

Ready4Life

RFP for Coronavirus State and Local Fiscal Recovery Funds

Hope Network of the Carolinas, Inc.

Mr. Charles Frederick Sawyer Jr.
14 Northwood Rd
Asheville, NC 28804

hopenetworkcarolinas@gmail.com
O: 786.223.9698
M: 786.223.9698

Mr. Charles Frederick Sawyer Jr.

123 Stoney Knob Rd
Weaverville, North Carolina 28787

hopenetworkcarolinas@gmail.com
O: 7862239698
M: 786.223.9698

Application Form

Question Group

Buncombe County requests proposals for projects to help the community recover from and respond to COVID-19 and its negative economic impacts.

Buncombe County has been awarded \$50,733,290 in Coronavirus State and Local Fiscal Recovery Funds (Recovery Funding)i, as part of the American Rescue Plan Act. This infusion of federal resources is intended to help turn the tide on the pandemic, address its economic fallout, and lay the foundation for a strong and equitable recovery.

Buncombe County is committed to investing these funds in projects that:

- Align to county strategic plan and community priorities
- Support equitable outcomes for most impacted populations
- Leverage and align with other governmental funding sources
- Make best use of this one-time infusion of resources
- Have a lasting impact

Proposals shall be submitted in accordance with the terms and conditions of this RFP and any addenda issued hereto.

[Click here for the full terms and conditions of the RFP](#)

Coronavirus State and Local Fiscal Recovery Funds*

Name of Project.

Ready4Life

Amount of Funds Requested*

\$50,000.00

Recovery Fund Eligible Category*

Please select one:

Services for disproportionately impacted communities

Brief Project Description*

Provide a short summary of your proposed project.

Category: Addressing academic needs of students' social, emotional, mental health.

Goals: Improve social-emotional and healthy relationship skills in teens to promote overall well-being.

Curriculum: Dibble Institute evidence-based model Relationship Smarts 4.0

Needs Addressed: High rates of poverty, school failure, racism, family dysfunction and teen pregnancy negatively impact students' ability to flourish as adults. Ready4Life seeks to improve the trajectory of their transition to a healthy, successful adulthood.

Target Population: Middle and High School Students in Buncombe Co.

Service Delivery: In schools, community and faith-based groups in 14 one-hour sessions.

Program Reach: 200 students will receive Ready4Life services each year.

Additional Activities: Provide schools, community and faith-based partners with resources, skills, coaching and training from experienced ethnically diverse staff from Family & Children Faith Coalition (d/b/a Hope for Miami).

Project Plan*

Explain how the project will be structured and implemented, including timeframe.

Ready4Life will serve 200 middle and high school students annually in cohorts comprised of 15 to 25 participants. Venues will be middle and high schools in the Buncombe County or Asheville City School systems, as well as among community and faith-based entities. We anticipate offering cohorts for both Fall and Spring terms. A total of 14 educational sessions will be delivered to each cohort. Classes will be provided by two trained facilitators implementing the Dibble Institute evidence-based model Relationship Smarts 4.0.

Curriculum - Dibble Institute evidence-based model ~ Relationship Smarts 4.0

Area Aim: Healthy Relationship Skills - Positive self-esteem - Relationship dynamics - Friendships - Dating - Romantic involvement - Marriage - Family Interactions

Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value 3: Attractions & Infatuation - 4: Principles of Smart Relationships 5: Is it a Healthy Relationship? 6: Breaking Up and Dating Violence 7: Decide, Don't Slide 10: Sexual Decision-Making 11: Pregnancy, STIs and HIV

Area Aim: Adolescent Development - Knowledge and healthy attitudes and values about adolescent growth and development.

Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value Lesson 8: Communication & Healthy Relationships

Area Aim: Educational & Career Success

Sessions - Lesson 8: Communication & Healthy Relationships - 9: Communication Challenges & More Skills -13: Teens, Technology & Social Media

Area Aim: Success Sequence (for poverty prevention)

Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value -12: Unplanned Pregnancy through the Eyes of a Child

Area Aim: Healthy Life Skills - Goal-setting & Decision-making - Communication, negotiation and Interpersonal skills - Stress Management

Sessions Lesson 5: Is it a Healthy Relationship? 7: Decide, Don't Slide 8: Communication & Healthy Relationships -9: Communication Challenges & More Skills 10: Sexual Decision-Making 13: Teens, Technology & Social Media

Area Aim: Parent-Child Communication - Each and every lesson has a parent-teen connection activity to engage discussion with caring adults. This invites parents to add their own wisdom so that conversations and support on these topics continue outside the program at home.

Statement of Need*

Describe the need that this project will address. Include data to demonstrate the need, and cite the source of the data.

