

CUMBERLAND COUNTY COMMUNITY DEVELOPMENT PROGRAM

CDBG GENERAL PROGRAM APPLICATION – 2010

Lead Community _____

Sub-Grantee: **The Center for Therapeutic Recreation/Easter Seals Maine, Inc.**

Additional Communities _____

Contact Information: Name: **Karen B. McPhee, Director** Tel. **207-772-0504**

Address: **125 Presumpscot Street, #9, Portland, Maine 04103**

E-mail: **kmcphee@eastersealsme.org**

Project Title: **Special Needs: Therapeutic Recreation for County Residents with Severe Disabilities**

Program Category: Public Service **X**; Public Infrastructure/Facility ____;
Housing ____; Downtown Revitalization ____; Economic Development ____

Select your CDBG "National Objective":

Low/moderate income: Area-wide **X**; Limited Clientele **X**; Direct Benefit

Presumed Group: **Adult with Severe Disabilities (identify group)**

Slum/Blight: Area-wide ____; Spot Basis ____

Amount of CDBG funds requested \$ **8000**.

Total estimated project cost \$ **8000**.

Name of Authorized Official: **Ada Guarino, MS, PT, Executive Director**

Signature of Authorized Official: 

**Cumberland County Community Development Program Proposal
General Grant Program Application – 2010**

**Submitted by
The Center for Therapeutic Recreation/Easter Seals Maine, Inc.**

Summary of Proposal Project (10 points)

The purpose of this grant application is to request an appropriation through the Cumberland County Community Development Block Grant process in the amount of \$8000 that will help support the participation of Cumberland County adult residents with severe disabilities who would like to participate in the center's programs.

Participation in a structured recreation environment provided by trained professionals encourages skill attainment with the ultimate goals of full inclusion in the participant's community recreation programs. By eliminating barriers to community involvement and maximizing active participation, adults with severe disabilities are empowered to lead fuller lives and to contribute to their communities.

The Center for Therapeutic Recreation has a long history of providing therapeutic recreation and aquatics services to children and adults with disabilities who reside in Southern Maine. Under a new partnership with Easter Seals Maine, Inc., the center is continuing its mission of providing quality professional community-based programs to enhance the quality of life experiences of individuals with disabilities for a reasonable cost. Therapeutic recreation is the use of a recreation modality (e.g. swimming, art, social activities) to help individuals with disabilities improve, maintain, and expand their physical, mental, and emotional well-being.

Management of the Proposed Activity (10 points)

a. Define who and how the grant funded project will be managed:

The grant, if awarded to the center, will provide funding that pays for the agency's hourly rate of \$35 per hour. The county resident would be asked to pay a registration fee for his or her participation. The program's director will oversee the administration of the grant and will be responsible for record keeping, filing reports, and submitting reimbursement forms. All records including a participant intake file, income verification, and records pertaining to the administration of the grant program will be maintained for county audits. It is anticipated that the grant award of \$8000 will provide 228.5 hours of service to county residents. Residents may select to participate in a program consisting of 30-to 90-minutes per week. The center has the capacity to serve between 12 and 18 residents of the county who have no other possible funding source to support their participation.

b. Explain the experience of the applicant in undertaking projects of similar complexity:

Established in 1974 as a collaborative between the City of Portland Recreation Department and the University of Southern Maine, and funded by the Maine Bureau of Rehabilitation, the center operated as a municipal program until 1985, utilizing city funds, service contracts, and Community Development Block Grant (HUD)

appropriations. In 1985, the center left city auspices and incorporated as a nonprofit. In January 2009, the center partnered with Easter Seals Maine, Inc. (ESME) and continues its mission under the ESME umbrella.

