

The Arc of Buncombe County

FY 2017 Buncombe County Community Funding

The Arc of Buncombe County

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Application Form

Project Name*

Name of Project

The Arc of Buncombe County

Amount Requested*

Amount Requested

\$40,000.00

Service Area*

Which Commissioner Districts are served by this program?

Access a map of Buncombe County Commissioner districts [here](#).

District 1

District 2

District 3

Which county sustainability goal aligns best with the goals of this project?*

Based on the Buncombe County Sustainability Plan, select a Category, Goal & Objective that align with the focus of the project and the specific results that will be achieved.

Access the Buncombe County Sustainability Plan [here](#).

Community > Healthy People > Decrease rates of childhood and adult obesity

If applicable, select a second sustainability goal that aligns with project goals.

Result 2 is optional - Select if project aligns with more than one Sustainability Category, Goal & Objective.

Community > Affordable, Green, and Liveable Housing > Work in partnership with other organizations to assist families in finding safe, affordable housing

If applicable, select a third sustainability goal that aligns with project goals.

Result 3 is optional - Select if project aligns with more than one Sustainability Category, Goal & Objective.

[Unanswered]

Project Description

Project Description*

Description of Project

The Arc of Buncombe County requests \$40,000 to provide: 220 students and adults with Health & Wellness services from 09/01/16 thru 06/01/17; 72 individuals through Crisis Intervention from 7/1/16 thru 06/30/17.

Health and Wellness Initiative – The Arc of Buncombe County has partnered w/Roberson's Progressive Education Program (PEP) to provide wrap-around health and wellness services to students residing in Buncombe County. Participating clients will work with skilled staff to improve their healthy eating habits, lose weight or slow weight gain, connect with primary doctors and forge interpersonal connections in the community. The project not only accomplishes these objectives, but does so by involving adults and parents in the process.

Crisis Intervention - works to help clients improve their condition by meeting their immediate needs. This can include remaining in their homes, heating their homes, getting needed food, gaining access to urgent medical care and/or other situations they may face.

How many people will this project serve?*

State the number of individuals or households in Buncombe County that will be served by this project. Also state the number of people that will experience the desired result. For example, if dropout prevention services are being delivered to 100 students, how many will successfully graduate from high school?

The Arc of Buncombe County (TABC) will serve 220 clients through the Health & Wellness initiative and 72 clients through Crisis Intervention.

Health and Wellness - will reduce BMI in 10% of clinically overweight or obese youth (because of the extent of the participants' disabilities & medications, the most crucial outcomes are in other areas).

Improve 40% of youth's knowledge about physical activity.

Improve 40% of youth's knowledge about wellness including nutrition, dental health, and hygiene.

72% of parents & caregivers will report that they are offering their child healthier food choices at home.

Crisis Intervention: One-hundred percent (100%) of clients served through this program will have their immediate crisis addressed. Eighty percent (80%) will complete follow-up services without additional crisis in the service year.

Describe the people this project will serve.*

Characterize the demographics of the project's target population in terms such as age, gender, income, race, ethnicity, geographic area, etc. Include information about method of referral/recruitment of the target population.

Health & Wellness - Students ages range 14-21 (disabled NC residents can attend school through age 21). PEP students 49% are autistic, 21% are wheelchair bound, 16% have multiple disabilities, 3% have Down syndrome, and 11% have a range of other intellectual disabilities. Valley Springs & adult participants all have cognitive disabilities. Clients in this program are recruited based upon their association with the schools or Blue Ridge Homes, WNC Group Homes, Irene Wortham Center and Liberty Corner Enterprises.

Crisis Intervention - serves low income individuals who have been diagnosed with intellectual or developmental disabilities and their families. They also have below-average cognitive abilities. The program receives referrals from DSS, 211, RHA, ABCCM, Eblen Charities, Arc of NC, Liberty Corner, & Smoky Mountain MCO.

What key steps will you take to achieve the results of this project?*

Describe the core elements of your implementation plan, including milestones that will take place within the funding timeframe.

