



2015 S.L. Gimbel Foundation Fund Grant Application

Internal Use Only:
Grant: 0050824

Organization / Agency Information

<i>Organization/Agency Name:</i> Children & Families of Iowa (CFI)		
<i>Physical Address:</i> 1111 University Avenue		<i>City/State/Zip</i> Des Moines, Iowa 50304
<i>Mailing Address:</i> same		<i>City/State/Zip</i> same
<i>CEO or Director:</i> Janice Lane <i>Title:</i> Chief Executive Officer		
<i>Phone:</i> 515-697-7920	<i>Fax:</i> 515-288-9109	<i>Email:</i> janicel@cfiowa.org
<i>Contact Person:</i> Amy Stapp-Arpy		<i>Title:</i> CDO/VP Communications and Development
<i>Phone:</i> 515-697-7921	<i>Fax:</i> 515-288-9109	<i>Email:</i> amysa@cfiowa.org
<i>Web Site Address:</i> www.cfiowa.org		<i>Tax ID:</i> 42-0680416

Program / Grant Information

Interest Area: Animal Protection Education Environment Health Human Dignity

<i>Program/Project Name:</i> Trauma-Informed Mental Health Services for Low-Income Women and Children in Rural Communities			<i>Amount of Grant Requested:</i> \$25,000
<i>Total Organization Budget:</i> \$16,824,124	<i>Per 990, Percentage of Program Service Expenses (Column B/ Column A x 100):</i> 86.96%	<i>Per 990, Percentage of Management & General Expenses Only (Column C/ Column A x 100):</i> 10.04%	<i>Per 990, Percentage of Management & General Expenses and Fundraising (Column C+D/ Column A x 100):</i> 10.04%

Purpose of Grant Request (one sentence):

The purpose of this grant request is to serve approximately 1,253 low-income women and children in 43 rural counties in Iowa who need to access mental health services, including psychiatric services. Proposed funding will help cover the costs of reimbursement gaps, therapist salaries and one-time client emergency needs such as food, gasoline or diapers.

Gimbel Grants Received: List Year(s) and Award Amount(s)

2013 – Children & Families of Iowa gratefully received \$25,000 from the S.L. Gimbel Foundation

Signatures

<i>Board President / Chair: (Print name and Title)</i> Rob Seiler, Board President	<i>Signature:</i> 	<i>Date:</i> May 1, 2015
<i>Executive Director/President: (Print name and Title)</i> Janice Lane, Executive Director	<i>Signature:</i> 	<i>Date:</i> May 1, 2015

S.L. Gimbel Foundation Fund APPLICATION

Narrative

I. Organization Background; Target Population:

A) What is the history, mission and/or purpose of your organization? How long has the organization been providing programs and services to the community?

Children & Families of Iowa (CFI) has been restoring hope, building futures and changing lives for more than 125 years. What began as a small agency for abandoned and neglected children has evolved over the decades into one of the state's most respected providers of comprehensive human services, offering hope and healing to tens of thousands of Iowans each year.

B) What are some of your past organizational accomplishments (last three years)?

2014 –

- CFI started partnerships with several rural school districts in Central Iowa to provide mental health therapy to in elementary schools, because of increasingly complex mental health needs in children.
- CFI successfully renewed its credentials with the Council on Accreditation (COA), a rigorous process of third party examination of compliance with best practice standards.

2013 –

- CFI launched the trauma-informed care approach agency-wide, engaging clients in a way that recognizes and addresses the impact that stress may have on the brain, and the potential to exacerbate mental illness.

2012 –

- CFI added Child-Parent Psychotherapy services. This treatment is specifically for children ages 0-5 and their parents. It helps break the trauma cycle often passed down from parent to child.
- CFI implemented new treatments for methamphetamine usage, prescription drug abuse and other emerging types of substance abuse among teens.

C) What are your key programs and activities? Describe the communities you serve.

Include populations, geographic locations served, and relevant statistics.

Children & Families of Iowa delivered services to more than 25,600 individuals in 2014, almost half were children. This represents a 40 percent increase in clients served from the previous year. CFI works through five interconnected service areas: mental health therapy for all ages, quality child care and preschool for low income families, in-home family counseling and parent mentoring, job training and substance abuse treatment for teens and domestic violence shelter and services for anyone who needs them. Women and girls represented are projected to represent 70 to 72 percent of CFI's client gender demographic in fiscal year 2016. CFI's work aligns with the priorities of the S.L. Gimbel Foundation Fund's field of interest "Human Dignity – programs that assist abused women and children, empower women and girls, provides shelters for the homeless and assist in the construction of homes for poor families."

II. Project Information:

A) Statement of Need

1. Specify the community need you want to address and are seeking funds for.

In Iowa:

- A child is abused or neglected every 48 minutes. (Children's Defense Fund, 2013)
- 15 percent of children live in poverty. (Annie E. Casey Foundation's Kids Count Report, 2014)
- Suicide is the second leading cause of death for individuals ages 15-40, yet our state suffers a shortage of mental health practitioners, especially in rural areas. (Iowa Department of Public Health)

Mental health needs in Iowa are growing more complex, yet the mental health system is struggling, especially for children and women from low-income households in rural areas. "The result — more people are being hospitalized, ending up in jail or a correctional facility," according to Dr. Alan Whitters, a 30-year veteran mental health practitioner and director of behavioral services at Mercy Medical Center in Des Moines. To make matters even more complex, the governor has made a controversial decision to close two of

the state's mental health facilities for budgetary reasons. People in rural communities must drive up to two hours for a simple yet necessary 15-minute medication check with a psychiatrist. Sometimes this trip includes a small child. The hardship gets even worse for low income families with unreliable vehicles, no driver's license, lack of gas money and jobs that do not include paid time off for medical appointments.

Children & Families of Iowa addresses this by providing mental health therapy for women and children in rural Iowa, and further expands outreach by providing telehealth services for simple psychiatric appointments.

