PROPOSAL SUBMITTAL FORM

Agency Information

Agency Name: University of Kentucky Research Foundation

Mailing Address: 109 Kinkead Hall, Lexington, KY 40506-0057

Street Address: 109 Kinkead Hall, Lexington, KY 40506-0057

Phone: (859) 257 - 9420

Is your Agency registered with the IRS as a 501(c)3 organization? ☑ Yes ☐ No

*Note: Agencies **must** be registered with the IRS as a 501(c)3 organization to be eligible for ESR Program funding.*

Does your agency have a current profile with Blue Grass Community Foundation's GoodGiving.net? ☑ Yes ☐ No

*Note: Agencies **must** have profiles with GoodGiving.net to be eligible for ESR funding.*

Website Address: https://goodgiving.guidestar.org/NonprofitProfile.aspx?OrgId=1140692

Agency Representative *(typically the Executive Director - Name, Title, Phone, Email)*:

Kim C. Carter, Associate Director

Person Completing Application *(Name, Title, Phone, Email):*

Holly Dye, Transformation Manger, 859-562-1407; Holly.Dye@uky.edu

Program Information

Name of program for which funds are being requested: **Beyond Birth Services**

Total Funding Amount Requested: $ **268,804**

RFP #11-2019 PROPOSAL SUBMITTAL FORM

- **Save this PDF formatted Proposal Submittal Form to your hard drive before beginning to enter responses in it to ensure your responses are saved to the form.**
- **LIMIT RESPONSES IN TEXT BOXES TO 250 WORDS**
- **REMINDER: All proposals must be written in a clear and concise manner, as there will be no follow-up or clarifications to proposer's submittal form once the evaluation process begins.**

5.1 Program Proposal & Design

5.1.1 Needs Statement—Purpose of the Program Proposal / Problem Statement **15 Points**

Using local data, provide a description of the problem in Fayette County. Identify the specific population your program is targeting (i.e. age, geographical region, economic status, etc.) and explain why. Discuss whether this population is under-served or at-risk. Describe your understanding of the local system of services addressing this problem, obstacles and/or opportunities your clients face, and how your agency fits within this system of services.

The rate of child abuse in Kentucky is twice the national rate (22.2 victims/1,000 children vs. 9.1/1,000) (Child Maltreatment Report, U.S. HHS, 2017). Among the 1,838 substantiated investigations of child abuse/neglect in central Kentucky, 12% of affected children are African American (Southern Bluegrass CPS Intake Fact Sheet, 4/1/2018-3/31/2019). The attributed cause to this rise in abuse is parents and caregivers with untreated substance use disorders (SUD). Kentucky leads the nation in prenatal substance exposure and the rate of neonatal abstinence syndrome has increased four-fold from 6.6 to 23/1000 admissions from 2009-2014 (Brown, JAMA, 2016). Children are most likely to enter foster care in the first five years of life and are more likely to die in homes with continuing substance use. In Fayette and surrounding counties, >1,500 children were in out-of-home-care (Foster Care FACTS report, 2/3/2019), 25% of whom were African American. More than 300 (21%) of children entered foster care within the first year of life.

The Beyond Birth Clinic provides comprehensive outpatient treatment and parenting support to women at highest risk of abusing children, increasing rates of children in safe homes; however African American women are not receiving treatment at the rates of Caucasian women and represent <1% of current patients served.

This project will 1) improve access to comprehensive SUD treatment for African American women in Fayette County; 2) enhance parenting support for women at highest risk of abusing children, and 3) expand pediatric support services for children whose mothers are in treatment for SUD.

5.1.2 Service Delivery Model **15 Points**

What steps will you take or what activities will you provide to assist clients in achieving these goals? Describe each "unit of service" you will provide for clients and how often and how long this service will be provided (e.g. a one-time three-hour training; a weekly one-hour support group for 12 weeks; one 30-minute health exam twice a year; 1-3 hour advocacy services as needed; etc.) How will these services address the problem as identified in the Needs Statement above? Be specific.

