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Q1 Name of your organization.

Children & Families of Iowa

Q2 Grant #

20180515

Q3 Grant Period

August 15, 2018 to August 15, 2019

Q4 Location of your organization

City Osceola and Ft. Dodge
State Iowa

Q5 Name and Title of person completing evaluation.

Stacey Haskins, Grant Specialist

Q6 Phone Number:

515-697-7952

Q7 Email address.

StaceyH@cfiowa.org

Page 2: Key Outcomes and Results

S.L. Gimbel Foundation Fund

Q8 Total number of clients served through this grant funding:

390

Q9 Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

State the Goal: CFI's projected goal for this project was to increase the accessibility and effectiveness of mental and behavioral health services for women and children in rural Iowa.

State Objective 1: CFI projected that approximately 70 women and 380 children in rural Iowa would receive services through CFI for mental and behavioral health.

Describe the Activities, Results and Outcomes for Objective 1: The generous grant from the S.L. Gimbel Foundation allowed CFI to provide much-needed mental health services for rural women and children in Iowa. Individual timelines vary, but generally, clients are referred to CFI, undergo assessment, and explore or begin treatment options while they work towards goals.

Between July 1, 2018 and June 30, 2019, CFI served a total of 912 rural clients through behavioral and mental health services. The population that received services covered by this grant included 55 adult women and 335 children (ages 0-12) in rural Iowa.

Q10 Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

The primary challenge CFI faces is the recruitment of qualified staff. Despite this challenge, CFI's mental and behavioral health services area well-established programs with a proved record of success. CFI also experienced a reduction in client numbers due to referrals.

Q11 How did you overcome and/or address the challenges and obstacles?

Recruitment of qualified staff is an ongoing challenge. The agency utilizes incentives, career fairs, and alumni career websites at colleges, Iowa Workforce and various other job posting sites to try to recruit licensed therapists to the Fort Dodge and Osceola areas.

Q12 Describe any unintended positive outcomes as a result of the efforts supported by this grant.

CFI did not experience any unintended or unexpected positive outcomes, as the organization's goal of empowering people to live healthy lives was the centralized objective throughout the grant period.

Q13 Briefly describe the impact this grant has had on the organization and community served.

When the mental and behavioral health of an individual is improved, it not only betters that person's life; it also betters the whole community. By addressing trauma, decreasing symptoms of mental illness, and enabling healing, individuals can better function in their daily lives, which can lead to improved relationships, obtaining and maintaining steady employment, improving their physical health, and more. When individuals' lives are improved, the whole community benefits. CFI works to build resilient children and families by healing the entire family, with the knowledge that children rely on the support of a healthy caregiver. In rural areas, improving mental illness is especially critical, due to lack of qualified providers, long distances to travel to access to services, and social stigmas. These can all be significant barriers for clients. Thanks to the support of the S.L. Gimbel Foundation, access to mental health services for rural Iowa women and children has positively impacted their lives.

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Page 3: Budget

Q14 Please provide a budget expenditure report. Also, provide a budget narrative that explains how the funds were utilized, what was purchased, what were the expensed items based upon the budget that was submitted.

Please see the attached expense report.

Funding from the S.L. Gimbel Foundation supported mental health therapist salaries and benefits, mental health staff salaries and benefits, and salary expenses for a psychiatrist. Mental health therapists served clients by assessing mental health needs, setting goals, and providing treatment. CFI's therapists maintain current licensure and attend trainings to remain on the cutting edge of mental health therapy developments. CFI utilizes the service of a highly-qualified psychiatrist to provide telehealth psychiatric services at CFI's Fort Dodge and Osceola Family Service Centers through video-conferencing technology. Both of these Family Service Centers serve rural areas. Funding was distributed amongst both locations.

Page 4: Success Stories

Q15 Please relate a success story:

As an example of how this grant from the S.L. Gimbel Foundation has made a difference in the life of one individual, please consider the story of Layla, whose name has been changed to protect her identity:

At five years old, Layla has been through more trauma than most of us experience in a life time. Her mom was high on meth and fighting with her live-in boyfriend constantly. Her dad was murdered. When she was four, the Department of Human Services (DHS) removed Layla and her older sister from her mother's care and placed them with their grandmother and great-grandfather.

When Layla's mother kidnapped the girls, DHS removed them from the only security they had known, their grandparents' home, and placed them in foster care. The girls cried every day. Eventually the court returned the girls to their grandmother's care.

From the beginning, Layla showed signs of delayed mental and physical development. She was still in diapers at four years old and her emotional development was that of an average two-year-old. Layla tested her boundaries with her over-lenient and guilt-ridden grandparents, started fights with her older sister to gain attention, and was unruly at home and on visits with her mom.

DHS suggested therapy to help Layla overcome her past traumas. She started receiving play therapy through Children & Families of Iowa's (CFI) Mental Health Services. At first Layla would not stay in therapy sessions without her grandmother, or even speak to her therapist, but eventually she became comfortable and therapy progressed.

Visits with her mother caused more trauma for Layla as her mother was very volatile with her grandmother. A CFI Family Safety, Risk, and Permanency (FSRP) worker was called in to supervise the visits and, though sporadic, they ran more smoothly.

In September, Layla started preschool. "Her behaviors and lack of attention were so bad that her great grandfather or I were called to the preschool to help keep her focused," says her grandmother. A CFI Behavioral Health Intervention Services (BHIS) worker helped the family learn to hold Layla accountable for her behaviors at home.

"The court system terminated my daughter's parental rights and I was able to adopt the two girls just before Christmas" says their grandmother. "It seemed like the cherry on top". "Layla now plays softball and is in gymnastics while her sister dances and plays soccer,"

Layla's CFI therapist comments that Layla is now happy and healthy, and is very successful at school.

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Q16 Please relate a success story here: Respondent skipped this question

Q17 Please relate a success story here: Respondent skipped this question

Page 5: Organizational Information

Q18 Which category best describes the organization. Please choose only one. Other (please specify):
Health & Human Services

Q19 What is the organization's primary program area of interest? Health & Human Services

Q20 Percentage of clients served through grant in each ethnic group category. Total must equal 100%

African American	3
Asian/Pacific Islander	0
Caucasian	82
Native American	0
Hispanic Latino	7
All Ethnicities	8
Other	0
Unknown	0

Q21 Approximate percentage of clients served from grant funds in each age category.

Children Birth-05 years of age	7
Children ages 06-12 years of age	47
Youth ages 13-18	0
Young Adults (18-24)	7
Adults	12
Senior Citizens	0

Q22 Approximate percentage of clients served with disabilities from grant funds. Respondent skipped this question

Q23 Approximate percentage of clients served in each economic group. Other 85

Q24 Approximate percentage of clients served from grant funds in each population category. Children/Youth (those not included in Family) 54



children & families of iowa

2018-2019 Expense Report for S.L. Gimbel Foundation Grant Mental and Behavioral Health Services – Fort Dodge and Osceola

Revenues:

S.L. Gimbel Foundation grant	25,000
Total Revenues	25,000

Expenses:

Salaries (therapists and mental health staff)	14,000
Benefits	3,500
Psychiatrist	7,500
Total Expenses	25,000
NET SURPLUS/(DEFICIT)	0

Funds allocation by location:

Fort Dodge	5,000
Osceola	20,000
Total Revenues	25,000



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