

I. CHESTER COUNTY COMMUNITY FOUNDATION  
GRANT PROPOSAL SUMMARY SHEET

One page only. This page will be shared electronically with Grant Committee Members & Fund Advisors.

Note: If Philanthropy Network of Greater Philadelphia's Common Grant Application is used, the Community Foundation's Summary Sheet MUST accompany application.

To obtain an electronic version of this application, visit [www.chescocf.org](http://www.chescocf.org)

Date: December 5, 2017

Contact Information

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Website: [www.cgrc.org](http://www.cgrc.org)  
Year Incorporated: 1956

Has your nonprofit ever applied to the Community Foundation? Yes \_\_\_ No X Not Sure \_\_\_  
Has your nonprofit ever received funding from the Community Foundation? Yes \_\_\_ No X Not Sure \_\_\_

Field/s of Interest:

\_\_\_ Arts, Culture & Humanities      \_\_\_ Environment/Animal Welfare      \_\_\_ Education  
\_\_\_ Health      X Human Services      \_\_\_ Religion

Organization Information:

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served):

CGRC provides behavioral health and case management services for children and families throughout Chester County, with a concentration in Coatesville and the surrounding communities.

Describe Population Served and Annual Number of People Served:

During Fiscal Year 2017 (July 1, 2016-June 30, 2017) CGRC provided services to over 1,200 children and adolescents in Chester County. Over 400 children receive care from our psychiatry staff while participating in therapy.

Although CGRC is considered a children's provider of healthcare services, mental health treatment addresses the family's circumstances and functioning to understand the issues that impact the child. Parental and/or caregiver engagement in therapy is crucial to successful outcomes for the entire family. Each child who receives treatment at CGRC represents several additional family members who benefit from the provision of high quality healthcare services.

While mental health issues impact children and adolescents in all social and economic categories, clinical research indicates that prolonged stress due to poverty, violence and a lack of nurturing relationships impair a child's cognitive, behavioral and emotional development. Children residing in the City of Coatesville, where median household income is 40% of the county average and over one-third of the residents live in poverty face a constant struggle just to survive. Mental health and psychiatry services can address the depression, anxiety and trauma which often become ingrained in many of these children. Without this intervention, children and adolescents will not have the opportunity to break out of the negative influences that impact their families to create a positive future for themselves.

Mission:

8-2016

CGRC's mission is to provide high quality, community-based therapeutic, supportive and preventive behavioral healthcare services for children, adolescents and families with mental health, developmental disability, and residential needs.

At CGRC, we understand that the definition of "good health" means addressing emotional and mental health issues along with physical health concerns. We are working everyday to break the stigma associated with mental health concerns, so that every child has the opportunity to grow up to be a happy, productive adult.

**Proposal Summary:**

CGRC is seeking \$7,500 in funding to support the provision of psychiatric services for children and families in Chester County, specifically to fund the psychiatric assistant position. Although CGRC receives fee reimbursement for healthcare services provided to children enrolled in the state's managed Medicaid program, we have no control over the reimbursement rates. Many of these rates do not cover our direct costs to provide healthcare or the additional support services that we provide to respond to the needs of the community, and this position is crucial to maintaining the provision of high quality healthcare for our client families.

<u>Annual Budget</u> \$ <u>4,718,044</u>	<u>Chester County Services</u>	<u>75</u>	# of Full-Time Equivalent Paid Staff
<u>88</u>	% of budget for program expenses	<u>18</u>	# of Board Volunteers
<u>11</u>	% of budget for administrative expenses	<u>50</u>	# of Active Non-Board Volunteers
<u>1</u>	% of budget for fundraising expenses	<u>1775</u>	# of Volunteer Hours
<i>100</i>	<i>% total</i>		

**Top 3-5 funding sources:**

The Brandywine Health Foundation, The Genuardi Family Foundation, The Marshall Reynolds Foundation  
Pennsylvania Managed Medicaid Reimbursement

**Grant Amount Requested from the Community Foundation:** \$ 7,500

## **Child Guidance Resource Centers Chester County Psychiatry Services**

### **1. Organization's history, goals, key achievements and distinctiveness**

Child Guidance Resource Centers (CGRC) is a non-profit community mental health center founded in 1956. Since that time, CGRC has built an impressive reputation throughout Southeastern Pennsylvania as a provider of high quality, collaborative, and comprehensive care that works across a complex system of multidisciplinary providers. The organization's growth over the past sixty years is reflected by a complement of 500 staff members providing a full continuum of behavioral health, education and case management services in over twenty programs throughout Delaware, Chester, Montgomery and Philadelphia counties. For the fiscal year that ended on 6/30/17, CGRC provided services to over 9,000 children and adolescents.

CGRC's history in Chester County began in 2003, when the Chester County Department of Mental Health and the Brandywine Health Foundation invited CGRC to open an office in the City of Coatesville to address the underserved mental health and case management needs of families in the community. Over the past 14 years, CGRC has met the substantial demand for healthcare by increasing the number of clinicians and services to meet the needs of the children, adolescents and families who come to us for help. CGRC employs 100 staff members (split evenly between full and part-time employees) who provide services at our office in Coatesville and across the county. Each CGRC staff member works tirelessly to eliminate the stigma associated with mental health issues by assisting children in overcoming barriers to realize healthy and productive futures.