The City of Portland continues its contractual arrangement with the center which delivers therapeutic recreation and aquatic services to its residents with disabilities. In addition, the center provides consultation support to city recreation staff for training and modification of community recreation activities for participants with disabilities. The center also has a CDBG grant from the City of South Portland for adult residents with severe disabilities. The center has been a recipient of this funding since 2004.

c. Demonstrate that an ongoing commitment exists to continue the maintenance and operation of the activity or facility:

The center's director has oversight experience with community development funding when the center was affiliated with the City of Portland, and in recent funding cycles with the City of South Portland. The center is committed to its mission of continuing to provide quality service and continues to search for various funding streams.

Professional therapeutic recreation services are provided to those individuals whose conditions may prevent them from fully participating in the mainstream community recreation programs. These individuals may require considerable support in order to participate in the center's program including dressing and undressing, self-care, one-to-one instruction, and specialized equipment.

Activities are designed to facilitate the development, maintenance, and expression of an appropriate lifestyle of these residents while using community facilities with professional support. Recreation offers benefits and values within the human experience that enhances one's quality of life, recognizes diverse needs and learning styles, diversity and the personal interests of the participant. Recreation offers new and/or expanded opportunities for community inclusion and participation. The center's longevity as a municipal and nonprofit attests to its commitment to serve the recreation needs of individuals with disabilities in Southern Maine.

Implementation Schedule (10 points): See attached schedule form.

Project Time Schedule (ready to proceed – 10 points)

The steps to complete for the project include the following. The development of a press release alerting residents with severe disabilities that a grant award received from Cumberland County CDBG, providing funding for adults with severe disabilities who wish to enroll in the center's therapeutic recreation program. The press release will provide a contact number as well as outline the purpose of the funded project. Distribution of program flyers in community spaces and bulletin boards advertising the program and eligibility requirements for potential participants will take place in all towns in Cumberland County. Interested county residents who contact the center will receive an enrollment packet to complete in order to register for programs of their choice. Once enrolled, participants will receive frequent mailings of schedules, program notices, and newsletters (when available).

The center's current organizational structure offers a service template that includes: (a) professional and volunteer staffing; (b) community support in the form of varied municipal and service contracts; (c) an established fee for service outline for participant, and a formal enrollment process; (d) program provision in accessible community recreation facilities; and (e) collaboration with service providers in Cumberland County.

Potential impediments to the initiation of the project could include securing additional trained staff to accommodate the increased service need should the nature and needs of participants seeking service require significant physical assistance. A waiting list could be established if the demand for services increases. Potential participants placed on a waiting list will be accommodated in a timely manner.

Need for the Activity (20 points)

a. The magnitude and severity of the issue of providing services to this population is witnessed in the loss of state and local services due to the state's economy. Individuals with severe disabilities are often excluded in the work place or lack skills to be potentially employed. Social and physical isolation and the lack of available day programs place great burdens on families and the social systems network. Thus, many adults with severe disabilities are faced with long periods of unconstructive use of time, are at risk for developing poor self-esteem and increased behavior problems, and experience little physical activity. These risk factors increase the potential for a group of unhealthy individuals who eventually will require frequent hospitalizations, the possibility of long-term nursing care, thus increasing demands on an already strained service system; and decreasing opportunities for quality of life.

b. The number of people with disabilities over the age of five who reside in Cumberland County is 42,102 (<http://quickfacts.census.gov/qfd/states/23/23005.html>). It is estimated that 13,154 adults with disabilities are over the age of 65 reside in Cumberland County (31%). Of this number, 2499 live below the poverty level (US Census Data, 2000). No information was available on the number of adults who have severe disabilities and reside in Cumberland County or at what income levels.

c. *The Maine Physical Activity and Nutrition Plan, 2005–2010* (n.d.) describes the serious nature of Maine citizens relating to the lack of physical activity and the growing problem associated with poverty and poor nutrition in the state. To address these issues for all Maine citizens, the plan suggests that Maine citizens address a healthy diet and regular physical activity as outlined by research that suggests “that encouraging individuals to become more involved in physical activity can indirectly influence other health behaviors” (The Maine Physical Activity Plan, n.d.). At greater risk are those individuals with disabilities who have less frequent opportunities to engage in healthy behaviors that include regular exercise and physical activity. To address this concern, the center offers a therapeutic and adapted swimming program for children and adults with disabilities, and has a long history of offering a wide range of active and passive recreation activities when staffing and funding resources are available.