B) Project Goal, Objectives and Methodology

1. State your project goal. Describe your project. How does your project meet the community need? What is unique and innovative about this project?

Children & Families of Iowa's goal in this project is to deliver mental health services to women and children in rural Iowa. CFI reaches clients in 43 rural counties (a 30 percent increase from 2013) through six strategically located family service centers. To reach even more rural clients, CFI has implemented a telehealth initiative to connect rural clients with psychiatric services, providing face-to-face interactive medication check appointments through live, two-way video conferencing equipment. CFI's approach to mental health therapy is trauma-informed care, recognizing the impact that stress can have on the brain.

2. State up to three objectives. Objectives should be specific, measurable, action-oriented, realistic, and time-specific. Specify the activities you will undertake to meet each objective. Use the following format for your objectives and respective activities:

Objective I: 1,078 women and children from rural areas of Iowa will be screened and assessed for mental health in fiscal year 2016 (July 1, 2015 – June 30, 2016).

Activities: CFI works with each client individually to conduct diagnostic interviews, assess presenting issues, explore treatment options and set therapy goals.

Objective II: 130 women and children from rural areas of Iowa will receive telehealth psychiatric services in fiscal year 2016 (July 1, 2015 – June 30, 2016).

Activities: CFI contracts with licensed psychiatrists. Appointments are scheduled to meet the needs of the client with day and evening time options offered.

Objective III: 90 percent of mental health clients will improve or maintain overall functioning using Global Assessment Functioning (GAF), an industry standard assessment tool.

Activities: The GAF is administered by therapists at the time of the initial assessment, 10th session and annually thereafter to monitor progress.

Provide a timeline for implementing the project? July 1, 2015 – June 30, 2016

3. Who will this grant serve? Describe your target population. How many people will be impacted? Provide a breakdown: Number of Children, Youth, Adults, Seniors, Animals. Include a detailed list of activities and number of participants for each activity.

CFI serves a wide range of individuals; however, the majority of our clients encounter significant barriers to mental health such as: poverty, food insecurity, lack of education, domestic violence and unemployment.

Projected impact for fiscal year 2016 (July 1, 2015 – June 30, 2016) follows:

- 663 women in rural Iowa are projected to be served through CFI's Mental Health Services
- 415 children in rural Iowa are projected to be served through CFI's Mental Health Services
- 102 children in rural Iowa are projected to be served through CFI's telehealth services
- 50 teens in rural Iowa are projected to be served through CFI's telehealth services
- 23 women in rural Iowa are projected to be served through CFI's telehealth services. (Note: this number does not reflect the mothers of the children served.)
- 184 total individuals in rural Iowa are projected to be served through CFI's telehealth services.
- 607 total rural consultations are projected to be delivered through CFI's telehealth services.

- 2,250 total individuals are projected to be served directly through CFI's Mental Health Services.
- 5,400 total individuals are projected to be served directly and indirectly through CFI's Mental Health Services.

4. How does this project relate to other existing projects in the community? Who else in the community is providing this service or has a similar project? Who are your community partners (if any)? How are you utilizing volunteers?

Children & Families of Iowa provides critical, unduplicated mental health services. CFI's partners include therapists, physicians, Iowa Department of Human Services, Magellan Health Services, Iowa Telecom and Community Foundation of Northwest Iowa. CFI maintains a collaborative relationship with another key provider of similar services, Lutheran Services of Iowa. While CFI utilizes over 1,000 volunteers per year in other departments, it is inappropriate to incorporate volunteers with mental health service delivery due to the delicate and private nature of the program.

C) Project Outcomes and Evaluation

1. What are the key anticipated outcomes of the project and impact on participants?

Children & Families of Iowa's primary anticipated outcome is to assist low-income women and children from rural areas in meeting their individual mental health goals.

2. How will you know if you have achieved the expected outcomes?

Children & Families of Iowa tracks individual data that indicate mental health goals on a quarterly basis. If appropriate progress is not achieved, CFI tests different approaches for improved results.

3. How will progress towards the objectives be tracked and outcomes measured?

Children & Families of Iowa works in partnership with the University of Iowa to identify, review and analyze CFI's outcomes and measures. CFI collects data, including client satisfaction surveys, on a quarterly basis. Service delivery improvements are initiated based on results.

D) How will you use the grant funds?

Children & Families of Iowa respectfully requests \$25,000 from the S.L. Gimbel Foundation to support trauma-informed mental health services for low-income women and children in rural Iowa by helping to cover costs of gap in payments, therapist salaries and one-time emergency needs for clients such as food, diapers or gasoline.

III. Project Future

2. Explain how you will support this project after the grant performance period.

Children & Families of Iowa cultivates a broad base of public and private sources to secure funding and sustain quality services for our clients.

IV. Governance, Executive Leadership and Key Personnel/Staff Qualifications

A) Describe your board of directors and the role it plays in the organization. What committees exist within your board of directors? How does the board of directors make decisions?

Children & Families of Iowa maintains a community-based board of directors who review quality on a monthly basis. Board members are trained annually on CFI's mission, goals, management practices, financial policies and conflicts of interest. Each board member signs a conflict of interest statement in compliance with CFI policy. Board committees include: executive, strategic planning, audit and governance.

B) Describe the qualifications of key personnel/staff responsible for the project.

CFI Chief Executive Officer Janice Lane has an M.A. in Rehabilitative Counseling and 25 years management and leadership experience in mental health services. CFI VP for Mental Health Services, Patricia Rogness, has a Master of Science Degree in Counseling and a Bachelor's Degree in Social Work.

Organization:**CHILDREN AND FAMILIES OF IOWA****V. Project Budget**

Provide a detailed line-item budget for your project by completing the table below.