Beyond Birth provides comprehensive outpatient treatment for postpartum and early-parenting women with opioid use disorder (OUD). All new clients receive complete physical and behavioral health assessments, including testing for pregnancy, HCV, HIV and recent substance use. Additionally, clients meet with a licensed social worker who will do a psychosocial assessment which will include details about all children, current and past custody status and DCBS involvement. Clients are assigned to a medical doctor or nurse practitioner for ongoing medical treatment of substance use and mental health disorders. Clients are counseled on long-acting birth control options and are provided with these services. Clients with HCV who are eligible for treatment are offered antiviral treatment at Beyond Birth.

Clients participate in educational groups, individual counseling and/or group counseling, and receive peer support services. Clients who are parenting are encouraged to bring her child to the clinic as she participates in provider visits as well as group and individual counseling. However, children typically do not have access to healthy food/snacks during long clinic days. Pediatric services, including child development assessments, nutritional needs assessments, and linkages to follow-up pediatric care are not services that are currently offered.

Through this project, we will provide outreach to DCBS and local pediatricians in Fayette County to increasing referrals for women of color. We will also partner with licensed pediatric psychologists to provide 50 child development assessments for children of Beyond Birth clients and provide twelve 12-15 week parenting education programs for women and nutritional support for children.

5.1.3 Client Eligibility and Requirements **5 Points**

What eligibility requirements must clients meet to qualify for services? What are the expectations of clients while receiving services? (e.g. client must pay $30 fee for each class; client must remain sober; client is responsible for chores; nothing other than participation in services; etc.)

Women age 18-44 who are the mother of at least one child age zero to five and have a diagnosed substance use disorder are eligible for services at the Beyond Birth Comprehensive Recovery Center. Eligibility is open to any women at risk of developing a severe substance use disorder, or who currently have the diagnosis who are experiencing life difficulties as a result. All substances of use including alcohol, marijuana, stimulants, and opioids qualify for services at Beyond Birth. Women may have physical custody of a child or be working a case plan with the Department for Community Based Services (DCBS). Women may also self-refer if they are interested in receiving treatment for any substance use that has made their life unmanageable. Women with co-occurring mental health conditions are also welcome, although resources for primary severe mental illness may require connection to other community providers. Beyond Birth will continue to manage treatment of any SUD and foster healthy development and bonding through individualized treatment planning. All women will be offered parenting classes. Priority for developmental assessments will be given to children who have missed a developmental milestone that will impact readiness for kindergarten if not addressed.

5.1.4 Evidence-Based/Best Practice **10 Points**

Describe the evidence-based or promising practice model on which this service approach is based. Provide particular sources that indicate what you are doing is best-practice.

Beyond Birth is a trauma-informed OUD treatment program that provides evidence-based individual treatment and group therapy utilizing Hazelden's Living in Balance, The Matrix, Seeking Safety (integrated approach for SUDs and PTSD), and individual cognitive behavioral therapy including MET, Cognitive Therapy, DBT and Acceptance and Commitment Therapy. Living in Balance draws from cognitive-behavioral, experiential and 12-Step approaches and has been proven to retain clients longer in treatment and reduce alcohol and other-drug use. Several studies have demonstrated that participants treated using the Matrix Model show statistically significant reductions in drug and alcohol use, improvements in psychological indicators, and reduced risky sexual behaviors (NIH).

For the children, evaluations with consist of an ADOS2 (Autism Diagnostic Observation Schedule 2), considered the gold standard for diagnosis, and developmental and/or cognitive testing using the Mullen Scale of Early Learning or a Stanford Binet 5 Intelligence Scale. The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence. The programs are used worldwide in schools and mental health centers, and have been shown to work across cultures and socioeconomic groups. The program takes 12-15 weeks to complete and includes a developmental resource book for parents to use as a guide for each developmental stage. Beyond Birth, in collaboration with the UK Department of Developmental Pediatrics will offer the Incredible Years® 0-2 and the Incredible Years® 3-5.

5.2 Program Measures & Evaluation

5.2.1 Service Efficacy & Desired Outcomes **10 Points**

What do you hope to help your clients achieve? What are some examples of goals you will set with clients? What is your service philosophy in terms of helping your clients achieve these goals? Describe how you define "successful" completion of services. (e.g. service is complete if: client remains for entire three-hour training; client continues services until judge orders otherwise; etc.) What percentage of clients meet that criteria for success?