Health and Wellness- Provides two 30-minute physical activity classes and two 30-minute wellness classes per week for students. One of each class is provided for adults. Participants also have access to a healthy eating coach, referrals to qualified physicians and additional agency services when needed.

Crisis Intervention - provides counseling sessions to assess the clients' needs, pays vendor on behalf of clients, assists in stabilizing their housing, and works with clients to determine other needed services. Additionally, the program assists in establishing contact between clients and service providers. Continued and frequent follow-up with clients is what lends to the success of this program.

Describe the evidence of success that backs this project's approach.*

What evidence of success (i.e. evidence-based research, practice model, accreditation, industry standards, and/or other framework) are you using as a basis for your project design?

Arc staff is certified in the "person-centered approach" to working with individuals and their caregivers. Person-centered planning focuses on supporting clients to realize their own vision for their lives. This approach is utilized by many local service providers including, but not limited to MAHEC, Smokey Mountain LME/MCO, and Liberty Corner Enterprises. It is a process of building effective and collaborative partnerships with individuals and their caregivers, and working with them to create a road map to reach the student's goals. A good person-centered plan is a rich meaningful tool for the student receiving supports, as well as for those who provide the supports. It generates actions and focuses on the positive steps that the student can take towards realizing a better, more complete life.

Describe your data collection, tracking, and reporting procedures.*

Explain your methods for documenting project, service and client information. Include a description of any software or other tools utilized.

Our Health and Wellness Initiative partners with AB Tech's Nursing Department to measure body mass index (BMI) of each client in Sept., Jan. & April. The nursing students from AB Tech follow the CDC's guidelines for measuring and categorizing BMI. They gather accurate height and weight measurements and then plot the numbers on the CDC's Child and Teen BMI Calculator to determine the youth's BMI. Gains in knowledge will be measured using surveys. The students will complete three assessments. The first is in Sept., before any classes are completed, to benchmark the students' health and wellness knowledge level. The second is at the mid-year mark. The final assessment is taken at the completion of the program in May. Mini-assessments will also be given after each lesson.

Crisis Intervention clients are required to complete pre-and post-service surveys.

Explain your technological resources and capacity.*

Explain your current technological strengths and barriers and how this impacts your ability to track data and report outcomes. Who is responsible for adaptation and use of technology within your organization?

We currently use Excel to track the data and produce reports from clients. Excel is user-friendly and easy for staff and volunteers to navigate. We also retain an IT service provider to help us meet the security and professional needs of the agency.

Organizational Profile

How does the proposed project support your mission and strategic plan?*

State your mission and the date of your most recent strategic plan, and explain how the proposed project helps advance your organizational goals.

The Arc serves individuals of all ages with moderate-to-significant intellectual disabilities, most of whom also have physical disabilities. Our mission is to empower individuals with intellectual & developmental disabilities in the community. Volunteers and staff members work to realize the highest potential of individuals through advocacy, education, programming & family support. The proposed programs support the mission of the organization by providing essential services to our vulnerable population. Each of the programs that we are proposing for funding are based on the concepts found within person-centered approach to providing services, which is an evidence-based model used by our local MCO (Smokey). Our adaptive work allows our organization to meet immediate needs of clients and evolve as their needs change.

What expertise/accomplishments do you have that are relevant to the proposed project?*

List your organization's strengths as well as accomplishments from the past 3 years that position the organization to be successful with the proposed project.

The Arc has served over 4,500 clients through our comprehensive programs. We have worked to develop stronger tracking tools to measure program results and have provided critical intervention to more than 350 clients who were in crisis. Our most recent achievement has been the successful implementation of our Health and Wellness Program at PEP and expanded services to Valley Springs, Irene Wortham Center, Blue Ridge Homes and WNC Group Homes. Our partnership with the City of Asheville has yielded the first Wellness Club.

In addition, we have produced the following program outcomes: improved 40% of youth's knowledge about physical activity; improved 40% of youth's knowledge about wellness including nutrition, dental health, emotional health & hygiene; provided 379 children 252 healthy eating trainings with youth and adults across the county.

Describe partners that are critical to the success of your organization.*

List any external partners, intermediaries or advisors important to your success, and describe

their role and evidence of their commitment. Describe successful collaborations with these people or groups.

