equally invested in providing this project and success is dependent upon all organizations and shared roles although one entity serves as the applicant for this grant. Our application includes a letter from each partner that states their role in this relationship.

Click or tap here to enter text.

COLLABORATIONS: *We are working with other organizations to make this project happen, but we serve as the lead organization for this grant opportunity and our project success is enriched by, but not dependent upon, our collaborators. An additional letter is NOT required, but may help the application.*

Lebanon Family Health Services collaborates with Domestic Violence Intervention of Lebanon County to help facilitate the curriculum, the Lebanon School District to refer students and provide space in the school(s) to host the classes, Lebanon County Children and Youth Services to refer parents to the program and PA Counseling Services to refer parents to the program.

SERVICE: *Our project will serve these organizations and cannot take place without their commitment to accept service. Our application includes a letter from each organization (this includes schools) that states their intent to participate.*

Click or tap here to enter text.

AFFILIATIONS: *Our project may be affiliated with these organizations in some way, but is not 100% dependent upon their participation. An additional letter is NOT needed.*

Click or tap here to enter text.

COMPARABLES

5. Are other organizations in your service area providing services that are similar to your proposed project? If yes, state their names or services and explain how your project differs. If no, state NA.

No programs are offered in our area that are equivalent to Be the One

The Susquehanna Valley Pregnancy Center offers a parenting class, but it does not offer a trauma informed approach.

ASSESSMENT & IMPACT

6a. What will project success look like? Provide a brief overview of the project's key outcomes, outputs, and/or other results of success.

Project success will be determined by an increase in the number of parents served in the program; demographics of the individuals served to indicate that the target population has been reached. Primary language of the participating parents will be monitored to indicate if the expansion of the program into Spanish has been a success and has fulfilled a need. Outcomes of the program measured by pre and post tests for the participants will indicate and increase in knowledge in the following areas. Post test scores indicate 90% of participants answering a 4 or 5 on a scale of 1-5 to measure knowledge, behavior and attitudes.

- Knowledge data
 - o Stress and brain development
 - o Adolescent development
 - o Child Development
 - o Active Parenting Skills
- Behavioral data:
 - o Stress management skills
 - o Accessing social supports
 - o Engaging in bonding activities

- o Discipline skills
- o Listening and communication skills
- o Anger management skills
- Attitude data:
 - Changes in beliefs about practicing the above skills

Long term youth behavior changes will also be measured utilizing school attendance records and Pennsylvania Youth Survey results indicating decreased use of alcohol/tobacco/drugs.

6b. How will project success be measured and documented (i.e.: how will you know the project is successful? Are you collecting value statements, numbers served, surveys, photos, before and after images, or using other methods)?

Expansion of Be The One will be measured and documented utilizing pre and post tests, intake data, and participant feedback/customer satisfaction surveys.

Success will be measured by:

- number of classes held – expansion from 6 to 7 classes, offering day and evening class times
- number of parents served increased by 10% to serve 76 parents
- demographics of the individuals in the program will be measured to assure we are reaching the target population. (includes race/ethnicity)
- referral source for parents in the program will be monitored to evaluate success of our partnerships and areas in which we may need to focus more efforts

Qualitative measurement tools include a pre/posttest survey will assess:

- Increased knowledge about 3 types of stress
- Increased knowledge about Adverse Childhood Experiences (ACES)
- Increased knowledge about child/adolescent development
- Increased knowledge about active parenting practices
- Implementation of stress management skills taught in the curriculum
- Utilization of social supports
- Improved communication and increased family time
- Utilization of behavior chart for children
- Improvement in attitude about arguing around children
- Utilization of anger management skills
- Increased knowledge of developmentally appropriate child/adolescent behavior
- Decreased number of youth, whose parents are participating in Be The One curriculum, who are involved in behaviors such as alcohol/tobacco/drug use

- Improved school attendance for youth whose parents are participating in Be The One

FUNDING & SUPPORT

- 7. If this proposal is not funded at the level requested, will you be able to implement the project as stated? Explain as needed.**

The Be the One parenting program will be implemented. Full expansion of the program and translation of materials into Spanish will be dependent on the level of funding received from this grant and/or other funding applications.