A breakdown of specific line item requests and attendant costs should include:

- 1) Line item requests for materials, supplies, equipment and others:
 - a. Identify and list the type of materials, supplies, equipment, etc.
 - b. Specify the unit cost, number of units, and total cost
 - c. Use a formula/equation as applicable. (i.e. 40 books @ \$100 each = \$4000)
- 2) Line item requests for staff, compensation, benefits: **Do not use FTE percentages.**
 - a. Identify the position; for each position request, **specify the hourly rate and the number of hours** (i.e. \$20/hr x 20 hours/week x 20 weeks = \$8,000)
 - b. For benefits, provide the formula and calculation (i.e. \$8,000 x 25% = \$2,000)

Line Item Description	Line Item Explanation	Support From Your Agency	Support From Other Funders	Requested Amount From TCF	Line Item Total of Project
Salaries	6 FTE Therapists @ \$38,000 + supervisors (\$18.27/hr x 57 hr/mo x 12 mo)	\$238,127	\$10,000	\$12,500	\$260,627
Benefits	FICA, Medical, Workers' Comp, etc. @ 24.4% of Gross Salaries	59,093	2,000	2,500	63,593
Medical Consultant	279 hours @ \$128 per hour	28,211		7,500	35,711
Printing & Supplies	6 FTE portion of printing & supplies	2,375			2,375
Utilities	6 FTE portion of various location utilities	3,468			3,468
Rent	6 FTE portion of various location rent	11,461	2,000		13,461
Building Supplies & Maintenance	6 FTE portion of lawn care, snow removal, etc.	2,195			2,195
Travel	Mileage reimbursement at \$0.38 per mile	7,226	3,000	1,500	11,726
Client Supportive Services	Gas cards, child care, other items as needed to remove barriers to therapy	3,250	1,000	1,000	5,250
Equipment Lease & Repair	6 FTE portion of equipment lease costs	3,114			3,114
Miscellaneous	Other miscellaneous program expenses	17,413			17,413
Indirect Admin Allocation	Allocated at 10.6% of direct costs	42,505	2,000		44,505
TOTALS:		\$418,438	\$20,000	\$25,000	\$463,438

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VI. Sources of Funding: Please list your current sources of funding and amounts.

Secured/Awarded

Name of Funder: Foundation, Corporation, Government	Amount
United Way Fort Dodge	\$12,000
Homer Barr	\$5,000
Easter Family	\$3,000

Pending

Name of Funder: Foundation, Corporation, Government	Amount	Decision Date
United Way of Central Iowa	\$137,939	June 2015

Diversity of Funding Sources: A financially healthy organization should have a diverse mix of funding sources. Complete those categories that apply to your organization using figures from your most recent fiscal year.

Funding Source	Amount	% of Total Revenue	Funding Source	Amount	% of Total Revenue
Contributions*	\$450,000	3.06 %	Program Fees	\$10,366,427	70.49%
Government Grants	\$3,003,478	20.42%	Interest Income	\$0	0.0%
			Other: Misc	\$97,886	0.67%
			Other: United Way	\$788,471	5.36%

Notes:

* raised through multi-channeled activities of our Foundation.

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VII. Financial Analysis

Agency Name: Children & Families of Iowa
 Most Current Fiscal Year (Dates): From 07/01/2015 To: 06/30/2016

This section presents an overview of an applicant organization's financial health and will be reviewed along with the grant proposal. Provide all the information requested on your **entire organization**. Include any notes that may explain any extraordinary circumstances. Information should be taken from your most recent 990 and audit. **Double check your figures!**

Form 990, Part IX: Statement of Functional Expenses

1) Transfer the totals for each of the columns, Line 25- Total functional expenses (page 10)

(A) Total Expenses	(B) Program service expenses	(C) Management & general expenses	(D) Fundraising expenses
\$14,503,374	\$13,047,126	\$1,456,248	\$0

2) Calculate the percentages of Columns B, C, and D, over A (per totals above)

- Program services (B) – A general rule is that at least 75% of total expenses should be used to support programs
- Management & general administration (C) – A general rule is that no more than 15% of total expenses should be used for management & general expenses
- Fundraising (D) – A general rule is that no more than 10% of total expenses should be used for fundraising

(A) Total Expenses	(B) Program service expenses	(C) Management & general expenses	(D) Fundraising expenses
	Columns B / A x 100	Columns C / A x 100	Columns D / A x 100
Must equal 100%	90%	10%	0%

3) Calculate the difference between your CURRENT year budget for management & general expenses and your previous management & general expenses per your 990 (Column C)

Percentage of Organization's <u>Current</u> Total Budget used for Administration (from cover page)	Column C, Management & general expenses per 990 above	Differential
10.6%	10 %	0.60 %

If the differential is above (+) or below (-) 10%, provide an explanation:

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Quick Ratio: Measures the level of liquidity and measures only current assets that can be quickly turned to cash. A generally standard Quick Ratio equals 1 or more.

Cash	+ Accounts Receivables	/Current Liabilities	= Quick Ratio
\$883,787	\$1,851,525	1,267,316	2.158

Excess or Deficit for the Year:

Excess or (Deficit) Most recent fiscal year end	Excess or (Deficit) Prior fiscal year end
\$539,308	\$136,140

Notes: The most recent fiscal year end results include some one time audit adjustments. The prior year fiscal year end is more indicative of annual expectations.

VIII. Application submission check list:

	<u>Submit FOUR (4) Copies: 1 ORIGINAL (WITH ORIGINAL SIGNATURES) and 3 copies, collated and stapled together of the following:</u>		<u>Submit ONE (1) Copy:</u>
✓	Completed Grant Application Form (cover sheet, narrative (3 pages maximum), budget and sources of funding, financial analysis page	✓	A copy of your current 501(c)(3) letter from the IRS
✓	A list of your Board members and their affiliations	✓	A copy of your most recent year-end financial statements (audited if available; double-sided)
✓	Your current operating budget and the previous year's actual expenses	✓	A copy of your most recent 990 (double-sided)
✓	Part IX only of the 990 form, Statement of Functional Expenses (one page). If you completed a 990-EZ, fill out the attached Part IX, Functional Expenses of the 990 form using figures from your 990-EZ		
✓	For past grantees, a copy of your most recent final report.		