In keeping with the suggestions promoted by The Maine Physical Activity Plan and recognized by the center, the opportunities to engage in physical activity will benefit those county residents with disabilities who need to and want to participate in a structured, healthy physical outlet. The plan outlines a rationale for the importance of physical activity and healthy living, a matter of social health economics:

It is apparent that the environment affects individual choices related to nutrition and physical activity. Therefore, appropriate interventions must address environmental factors as well as behavioral factors in the State's efforts to prevent and treat overweight and obesity (U.S. Department of Health and Human Services, 2001). All sectors of society must work together to help support healthy opportunities where Maine citizens live, work, play, and go to school (p. 34).

Need for CDBG Program Funds (15 points)

a. The consequence of not receiving CDBG funds means that residents of Cumberland County who qualify for the center's program would have a more difficult time receiving the services provided by the center. It would require potential participants to pay out-of-pocket for program fees. This would create a financial hardship for many and most residents would be unable to participate. The decrease in funding streams at every level – local, state, and federal – is creating difficult situations for many Maine citizens. Tighter eligibility requirements are eliminating individuals who, in the past, would have been able to participate in many programs, but now cannot.

The opportunity to utilize CDBG funding provides the county and the center to reach out to an underserved population and to provide opportunities to establish and maintain a healthier lifestyle, learn new skills that will enhance greater opportunities to join community programs, and to encourage social interaction with others, especially for residents who live in more rural towns in the county.

b) & d). Partial funding will be utilized to help as many residents as possible based on the center's hourly rate. Additional grant writing will be sought by the center's director to add funds the program's operational budget and to help offset program costs. At this time, Easter Seals has asked the center to suspend its Sliding Fee Scale. The center's director anticipates that the scale could be available in 2011 should the economic climate improve. The center's director would like to explore the possibility of a regional Special Recreation Association of interested municipalities for the CDBG funding year in 2011.

c. CDBG funds are critical because the center lost Cumberland County Human Services appropriations in 2007. The loss of these funds hurt the center's ability to offer some funding support for county residents. County funds were appropriated for social services that could support programs that were associated with or helpful to inmates at the Cumberland County Jail.

Many towns and municipalities do not fund an appropriation for the center's program. It is anticipated that this level of government funding will become more

difficult to receive in the next few years. Thus, the center must look at every potential funding opportunity.

Budget for Project (10 points): See attached.

Project Implementation Schedule 2010 Grant Cycle
The Center for Therapeutic Recreation/Easter Seals Maine

<u>Activity</u>	Q #1 J - S 2010	Q #2 O - D 2010	Q #3 J - M	Q #4
Development of a program brochure for towns/mail out	X			
Distribution of flyers in community spaces and bulletin boards	X	X	X	X
Write Press Release for the Press Herald and town papers regarding grant award	X			
Mailings to interested county residents	X	X	X	X
Reporting completed as outlined in CDBG contract	X	X	X	X
Project Completed at the end of Quarter 4				X

Budget – Public Service Programs**The Center for Therapeutic Recreation/
Easter Seals Maine, Inc.**

Cost Category	CDBG Funds	Municipal Funds	Other Funds	Total
Equipment (Rentals)			1392	1392
Materials/Supplies Program supplies Postage			750 1200	1950
Operations				
Salaries	7600	113,544	13,838	134,982
Fringe Taxes Benefits			10,444 23,550	33,994
Transportation Employee mileage			1100.	1100
Consultants Professional fees Staff training			1000 350	1350
Space/Rent			16,220	16,220
Project Management *	400			400
Other – 1 Depreciation			1396	1396
Other – 2 Subscriptions Advertising			300 220	520
Total costs	\$8000	\$113,544	\$71,760	\$193,304

* Program General Administration Costs @5% for Director's time