- 8. TFEC is unable to fund 100% of any project. Restate the amount you are seeking from TFEC and describe other funding sources and amounts.**

We are seeking \$2,460 from TFEC to support the total project cost of \$36,337.80. Additional funding includes CYS stipend of \$3,500; United Way of Lebanon County support of \$5,000, LFHS donor support of \$20,000 and other grants to be sought.

- 9. Did the applicant organization end its most recent fiscal year with a budget surplus or deficit? If so, briefly state the amount of the surplus or deficit and how the surplus may be used (i.e. is it earmarked for another program) and/or how the deficit may be handled.**

LFHS ended FY 2018/19 with a surplus. This surplus will be utilized for program and partnership expansion in the coming fiscal year. Looking at incorporating primary care for the vulnerable, uninsured population that we serve. We have also experienced a loss in funding this fiscal year for programs such as our tobacco control program and anticipated decrease in funding for family planning services. The surplus will help to cover these losses without jeopardizing care to our patients/clients.

ACCESS & INCLUSION

- 10. As a community foundation, TFEC fosters a climate of purposeful inclusion that values diversity of gender, age, race, ethnicity, national origin, range of abilities, sexual orientation, and socio-economic status. Please state how your project will be made accessible to all individuals who qualify for participation in the project and describe any accommodations, modifications, technologies, or services you will offer to ensure that all eligible participants experience the best possible services or outcomes.**

LFHS is an equal opportunity organization. We assure inclusion for all programs offered at LFHS including the Be the One Parenting Program defined in this grant application. Ways in which we assure inclusion include utilizing English and Spanish materials, culturally appropriate materials, employing bilingual staff to assist with serving the Latino population, providing regular training for all staff which includes cultural competence (examples - race, religion, ethnicity, socio economic status, sexual orientation/gender identity/gender expression). We have policies to assure that we have resources for specific populations including multiple languages, limited literacy, visually or hearing impaired and physical/mental disability.

BUDGET WORKSHEET

Complete the Budget Worksheet below; a Project Total is required.

ITEM OR SERVICE <i>Examples include: Contracted Services, Equipment, Personnel, Supplies; list your own as appropriate.</i>	DESCRIPTION OF ITEM OR SERVICE	REQUESTED GRANT FUNDS <i>Indicate where funds sought through this grant opportunity will be applied.</i>	OTHER FUNDING SOURCES <i>State the names and amounts of all other funding sources.</i>	PENDING, COMMITTED, OR RECEIVED <i>Using a P, C, or R, indicate the status of all funding sources.</i>	\$ TOTALS <i>Add across to provide a total for each row. Total columns as indicated in bottom row.</i>
Staff Time - Facilitator	292 Hrs. for class facilitation and program evaluation @ \$19.76 plus benefits	\$	7,385.50 from donor funds, CYS & United Way grant	C	\$7,385.50
Staff Time - Translation/ Interpretation	144 hrs for translation / interpretation @ \$15 plus benefits	\$	\$2,764.80 from donor funds & United Way grant	P	\$2,764.80
Staff time - Program admin, evaluation & fiscal	200 hrs \$31.13 plus benefits - program admin, evaluation & fiscal	\$	\$7,968.64 from donor funds, CYS & United Way grant	C	\$7,968.64
Contracted Services	DVI Stipend for assistance with class facilitation and evaluation	\$	\$4,400 from United Way grant and projected support	P	\$4,400.00
Travel	Mileage reimbursement for community classes - 80 miles @ \$0.58	\$	\$46.40 from donor funds	C	\$46.40
Printing	Printing/copying cost for parent resource books and program materials - English & Spanish	\$745.00	\$375 from United Way grant	P	\$1,120.00
Translation	Translation time/service to translate program materials & parent handbooks into Spanish	\$1,250.00	\$3,750 from United Way grant and projected support	P	\$5,000.00
Office/program Supplies	Office/program supplies for facilitation of classes-	\$125.00	\$533.46 from United Way grant and donor funds	P	\$658.46

	demonstration and activities				
Promotion & Advertising & Facility Fees	Promotion in Merchandiser, Facebook advertising & facility fees/space utilization	\$340.00	\$6,654 from donor funds & United Way grant	C	\$6,994.00
TOTALS		\$2,460.00 Total: Requested Grant Funds	\$33,877.80 Total: Other Funding Sources		\$36,337.80 PROJECT TOTAL

