

**Buncombe County FY2020 Strategic Partnership Grants
Application Summary Sheet**

Project	Access to Mental Health Prevention for Vulnerable Youth
Organization	Eliada Homes, Inc

Amount Requested	\$47,000	Strategic Priority or Sustainability Goal	Education/Youth Support
New or Renewal Request	New	Commissioner Districts Served	All

Organization Description	<ul style="list-style-type: none"> Eliada’s mission is Helping Children Succeed. Eliada has been in this community for 116 years, and has adapted to meet the shifting needs of children over time. Today, we provide a cradle to career continuum of services for nearly 600 youth annually who are between 0 and 25 years old. Eliada is a campus-based agency with prevention and intervention services. In partnership with families, we meet basic needs and provide positive child and youth development programming. We also have high level intervention and prevention services for children and adolescents that focus on social and emotional well-being, life skills development, career readiness, and trauma informed treatment.
Project Description	<ul style="list-style-type: none"> Child Parent Psychotherapy (CPP) is a brand new evidence-based model in NC. CPP specifically trains Clinicians to work with children who are birth through age 5 and address Adverse Childhood Experiences. In CPP, Clinicians provide therapy to children in the context of the whole family, and provide this therapy in the home. CPP promotes a child’s emotional health while building the parent/caregiver’s ability to nurture and protect their child. Clinicians are able to address behavioral situations quickly and create service plans that prevent further, more costly, mental health treatment. Eliada is seeking funding to train a Clinician in CPP who can focus on 0-5 year olds in Child Care and Pre-K. Our goal is reducing mental health symptoms and increase long-term resiliency in children 0-5. With an added clinical focus in these services, Eliada will decrease foster care turnover, increase trauma-informed practices in the early learning setting, and provide outpatient therapy in the home.
People Served	<ul style="list-style-type: none"> Children this model is suitable for have experienced a traumatic event(s) or are experiencing mental health issues.
Outcomes	<ul style="list-style-type: none"> The goals of CPP are to 1) address trauma in 0-5 year olds, to reduce mental health symptoms and increase resiliency, and 2) train parents and guardians to become the trauma supports for their children. Through CPP, Eliada will: <ul style="list-style-type: none"> Decrease turnover in foster care Increase emotional regulation Increase coping strategies Increase self-advocacy Increase problem solving & communication skills

Budget			
Amount Funded FY2019	n/a	Increase Request	n/a
Project Budget	\$85,962	Total Organization Budget	\$10,997,590
Other Funding Sources: private foundation partners (such as the Duke Endowment)			

Additional Information

Access to Mental Health Prevention for Vulnerable Youth

FY2020 Strategic Partnership Grants

Eliada Homes, Inc

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Application Form

Question Group

Please complete the form below and upload the required files for your application. Organizations submitting more than one project must complete one submission form for each project. Incomplete applications will not be considered.

Priority is given to nonprofit organizations with projects that contribute to Buncombe County's strategic priorities or sustainability goals.

For FY2020, no Strategic Partnership Grant applications will be considered for the strategic priorities "Affordable Housing" or "Early Childhood Education." Funding for affordable housing projects is managed through Buncombe County's Affordable Housing Services Program. Funding for early childhood projects will be managed through the newly forming Early Childhood Education and Development Fund.

Project Name*

Name of Project.

Access to Mental Health Prevention for Vulnerable Youth

Amount Requested*

\$47,000.00

Strategic Priority*

Which of the following priorities best reflects the primary goal of your project?

Buncombe County Commissioners are dedicated to strengthening the quality of life for everyone by setting new fiscally, socially and environmentally responsible goals that will guide decisions and improve our community for future generations. The Board has committed to strategic priorities as a guide to shape partnerships and investments of resources to insure a healthy, safe, well-educated, thriving and sustainable community.

Details about the Strategic Priorities are available at [THIS LINK](#).

Other Sustainability Goal

Strategic Priority - Other Sustainability Goal

If you selected "Other Sustainability Goal" from the list of Strategic Priorities, please list it here.

Details about the Sustainability Goals are available at [THIS LINK](#).

Increase access to mental health and substance abuse prevention programs, especially for youth and aging populations

Organization Description*

Tell us about your organization. What is your mission? Highlight two or three key facts and accomplishments that best define your organization.

Eliada's mission is Helping Children Succeed. Eliada has been in this community for 116 years, and has adapted to meet the shifting needs of children over time. Today, we provide a cradle to career continuum of services for nearly 600 youth annually who are between 0 and 25 years old. Eliada is a campus-based agency with prevention and intervention services. In partnership with families, we meet basic needs and provide positive child and youth development programming. We also have high level intervention and prevention services for children and adolescents that focus on social and emotional well-being, life skills development, career readiness, and trauma informed treatment. Eliada's programs include Residential Treatment, Day Treatment, Foster Care, Child Development (child care, pre-k, and after school), and Workforce Development.

