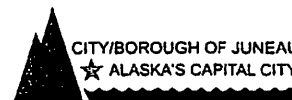




**2021 GRANT APPLICATION
Juneau Hope Endowment**

CBJ Social Service Funding



ORGANIZATION INFORMATION

Name of organization Juneau Family Birth Center

Address of organization 1601 Salmon Creek Lane

City Juneau State AK Zip Code 99801 Phone Number 907-586-1203

Website address www.juneaubirthcenter.org Fed. Tax ID # 92-0160698

Date of Incorporation 04/1998 Organization status: X IRS 501(c)(3) other

Name of chief executive Madi Grimes Title Director

CEO telephone number 907-586-1203 CEO email address madi@juneaubirthcentre.org

Contact for this application Madi (see above) Contact title

Contact telephone number Contact email address

FINANCIAL SUMMARY	LAST COMPLETE FISCAL YEAR (actual)	CURRENT FISCAL YEAR (budget)
Total revenue	\$670,773	
Total expenses	\$544,511	

PROJECT OVERVIEW

Project Title Strengthening Families, Empowering Individuals

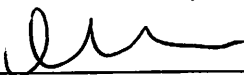
Specific purpose for which funds are requested:

Funds requested would be utilized to support three areas of need we have identified in the perinatal and infant families in Juneau and surrounding areas: increased access to free parenting classes, perinatal mood support with a therapist specializing in attachment theory, and improved quality of maternity care for those living in outlying communities.

Project Start Date August 2021 Project End Date June 2022

Amount Requested \$13,500 Total Project Budget \$13,500

Primary Project Area (see Grant Guidelines for Hope and CBJ areas) Health

Signature of authorized official  Date 3/5/21

Typed name Madi Grimes Title Director

Name of Organization JFBC **Project Title** Strengthening Families, Empowering Individuals

ORGANIZATION NARRATIVE

Please, provide a brief history of your organization and the services you provide (2-3 sentences). Highlight one or two key facts, accomplishments, or programs that you are proud of and why.

The Juneau Family Health and Birth Center was incorporated in 1996, and we have been providing quality and family-focused health care services, support, and outreach ever since. After the initial birth center was opened in 1998, we were able to raise enough funds to open our current community health and birth center in 2008. We are committed to providing wraparound care for families as they prepare to welcome a child into their lives. One of our core beliefs is that access to quality healthcare from conception to birth, and into the postpartum period, has a profound impact on family resiliency, development, and success.

BOARD MEMBERS AND BOARD GIVING

Total number of board seats in bylaws 7-9 Number of board seats filled 5

Did all board members make a cash contribution to your organization last year? Yes X No

Board Member	Position on Board
Jetta Whittaker	Chair
David Ottoson	Vice Chair/Finance Chair
Kristina Jager	Secretary
Sara Murray	Member
Bob Bartholomew	Member

Name of Organization JFBC Project Title Strengthening Families, Empowering Individuals

CONTRIBUTORS

FUNDING SUPPORT	APPROXIMATE % OF INCOME	APPROXIMATE # OF GIFTS/GRANTS
Individual contributions	3.67	40
Board Member contributions	0.06	5
Corporate/business contributions	0.04	2
Fundraising benefits	0.59	2 activities
Foundations	2.75	1
Earned income	41.33	110 clients
Endowment earnings	0	
Government	8.4	1
Medicaid	20.67	30 billable clients
Other (identify sources)	15.6	1 - EIDL

Organization's total unrestricted cash reserves at beginning of current fiscal year: \$123,551

FINANCIAL INFORMATION

Please include the following documents with this application:

- Copy of the first page of your most recent 990 Form
- Copy of the Last Fiscal Year Financial Statement
- Copy of the Current Fiscal Year Financial Statement
- Copy of the Current Year Operating Budget

PROJECT INFORMATION

Madi Nolan Grimes - Executive Director and Midwife - Madi has been working with the Juneau Family Birth Center in various positions since 2010. Madi's experience as an Executive Director, medical billing specialist, and as a direct service provider puts her in the ideal situation to oversee the Strengthening Families program. Madi attends monthly board and quarterly finance committee meetings and is responsible for implementing necessary policy and procedural changes. She is a strong advocate for her clients, and regularly encourages and refers clients to programs within JFBC and other partner organizations.

