



Grant Writing, Funding Development, and More

Date funded: 2004
Agency Source: Disney
Grant program: Helping Kids Shine
The subject area: Substance Abuse/Delinquency Prevention (Faith-Based)
Total funding: \$58,353

Disney’s Helping Kids Shine Grants Application

**2004 Program Application
Organization Overview**

Legal name of organization, address and name of executive director:

Legal Name: XXXXXXXXXXXXXXXX Family Ministries (_____)
Address: _____ Mailing: _____
Address: _____ Office: _____
Executive Director: _____) _____

Year organization established: 1997 _____

Contact Person and Title: _____ , President/Founder

Phone: _____ Fax _____ Email _____

Grant amount request: \$58,353.71 _____

Please briefly state your organizations mission: _____ When a child or adolescent is arrested or in trouble the entire family is in crisis and needing support. It is the mission of _____ Family Ministries to give that support and direction while showing families how to cope during this troubling time. _____ Family Ministries seeks to help _____ County families sort out these emotions, gain an understanding of their situation, and find comfort in others who have experienced these troubling events themselves. _____



Grant Writing, Funding Development, and More

Staffing: Number of paid employees: 1 full-time, 2 part-time (3 total) (total)

Number of volunteers: 9 volunteers (weekly average)

Number of volunteer hours: 35 hours (weekly average)

Number of people your organization reaches annually: 1,200

Total annual organizational budget: \$48,920 Fiscal Year End: 12/31/2004

Geographic area served (county/counties): , Hardee, Highland

A) BACKGROUND

Since 1997, Family Ministries () has been working with families, juvenile facilities, and the community to provide a range of services for families in distress. This proposal is the logical next step for and has grown out of encouragement from the juvenile court judge and families and youth in need. This Christian ministry grew out of the heartache of one mother who struggled with embarrassment, loneliness and desire to share resources after having her son become a juvenile offender. The program intends to strengthen its ability to work with families through the establishment of a Family resource Center that would be open to all families in need. Families would be referred to this new, research based Family Education Program by the juvenile court and both the youthful offender and their parents would attend. Classes will begin by June 1, 2004. s Director, , is a member of Governor Jeb Bush's Faith Based Advisory Board and the Advisory Boards for the Regional Juvenile Detention Center, Halfway House, the _____Academy, and the Juvenile Corrections Institute.

B) PROPOSAL

Description of Project:

This family-focused project helps parents to reconnect with their child in ways that will begin to melt their hardened hearts and bring them back as valued members of the family, community, and society. The project involves the implementation of a Family Education Program for parents and youth involved with DJJ through the utilization of a proven effective parenting program called Parenting with Love and Limits (PLL). A basic premise of the program is that one important factor in developing symptoms such as substance abuse and delinquency is a family's maladaptive way of relating to one another. Through PLL, families begin to change these maladaptive interaction patterns and create the opportunity for new, more functional interactions to emerge. PLL has been



Grant Writing, Funding Development, and More

rigorously evaluated in a number of studies and found to be effective in improving youth behavior, reducing recidivism, and improving family relationships. The program builds character in delinquent teens and places them back into society as productive and responsible citizens.

The funding provided will help to establish the much needed Family Resource Center which will provide a range of services in addition to the Family Education Program described herein. Funds will go toward the costs associated with the training of staff in the Parenting with Love and Limits model, establishing space to be utilized for classes, staffing of the program, program evaluation, and needed workbooks and materials.

Parenting With Love and Limits™ Education Group: Two group facilitators will lead a small group of parents, caregivers and their teenagers (no more than 4-6 families with no more than 15 people total in the group) in six classes, each two hours long. Two co-facilitators are needed because you will be conducting parent and teen breakout groups. At times, parents and teens meet together, but other times parents and teens will meet separately.

The class curriculum allows parents to come to the conclusion that everyone in the family has to change not just their teen. Parents and teenagers will attain skills through 7 skill-based steps, videotapes, group discussions, breakout sessions, and application of concepts through the "inner/outer circle". Each parent and teen will receive their own workbooks and a copy of Dr. Sells' book entitled *Parenting the Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love*.