Project Description

What do you propose to do? What is your plan? What are your goals?

Child Parent Psychotherapy (CPP) is a brand new evidence-based model in NC. CPP specifically trains Clinicians to work with children who are birth through age 5 and address Adverse Childhood Experiences. In CPP, Clinicians provide therapy to children in the context of the whole family, and provide this therapy in the home. CPP promotes a child's emotional health while building the parent/caregiver's ability to nurture and protect their child. Clinicians are able to address behavioral situations quickly and create service plans that prevent further, more costly, mental health treatment. Eliada is seeking funding to train a Clinician in CPP who can focus on 0-5 year olds in Child Care and Pre-K. Our goal is reducing mental health symptoms and increase long-term resiliency in children 0-5. With an added clinical focus in these services, Eliada will decrease foster care turnover, increase trauma-informed practices in the early learning setting, and provide outpatient therapy in the home.

Key Steps*

How will the project work? What are specific activities and milestones that your project entails?

The Learning Collaborative in CPP is an 18-month program that results in Clinicians being listed on the NC Child Treatment Program roster and the national CPP roster. The Program includes intensive training sessions, while the Clinician can simultaneously work at Eliada and carry a caseload.

Key steps in the process of providing this therapy include:

1. Assessment: 8-12 sessions dedicated to assessment of the parents, the child, their relationship, development, past traumas, and assumed levels of attachment.
2. Case Management: CPP acknowledges that families have to have their basic needs met before assessment and treatment can truly be affective. While in the foundation phase, CPP allows for the Clinician to help the family connect to needed community resources and interventions.
3. Direct Service: The Clinician is in the home and on the floor with parents and children.
4. Counseling
5. Medication management
6. Sustaining CPP: Train caregivers to be the trauma support for their child

Area Served*

Which areas of the County will be served by this project? Which Commissioner District(s) will be served?

A Buncombe County Commissioner district map is available at [THIS LINK](#).

Eliada serves all Commissioner Districts - 1, 2 and 3.

People Served*

Who are the members of our community this project will serve? How many people will be served? Include demographics, including age, area median income, race, neighborhood and/or school.

Children this model is suitable for have experienced a traumatic event(s) or are experiencing mental health issues. Outcomes from this therapy include: reduced foster care placement disruptions, improved cognitive abilities, improved attachment security, decreased symptoms of post-traumatic stress in both children and parents, and decreased depression in both child and parent(s).

Children in Eliada's Child Development Program:

105 children in Pre-K

- 81% qualify for free and reduced lunch
- 31% have an Individual Education Plan (IEP)
- 2% in foster care

100 children 0-3

- 69% qualify for free and reduced lunch
- 18% have an IEP
- 10% in foster care

In the classroom teachers observe symptoms of trauma including regression in recently acquired developmental gains, sleep disruption during nap time, loss of motor skills, fear responses, cognitive delays, loss of communication skills, hyper-arousal or vigilance, increased need for control, reduced capacity to manage emotional states, and more.

Partners*

Which other organizations are you working with to reach your goals? What other local organizations provide similar services or serve similar beneficiaries, and how do you work together?

In order to provide clinical services for 0-5 year olds at Eliada, there are some key program partners. For the children in foster care, working with DSS and the Child and Family Team is critical. This team can include biological parents, foster parents, case workers, and other advocates.

CPP is a unique model because of its emphasis on Case Management. The Clinician can make referrals and help families access needed services. Governmental and nonprofit partners that can help with housing, transportation, food, education and child care are critical to success.

The North Carolina Child Treatment Program is our primary training partner. This group is partnered with NC DHHS and the National Child Traumatic Stress Network and is collecting data on CPP to directly advocate to the NC State Assembly to increase access to this therapy. Demonstrating how to operationalize CPP in a Child Care and Pre-K setting will be helpful to these advocacy efforts.

Personnel*

Who is responsible for the project? Briefly describe project leaders and the role each will play in the project. How do these leaders reflect the population or community that you serve?

Jane Rosseth, Eliada's Clinical Director, oversees the Clinical team at Eliada, and will be overseeing the Clinician in Child Development. Tonia Reed, Eliada's Child Development Director, has over 20 years of experience at Eliada. Tonia supervises all teachers in Child Development and will support teachers in working collaboratively with a Clinician to come up with a treatment plan for children who are experiencing trauma. Renee Craige, Eliada's Foster Care Director, oversees all of Eliada's foster care cases. Renee can help support foster parents and biological parents in Child Development working with the Clinician. Sarah Dickerson, Eliada's Workforce Development Director works with older youth, many of whom are young women with babies who attend Eliada's Child Development Center. Sarah will help refer families to the Clinician. Tawny Asher, Eliada Clinician, is our first Clinician to be rostered in CPP and is working in our Foster Care programs. She can mentor a new Clinician.