Shandra Comas – Office Manager – Shandra has been working with the Juneau Family Birth Center for two years and has integrated well into the team. Shandra is a dynamic, compassionate individual who is the primary access point for clients with questions about applying into JFBC programs and support in applying for other support services such as Medicaid and WIC.

Krista Haller - For three years I was a home visitor for Early Head Start, providing early intervention services to all kinds of families with varied needs and stressors. In that time I was lucky enough to be trained in various attachment approaches, including Circle of Security, Trust Based Relational Intervention, and the Gottman Institute's Bringing Home Baby curriculum. In 2020, I completed my Perinatal Mental Health Certification. In March 2021, I will begin an advanced clinical training through the University of Washington in Infant and Early Childhood Mental Health.

Name of Organization JFBC **Project Title** Strengthening Families, Empowering Individuals

Project Outline: Please complete by stating each objective and the activities/tasks, timeline, responsible party, and outputs that will be completed to meet each objective. Projects will typically have more than one objective. Each activity should be chronological under that objective, if the activity is repetitive, indicate that it is weekly, monthly etc. rather than listing it several times. Outline can be in landscape page orientation. Please call Amy Skilbred 523-5450 if you have questions. (Please **delete** example from your application.)

Timeline	Activity	Employee Name & Position of Responsible Party	Measurable Outputs/Outcomes
Objective 1: Promote healthy parenting			
August 2020	Schedule parenting classes quarterly	Shandra	Scheduled classes
Quarterly	Advertise classes	Shandra	Full class enrollment
As needed	Manage Sign-ups	Shandra	
Ongoing	Promote classes to perinatal clients	Midwives	Enrollment in classes
Quarterly	Teach class series	Krista	Completed classes
Quarterly	Distribute and collect post class evaluations	Krista and Shandra	80% return of surveys
Objective 2: Promote emotional health in perinatal period			
Ongoing	Screen and refer for perinatal mood disorders	Midwives	
September 2020	Build application and sliding scale for counseling scholarship	Shandra	Completed document
Monthly	Promote availability of counseling scholarship	Midwives and Shandra	1+ recipient identified monthly
As needed	Schedule appointments with counselor	Midwives	
As needed	Provide direct services to clients	Krista	Appointments scheduled
As needed	Administer and gather post services surveys	Krista and Shandra	80% Returned surveys

Project Narrative

Describe your project (1 page or less recommended): Explain the current situation, the need and your project plan for addressing this need. If your project involves partnerships with other organizations briefly indicate their roles.

Studies have shown that the first three years of a child's brain development are the most critical for moral and behavioral growth. In the first year of life alone, the brain doubles in size and is actively maturing mirror neurons and building neural pathways. These pathways lay the groundwork for sensory, nutritional, and behavioral traits for the rest of a person's life. Prescott found in a 1975 study that cultures in which babies were carried by their mothers during the first year are more peaceful, positing that there is a sensitive period in infant brain development where touch and movement are protective against further depression and violence. Further research in 2005 confirmed this fact and expanded on it stating that early experiences shape the brain structure and function to be best suited for their environment. A traumatic or hostile environment leads to a brain designed for caution and defense, whereas a safe, supportive environment allows for a brain designed to grow and thrive. The levels of care and attention, as well as the environments infants are exposed to are forever engrained in their cellular memories, affecting all future growth and development. This incredibly sensitive time is consistently overlooked in social support programs that aim at providing at risk families with socioeconomic support. Starting in the perinatal period with wraparound clinical services, parenting classes, and ready access to a counselor trained in supporting families during this time will help create more confident, emotionally healthy caregivers, reducing the risk of mental, emotional, and health complications later in life.

Parenting Classes – We are hoping to increase access to the Circles of Security parenting classes offered in Juneau. These classes are consistently offered through agencies such as AEYC and AWARE but are also quickly filled with a waitlist. We would like to be able to offer an additional three classes per year. Circles of Security Parenting is designed to help parents and caregivers understand their child's emotional needs, support their child's ability to manage their emotions, and enhance the development of their child's self-esteem.