Part IX Statement of Functional Expenses

Section 501(c)(3) and 501(c)(4) organizations must complete all columns. All other organizations must complete column (A).

Check if Schedule O contains a response or note to any line in this Part IX

Do not include amounts reported on lines 6b, 7b, 8b, 9b, and 10b of Part VIII.	(A) Total expenses	(B) Program service expenses	(C) Management and general expenses	(D) Fundraising expenses
1 Grants and other assistance to governments and organizations in the United States. See Part IV, line 21				
2 Grants and other assistance to individuals in the United States. See Part IV, line 22				
3 Grants and other assistance to governments, organizations, and individuals outside the United States. See Part IV, lines 15 and 16				
4 Benefits paid to or for members				
5 Compensation of current officers, directors, trustees, and key employees				
6 Compensation not included above, to disqualified persons (as defined under section 4958(f)(1)) and persons described in section 4958(c)(3)(B)				
7 Other salaries and wages	7,908,397.	7,208,638.	699,759.	
8 Pension plan accruals and contributions (include section 401(k) and 403(b) employer contributions)				
9 Other employee benefits	1,242,836.	1,117,091.	125,745.	
10 Payroll taxes	629,729.	544,483.	85,246.	
11 Fees for services (non-employees):				
a Management				
b Legal				
c Accounting				
d Lobbying				
e Professional fundraising services. See Part IV, line 17				
f Investment management fees				
g Other. (If line 11g amount exceeds 10% of line 25, column (A) amount, list line 11g expenses on Sch O.)	53,696.	7,125.	46,571.	
12 Advertising and promotion	64,246.	60,325.	3,921.	
13 Office expenses	170,430.	152,606.	17,824.	
14 Information technology				
15 Royalties				
16 Occupancy	662,866.	605,654.	57,212.	
17 Travel	635,030.	624,904.	10,126.	
18 Payments of travel or entertainment expenses for any federal, state, or local public officials				
19 Conferences, conventions, and meetings	88,866.	82,795.	6,071.	
20 Interest				
21 Payments to affiliates				
22 Depreciation, depletion, and amortization	179,988.	90,052.	89,936.	
23 Insurance				
24 Other expenses. Itemize expenses not covered above. (List miscellaneous expenses in line 24e. If line 24e amount exceeds 10% of line 25, column (A) amount, list line 24e expenses on Schedule O.)				
a CONTRACT SERVICES	1,462,942.	1,368,258.	94,684.	
b ASSISTANCE-INDIVIDUALS	688,006.	687,951.	55.	
c UNCOLLECTIBLE FEES	256,613.	101,613.	155,000.	
d SUPPLIES	237,099.	225,335.	11,764.	
e All other expenses	222,630.	170,296.	52,334.	
25 Total functional expenses. Add lines 1 through 24e	14,503,374.	13,047,126.	1,456,248.	0.
26 Joint costs. Complete this line only if the organization reported in column (B) joint costs from a combined educational campaign and fundraising solicitation.				

Check here if following SOP 98-2 (ASC 958-720)



Board of Directors

Board Year 2014-2015

Rob Seiler, EMC Insurance Companies – President
Vicki Hedlin, Community Volunteer – Past President
David Arens, Wells Fargo Bank – Vice President – Audit Committee
Ben Bruns, Weitz Company – Vice President – Planning Committee
Jeff Krausman, Dickinson Law Firm – Vice President – Governance Committee
C. Ann Shelton, Wells Fargo – Vice President – Advocacy Committee
Shelly Meighan, Principal Financial Group – Secretary/Treasurer

Karen Boriskey, Hy-Vee
Michael Dayton, Nyemaster Goode, P.C
Andi Donaghy, Accountable Health Solutions
Derek Folden, Iowa Finance Authority
Karen Guard, Nationwide Insurance
Nick Griffin, First American Bank
Korey Keninger, McGladrey & Pullen, LLP
Kerrie Liedtke, Wellmark Blue Cross and Shield
Brent McLaren, FBL Financial Group
Julie Middleswart, Ernst & Young, LLP
Nicole Russell, National Council for Prescription Drug Programs
Laura Sweet, Des Moines Performing Arts
Harvey Weinberg, Principal Financial Group
Carmen Yancey, Pioneer Hi-Bred International, Inc.

S.L. Gimbel Foundation Fund

Grant Evaluation Form

Docket 2

Organization: Children & Families of Iowa (CFI)

Contact Name: Amy Stapp-Arpy Title: CDO/V.P. of Development and Communications

Phone Number: 515-697-7921 Grant Period: July 1, 2013 – June 30, 2014

Award Amount: \$25,000 Grant Number: 20130466

- Describe the project's key outcomes and results based on your goals and objectives. Provide the number of clients served and other relevant statistics.

Children & Families of Iowa is grateful for the tremendous support from the S.L. Gimbel Foundation Fund to help provide Trauma-Informed Mental Health Services for Low-Income Women and Children in Rural Communities. Your funding has provided critical assistance to vulnerable populations in isolated areas.

The goal in this project was to deliver trauma-informed mental health services to women and children in rural Iowa. CFI reached out to clients in 33 rural counties through four strategically located family service centers. To reach even more rural clients, CFI utilized a telehealth system to connect rural clients with psychiatric services, providing face-to-face interactive medication check appointments by using live two-way video conferencing equipment. CFI's approach to mental health therapy is trauma-informed, which recognizes the presence of post-traumatic stress symptoms resulting from physical or sexual abuse or neglect, violence, disasters and other situations constant alert that can form the core origin of mental illness.

Specific objectives, activities and outcomes/results of this project follow:

Objective I: 995 women and children from rural areas of Iowa will be screened and assessed for mental health in fiscal year 2014 (July 1, 2013 – June 30, 2014).

Activities: CFI worked with each client individually to conduct diagnostic interviews, assess presenting issues, explore treatment options and set therapy goals.