Success*

How will you measure results? What will success look like? How will you document the impact of your project? Include whether there is a model that serves as basis for project design.

The goals of CPP are to 1) address trauma in 0-5 year olds, to reduce mental health symptoms and increase resiliency, and 2) train parents and guardians to become the trauma supports for their children. Through CPP, Eliada will:

- Decrease in turnover in foster care
- Increase emotional regulation
- Increase coping strategies
- Increase self-advocacy
- Increase problem solving & communication skills

The tools used in CPP and at Eliada to measure these outcomes include:

- Strengths and Difficulties Questionnaire – Given 3 times throughout treatment – beginning, middle, and end
- Life stressors checklist –same as above
- Patient health questionnaire –same as above
- Survey of Well-Being for Young Children – same as above
- Restrictiveness of Living Scale – Given twice at beginning and end of treatment
- Resiliency Protective Factors Checklist – same as above

Eliada is also seeking to increase trauma-informed practices in our early learning programs - measured through teacher and parent surveys.

Funding*

What is your plan for finding the balance of the project budget? What is your funding timeline and what are your other sources of support?

For a clinician to be rostered in CPP nationally and through the NC Child Treatment Program, the full training process takes a year and a half. Our funding timeline is based on this 18-month timeline. Eliada is requesting support from Buncombe County to underwrite the Clinician's wages for the 1st year of the timeline as well as the registration fees for CPP Collaborative. Eliada is committed to supporting the administrative and operational costs of adding a position to our Clinical team including occupancy costs,

communication and printing, and supply costs. Since the CPP model is specifically designed to for children in the first 2,000 days of life, and is an evidence-based treatment that has specific outcomes that include reduced foster care turnover, Eliada is also seeking funding from private foundation partners who specifically care about issues related to early development and foster care. The Duke Endowment has been identified as one such partner.

Sustainability*

How will this project be maintained? Please describe funding sources and how you plan to sustain the project in future years.

Costs associated with bringing the CPP model to 0-5 years old are frontloaded to the first 18 months of hiring a Clinician. During the first year and a half, the Eliada Clinician is participating in the CPP Learning Collaborative. During this time, the Clinician has to collect and document additional data for each of their clients. This information is reported back to the Collaborative. The Collaborative is collecting this data so it can actively advocate for specific legislation in the NC General Assembly that would expand access to this model of therapy. Due to the demands of participating in the Collaborative, the Clinician may only have a caseload of 4 children during this time. There are also training and travel costs associated with participation in the Collaborative. Once the 18 months are completed, the Clinician can carry a full caseload, and through Medicaid reimbursement, the cost of the position becomes covered. The project becomes self-sustaining at this point.

ATTACHMENTS

Project Budget*

Download the budget form at **THIS LINK**.

Complete the budget form for this project and the overall organization.

Save it to your computer, then upload it.

strategic-partnership-grants-FY2020-Eliada Homes.xlsx

Financial Statements

Upload a copy of the most recently completed financial statements.

All financial statements must be audited, reviewed or compiled by a certified public accountant and include a full balance sheet, income statement, and cash flow statement.

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

EH Final Audit 2017-June 2018.pdf

IRS Form 990

Upload a copy of the 990 nonprofit tax reporting form that you most recently completed.

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

2016 Public Inspection Copy Tax Return - Eliada Homes.pdf

Board of Directors List

Upload a current list of your organization's Board of Directors.

If your organization does not have a board of directors, briefly state the reason.

Board of Trustees 2018-2019.docx

Authorized Signatory

By typing in below the name of the authorized signatory and date of submittal, you acknowledge that your governing body has authorized this application, that it is true and current to your knowledge. As a condition of any grant awarded, this organization will provide all information in the manner described in the contract to be executed between the organization and Buncombe County or its designee, including program and financial reporting.

Name & Date

Cindy Davis-Bryant, 2/4/19

Other attachments or supplemental information may be submitted to Rachael Nygaard at rachael.nygaard@buncombecounty.org

File Attachment Summary

Applicant File Uploads

- strategic-partnership-grants-FY2020-Eliada Homes.xlsx
- EH Final Audit 2017-June 2018.pdf
- 2016 Public Inspection Copy Tax Return - Eliada Homes.pdf
- Board of Trustees 2018-2019.docx