Counseling Scholarships – Pregnant people struggling with perinatal mood disorders or attachment disorders can struggle to find appropriate support in Juneau. While we can refer families with private insurance to counselors, many of our Medicaid families struggle with access to specialized care. We have a strong referral relationship with JAMHI and BRH Outpatient Psychology that serves to support those with generalized mood disorders predating the prenatal or postpartum period, but they are not always able to best address more specialized needs. We are hoping to secure grant funding for four clients who are uninsured to receive prenatal and postpartum counseling. Parents will form a strong bond with their counselor, creating an ally and advocate to reach out to in times of stress. Patience, guidance, and nonjudgmental support have been proven to foster increased confidence, leading to more active, present parents. Parents will be encouraged to attend local parenting support groups, further increasing their education, presence in the parenting community, and normalizing early experiences with a new baby.

Perinatal Home Monitoring – The COVID 19 pandemic has forced our entire society to adjust and adapt to a new way of doing things. One of the ways that we have been shifting as clinicians is providing less hands-on and more telehealth care. The transition to more regular telehealth appointments has greatly

improved our connectivity with families in outlying communities who would otherwise have limited care through the prenatal period. As we have worked more with these communities, we have identified a need to support clients in gathering the objective data needed to provide a comprehensive health assessment. Home monitoring in remote communities will reduce the frequency of needed travel into Juneau and the potential for transmission of COVID-19 in the process. Through funding from the Juneau Community Foundation, we are hoping to purchase a toolkit consisting of a home doppler, blood pressure cuff, and newborn scale to allow families to safely monitor their pregnancy's health under the guidance of our midwives. These kits would be loaned out to families living in communities without a trained obstetric provider capable of providing hands-on assessment through the pre and postnatal period.

Evaluation Information

Describe how you propose to measure outputs and outcomes: What key issues do you want an evaluation to address? What data sources do you have access to and how do you plan to utilize them to measure progress? For multi-year grants: How do you plan to use evaluation information to improve program services? (1 page or less recommended).

Parenting Classes – We plan to administer a survey to all attendees of the parenting classes asking them to reflect on their knowledge, skills, and resources before and after completion of the course.

Counseling Scholarships – We plan to administer a Edinburg Postnatal Depression Survey to enrollees upon initiation and completion of counseling hours in hopes that we see their EPDS score decrease. We will also ask scholarship recipients to complete a reflective survey evaluating the support they received and usefulness of the program.

Name of Organization JFBC Project Title Strengthening Families, Empowering Individuals

Project Budget

List cost items (e.g., personnel – list different positions separately, consultant, travel, supplies, printing, copying, communication) as needed below.	Requested Amount	Other Funds	Total Project Budget
Personnel – Office Manager	800		800
Personnel – Director	175		175
Personnel - Instructor	1800		1800
Personnel – Counselor	5400		5400
Advertising	300		300
Class Materials	300		300
Equipment	4725		4725
TOTAL	\$13,500	\$	\$13,500

Sources of other funds – name and list each source of revenue	Amount	Indicate whether revenue is pending, committed, secured; whether in-kind or cash.	Anticipated decision date
TOTAL	\$	\$	\$

Budget Narrative

Provide a budget narrative explaining how you arrived at each line item dollar amount of your budget and clearly identify the number of positions included in your request, if any (go on to next page, if needed).

Personnel Office Manager – To pay for time to build promotional materials, coordinate applications, and oversee programs (40 hours throughout the course of the year at \$20 per hour)
 Personnel Director – To pay for time writing grant and compiling mid and end of project reports (5 hours throughout the course of the year at \$35 per hour)
 Personnel Instructor – Three eight week parenting classes at \$600 per class
 Personnel Counselor – Up to 24 therapy hours at \$175 per session
 Advertising – Paid promotion of classes and scholarships through GoogleAds, social media, and print
 Class Materials – Snacks and printed workbooks for class attendees
 Equipment – Three perinatal home monitoring kits including doppler (\$1500), blood pressure cuff (\$50) and infant scale (\$25)

Name of Organization JFBC **Project Title** *Strengthening Families, Empowering Individuals*

Sustainability

Provide an explanation of how your organization plans to sustain this project.

We are hopeful to continue to find grant funding to support the parenting classes and counseling grants, as long as this is a need in our community.

Government Funding Planning

Please provide information on any anticipated reduction in State or Federal funding for the coming year. If you do anticipate a reduction in such funding, what range of reductions do you anticipate (generally)? How do you anticipate your organization absorbing such a reduction (e.g., positions cut, programs reduced, etc.)? How high a priority would your organization place on replacing funds lost through reductions in State or Federal funding? **If your situation has not changed since you submitted a Letter of Interest, please cut and past that information here.**

We do not receive State or Federal Funding