Objective II: 116 women and children from rural areas of Iowa will receive telehealth psychiatric services in fiscal year 2014 (July 1, 2013 – June 30, 2014).

Activities: CFI contracted with licensed psychiatrists. Appointments were scheduled to meet the needs of the client with day and evening time options offered.

Objective III: 90 percent of mental health clients will improve or maintain overall functioning using Global Assessment Functioning (GAF), an industry standard assessment tool.

Activities: The GAF was administered by therapists at the time of the initial assessment and quarterly thereafter to monitor progress.

As a result of funding from the Gimbel Foundation Fund, CFI reports the following outcomes for fiscal year 2014:

- 713 women in rural Iowa were served through CFI's Mental Health Services.
 - Projected: 620
 - 1,479 children in rural Iowa were served through CFI's Mental Health Services.
 - Projected: 375
 - 69 children in rural Iowa were served through CFI's telehealth services.
 - Projected: 99
 - 37 teens in rural Iowa were served through CFI's telehealth services.
 - Projected: 43
 - 42 women in rural Iowa were served through CFI's telehealth services (note: this number does not reflect the mothers of the children served).
 - Projected: 99
 - 226 total individuals in rural Iowa were served through CFI' telehealth services.
 - Projected: 163
 - 438 total rural consultations were delivered through CFI's telehealth services.
 - Projected: 541
 - 3,037 total clients were served through CFI's Mental Health Services.
 - Projected: 2,211
-
- **What were the challenges and obstacles you encounters (if any) in attaining your goals and objectives? How did you overcome and/or address the challenges and obstacles? What were the lessons learned?**

The biggest challenge CFI encountered was lack of adequate numbers of mental health therapy professionals. During this project period, CFI had planned to hire ten full time therapists, however we were only able to hire five. The other challenge was the increasing complexities of mental health challenges including a large increase in children who needed services. The numbers for rural women telehealth clients were lower than projected, while number of women overall clients receiving mental health services were higher than projected. CFI addressed these challenges by utilizing telehealth services as possible, as well as mental health consultants to help bridge the gap of services.

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

Despite the fact that CFI was only able to hire five therapists to serve rural areas (instead of ten as originally planned) we met and exceeded client goals. Part of the reason is because of increased efficiencies and the telehealth option. However it is also true that we projected conservative numbers in anticipation of a shortage of mental health professionals. Still, 100 percent of the grant funds from S.L. Gimbel Foundation provided much needed assistance to ensure quality mental health services to women and children in rural counties of Iowa.

- **Describe the overall effect this grant has had on your organization.**

Funding from the S.L. Gimbel Foundation has been critical to the success of women and children in rural areas who seek mental health services. Thanks to the support from the S.L. Gimbel Foundation, other

donors have taken interest in this project and there is great potential to leverage additional funding to ensure quality mental health services for at-risk children and families.

Additionally, this grant supported CFI's commitment to incorporating trauma-informed counseling and therapy into its mental health services and overall approach service delivery. Trauma-informed care engages clients in a way that recognizes the presence of trauma symptoms, and addresses trauma as the root cause of mental health issues. Presently, CFI has two high-level trainers on staff, licensed clinical therapists who are certified to provide trauma-informed training to CFI's entire team of therapists, counselors and advocates. CFI conducts training exercises on a continual basis, integrating trauma-informed practices in all program areas including: substance abuse treatment, youth and family therapy, domestic violence services, in-home counseling and youth residential homes.

The trauma-informed approach is key to the success of CFI's rural mental health care programs, and now, thanks to the Gimbel Foundation, we have moved forward in strengthening this agency-wide initiative.

- **Tell us a few success stories that made an impact on your organization and/or community as a result of this grant.**

With thanks to the S.L. Gimbel Foundation Fund, we are pleased to share the story of Tori* who's transformation demonstrates the positive impact this funding has made.

If you saw Tori* today, you would see a bright, ambitious, determined 17-year-old girl who is excited to see what the future holds. But it wasn't always that way. Tori had to work hard to overcome post-traumatic stress syndrome (PTSD).

Tori's childhood memories are filled with violence and neglect. Her parents were addicted to drugs, and verbally and physically abusive to her and to each other. When Tori was 11 years old, her parents were arrested, and Tori was removed from the home and placed in foster care.

Fortunately there was a CFI family service center close to her foster home (in rural Fort Dodge, Iowa), and Tori was started meeting with a CFI pediatric therapist.

CFI helped Tori overcome the negative image she had of herself, and on processing the trauma she experienced growing up. When she was fifteen years old, Tori was adopted by her foster family, who provided her with the loving, safe home she had spent her life looking for.

"Counseling has helped shape me into the person I am today: self-reliant, smart, semi-confident, brave and loved," says Tori. "It helped change me from the little girl who felt, abused, neglected, unloved and not good enough for anything or anyone. It has helped me shape my life into what I want it to be, and made me realize that I am capable of doing anything I want with my life."

*Client's name has been changed to protect confidentiality

- **Provide a financial report on the use of your grant funds (expenditures).**

Children & Families of Iowa is deeply grateful to partner with the S.L. Gimbel Foundation Fund to deliver mental health services to women in rural areas. We have attached the financial report. Please let us know if you have additional questions.

Organization: CHILDREN AND FAMILIES OF IOWA

V. Project Budget

Provide a detailed line-item budget for your project by completing the table below.