Student Achievement Gaps: Only 12% of Asheville City School's (ACS) Black students in grades 3-8 score as "proficient" or higher on end-of-grade exams, as compared with 73% of white students. ACS has the 5th largest racial achievement gap in the US. Unitedwayabc.com

High School Graduation Rate Disparities: White 91.4, Black 89.5, Hispanic 59.1 - Buncombe County

Crime: Asheville has one of the highest overall crime rates of any U.S. city, 159% higher than the overall state. . 247WallSt.com

Domestic Violence Increases: From 4/1 to 9/30/20 Helpmate answered 2,375 calls and sheltered nearly 200 individuals, significantly higher numbers than previous years. Asheville Citizen Times 10/25/20

COVID-19 Mental Health Crisis: During 2020, mental health-related emergency room (ED) visits among adolescents aged 12-17 years increased 31% from 2019. Center for Disease Control

Suicide Rate Increase: From 2/20 to 3/20/20 suicide attempts that led to Hospital Emergency Departments visits were 50.6% higher among teen girls (ages 12-17) than 2019, before the pandemic. Center for Disease Control

Household Income Disparities: White \$52,811 (+/- 932), Black \$33,346 (+/- \$ 4,413) Hispanic \$30,860 (+/- \$3,083) Buncombe Co.

Poverty by Racial/Ethnic Group: Buncombe County - Hispanics - 29.4%, Blacks-18.4%, White 11.8 vs. 12% overall rate in the US. Census.gov

Free/Reduced School Lunch Rates: Buncombe Co. % 52.4% - 2018,19 kidscount.org

Lower Home Ownership Rate for minorities: White - 66.7% Blacks 41.2% Hispanics 38.9% ncdhhs.gov

Teen Pregnancy Rates: 21.1 per 1,000 girls ages 15-19 across the US, but for Buncombe County Black teens, it is 35.3, and for Hispanic teens it is 35.4. ncdhhs.gov

Single Parent Homes: 50% + of students to be served live in single parent homes. ncdhhs.gov

These realities hinder many minority students from becoming successful adults. Ready4Life seeks to help change the trajectory of their transition to a healthy, successful adulthood.

Link to COVID-19*

Identify a health or economic harm resulting from or exacerbated by the public health emergency, describe the nature and extent of that harm, and explain how the use of this funding would address such harm.

Isolation from COVID-19 quarantine has resulted in emotional and mental health risks and dangers. Violence has increased in some key neighborhoods of Buncombe County, where drug activity has also increased.

Areas of Health Harmed:

Mental Health: During 2020, mental health-related emergency room (ED) visits among adolescents aged 12-17 years increased 31% from 2019.

Suicide Rate: From 2/21 to 3/20/20 suspected suicide attempt ED visits were 50.6% higher among girls aged 12-17 years than 2019

Domestic Violence: From 4/1 to 9/30/20 Helpmate answered 2,375 calls and sheltered nearly 200 individuals, significantly higher numbers than previous years. Citizen Times 10/25/20

Addressed Through:

Area Aim: Healthy Life Skills - Goal-setting & Decision-making - Communication, negotiation and Interpersonal skills

-Stress Management – Sessions Lesson 5: Is it a Healthy Relationship? 7: Decide, Don't Slide 8: Communication & Healthy Relationships 9: Communication Challenges & More Skills 10: Sexual Decision-Making 13: Teens, Technology & Social Media

Area Aim: Adolescent Development --Knowledge and healthy attitudes and values about adolescent growth and development. Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value Lesson 8: Communication & Healthy Relationships

Area Aim: Healthy Relationship Skills - Positive self-esteem - Relationship dynamics – Friendships – Dating - Romantic involvement – Marriage - Family Interactions Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value 3: Attractions & Infatuation 4: Principles of Smart Relationships 5: Is it a Healthy Relationship? 6: Breaking Up and Dating Violence 7: Decide, Don't Slide 10: Sexual Decision-Making 11: Pregnancy, STIs and HIV

Population Served*

Define the population to be served by this project, including volume and demographic characteristics of those served.

Ready4Life will focus each year on serving 200 middle and high school students within Buncombe County and Asheville City Schools systems, as well as community and faith-based settings.

Particular emphasis will be among students from African American and Hispanic households.

Results*

Describe the proposed impact of the project. List at least 3 performance measures that will be tracked and reported. If possible, include baselines and goals for each performance measure.

1. Increase capacity to form healthy relationships
2. Improve communications skills with peers, adults and parents
3. Improved understand the dangers of STIs, HIV and risky behaviors
4. Improve understanding of romantic relationships and dating violence.

Evaluation*

Describe the data collection, analysis, and quality assurance measures you will use to assure ongoing, effective tracking of contract requirements and outcomes.

