

Somerset County Municipal Youth Services Commission

2019

Application Form

Minimum \$2,500 – Maximum \$6,000

Competitive Grant

PROPOSAL DUE DATE

June 14, 2019

Return via Mail by Noon to: Somerset County Office of Youth Services
Post Office Box 3000
Somerville NJ, 08876
Attn: KateLynn Patronick

OR

Hand Deliver by Noon to: Somerset County Office of Youth Services
27 Warren Street
Somerville, New Jersey

Municipal Commission: Township of Franklin

Contact Person: Alice Osipowitz

Phone: 732-873-1991 **E-Mail:** alice.osipowitz@franklinnj.gov

Date: 6/13/19

Title of Program/Project: Peaceful Warriors/Yoga and Mindfulness
Program for At-Risk Teens and Special Needs Population

Amount of Funding Requested: \$4000.00

**APPLICATIONS RECEIVED AFTER THE NOON DEADLINE
WILL NOT BE ACCEPTED**

**Somerset County Municipal Youth Services Commission
2019
Competitive Grant Application**

Request Minimum \$2,500 – Request Maximum \$6,000

Competitive Grant

This grant is offered on a competitive basis to all Municipal Youth Services Commissions and may support several Community initiatives based on funding needs.

The Competitive Grant may be used to support a new, innovative pilot program(s) and /or enhance or expand a program that has been in existence for less than two years within the community. Commissions may use evidence based programs or be creative and develop their own program which addresses both the identified risk and protective factors for the youth population as it pertains to delinquency.

Risk factors are any circumstance that may increase youths' likelihood of engaging in risky behaviors. **Protective factors** are any circumstances that promote healthy youth behaviors and decrease the chance that youth will engage in risky behavior. When determining what the risk and protective factors are for your community, there is five categories that should be looked at: Community, School, Family, Peer, and Individual.

Programs should be ongoing, target a specific population, and address the risk and protective factors of the group. *One day programs/events/trips do not meet the criteria of the competitive grant.*

When advertising the program, the Somerset County Board of Chosen Freeholders are to be listed as a funding source.

Please see attachment outlining both risk and protective factors.

PROGRAM / ACTIVITY PLAN

(Please complete a separate Program/Activity Plan for each program included in the Competitive Grant)

1. Title of Program/Project: Peaceful Warriors/Yoga/Mindfulness for At-Risk Teens and Special Needs Population

2.	a. County funds requested:	\$4000.00
	b. Other funds:	\$0.00
	c. In-Kind Contributions	\$2000.00 <u>Facility use/logistics</u>
	d. Total Program Budget	<u>\$4000.00</u>

3. Project Description:

Peaceful Warriors will be a yoga/mindfulness program for at-risk teens and the special needs population. Community and school-based yoga and mindfulness programs support students in leading healthy and well-rounded lives as they navigate the teen years. Research indicates that yoga supports the development of mind-body awareness, physical fitness and self-regulation. These competencies can have positive downstream effects on behavior, well-being, academic/cognitive performance, social awareness and relationships, and supports social and emotional learning. Many at risk youth have often grown up too quickly, under stressful and difficult circumstances and may be trauma impacted. Unfortunately this may result in many negative behaviors that impact interpersonal relations in the school and community. A majority of children with special needs such as Autism and ADHD, have a contributing sensory processing challenge. This greatly impacts the way in which they perceive sensory experiences and interact in the world. During the most stressful times, information enters their system with great force and intensity. This in turn can be overwhelming and confusing. Other times, students with special needs will demonstrate an excessive need for movement or touching everything in their path. Providing students with interactive yoga activities for the sensory seekers and avoiders, will help them hone and understand their own sensory needs. Community and school-based yoga and mindfulness programs have been shown to have positive effects on student mental health by enhancing coping and resilience, reducing test anxiety and lowering stress. In addition, yoga programs have been found to reduce problem behaviors by having a positive impact on social-emotional outcomes, academic performance, strength and flexibility, and physical well-being. School and community-based yoga programs have the potential to offer a cost-effective, evidence-based solution to address many of the behavioral and academic challenges faced by schools, while promoting emotional resilience and positive school climate, key factors in keeping kids in school and preventing mental health disorders. Peaceful Warriors would take place during the 2019-2020 school year and will be offered at the Community/Senior Center and Franklin High School.

The program will provide social emotional learning activities and the neurological benefits of physical activity with breathing exercises and mental focus techniques for students with special needs and at-risk teens who are subject to the potential for delinquent behaviors.