A breakdown of specific line item requests and attendant costs should include:

- 1) Line item requests for materials, supplies, equipment and others:
 - a. Identify and list the type of materials, supplies, equipment, etc.
 - b. Specify the unit cost, number of units, and total cost
 - c. Use a formula/equation as applicable. (i.e. 40 books @ \$100 each = \$4000)
- 2) Line item requests for staff, compensation, benefits: **Do not use FTE percentages.**
 - a. Identify the position; for each position request, **specify the hourly rate and the number of hours** (i.e. \$20/hr x 20 hours/week x 20 weeks = \$8,000)
 - b. For benefits, provide the formula and calculation (i.e. \$8,000 x 25% = \$2,000)

Line Item Description	Line Item Explanation	Support From Your Agency	Support From Other Funders	Requested Amount From TCF	Line Item Total of Project
Salaries	6 FTE Therapists @ \$38,000 + supervisors (\$18.27/hr x 57 hr/mo x 12 mo)	\$238,127	\$10,000	\$12,500	\$260,627
Benefits	FICA, Medical, Workers' Comp, etc. @ 24.4% of Gross Salaries	59,093	2,000	2,500	63,593
Medical Consultant	279 hours @ \$128 per hour	28,211		7,500	35,711
Printing & Supplies	6 FTE portion of printing & supplies	2,375			2,375
Utilities	6 FTE portion of various location utilities	3,468			3,468
Rent	6 FTE portion of various location rent	11,461	2,000		13,461
Building Supplies & Maintenance	6 FTE portion of lawn care, snow removal, etc.	2,195			2,195
Travel	Mileage reimbursement at \$0.38 per mile	7,226	3,000	1,500	11,726
Client Supportive Services	Gas cards, child care, other items as needed to remove barriers to therapy	3,250	1,000	1,000	5,250
Equipment Lease & Repair	6 FTE portion of equipment lease costs	3,114			3,114
Miscellaneous	Other miscellaneous program expenses	17,413			17,413
Indirect Admin Allocation	Allocated at 10.6% of direct costs	42,505	2,000		44,505
TOTALS:		\$418,438	\$20,000	\$25,000	\$463,438

Organization: CHILDREN AND FAMILIES OF IOWA

V. Project Budget

Provide a detailed line-item budget for your project by completing the table below.

A breakdown of specific line item requests and attendant costs should include:

- 1) Line item requests for materials, supplies, equipment and others:
 - a. Identify and list the type of materials, supplies, equipment, etc.
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2015 S.L. Gimbel Foundation APPLICATION

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Celia Cudiamat

From: Celia Cudiamat
Sent: Wednesday, August 26, 2015 2:47 PM
To: Christina N. Mills (christina@cfilc.org)
Subject: Gimbel Foundation Application

Importance: High

Christina,

Thank you for submitting an application to the Gimbel Foundation.

During the review process the following question arose:

- 1) How does the culminating outreach of 6000 people organized and by whom?
- 2) Who initiates the campaign and in what form does this happen?

Please submit your response by September 1, 2015, preferably sooner.

Celia

Celia Cudiamat | Executive Vice President of Programs The Community Foundation

CORPORATE OFFICE: 3700 Sixth Street, Suite 200 | Riverside, CA 92501

OFFICE: 951.241.7777 x 114 | **FAX:** 951.684.1911

COACHELLA VALLEY OFFICE: 777 E. Tahquitz Canyon Way, Suite 200-48 | Palm Springs, CA 92262

OFFICE: 760.969.5027 | **FAX:** 760.969.5028

CONNECT: [Facebook](#) | [Twitter](#) | [You Tube](#) | [Website](#) | [Annual Report](#) | [Email](#)



Strengthening Inland Southern California through philanthropy.



Confirmed in Compliance with National Standards for U.S. Community Foundations

Celia Cudiamat

From: Celia Cudiamat
Sent: Thursday, August 27, 2015 4:34 PM
To: 'Terri Speirs'
Subject: FW: Gimbel Foundation Application
Attachments: Project Budget Page.docx

Importance: High

Terri,
I did not receive a response. If you'd like to move your application forward, please email a response by Sept. 2.
Thanks.
Celia

Celia Cudiamat | Executive Vice President of Programs The Community Foundation

CORPORATE OFFICE: 3700 Sixth Street, Suite 200 | Riverside, CA 92501
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Strengthening Inland Southern California through philanthropy.



Confirmed in Compliance with National Standards for U.S. Community Foundations

From: Celia Cudiamat
Sent: Thursday, July 16, 2015 1:38 PM
To: Amy Stapp-Arpy (AmySA@CFIOWA.org); janicel@cfiowa.org
Subject: Gimbel Foundation Application
Importance: High

Thank you for submitting an application to the Gimbel Foundation.

In order to move your application through the review process, please provide the following:

- 1) V. Project Budget, line item Salaries: What is the hourly rate and number of hours for the Therapists that add up to \$12,500 ?

Use the attached and email back to me by July 31, 2015.

Thanks.

Celia Cudiamat | Executive Vice President of Programs The Community Foundation

CORPORATE OFFICE: 3700 Sixth Street, Suite 200 | Riverside, CA 92501
OFFICE: 951.241.7777 x 114 | **FAX:** 951.684.1911

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Sent: Thursday, July 16, 2015 1:38 PM
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Strengthening Inland Southern California through philanthropy.



Confirmed in Compliance with National Standards for U.S. Community Foundations



2015 S.L. Gimbel Foundation Fund Grant Application

Internal Use Only:
Grant _____

Organization / Agency Information

<i>Organization/Agency Name:</i> Children & Families of Iowa (CFI)		
<i>Physical Address:</i> 1111 University Avenue	<i>City/State/Zip:</i> Des Moines, Iowa 50304	
<i>Mailing Address:</i> same	<i>City/State/Zip:</i> same	
<i>CEO or Director:</i> Janice Lane <i>Title:</i> Chief Executive Officer		
<i>Phone:</i> 515-697-7920	<i>Fax:</i> 515-288-9109	<i>Email:</i> janicel@cfiowa.org
<i>Contact Person:</i> Amy Stapp-Arpy		<i>Title:</i> CDO/VP Communications and Development
<i>Phone:</i> 515-697-7921	<i>Fax:</i> 515-288-9109	<i>Email:</i> amysa@cfiowa.org
<i>Web Site Address:</i> www.cfiowa.org		<i>Tax ID:</i> 42-0680416