Pre-Post Tests: Ready4Life participant youth will complete both pre and post surveys (Dibble Institute Curriculum Relationship Smarts 4.0) to help determine changes in attitude, knowledge and behaviors.

Storage of Information: All information/ data will be entered and stored in a secure platform.

Equity Impact*

How will this effort help build toward a just, equitable, and sustainable COVID-19 recovery? How are the root causes and/or disproportionate impacts of inequities addressed?

Challenges Buncombe/Asheville Students Face:

Classroom Achievement - Graduation Rates

Addressed By:

Area: Educational & Career Success - Curriculum Sessions - Lesson 8: Communication & Healthy Relationships - 9: Communication Challenges & More Skills 13: Teens, Technology & Social Media

Area Aim: Success Sequence – Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value 12: Unplanned Pregnancy through the Eyes of a Child

Challenges: STIs, HIV, Teen Pregnancy, Single Parent Homes

Addressed By:

Area: Healthy Relationship Skills - Positive self-esteem - Relationship dynamics – Friendships – Dating Romantic involvement – Marriage - Family Interactions Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value 3: Attractions & Infatuation 4: Principles of Smart Relationships 5: Is it a Healthy Relationship? 6: Breaking Up and Dating Violence 7: Decide, Don't Slide 10: Sexual Decision-Making 11: Pregnancy, STIs and HIV

Challenges Students Face: Poverty, Crime, Domestic Violence, Single Parent Homes

Addressed By:

Area: Educational & Career Success - Sessions - Lesson 8: Communication & Healthy Relationships - 9: Communication Challenges & More Skills 13: Teens, Technology & Social Media

Area: Success Sequence – Sessions: Lesson 1: Who am I and Where am I Going? 2: Maturity Issues and What I Value 12: Unplanned Pregnancy through the Eyes of a Child

Ready4Life Aligns with Buncombe County's Strategic Plan:

Educated & Capable Community: Vision: A county where all residents thrive and demonstrate resilience throughout their lives

Resident Well-Being: Vision: Our residents are safe, healthy, and engaged in their community.

2025 Goals: Improve college and career readiness - Reduce jail population and enhance public safety

Foundational Focus Areas: Equity: Systems, policies, and practices that support equity for all people and an organizational culture that embraces diversity and inclusion.

Project Partners*

Identify any subcontractors you intend to use for the proposed scope of work. For each subcontractor listed, indicate:

- 1.) What products and/or services are to be supplied by that subcontractor and;
- 2.) What percentage of the overall scope of work that subcontractor will perform.

Also, list non-funded key partners critical to project.

Subcontractors: none

Hope for Miami: Training/Equipping/Consulting: Curriculum presentation training and consulting for Ready4Life will be provided to trained facilitators on the staff of Hope for Miami. They will provide technical assistance and training in the implementation of this project based on their success in Miami. Scope of work percentage: 10%

Staff Facilitators Deliver curriculum to participant, administer pre-post tests, collect data for reports, recruit and manage volunteer team. Scope of work percentage: 75%

Volunteers: Will assist with classroom management, administration and serve as mentors to the youth. Scope of work: 15%

Key Partners: We anticipate serving alongside Buncombe County and Asheville City Schools, as well as community and faith-based entities and other groups.

My Daddy Taught Me That, Mr. Keynon Lake

Capacity*

Describe the background, experience, and capabilities of your organization or department as it relates to capacity for delivering the proposed project and managing federal funds.

Hope for Miami: Identity, Experience, Competency: Hope for Miami has provided programs for children, youth and their families in Miami Dade County for 17 years. Annually, we serve over 4,000 children and youth through after school, prevention and community engagement programs. We partner with Miami Dade Public Schools (400,000 students) and many different public sector, non-profit and business entities.

Minority youth comprise 90% of all youth in Miami-Dade County. Our staff of 75 reflects our region's diversity in gender, race & ethnicity and provides the opportunity for understanding and cultural competency.

Hope Network of the Carolinas: Summary: Begun as a "sister" affiliate organization of Hope for Miami with separate incorporation, Hope Network of the Carolinas was established as a NC non-profit in 2013. Its Board of Directors are well-connected to Buncombe County and active in our communities.

Initial Endeavor: Hope for Families of Inmates (HFI) was launched in 2014 to begin addressing the unmet needs relating to children and youth with incarcerated parents. In partnership with the NC Department of Public Safety, a Families of Inmates Pilot initiative (Family Visit Days) was begun at Craggy Correctional Center.

HFI Goal: The purpose of these visits was to create a fun and meaningful day of activities for the kids and their caregivers as they visited the fathers.

Activities Placed “on hold”: However, due to State funding shortages in the Correctional system and other related matters, we were unable to continue these visits, as the program required correctional staff to participate. In addition, the Board of Directors decided it best to place the Network’s efforts “on hold” until such time as Rick Sawyer, CEO, was permanently in Asheville to assume leadership and guidance to our agency.