LEBANON FAMILY HEALTH SERVICES BOARD OF DIRECTORS

<u>NAME</u>	<u>ADDRESS</u>	<u>Professional Affiliation</u>
Kathy Andrews	478 Beechwood Avenue, Lebanon, PA 17042	
Alicia Arnold, Chair	178 Cobblestone Drive, Lebanon, PA 17042	PA Counseling
Jeanne Arnold, Honorary	815 Tudor Lane, Lebanon, PA 17042	
Michael Barrett	519 N. 10 th Street, Lebanon, PA 17046	
Ann Decker	421 E. Penn Avenue, Cleona, PA 17042	Jonestown Bank & Trust Company
Betty Eiceman	621 Orange Street, Lebanon, PA 17042	
Mary Ellen Ford	618 East Queen Street, Annville, PA 17003	
Emily Guilliams, Vice Chair	1 East High Street, Lebanon, PA 17042	
Kristen Jones, Treasurer	23 Wheatland Circle, Lebanon, PA 17042	
Emmily Longenecker	835 Cumberland Street, Lebanon, PA 17042	Team Longenecker Real Estate
Joy Meyer	1551 Church Avenue, Annville, PA 17003	American Lung Association
John Olivo	1451 Quentin Rd, Suite 400, Lebanon, PA 17042	E & E Discount
Phil Palanzo	330 Oak Lane, Palmyra, PA 17078	Palanzo Financial Associates
Alissa Perrotto	615 Cumberland St., Lebanon, PA 17042	SARCC
Susan Robb, Secretary	3629 Kings Drive, Lebanon, PA 17046	
Sue Szydlowski	212 Spring Hill Lane, Lebanon, PA 17042	



P.O. Box 42 LEBANON, PA 17042
T. 717.273.7154 F. 717.273.6881

Kimberly Kreider-Umble
President and CEO
Lebanon Family Health Services
615 Cumberland Street
Lebanon, PA 17042

January 28, 2020

Dear Kim:

I am writing to express my support for Lebanon Family Health Services' (LFHS) proposal, *Be the One Parenting Program*. As Executive Director of Domestic Violence Intervention (DVI) of Lebanon County, Inc., I welcome the continued collaboration our agencies share in regard to this parenting class. As you know, DVI's mission is to unite and educate the Lebanon County community by advocating for justice and creating safety for victims of domestic violence and their children so they may live free from abuse. Therefore, an important aspect of our work is educating the community on how to recognize, end, and prevent domestic violence.

To increase the effectiveness of our prevention efforts, we expanded our public education programming several years ago to explicitly include trauma-informed care (TIC). Though it sometimes feels like TIC suddenly arrived over night, it has actually, in certain ways, grown out of the feminist and domestic violence movements of the 1960s and 70s. Trauma-informed care calls for a change in organizational and societal culture, where an emphasis is placed on understanding, respecting, and appropriately responding to the effects of trauma at all levels. So while engaging in the TIC movement expands our mission beyond just domestic violence, it most definitely improves our ability to address domestic violence.

Though DVI and LFHS have worked in tandem on numerous projects over the past few decades – most notably the Teen Pregnancy Prevention and Support Network – it was about two years ago that you all discovered our TIC programming was aligning with your parenting classes. LFHS had come to realize that a large portion of your parenting class participants were creating and/or were impacted by trauma in the home. In order to address the need that clearly existed around interpersonal trauma, class content needed to be altered, updated, and enhanced. To meet this end, LFHS brought DVI into the project as a consulting partner on trauma awareness and resilience, and then as a class co-facilitator. The end result, *Be the One*, aims to repair and prevent ruptures in parent-child relationships where trauma and abuse have occurred.