Program / Grant Information

Interest Area: Animal Protection Education Environment Health Human Dignity

<i>Program/Project Name:</i> Trauma-Informed Mental Health Services for Low-Income Women and Children in Rural Communities		<i>Amount of Grant Requested:</i> \$25,000	
<i>Total Organization Budget:</i> \$16,824,124	<i>Per 990, Percentage of Program Service Expenses (Column B / Column A x 100):</i> 86.96%	<i>Per 990, Percentage of Management & General Expenses Only (Column C / Column A x 100):</i> 10.04%	<i>Per 990, Percentage of Management & General Expenses and Fundraising (Column C+D / Column A x 100):</i> 10.04%
<i>Purpose of Grant Request (one sentence):</i> The purpose of this grant request is to serve approximately 1,253 low-income women and children in 43 rural counties in Iowa who need to access mental health services, including psychiatric services. Proposed funding will help cover the costs of reimbursement gaps, therapist salaries and one-time client emergency needs such as food, gasoline or diapers.			
<i>Gimbel Grants Received: List Year(s) and Award Amount(s)</i> 2013 – Children & Families of Iowa gratefully received \$25,000 from the S.L. Gimbel Foundation			

Signatures

<i>Board President / Chair: (Print name and Title)</i> Rob Seiler, Board President	<i>Signature:</i> 	<i>Date:</i> May 1, 2015
<i>Executive Director/President: (Print name and Title)</i> Janice Lane, Executive Director	<i>Signature:</i> 	<i>Date:</i> May 1, 2015



children & families of iowa

1111 university ave, des moines, ia 50314 • www.cfiowa.org

To: Celia Cudiamat, Executive Vice President of Programs

The Community Foundation, FAX: 951.684.1911

From: Terri Speirs, Grant Specialist, Children & Families of Iowa, FAX: 515.288.9109

Re: 2015 Cover Sheet for the S.L. Gimbel Foundation Fund Grant Application

Date: May 4, 2015

Pages: Two including cover sheet

Celia,

Please see attached the 2015 Cover Sheet for the S.L. Gimbel Foundation Fund Grant Application. The original copy with original signatures is being sent to you via first class postal mail.

Thank you for the opportunity to provide this cover sheet, and to apply for funding. Please let me know if you would like additional information.

Could you kindly send me an email to confirm receipt of this fax?

Best regards,

Terri Speirs 

Children & Families of Iowa

terris@cfiowa.org

515-697-7952

Internal Revenue Service

Date: February 1, 2005

CHILDREN AND FAMILIES OF IOWA
1111 UNIVERSITY
DES MOINES IA 50314-2363

Department of the Treasury
P. O. Box 2508
Cincinnati, OH 45201

Person to Contact:
Patricia Sims #31-04345'
Customer Service Representative
Toll Free Telephone Number:
8:30 a.m. to 5:30 p.m. ET
877-829-5500
Fax Number:
513-263-3756
Federal Identification Number:
42-0680416

Dear Sir or Madam:

This is in response to your request of October 27, 2004, regarding your organization's tax-exempt status.

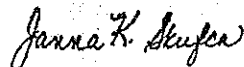
In January 1947 we issued a determination letter that recognized your organization as exempt from federal income tax. Our records indicate that your organization is currently exempt under section 501(c)(3) of the Internal Revenue Code.

Our records indicate that your organization is also classified as a public charity under sections 509(a)(1) and 170(b)(1)(A)(vi) of the Internal Revenue Code.

Our records indicate that contributions to your organization are deductible under section 170 of the Code, and that you are qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Internal Revenue Code.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely,



Janna K. Skufca, Director, TE/GE
Customer Account Services

2015 S.L. Gimbel Foundation Fund

Grant Agreement

Organization: Children & Families of Iowa (CFI)
Grant Amount: \$ 25,000 **Grant Number:** 20150824
Grant Period: November 15, 2015 through October 15, 2016
Purpose: Provide mental health and psychiatric services to 1,253 low-income women and children in 43 rural counties in Iowa.

1. Use of Grant Funds

Grant funds must be expended within the grant period, for the purpose and objectives described in your grant proposal. Grant funds may not be expended for any other purpose without prior written approval by The Community Foundation. If there are significant difficulties in making use of the funds as specified in your proposal, or if the grant funds cannot be spent within the grant period, notify us in writing promptly.

Formal requests for extensions or variances must be submitted to the Foundation's Board of Directors for approval a minimum of 60 days before the end of the grant period.

Requests for variances or extensions are reviewed on a case-by-case basis and approved by the Board of Directors. If a request is denied, unused funds must be immediately refunded to the Foundation.

2. Payment of Grant Funds

The grant funds will be paid in full by the Foundation upon receipt of the signed Grant Agreement. Challenge grant funds will be paid in full upon receipt of the signed Grant Agreement and upon receipt of documentation providing evidence that condition(s) of the challenge grant has/have been met.

3. Certification and Maintenance of Exempt Organization Status

This grant is specifically conditioned upon Grantee's status as an eligible grantee of The Community Foundation. The Foundation has obtained a copy of the Grantee's IRS determination letter. Grantee confirms that it has not had any change in its tax-exempt status, and shall notify the Foundation immediately of any such change.

4. Final Report and Records

The Grantee will submit the Grant Evaluation report per the deadline set forth in the award letter. This report includes a narrative on outcomes based on goals and objectives set forth in the grant proposal and an expenditure report documenting use of grant funds. If equipment was purchased, copies of receipts need to be included.

5. Grantee's Financial Responsibilities

Grantee will keep records of receipts and expenditures of grant funds and other supporting documentation related to the grant at least four (4) years after completion of the grant and will make such records of receipts, expenditures and supporting documentation available to the Foundation upon request.

6. Publicity

The Community Foundation recommends publicity for the grant and acknowledging The Community Foundation in internal correspondence, brochures as appropriate; newsletters, annual reports and email blasts or e-newsletters.

