The Chester County Community Foundation connects people who care with causes that matter, so their philanthropy makes a difference now and forever.

- The Community Foundation is a collection of Funds: Field of Interest Funds + Donor Advised Funds.
- 99% of the grants issued by the Community Foundation are made possible through the generosity of the Fund Advisors who created donor advised funds. $2.2+ million is granted annually to nonprofits in Chester County and beyond.
- All Community Foundation Funds accept this grant application form.

Proposals submitted by nonprofits will be considered for 2 types of grants:

1) FIELD OF INTEREST & DONOR ADVISED FUNDS
- Proposals received any time throughout the year are eligible for funding consideration from the Foundation’s Field of Interest Funds & Donor Advised Funds.
- Grant awards typically range from $500 - $7,500.
- Grant decisions are made intermittently throughout the year, as Fund Advisors desire.
- Proposals are electronically shared with Fund Advisors to assist them in making grant decisions.
- General operating grants are encouraged. Nonprofits should be specific about their mission, goals, and measurable outcomes.
- Grants focus on Chester County causes and issues, but are not limited to Chester County.
- Grants may be made to charitable nonprofits working in all fields of interest including arts, culture and humanities; education; community improvement; environment; religion; health; and human services.

2) FUND FOR CHESTER COUNTY CAPACITY BUILDING INITIATIVE
- The goal of the Community Foundation’s capacity building grantmaking is to strengthen the effectiveness of nonprofit organizations serving the Chester County region.
- Capacity building proposals received by September 15 annually will be eligible for this special grant initiative.
- Capacity building projects should strengthen a nonprofit, in areas including:
  - Mission, Vision & Strategy
  - Governance & Leadership
  - Strategic Relationships
  - Operations and Technology
  - Fundraising & Development
- Grant awards range from $500-$5,000.
- NPO’s with budgets $ 750,000 or less preferred.
- Grant monies are distributed by February.
- Nonprofits must be located in and serve Chester County to receive a grant from this special initiative.

- A proposal is considered “complete” when the Chester County Community Foundation has confirmed receipt of the Grant Proposal Summary Sheet, Narrative and Attachments.
- Proposals are shared electronically online with Fund Advisors and the Grants Committee.
- The electronic form is available at www.chescocf.org.

Per IRS regulations, applicants: must be charitable, tax exempt organizations with 501(c)(3) certification and cannot be individuals

- E-mail proposals to grants@chescocf.org. Receipt will be confirmed by e-mail.
- Please contact Kevin Baffa or Beth Harper Briglia at (610) 696-8211 or grants@chescocf.org if you have any questions. Thank you.

8-2016
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

Date 10/2/19

Contact Information
Organization Name: Be a Part of the Conversation
Executive Director Name: Kim Porter
Address: 3554-B Woodcrest Ave., Newtown Square, PA 19073
Executive Director E-mail: kim@conversation.zone
Phone: 267-629-2214
Board of Directors Chair Name: Casey Duffy
Website: www.conversation.zone
Primary Contact Name: Kim Porter
Year Incorporated: 2014 [501(c)3 in 2015]
FEIN: 47-1233578

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:
_X_ Education  _X_ Health

Organization Information:
Geographic Area Served (If not all of Chester County, specify primary Chester County regions served):
Chester County (Malvern and Devon), Montgomery County (throughout the county), Bucks County (Doylestown, Perkasie, Warminster and Bensalem), Delaware County (Springfield and Aston) and Philadelphia.

Describe Population Served and Annual Number of People Served:
Our broad-based community events draw from the general public, but many of our programs target educators and parents of K through 12th grade. We also have programs that are intended for treatment professionals, health care professionals (pharmacists, nurses, physicians, dentists), government officials, community leaders, law enforcement, affected family members, and people in recovery. Socio-economically, our participants range from low income to upper middle class. We serve more than 4,000 people each year.

Mission: Be a Part of the Conversation addresses substance use, misuse and addiction and its impact on individuals and their families by building a culture of awareness and support.

Proposal Summary: Be a Part of the Conversation would like further expand its programming and cross-sector partnerships in Chester County. A $5,000 grant would allow us to bring one program to a school or community setting.