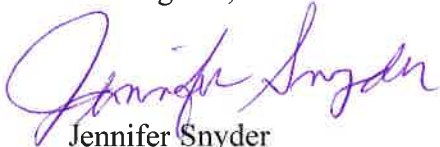


A United Way Agency

I am pleased to know that LFHS seeks to sustain and expand this program. Our consultancy role in this project will continue; and I anticipate we will assist in training new class facilitators when the time comes. With such a strong emphasis in our country on “evidence-based” programs, I am proud that our respective agencies have created a program that is directly tailored to address the needs and barriers of local residents.

Please give this proposal your full attention and if I can answer anything further please let me know. I may be reached at (717) 273-7154 or execdir@dviolc.org.

Best regards,



Jennifer Snyder
Executive Director

January 29, 2020

Lebanon Family Health Services
615 Cumberland Street
Lebanon, PA 17003

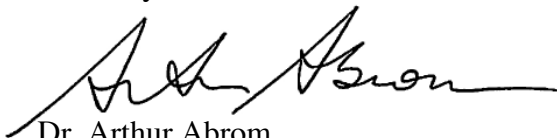
To Lebanon Family Health Services,

The school district of Lebanon City offers full support of your grant application to the Foundation for Enhancing Communities which will allow for the expansion of *Be the One*, your trauma-informed parenting workshop created in partnership with Domestic Violence Intervention of Lebanon County. This curriculum, available in two courses, one for parents of young children (birth-age 8) and the other for parents of teens (age 9-18), is a valuable community resource. The curriculum targets the important issue of trauma; a topic that a growing body of research indicates has significant impact on the growing brain of a child.

As a public school district, we see the impact of trauma in the home as it affects the outward behavior of children in the classroom and on school attendance. We see the value in helping parents understand this issue so that they may more effectively interact with their child and build a strong parent-child bond. Furthermore, we see this program as a valuable resource to refer parents who have children dealing with truancy.

As a community partner, we would be willing to host classes in our school sites and refer parents to this program. We also welcome the addition of a course taught in Spanish. We look forward to partnering with Lebanon Family Health Services and being a part of the *Be the One* curriculum as it benefits the families we serve.

Sincerely,



Dr. Arthur Abrom
Superintendent of Schools

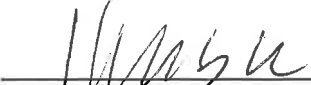
Objective: To increase the number of parents receiving Be The One parenting education and to improve the knowledge of effective parenting skills.					
How		What we want		Why	
Inputs	Activities	Timeline	Outputs	Outcomes	Impact
LFHS Staff including bilingual translator DVI Partner Staff Translation Services Promotional Flyers Program Materials: - demonstration tools - family engagement activities - family communication games & activities - office supplies Parent Workbook Equipment – copier, laptop and projector for program facilitation Media Venues: - Radio PSA's - Social Media (Facebook, Twitter, Instagram) - Website - E-blasts, e-mail - Merchandiser ads Facility Space – LFHS and community venues, i.e. Lebanon School	Translate Be The One program materials and promotional items for Spanish classes. Plan, promote Be The One parenting classes Prepare/print promotional materials. Prepare and print Be The One parents' workbook Promote Be The One via advertisements, networking, referrals, distribution of flyers, outreach, print, web communications and social media. Raise awareness about Be The One at Latino Health Fair, LFHS Farm to Table event, health fairs and community events such as Healthy Kids Day, schools, etc. Meet with community partners to host Be The One classes at their facilities Purchase program	July and ongoing – promote parenting classes as scheduled and register parents to attend prior to start date of each class. July-August; meet with program partners to plan for promotion and implementation of parenting classes. July-September: 1 classes completed; October-December: 2 classes completed; January-March: 2 classes completed. March-June: 2 classes completed. September and ongoing – meet with program partners to communicate program outcomes, successes, challenges and determine any areas of improvement to be implemented. September and ongoing – complete and review	20 articles, social media posts, e-blasts about <i>Be The One</i> and evaluation results 7 <i>Be The One</i> classes hosted at LFHS and in the community (including 5 at LFHS, 2 on site at LSD). 76 participants enrolled in <i>Be The One</i> 90% of participants completed <i>Be The One</i> curriculum with at least 75% attendance Track demographics of program participants Track referral source for program participants enrolled in classes. 500 promotional flyers distributed 25 community events and meetings attended to promote <i>Be The One</i>	Assess knowledge of participants through pre and post surveys to measure: - Increased understanding of impact of stress and trauma on brain architecture and relationships - Increased knowledge about Adverse Childhood Experiences (ACES) and the impact this has on developing child brain - Increased understanding of child/adolescent development - Increased knowledge about active parenting practices taught in curriculum - Increased utilization of stress management skills taught in curriculum - Increased utilization of social supports (i.e. mental health services)	Parents will develop and maintain a positive relationship with their child and will recognize the influence that they have in their child's life. Because of an improved relationship with a caring adult, youth will engage in less risk behaviors including truancy from school, and alcohol/tobacco/drug use.