Children prenatally exposed to substances tend to show some rather dramatic developmental effects that may or may not meet criteria for autism-spectrum disorder, but need addressed as soon as possible to provide the best possible future outcome. Providing the Incredible Years® is important in this population because many of the babies and toddlers at Beyond Birth show significant neurodevelopmental challenges including speech and language delay, hyperactivity and impulsivity and difficulty with social reciprocity. They are difficult to parent under the best of circumstances and at high risk of abuse due to these behaviors. By incorporating childhood development screening, parenting classes and linkages to pediatric care services, we believe women will experience decreased stress and have the tools needed to provide a safe home for her child.Finally, we will conduct a basic needs assessment to identify what resources women need to meet basic needs for food security, a clean home that is heated or cooled, screening for legal service needs, and resources for transportation and employment.

We will measure the following outcomes:

-Number of referrals from DCBS
-Number of African American clients enrolled
-Number of clients to complete the Incredible Years®
-Number of children who have a pediatrician of record
-Number of children to complete developmental assessments
-Number of parent-hours spent in Parent Child Interaction Center with DCBS engagement
-Number of clients to complete the basic needs assessment survey
-Number of healthy snacks provided to children per week

5.2.2 Client Empowerment & Community Impact **10 Points**

Describe what meaningful difference these services make in the lives of people served. What value is added to the community? Provide examples. (e.g. client demonstrates change in attitude; client has behavior change; etc.)

Beyond Birth is a community partner with a few key partnerships that increase access, which includes a formal partnership with the Chrysalis House, a residential treatment program that has expanded to a building next door to the Beyond Birth outpatient clinic. Beyond Birth has relocated to a neighboring building that serves as Chrysalis House's fourth location. This partnership has provided increased access to hepatitis c treatment for women, and greater continuity of care for women completing the inpatient program since patients can continue outpatient care at Beyond Birth.

By bringing the community to our mothers, we help them reintegrate into the community. Local community resources including the Public Health Department, Safe Kids Coalition, early childhood mental health specialists and nutrition programs and access to safe sleep surfaces that help us reduce risk of infant death due to unsafe sleep. Beyond Birth also actively participates with the Community Mental Health Centers, the Court System, residential treatment centers, and employers. Family Court judges are able to refer women into an outpatient treatment setting that welcomes children.

The program, which empowers high-risk women to live independent lives, is also a financial investment in Fayette County and saves taxpayers money. Community benefits also include fewer children in foster care, increased employment rates for mothers, and decreased law enforcement costs. By providing easy access to additional support and resources, women have the opportunity to be the best parent she can be while having access to building blocks for her future.

5.2.3 Data Assessment & Quality Improvement **10 Points**

While it doesn't have to be complicated, evaluation is more than saying "we provided this many 'units of service.'" How will you know if your services have been effective? How does this relate to the desired outcomes for your clients? How will the information gathered be used to improve your services in the future? Be specific (for example, data collection may be through focus groups, pre-and post-tests, client satisfaction surveys, etc.), and also **be specific regarding sampling size and frequency of evaluation.**

Before and after completion of the Incredible Years, clients will complete the Parenting Stress Index-4th Edition (PSI) (Abdin, 2012) measure parental report of competency and general parent-child relationship variables which contribute to parent stress as well as the Eyberg Child Behavior Inventory (ECBI) to measure child externalizing behavior. The ECBI is a 36-item instrument designed to measure parental perception of behavior problems in children. The ECBI provides two subscales that yield an intensity and a problem score measuring the severity and extent of a child's behavioral difficulties. It has been found to have good reliability and concurrent validity (as shown by significant correlations with other ratings of child behavior), to discriminate adequately between children with and without disabilities, and to correlate well with independent observations of child behavior (Dumas et al, 1991).

We will evaluate any changes in PSI or ECBI measures for participants in the Incredible Years programming. Additionally, we will have clients complete a survey to describe their satisfaction with programming upon completion. We anticipate 150 women served as the course of this expansion.

5.3 Capacity & Sustainability

5.3.1 Staff Qualifications & Experience **5 Points**

Provide information on the key/primary individuals that will be involved in the provision of services and demonstrate that they have the capacity to address the stated need. List each position by title and name of employee, if available. Describe the anticipated roles and responsibilities for each person as it relates to this project. Describe the experience, expertise, and capacity of each individual to address the proposed activities.