The Present: This move took place in June of 2020 and the Board has overseen strategic planning, networking and other agency activities as we move forward.

Budget*

Provide a detailed project budget including all proposed project revenues and expenditures, including explanations and methodology. For all revenue sources, list the funder and denote whether funds are confirmed or pending. For project expenses, denote all capital vs. operating costs, and reflect which specific expenses are proposed to be funded with one-time Buncombe County Recovery Funds.

Download a copy of the budget form [HERE](#). Complete the form, and upload it using the button below.

HopeNetwork.Budget FINAL.xlsx

Special Considerations*

Provide any other information that might assist the County in its selection.

In-kind Resources/Training:

Throughout its 20+ year history, Hope for Miami has provided “capacity building” to other organizations in Miami.

As we begin renewed efforts to bring flourishing to Buncombe County and beyond, Hope Network would like to provide schools, community and faith-based partners and others with “in-kind” resources, skills, coaching and training from an experienced, skilled, equipped and ethnically diverse Hope for Miami staff.

Training topics may include, but not be limited to: Cultural Competency and Diversity Training; Mandatory Reporting of Child Maltreatment; Classroom Management; HIV Prevention education, Youth Mental Health First Aid; Universal Precautions & Infection Control; Agency Organization and Staff Policies; Domestic Violence Awareness; Positive Youth Development Principles and HIPAA Compliance and Client Information Confidentiality

File Attachment Summary

Applicant File Uploads

- HopeNetwork.Budget FINAL.xlsx

Coronavirus State and Local Fiscal Recovery Funds Proposed Project Budget

Organization Name:	Hope Network of the Carolinas, Inc.
Project Name:	Ready4Life
Amount Requested:	\$50,000.00

Proposed Project Revenue Funder	Amount	Confirmed or Pending?	Notes
Proposed Buncombe COVID Recovery Funds	\$50,000.00		
List other sources here			
Volunteer Match	\$ 4,690.00	Confirmed.	
Hope for Miami Training Team	\$ 1,000.00	Confirmed.	
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
List other sources here			
Total	\$ 55,690.00		

Proposed Project Expenses	Proposed Recovery Funds	Other Funds	Total	Capital or Operating Expense?	Notes
Facilitator 1 Independent Contractor	\$ 15,400.00		\$ 15,400.00		\$25/hr x 22hrs weekly x 14 sessions x 2 terms (Fall, Spring)
Facilitator 2 Independent Contractor	\$ 15,400.00		\$ 15,400.00		\$25/hr x 22 hrs weekly x 14 sessions x 2 terms (Fall, Spring)
Local travel mileage reimbursement	\$ 500.00		\$ 500.00		.56 federal mileage reimbursement rate for travel to sites, trainings, meetings for Facilitators and volunteers
Background Screenings	\$630.00		\$ 630.00		Staff and volunteers (\$70/background screening for 9 screenings)
			\$ -		
Laptop Computers	\$820.00		\$ 820.00		\$410.00/laptop x 2 = \$820
			\$ -		
Internet Hot Spot devices	\$250.00		\$ 250.00		\$125.00/hotspot x 2 = \$250 - to access curriculum videos and remote administrative work.
			\$ -		
Curriculum Instructor Manuals	\$1,000.00		\$ 1,000.00		\$500.00 x 2 (includes shipping)
Student Workbooks	\$3,000.00		\$ 3,000.00		\$12.50 x 250 (includes shipping) 250 manuals will be purchased to insure that 200 students complete the program.
			\$ -		
Student participation, completion incentives	\$4,000.00		\$ 4,000.00		\$20.00 giftcard/per completer x 200 students. Incentive item to be approved in advance, according to allowable expenditures.
			\$ -		
Office Supplies	\$1,200.00		\$ 1,200.00		Copies, program supplies - \$100/month for 12 months = \$1,200
			\$ -		
Curriculum facilitation training	\$ 1,800.00		\$ 1,800.00		Training for Curriculum @ \$1,800 cost to train 2 staff & 4 volunteers
			\$ -		
Indirect Costs	\$ 5,000.00		\$ 5,000.00		rate
Volunteers		\$ 4,690.00	\$ 4,690.00		In-kind Match - Volunteers - 280 hours to assist with curriculum @ \$16.75/hr. (value of volunteer hour, according to the Independent Sector) = \$4,690

Training for project staff, volunteers and community		\$ 1,000.00	\$ 1,000.00		Hope for Miami will provide the capacity-building and community training valued at \$1,000
List expenses here			\$ -		
List expenses here			\$ -		
List expenses here			\$ -		
List expenses here			\$ -		
		Total	\$ 54,690.00		