	<p>materials required for Be The One implementation</p> <p>Host Latino Health Fair and incorporate awareness about Be The One</p> <p>Host Farm to Table event and incorporate Be The One awareness and promotion</p> <p>Collect data, enter into tracking system and evaluate effectiveness of Be The One</p> <p>Report results of grant to Lebanon County and community funders.</p>	<p>evaluation data at the end of each class.</p> <p>Submit evaluation reports as required by program funders.</p>		<ul style="list-style-type: none"> - Strengthen parents' ability to use and model effective interpersonal communication strategies. - Increase amount of family time parents enrolled in curriculum spend with their children - Increased capacity for self-awareness and management of parents' emotions - Decreased number of youth whose parents are participating in curriculum who are involved in risk-taking behaviors - Improved school attendance for youth whose parents are participating in curriculum - Measure effectiveness of Be The One facilitators based on participant feedback. 	
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SIGN & SUBMIT FORM

Provide signatures from the applicant organization, below. Both signatures are required; original signatures are required. Completion of this form is one component of your Complete Application.

✓ **President/CEO**


Original Signature

Kimberly Kreider Umble
Printed Name

✓ **Board President**


Original Signature

Alicia Arnold
Printed Name

REQUIRED ATTACHMENTS TO BE UPLOADED & SUBMITTED BY 4PM ON THE DEADLINE DATE

All grant materials must be submitted through the TFEC online application system by 4pm on the deadline date. Items requiring an original signature must be signed in ink, scanned, and uploaded. This grant opportunity does not utilize delivered or mailed materials.

- Complete Application:** Applicant Snapshot, Project Snapshot, Project Narrative, Budget Worksheet, and Sign & Submit Form with original signatures.
- Board of Directors List:** Professional affiliations (ie: work positions and/or titles as applicable) must be listed.
- No more than TWO letters of support with original signatures.** Letters of support from the applicant organization's Board of Directors will not be accepted. Identical form letters are discouraged. Letters of support are OPTIONAL for this grant opportunity.
- If you have indicated PARTNERSHIP with or SERVICE to other Agencies as stated in Question 4, you must upload letters with original signatures documenting the relationship.** A letter of partnership or service may also serve as a letter of support if support is expressly stated.
- Applicants who utilize a FISCAL SPONSOR must include a letter signed by the Executive Leader of the Fiscal Sponsor organization indicating agreement to serve as the Fiscal Sponsor. An original signature is required.**
- IRS 501(c)(3) determination letter**
- 1st Page of Applicant Organization's Most Recent 990.** If 990 is not available or you file a 990 postcard, upload applicant organization's most recent audit or financial statement.

QUESTIONS

If you should have any questions regarding this form or TFEC grant opportunities, contact Jennifer Strechay, Program Officer for Community Investment, at jstrechay@tfec.org or 717-236-5040.