All current staff at Beyond Birth are committed to ensuring the best treatment combination for each woman served. All medication management for opioid use disorder follows ASAM guidelines. Masters level prepared case managers and Licensed Clinical Social Workers. Each member of the behavioral health treatment team has greater than twenty years working with high risk parenting women, domestic violence, the courts, and comprehensive treatment. The clinic also has the benefit of serving as a training location for resident physicians, nurse practitioners and social workers in training.
Caitlin Allen, PhD is a clinical psychologist with a specialty in neurodevelopmental disorders, specifically autism spectrum disorder (ASD). For over 20 years, she has worked with individuals with autism and their families. Early diagnosis of ASD can significantly alter its course by helping children receive early intensive intervention. Dr. Allen has a nationally recognized specialty in neurobehavioral disorders that may increase risk of abuse and decrease educational performance in children with prenatal and environmental substance exposure, including alcohol.
The project lead, Holly Dye has expertise in drug related child abuse and has developed nationally recognized training and intervention strategies for working with families and decreasing subsequent neglect or abuse in families with a history of substance use.
Evaluator Kathleen Winter, PhD is an epidemiologist and has expertise in evaluating perinatal interventions. She is an assistant professor at the University Of Kentucky College Of Public Health and is currently the evaluator on several projects with the Beyond Birth program.

5.3.2 Partnership & Resource Leverage **5 Points**

How do your programs and services support our community's comprehensive response to the identified priority area of Community Wellness & Safety? Does your organization have any formal agreements or informal working relationship with other local service programs?

What role does your governing board members, volunteers, and / or donors play in facilitating viable service delivery and program administration? Does your program have any major civic benefactors or corporate sponsors? Describe other secured funding sources and committed operational resources your organization has allocated for the proposed program.

The University of Kentucky has the unique benefit of accessing experts in a variety of fields that can impact the trajectory of life for a woman and her children. Connections with the UK College of Law will allow Beyond Birth to bring in advanced students to complete a legal needs screening with each parent and collaborate with social workers to ensure these needs are met. The greatest barriers faced by the women we serve are commonly the ability to pay high utility bills in the winter for poorly insulated housing, accessing resources for children in need of early intervention service, food insecurity, and safe, reliable transportation. The Beyond Birth clinic is also located next door to Chrysalis House's fourth Fayette County site and is able to provide services for women who require residential SUD treatment.
Funds will be used to strengthen connections between the community and the University that have direct impact in the lives of parenting women. All activities that are supported for this year are expected to become part of ongoing operations with funds being utilized to seed startup of vitally needed resources and support. Throughout the life of this grant, plans will be put into place to meet the needs of patients through private donations and organized fundraising within the community. Beyond Birth actively participates with the Community Mental Health Centers, the Court System, residential treatment centers, and employers. Family Court judges are able to refer women into an outpatient treatment setting that welcomes children.

5.3.3 Outreach & Inclusion Strategy **15 Points**

Demonstrate how the program will ensure services are available and accessible by all potential participants, especially related to language barriers for persons with limited English proficiency; persons with physical or other disabilities; and persons impacted by poverty and economic distress.

Has your organization enacted any policies (or employs any standard operating procedures) to ensure equitable service opportunity and / or benefit program to a diverse cross-section of the greater community?

Since its' inception as primarily an OUD clinic that offered buprenorphine naloxone along with counseling, we have been concerned that women with other SUDs were not having equal access to care for situations that place their children at risk of harm. Other substances include use of stimulants, benzodiazepines, alcohol and marijuana which can result in environmental exposure to substances through passive inhalation and increase risk of violence in the home or even parental overdose. Due to the risk of death associated with opioids and the fact that the issue affected predominantly whites, the patient population of Beyond Birth reflected the same. However, the shift has begun and stimulants that are more commonly used among African Americans have been observed to include fentanyl. Whether the intent is by drug-traffickers to get a new population of people addicted to this powerful and deadly opioid or not, the risk of death or developing an opioid use disorder is growing among this population. We have already begun the process of welcoming any woman for whom substance use has affected her ability to provide for the basic needs of her family, which includes a safe, drug-free home with access to running water, heat, and food.