For more than 60 years, The Arc of Buncombe County has been considered a leader in the Intellectual/Developmental Disability community. Our successful program history has helped us to develop close relationships with all entities serving individuals with intellectual and/or developmental disabilities.

Our primary partners for the Health and Wellness Initiative are Buncombe County Schools Exceptional Children's Program and Asheville City Schools Exceptional Children's Program. Through these partners we are able to offer wrap-around services to our clients. Specifically, they work to provide assistive technology, help with completing Individual Education Plans and all forms necessary for tracking data on each client.

Our Crisis Intervention program collaborates with Buncombe County Department of Social Services and Department of Health and Human Services for referrals, as well as the C3356 project through Smokey Mountain MCO.

Financial Information

Nonprofit financial assurance requirements:

Financial statements, prepared using a recognizable basis of accounting (i.e., modified accrual) and IRS Form 990s must be submitted to Buncombe County annually.

- Organizations with annual revenues of \$300,000 or greater must submit financial statements audited in accordance with generally accepted auditing standards.
- Those with revenues between \$100,000 and \$300,000 must submit financial statements reviewed in accordance with SSARS 19.
- Those with revenues of less than \$100,000 must submit non-disclosure financial statements compiled in accordance with SSARS 19.

All financial statements must be reported on by a certified public accountant and include a full balance sheet, income statement, and cash flow statement.

These requirements are considered minimum requirements. Organizations may submit a higher level of assurance than is required.

IRS Form 990 - Upload Here

Click Choose File to upload a copy of the 990 form you most recently completed.

990.pdf

If your organization does not have a 990, briefly state the reason.

Include a statement of intent to comply with nonprofit financial assurance requirements as listed above.

Financial Statements - Upload here

Click Choose File to upload a copy of the most recently completed financial statements (audit, compilation or review).

ARC Audit FY14.pdf

If your organization does not have financial statements, briefly state the reason.

Include a statement of intent to comply with nonprofit financial assurance requirements as listed above.

Complete Budget Worksheet - Upload Here*

Download the budget form [Here](#).

Complete the budget form for this project/program and the overall agency. Save it to your computer, then upload it by clicking Choose File.

Arc Budget Worksheet.pdf

Budget Narrative*

Describe all differences between current year and proposed year. List all pending funding sources with expected date of notification. Please detail any other information that may help clarify the budget.

You will see an increase in current year versus proposed year budget in both "other grants" and "contributions" categories. This is due to an increase in resources for the Crisis Intervention Program.

What (if any) portion of requested funds will be used to support capital expenses?*

Capital projects are defined as those used to acquire or upgrade physical assets such as property, buildings, or equipment. Please detail.

Not Applicable

Employee Wages

Please provide information about the wage breakdowns of your employees. Living wage for Buncombe County has been identified as \$11.00 per hour for employees with employer-provided health insurance and \$12.50 per hour for employees without.

Employees with employer-provided health insurance*

List the number of employees in your organization with employer-provided health insurance in each wage category. For salaried employees, use hourly wage equivalents.

\$7.25 - \$10.99 per hour

\$11.00 - \$14.99 per hour

\$15.00 - \$19.99 per hour

\$20.00 - \$24.99 per hour

\$25.00 - \$29.99 per hour

\$30.00 - \$34.99 per hour

\$35.00 - \$39.99 per hour

\$40.00+ per hour

No employees receive employer-provided health insurance.

Employees without employer-provided health insurance*

List the number of employees in your organization without employer-provided health insurance in each wage category. For salaried employees, use hourly wage equivalents.

\$7.25 - \$12.49 per hour

\$12.50 - \$14.99 per hour

\$15.00 - \$19.99 per hour

\$20.00 - \$24.99 per hour

\$25.00 - \$29.99 per hour

\$30.00 - \$34.99 per hour

\$35.00 - \$39.99 per hour

\$40.00+ per hour

\$7.25 - \$12.49 per hour - one (1) employee

\$15.00 - \$19.99 per hour - one (1) employee

\$20.00 - \$24.99 per hour - one (1) employee