Annual Budget $268,800______________
50 % of budget for program expenses
30 % of budget for administrative expenses
20 % of budget for fundraising expenses
100 % total

3.5 # of Full-Time Equivalent Paid Staff
10 # of Board Volunteers
60 # of Active Non-Board Volunteers
160 # of Volunteer Hours

Top 3-5 funding sources:
Government, Foundations, Individuals, Corporate, In-Kind Donations
Grant Amount Requested from the Community Foundation: $5,000
II. CHESTER COUNTY COMMUNITY FOUNDATION
GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

1. Organization’s history, goals, key achievements and distinctiveness

**History and Goals**
- Be a Part of the Conversation (BPOC) originated in the Hatboro-Horsham School District (Montgomery County) in 2011. Its goal was, and continues to be, to raise awareness about the effects of substance use, misuse and addiction within their community.
- Between 2011-14, BPOC emerged as a thriving initiative reaching educators, family members and the community at large.
- In 2014, BPOC incorporated as an independent entity, formed a Board of Directors, and appointed an Executive Director. It gained its non-profit status in February 2015.
- In July 2016, BPOC had its first paid staff member (Executive Director, Kim Porter).
- In January 2017, BPOC moved into its first office at 101 Phoenixeville Pike in Malvern (Chester County), which is the home of the Center for Families and the Therapeutic Alliance.
- In November 2018, BPOC relocated to the Center for Families’ at 1225 Montrose Avenue in Bryn Mawr (Montgomery County). This was due to the need for more space to accommodate additional staff. The organization continues to enjoy a dynamic collaboration with the stellar therapists affiliated with both organizations.
- Since 2011, BPOC has touched over 15,000 participants at more than 110 community events in 54 locations throughout the Greater Philadelphia region. BPOC annually serves more than 4,000 people.

**Key Achievements and Distinctiveness**
- Programs address a wide range of needs including prevention and early intervention, understanding addiction and co-occurring disorders, and finding pathways to lifelong recovery. *(See Appendix A for a sampling of topics.)*
- Our programs draw an average of 60 participants. They engage parents, educators, people in recovery, treatment and healthcare professionals, concerned loved ones, law enforcement representatives, and community leaders.
- BPOC leadership facilitate three free weekly parent support group meetings year-round in Montgomery and Bucks Counties, with the intention of expanding these vital meetings. Our website also provides a meeting finder which includes dates, times and locations for dozens of parent support meetings throughout the region.

**Network of Recovery Support Services**
An essential component of BPOC’s purpose is the ability to direct a family in crisis to appropriate resources. In order to create meaningful informative programs, we regularly invite individuals in recovery, treatment professionals and other experts in the field of substance use disorders to serve as Guest Presenters and Panelists. This network of recovery support services has been invaluable in helping to guide families in crisis to the services available throughout our region. BPOC encourages family members to connect with the growing number of parent support groups throughout our region. We believe that connecting with other family members helps to reduce isolation and stigma, increase awareness of treatment resources, and foster healing and growth.

Family members who seek out our support tend to provide a full history of their loved one's struggles with addiction, with the sole purpose of getting their loved one sober. As caretakers, they may have lost sight of their own well-being, or awareness of their own states of mind. Family members often put their own needs far below the needs of their addicted loved one, until the addiction has claimed the entire family. This shift in priorities can last for years. Our goal is to guide that family to a place of self-care and clear, less reactive thinking.

**Meaningful and Informed Conversations**
Based on research and best practices, our programs are uniquely structured to engage participants in meaningful and informed conversations. Our community programs incorporate a presentation or panel, followed by our signature “Conversation" break-out groups, each led by a volunteer Facilitator. These discussions engage our
participants as they share their own experiences and ask questions, they might not be uncomfortable raising with the larger audience, and also helps to deepen understanding and initiate support. The full audience then reconvenes for a Q&A with panelists or presenters. Following each community event, participants are sent an email inviting them to visit a page on the conversation.zone website which has been created as a follow-up to the program they just attended. This page includes extensive resources, including links to explore topics in greater depth as well as the Powerpoint presentation from the event.

Conversation Resource-Rich Website
The conversation.zone website itself is an extraordinary source of information for anyone concerned about substance misuse or addiction with sections on research, best practices, parent blogs and a large listing of regional support groups. The website is also home to our calendar of events, program menu, list of supporters, and details about our organization’s history and leadership. Visitors to our site have options to make a contribution (basic donation, in memory of or in honor of someone, or a sustaining membership), or to subscribe to our MailChimp newsletter, which currently has more than 3,000 subscribers.

Unique Offerings
We help to de-stigmatize addiction, raise awareness about substance use, help educators and parents to delay youth substance use, encourage ethical prescribing practices among healthcare professionals, support all pathways to recovery, and engage, support and connect people at free-of-charge events.

We routinely hear from program participants, as well as from our partners in the treatment industry, that BPOC is the only organization they are aware of which provides insight and support to families in crisis, education to prescribers, and invaluable education to K-12 parents. We have robust support in Montgomery County and continue to grow our supportive partnerships in Chester, Delaware, Bucks and Philadelphia Counties.

Participants in our programs this year have said:

• “I feel so much better just knowing that I’m not alone.”
• “The presentation solidified my feelings of empowerment as a parent!”
• “I am so grateful to have had this experience! The panel was very helpful – open and honest.”
• “The presentation was filled with so much valuable information. I would like to send a link of the presentation to other parents who couldn’t make it!”