Goals:

- To provide students with healthy ways to express, balance, and regulate their emotions and behavior
- To promote a more relaxed, comfortable state of being - the perfect state for teaching and learning
- To increase students' academic performance
- To bring students into the present moment – the most basic requirement for learning
- To provide opportunities for beneficial motor breaks throughout the day
- To ease anxiety and tension (such as pre-test or performance jitters)
- To reduce anger, depression, and fatigue
- To cultivate balanced psychological and physiological responses to stress, such as improved stress management reduced problematic stress responses and decreased cortisol concentrations
- To enhance focus, attention, concentration, comprehension and memory
- To support social and emotional learning
- To enhance executive function (i.e., processes required to select, organize, and properly initiate goal-directed actions) by combining the cognitive and neurological benefits of physical activity with breathing exercises and mental focus techniques.
- To hone and understand sensory needs
- To encourage respect for oneself and others
- To create a calm, harmonious classroom, positive school and community climate

4. Target Population and Level of Service:

The Peaceful Warriors yoga and mindfulness program is designed for 9th -12th grade special needs and at-risk students. Expected population will service the needs of up to 200 students with a maximum of 20 students per class up to 8 weeks rotating session. The program will run annually on a school year basis. The program will be promoted through school and community by Franklin High School teachers and guidance counselors and the Recreation Department/Youth Services Commission for students with special needs. This program will meet after-school or in the evenings (days TBA) at Franklin High School or the Community/Senior Center.

a. What are the specific risk factors to be addressed?

Over the years the Youth Services Commission has identified that youth in Franklin are impacted by the following risk factors:

- Antisocial behavior and alienation (delinquent beliefs, general delinquency involvement)
- Early onset of aggression or violence or other problem behaviors
- Cognitive and neurological deficits, mental/behavioral health disorders
- Association with delinquent or aggressive peers
- Inadequate school climate/poorly organized and functioning schools/negative labeling by teachers

- Negative attitude toward school/low bonding, low school attachment, low commitment to school
- Economic deprivation/poverty/residence in a disadvantaged neighborhood

The Youth Services Commission believes that by providing services and implementing programs with protective factors that offer prosocial opportunities, opportunities for participation, and opportunities and rewards for prosocial student bonding/involvement that young people will develop skills and buffers to reduce the impact of the risk factors that lead to juvenile delinquency.

5. Project/Program Administration:

Where is the site location for this project? Is the site location confirmed?

- Franklin High School or the Community/Senior Center are available community based facilities
- Who is the insurer of the site location?
 - Municipal and/or BOE
 - What methods will be utilized to publicize the program and perform outreach to potential participants?
 - Promoted by teachers, guidance counselors, newsletters, municipal and school district websites, local TV, and social media.
 - List other organizations participating in the activities with their specific responsibilities.
 - School District and Franklin Recreation Department each providing facilities and staff

6. Partnership with other organizations:

- Will funding be used to support a program or activity in partnership with a Board of Education or other entity?
 - YES
- If “yes” has the entity taken action to approve the program/activity?
 - Scheduled for 6/20

Please provide a statement that indicates what was approved
- If “no” when will the entity take action to approve the program/activity?
 - Scheduled for 6/20
 - When the grant is approved we would enter into an agreement with the school district for a joint program.
- Is the purchase of equipment involved with this grant? No
- If “yes” is there a letter of agreement as to who owns the equipment?

7. Evaluation:

Program evaluation is a tool used to review the program’s effectiveness and helps to improve the quality of the program and outcomes for the youth they are serving. If Commissions need resources on sample measurement tools please reference the attachment sent with the grant application.

How will the Commission evaluate the effectiveness, and continued need for the program? Please describe how information will be obtained.

Verbal feedback and Pre and Post-test questionnaires will be utilized. The number of discipline referrals, academic progress, attendance will also be measured.

7. Fees/contributions:

- a. What alternative funding sources will be pursued for this project?
 - Fundraising and other grant sources will be investigated.
- b. How will long term funding and program continuity be assured?
 - Fundraising and other grant sources will be investigated. Community based programs may require a fee in the future.

8. In the event that this request cannot be fully funded, please indicate if the program/project can be scaled down: X Yes ____ No

What would be the change in level of service?

- The total number of sessions would be based on the amount of funding available

9. Indicate date Municipal Youth Services Commission action was taken to support the proposal: Email response received by 6/13/19.