The credit line of "Made possible in part by a grant from the "S.L. Gimbel Foundation Advised Fund at The Community Foundation – Inland Southern California" is suggested. When your donors are listed in printed materials, include the S.L. Gimbel Foundation Advised Fund at The Community Foundation in the appropriate contribution size category. When

publishing our name, please note the "The" at the beginning of our name is a legal part of our name. It should always be used and capitalized. Attaching our logo is also appreciated. Our logo can be downloaded from our website at www.thecommunityfoundation.net.

7. Indemnification

In the event that a claim of any kind is asserted against the Grantee or the Foundation related to or arising from the project funded by the Grant and a proceeding is brought against the Foundation by reason of such claim, the Grantee, upon written notice from the Foundation, shall, at the Grantee's expense, resist or defend such action or proceeding, at no cost to the Foundation, by counsel approved by the Foundation in writing.

Grantee hereby agrees, to the fullest extent permitted by law, to defend, indemnify, and hold harmless the Foundation, its offices, directors, employees, and agents, from and against any and all claims, liabilities, losses, and expenses (including reasonable attorneys' fees) directly, indirectly, wholly, or partially arising from or in connection with any act or omission by Grantee, its employees, or agents in applying for or accepting the Grant, in expending or applying the Grant funds or in carrying out any project or program supported by the Grant, except to the extent that such claims, liabilities, losses, and expenses arise from or in connection with any bad faith act or omission by the Foundation, its officers, directors, employees, or agent.

8. Termination

The Community Foundation may terminate this agreement, withhold payments, or both at any time, if, in the Community Foundation's judgment: a) The Community Foundation is not satisfied with the quality of the Grantee's progress toward achieving the project goals and objectives; b) the Grantee dissolves or fails to operate; c) the Grantee fails to comply with the terms and conditions of this agreement.

9. Limitation of Support

This Agreement contains the entire agreement between the parties with respect to the Grant and supersedes any previous oral or written understandings or agreements.

I have read and agree to the terms and conditions of the Grant Agreement.

Amy Stapp Arp
Signature

11/6/15
Date

Amy Stapp Arp
Printed Name

CEO/VP Dev & Com.
Title

Organization: 19795 Children & Families of Iowa
Grant Number: 20150824

OK
11/23/15

2015 S.L. Gimbel Foundation Fund

Grant Agreement

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Grantee hereby agrees, to the fullest extent permitted by law, to defend, indemnify, and hold harmless the Foundation, its offices, directors, employees, and agents, from and against any and all claims, liabilities, losses, and expenses (including reasonable attorneys' fees) directly, indirectly, wholly, or partially arising from or in connection with any act or omission by Grantee, its employees, or agents in applying for or accepting the Grant, in expending or applying the Grant funds or in carrying out any project or program supported by the Grant, except to the extent that such claims, liabilities, losses, and expenses arise from or in connection with any bad faith act or omission by the Foundation, its officers, directors, employees, or agent.

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Amy Stapp-Arpy
Signature

11/6/15
Date

Amy Stapp-Arpy
Printed Name

CEO/VP Dev & Com.
Title

Organization: 19795 Children & Families of Iowa
Grant Number: 20150824

OK
11/23/15



The Community Foundation

Strengthening Inland Southern California through Philanthropy

S. L. Gimbel Foundation Fund

BOARD OF DIRECTORS November 24, 2015

Philip Savage IV
Chair of the Board

Sean Varner
Vice Chair of the Board

Pat Spafford, CPA
Chief Financial Officer

Sergio Bohon
Secretary of the Board

Glenda Bayless

Dr. Paulette Brown-Hinds

Rabbi Hillel Cohn

James Cuevas
Immediate Past Board Chair

Paul Granillo

Stanley Grube

Kirk Harns

Dr. Fred Jandt

Andrew Jaramillo

Dr. Albert Karnig

D. Matthew Pim

Teresa Rhyne

Dr. Henry Shannon

Tamara Sipos

Beverly Stephenson

Randall Tagami

Diane Valenzuela

Janice Lane
Chief Executive Officer
Children & Families of Iowa (CFI)
1111 University Avenue
Des Moines, Iowa 50304

Dear Ms. Lane:

The Community Foundation is pleased to enclose a grant check for \$25,000 from the S. L. Gimbel Foundation, a component fund at The Community Foundation. By cashing the grant check, you are agreeing to the conditions stated under the *Terms of Grant* which you have signed and returned. The completed Grant Evaluation form is due by **October 31, 2016** and will be available online on The Community Foundations website under Grants/Forms. Please note that any grant variances or extensions must be requested in writing and in advance. Any remaining grant funds must be returned to The Community Foundation at the end of the grant period.

We greatly appreciate any help you can give us in publicizing the grant. Please use the following credit in any grant announcements or materials funded by the grant: "The (name of project/program) is supported by a grant from The S. L. Gimbel Foundation." You may send copies of articles printed in local papers, stories in your agency newsletter, annual report, press releases, and other publications for our files.

If you have any questions, please contact me at 951-241-7777.

Sincerely,

Celia Cudiamat
Executive Vice President of Programs

20150824

40050

GIMB5

Dr. Jonathan Lorenzo Yorba
President and CEO



Confirmed in Compliance
with National Standards for
U.S. Community Foundations

40050

The Community Foundation
 Strengthening Inland Southern California Through Philanthropy
 3700 SIXTH STREET, SUITE 200
 RIVERSIDE, CA 92501
 951-241-7777 / FAX 951-684-1911

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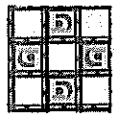
DATE

AMOUNT

11/06/2015

\$****25,000.00

Children and Families of Iowa
 1111 University Ave.
 Des Moines, IA 50322



Celia Andujar

Jonathan Lorenzo Yolas
 AUTHORIZED SIGNATURE

Security features. Details on back.

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The Community Foundation		40050
19795	Children and Families of Iowa	11/06/2015 040050
20150824	10/28/2015 Provide mental health services to 1253 low-income	25,000.00
GIMB	S.L. Gimbel Foundation Advised Fund	25,000.00

CHECK TOTAL: \$****25,000.00

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CHECK TOTAL: \$****25,000.00