Needs project will address:

Many programs are currently suffering from unprecedented budget cuts. This, coupled with the rising number of families experiencing their children entering the judicial system puts unusual demands on shrinking budgets. Agencies find themselves having to do more with less *and* having to become more effective at the same time. The PLL Model allows agencies and communities to do more with less because the families are empowered through the parenting group to form their own support network. By empowering the parents to do the work and not the system, families get better faster and are less likely to call the counselor, principal, teacher or probation officer when there is a problem. Instead, the parents call the other parents in the group for support. This saves time, is more effective, and offers the opportunity to build wrap-around support networks.

The PLL model meets the needs of families in crisis because it by-passes the aversion to "therapy." Parents usually run from the notion that they are to look into their own issues and understand how they are contributing to their teen's problems. They are much more receptive to the idea of having a step-by-step, easy to understand manual to tell them how to stop specific problems. The PLL Model is the



Grant Writing, Funding Development, and More

only program currently in existence that has a parenting program that is manualized, allows the parents and teens to work together, and custom designed for the difficult child. The PLL model also addresses a much needed combined love and limits approach, helping parents to both reestablish their lost authority through contracting and "tough love" consequences and restore lost love and tenderness. One without the other will have only limited effectiveness.

Audience project will serve:

According to the U.S. Census Bureau, an estimated 11 million households contain youth (aged 8-18) at-risk for serious problem behaviors such as violence at home or school, threats of suicide, chronic running away, truancy, teen pregnancy, destruction of property, extreme disrespect, chronic lying, and alcohol or drug abuse. Six County juvenile facilities service over 570 children every day, many of which are repeat offenders. These youth and their parents/caregivers are the target population for this program.

C) EVALUATION

All youth and parents participating in the *Parenting With Love and Limits™* family education program will complete survey tools designed to measure the effectiveness of the program. All evaluation components will be performed by a professional evaluation consultant, allowing program staff to focus on the provision of services. A primary goal will be a maximum 15% recidivism rate among youth as measured through DJJ arrest records.

Parent surveys from participants in the *Parenting With Love and Limits™* program will show that at least 75% of parents will report that they learned new parenting techniques and that communication between them and their child has improved. At least 75% of youth participants will report that they feel better equipped to deal with their anger, that what is expected of them by their parents is clearly expressed, and that communication between them and their parent(s) has improved.

D) BUDGET

Expense	Calculation	Grant Request
Staff		
Program Coordinator	\$8.00 X 40 hours X 52 Weeks	\$16,640.00
Group Facilitators	\$600 class X 2 facilitators X 10	\$12,000.00
Evaluation Consultant	n/a	\$2,000.00
Executive Director	\$30,000 X 25%	\$7,500.00
Fringe (taxes, Workers Comp)	Salary total X 8.65%	\$2,917.71
Staff Total		\$41,057.71



Grant Writing, Funding Development, and More

Workbooks and texts	\$42 X 150	\$6,300.00
Office Supplies	\$50 X 12	\$600.00
Tables	\$50 X 10	\$500.00
Chairs	\$10 X 40	\$400.00
Class Room Setup	n/a	\$900.00
Materials Total		\$8,700.00
Travel and Training		
Training Tuition	\$695 X 4	\$2,780.00
Airfare	\$180 X 4	\$720.00
Hotel	\$100 X 3 X 4	\$1,200.00
Land Transportation	\$.365 X 400 miles	\$146.00
Travel and Training Total		\$4,846.00
Office/classroom space	\$12,000 X 25%	\$3,000.00
Utilities	\$150 month X 12 X 25%	\$450.00
Telephone	\$100 month X 12 X 25%	\$300.00
Other Expenses Total		\$3,750.00
GRAND TOTAL		\$58,353.71

E) ADDITIONAL INFORMATION

The Parenting with Love and Limits is a family-focused project that helps parents to reconnect with their child in ways that will begin to melt their hardened hearts and bring them back as valued members of the family, community, and society. The program believes that one important factor in developing symptoms such as substance abuse and delinquency is a family's maladaptive way of relating. PLL changes these interaction patterns creating new, more functional interaction patterns.