Direct outreach will take place through community churches, community centers, family and district court system, the Department for Community Based Services, and jails to ensure we reach the most vulnerable and welcome them to the opportunity of finding long-term recovery for substance use disorder.

6.0 Program Budget Summary Form Instructions

Proposal Submittal shall be considered incomplete and shall be rejected without completed Budget Summary Form. *(Including total amount of ESR grant request.)*

For organizations requesting funding for more than one program in this RFP, combine into a single Program Budget narrative for the proposal.

Please note that the Program Budget will be part of the grantee agreement with LFUCG and regular tracking and expenditure reporting will be required.

To ensure readability and uniformity, please use the Program Budget form included. Provide brief line-item detail as specified in each section below and verify all calculations.

This section provides a summary of the total proposed Program Budget for FY 2020. It requests the allocation of all projected funding amounts (City and non-City sources) for anticipated FY 2020 program expenditures.

Total Program Budget

Column A should reflect projected expenditures for the entire program (not just the proposed LFUCG ESR grant funding request portion). When the chart is completed this column should equal ESR Grant Funding Request plus other/non-ESR program funding. (A=B+C)

ESR Grant Funding Request

Column B is the grant amount being requested from this RFP to support this program's services to eligible Fayette County Participants.

Non-LFUCG Program Funding

Column C is the non-LFUCG ESR funding that is allocated to the Total Program Budget (A-B = C).

This form is for the budget for the PROGRAM applying for ESR funds, not the total agency budget.

For each category identify the amount requested and the amount to be leveraged through other programs or organizations (if applicable).

Staff Salaries – Identify the number of Full-time position salaries allocated to the program, and part-time positions allocated to the program, and the amounts of each allocated to Columns A, B, & C.

Consultant Services – In the "List Details" box, **briefly** describe any expenses associated with providing expanded supportive services or other services for which the organization intends to contract with another entity. Any of these expenses to be provided by the proposing organization should be included in other line items.

Space/Facilities – In the "List Details" box, **briefly** list the basis of the allocation of rental costs, utilities, janitorial costs, and any other facility costs for the Program. Identify any office or program space in an LFUCG owned building, and any other costs (rent, monthly utilities, etc.) reimbursed to LFUCG.

Scholarships/Stipends – In the "List Details" box, **briefly** list the type of scholarships or stipends, and include the number of people or organizations to receive funds.

Operating Expenses – In the "List Details" box, **briefly** list the costs associated with expenses, supplies, utilities, and any other expense associated directly with the operation of the project.

Other – In the "List Details" box, **briefly** list any other costs for the Program not covered above.

PROGRAM BUDGET SUMMARY

Agency Name **University of Kentucky Research Foundation**

Program Name **Beyond Birth Services**

FY 2020 (July 1, 2019-June 30, 2020) Total Program Budget

	# of Employees:	Column A Total Program Budget [= B+C]	Column B ESR Grant Funding Request	Column C Non-ESR Program Funding [A-B]
1. Staff Salaries for Program				
Full-Time (FTE)	0	0	0	
Part-Time	6	138,600	138,600	
Total Salaries		138,600	138,600	0
3. Consultant Services	$	0		
list details				
4. Space/Facilities	$	68,204	68,204	
list details	Requested: Indirect costs through our Federal negotiated rate of 34%. These costs cover items such as accounting, janitorial and custodial services, utilities, etc.			
5. Operating Expenses	$	0		0
list details	The clinic is a partnership between the UK College of Nursing, UK HealthCare and the Department of Psychiatry. The clinic is able to bill Medicaid providers for medical and behavioral services.			
6. Scholarships / Stipends	$	0		
list details - numbers & amounts				
7. Other	$	62,000	62,000	
list details	Requested: UberHealth to provide reliable transportation, Gift Card Incentives to offset travel cost, Incredible Years Development Book, Utility Assistance Incentive, Age Appropriate Toys and Basic need assistance, Health Snacks for Research Subjects, and Child Testing Materials			
8. TOTAL PROGRAM BUDGET	$	268,804	268,804	0

Cost per Program Participant: $ 1,792

I understand that this document in its entirety is incorporated into my grant Agreement with the Lexington-Fayette Urban County Government.

Authorized Representative *(typed name)*: Kim C Carter

Title: Associate Director **Date**: 4/19/19