CGRC's clinical services are fully accredited by the Joint Commission on Accreditation of Healthcare Organizations and are licensed by the Pennsylvania Departments of Human Services, Health and Education. The organization is contracted with Community Care Behavioral Health in Chester County to provide healthcare for children who receive coverage from the Pennsylvania managed Medicaid system. As such, CGRC serves as a primary provider of mental healthcare for families without the means to pay for counseling and medical services from private practice clinicians. Our ability to provide healthcare in our offices and in the child's home and school provides us with a distinct advantage in understanding the reality of life for children struggling with personal needs.

CGRC works closely with county Offices of Mental Health/Intellectual Disabilities, Children, Youth and Family Services and Juvenile Probation. Our therapists and case managers work with hundreds of private and public agencies that provide mental health treatment, drug and alcohol treatment, services for children and youth with developmental issues, child abuse prevention and intervention services, residential treatment facilities, foster care agencies, and shelters to coordinate treatment and service planning. CGRC's connections to resources such as food banks, housing assistance organizations and medical providers provide our client families with the ability to address their complex and emergent needs so that they can stabilize their lives and begin to engage in the therapeutic process.

## **2. Funding request:**

- **Description of key initiatives**

CGRC provides a continuum of mental health services to children and families in Chester County. The type of therapeutic treatment recommended is based on an extensive assessment of the child and family's history and functioning because all of these factors impact the child's current emotional and behavioral state. Although we are a children's healthcare provider, treatment typically involves the child's parents or caregivers and siblings, since positive outcomes rely on increasing family awareness of ongoing issues and changing behavior and communication patterns.

Psychiatry services work as an integral component in the provision of mental health care for a portion of the children we treat. If the results of the family's initial assessment indicate the need for a psychiatric evaluation, CGRC's medical staff is engaged as part of the treatment team. Psychiatry services are used as an adjunct treatment to therapy when medication can assist in stabilizing a child or adolescent's symptoms so that therapy can be effective. CGRC's physicians and psychiatric nurse practitioners perform extensive psychiatric evaluations before any medication is prescribed and then perform regular monitoring after treatment begins.

- **Specific needs and issues to be addressed**

CGRC is requesting \$7,500 in general operating support to sustain the provision of psychiatry services to children and families in Chester County, particularly to fund the psychiatric assistant position. CGRC incurs a financial deficit caused by the gap between the reimbursement rates provided by the Pennsylvania managed Medicaid program and the cost to provide psychiatric services. Fees cover on average 75% of the cost of services, which results in an annual loss of over \$165,000 in this program.

In response to the impact of this fee structure, CGRC has implemented multiple initiatives to reduce expenses without sacrificing the quality of our healthcare and the support that our client families need. In an effort to reduce the administrative burden on our medical staff to allow them to concentrate on the provision of healthcare, CGRC created a part-time psychiatric assistant position. This staff member triages all incoming communication for our medical staff from families, other healthcare providers, pharmacies and insurance companies. She coordinates care plans with school nurses, physician's offices, residential mental health providers and CGRC's clinicians. The psychiatric assistant also performs all of the pre-authorizations for medication that are required by each insurance company before any prescription can be filled. All of these tasks are time sensitive and require the psychiatric assistant to balance multiple competing needs to complete these tasks in an efficient manner.

The psychiatric assistant serves as a crucial link between parents and CGRC's medical staff. She is the first line of contact for follow up questions and concerns from parents in between medical appointments. None of the tasks performed by the psychiatric assistant are reimbursable by the state's managed Medicaid system, yet her work is integral to maintaining the high level of healthcare that has distinguished CGRC in Chester County. Providing this type of support helps

our medical staff operate more efficiently, however, the organization incurs an annual cost of \$15,000 to staff this position.

- **Organizational Impact if initiative is undertaken**

Psychiatry services are crucial to the delivery of mental healthcare and cannot be discontinued; in fact CGRC's ability to provide this level of health care as part of a complete mental health treatment plan can prevent the need for more intense and expensive treatment in the future. Providing comprehensive mental health and psychiatry services for children in need will help them perform better in school and build positive attachments to peers and family members. Parents will gain a better understanding of their child's behavior and development and will develop skills to help them manage their relationships. With assistance, children and families can overcome negative circumstances to make meaningful improvements in their lives.

General operating support of \$7,500 will fund 50% of the cost for the psychiatric assistant position and will permit CGRC to continue to provide much needed mental health care and support services to hundreds of families in Chester County.

### **3. How impact and results will be demonstrated**

At the most basic level, the impact of providing psychiatry services in conjunction with therapy is measured by improvements in mood, behavior and functioning of the child in treatment. Medication assistance combined with therapy can help reduce depression, anxiety and trauma in children, which can facilitate improvements in school attendance and participation, an increased interest in social and community activities and enhanced positive attachments to family members and friends.

These results are typically revealed during regularly scheduled appointments with the psychiatrist who use observations and interviews with the child and family members to assess the child. CGRC's medical team also meets with the clinician providing mental health treatment who can provide more comprehensive reporting on the child's progress toward stated goals.