(Please complete a budget form for each program included in Competitive Grant)

ATTACHMENT B

(Please complete a budget form for each program included in Annual Grant)

Program: Peaceful Warriors **Amount:** \$4000.00

Contact Person: Alice Osipowitz **Phone:** 732-873-1991

Program Start Date: Oct 2019 **Program End date:** June 2019

Weekly meeting times and days (ex. M & W from 3-4pm): To Be Determined

**If program dates change please provide information to MYSC Coordinator*

Budget Line Items	Amount Requested From the Grant	Matching Funds Cash	Matching Funds In-Kind	Total Costs
a. Salary	a. \$3500		\$1000.00	\$4500.00
b. Fringe	b.			
Position Title: Part Time <u>Yoga</u> <u>Instructor</u> Full Time _____				
Training				
Travel				
Speaker				
Printing				
Postage				
T-Shirts				
Trips *				
Supplies-Yoga Mats	\$150.00			\$150.00
Activities-Specify				
Equipment-Specify				
Refreshments *	\$350.00			\$350.00
Rent				
Utilities			\$1000.00	\$1000.00
Maintenance				
Total Costs	\$4000.00		\$2000.00	\$6000.00

*** Trips and Refreshments Should Not Exceed 10% of the Grant**

SOMERSET COUNTY BOARD OF CHOSEN FREEHOLDERS ANNUAL GRANT PROGRAM REQUIREMENT HIGHLIGHTS

Membership Annual Action: The Municipal Youth Services Commission members shall be appointed or reappointed annually by the Mayor and Council by resolution. Technical support is available from the Somerset County Office of Youth Services in recruiting and retaining members.

Fiscal Requirements: The Somerset County Office of Youth Services provides a quarterly report form to be completed thirty days after the close of the quarter and sent to the Community Development Specialist. The form must be signed by the Chief Financial Officer or Municipal Administrator and the Commission Chairperson or a designated volunteer member of the Commission before it is forwarded to the Office of Youth Services. Failure to submit the form as required may impact the Commission's annual allocation in the next funding cycle. The quarters are broken down as follows:

Quarter	Reporting Period	Distribution Date	Due Date
First	09/01/19 to 11/30/19	12/02/19	01/02/20
Second	12/01/19 to 02/28/20	03/01/20	04/01/20
Third	03/01/20 to 05/31/20	06/01/20	07/01/20
Fourth	06/01/20 to 08/31/20	09/01/20	10/01/20

Any changes in the funding priorities represented in a grant application must be approved by the Somerset County Office of Youth Services. Commissions should approve any changes by a vote at a regular Municipal Commission meeting and contact the Somerset County Office of Youth Services Municipal Youth Services Coordinator via email. The email should outline the new program details and include an amended budget form reflecting the reallocation of funds.

It is expected that all grant funding will be expended by August 31, 2020. Failure to meet that deadline may impact the following year's annual grant funding. Exceptions can be made in a case by case basis by notifying the Office of Youth Services.

Monitor and Evaluation Requirements: Municipal Youth Services Commissions will monitor and evaluate all funded programs annually and will report their findings to the County Office of Youth Services. It is the responsibility of each commission to ensure that their budgeted programs are running and funds are being expended as outlined in the approved grant application and budget.

Liability Insurance: Every municipality that signs the within grant application (via Mayor or Council Representative) represents that the municipality has general liability insurance for bodily injury and property damage claim arising from any MYSC program managed, directed or administered with the grant monies.

Discretionary Random Audits: Every MYSC that received any amount of grant monies is subject to random audits, at any time, for any reason in the sole discretion of the Somerset County Youth Services Commission. This does not affect the MYSC obligation from submitting the Quarterly Expenditure Reports as set forth in this Handbook.

Background Checks: A background check must be completed on all volunteers and adults who participate in any MYSC program managed, directed or administered with the grant monies. Background checks, including fingerprint scans, are not required on juveniles, adults who are affiliated with the municipality's school district, law enforcement, or other individuals who have been vetted previously in some other manner. Grant monies may be used for the necessary background checks and fingerprinting.

NOTE: Please note that in addition to complying with the above highlighted program requirements, Municipal Youth Services Commissions will continue to be held responsible for compliance with the policies and procedures outlined in the Somerset County Municipal Youth Services Commission Handbook.

Authorizing Signatures:

We the undersigned have reviewed and hereby approve submission of this proposal for Y2019 Municipal Youth Services Commission Competitive Grant. This program is consistent with the long-range municipal plans with which the municipal government concurs. We understand that 100% matching funds (cash and/or in-kind support) are required.

MAYOR OR COUNCIL REPRESENTATIVE

Phil Kramer
(PRINT NAME)

(SIGNATURE)

(DATE)

MYSC CHAIRPERSON

Alice Osipowitz
(PRINT NAME)

(SIGNATURE)

(DATE)

The County of Somerset does not discriminate on the basis of race, color, national origin, sex, age, or disability, in employment or provision of services