Milestones
Now entering our ninth year of programming and our fifth year as a nonprofit organization, Be a Part of the Conversation has achieved milestones in expansion of our organizational infrastructure, staffing, geographic reach, diversification of funding, and significant progress towards sustainability.

• Between October 2018 and May 2019, BPOC presented forty programs in Montgomery, Bucks, Chester, and Delaware Counties, attracting 4,400 participants. We have exceeded our programming goal by 90%. While attendance at each event has remained consistent, additional partnerships have allowed us to engage a much more widespread audience.
• In concert with our dedicated board, community stakeholders and supporters, we are strategizing and implementing plans to continue BPOC’s ability to meet the growing demand for services through organizational growth and sustainability. Starting with a part-time Executive Director in 2014, we now have a full-time Executive Director and four part-time staff. We hope to add .5 FTE staffing hours to support further expansion of our programming and cross-sector partnerships in Chester County.
• We are deeply grateful to have a dedicated group of volunteers who serve on the planning committee for our annual fundraising brunch. In April of 2019 we held our third annual event, which drew 90 guests in a beautiful private home, and raised more than $70,000.
• BPOC will continue to diversify and reconfigure our staffing infrastructure for optimal programming, administration, outreach and fund development purposes.
• BPOC will continue ongoing cultivation and stewardship of our current and prospective volunteers and financial supporters – from engagement through regular donations to major gifts, and, for some, planned gifts in the future.

As for socio-economic demographics, there is a diverse range from low income to upper middle class. We have also presented bi-lingual programming in Montgomery County, e.g., in a Latino community presentation in Norristown, where 90% of attendees did not speak English at all.

Our events for health care professionals typically focus on opioid prescribing practices and the possibility of drug-seeking patients or clients, depending on the institution with whom we are collaborating. Those audiences are very specialized and have included doctoral pharmacy students, medical residents and staff, and professional dentists and maxillofacial surgeons.

BPOC also involves family members with three regional parent support groups, which reduce isolation and stigma, facilitate connections to treatment resources and foster healing and growth. Each of these groups will bring together an average of 20 people each week and serve more than 200 unduplicated participants annually.

Be a Part of the Conversation (BPOC) respectfully requests a grant of $10,000 through the Chester County Community Foundation to be applied towards the agency's operating expenses. Specifically, these funds would help us respond to requests to expand our community programming and collaborations into more regions of Chester County. We are entering our third year of Community Partnership with Great Valley School District, and have presented programs in the Tredyffrin/Easttown School District. BPOC is poised to work with many other Chester County school districts to provide programs that support parents and educators as they navigate the ever-changing landscape of substance use among adolescents and young adults. One of our goals is to create a position for an additional program coordinator (a Chester County resident), who would be dedicated to serving Chester County communities.

2. Funding Request
   • Description of key initiatives

   Addiction is a family disease. For generations, treatment communities have evolved and responded to the changing face of addiction. What is happening to young people today is truly alarming. Addiction research has consistently shown that the best predictors of long-term recovery are:
   o Length of the treatment for the person with a substance use disorder
   o Family involvement

   The programs of BPOC, including the parent support groups, strengthen family involvement in very positive ways. Our programs range from prevention, to early intervention, to crisis management, to supporting all pathways to recovery. We do not provide treatment, but we collaborate with an extensive network of treatment professionals and are able to connect our participants to those resources. Inpatient and outpatient treatment providers are offered resource tables at our programs in order to provide personal support and information to attendees who may be interested in their services.

   Be a Part of the Conversation believes, and has experienced time and time again, that educating the general public about risk factors for substance use disorder is both prevention-based and research-based. We are a collaboration of cross-sector community leaders, school district representatives, elected officials, clinicians, and families who believe that having meaningful, inclusive conversations will support individuals and their families in their efforts to develop healthy coping skills and access support whenever there is a need. In particular, parents in the presentations and support groups gain:
   o Increased awareness about substances, addiction and recovery
   o Emotional support before, during and after their child/young adult/older adult’s treatment episode
   o Learn coping skills
   o Obtain useful information
In fiscal year 2020, BPOC plans to engage more than 2,500 participants by leading at least 40 community events, which on average draw 60 participants each.

- **Specific needs and issues to be addressed**
  - We believe we can all benefit from increased awareness and having meaningful conversations about substance use, and its effects on individuals and their families. Our goal is to see everyone equipped with the skills and resources to avoid substance use, misuse or addiction. If such use becomes a reality and a challenge, or if the disease of addiction has been diagnosed, those individuals will be supported and assisted by a community that is educated and able to take timely and positive action toward healing and lifelong recovery.
  - Programs that educate and support parents of young children draw parents, and often educators, of children in grades K through 6. Programs that focus on warning signs and communication skills draw parents and educators of children in grades 7 through 12. Programs that address the science of addiction, the opioid crisis, or other more targeted topics draw a very broad spectrum of participants, but many are personally impacted by a loved one’s substance use disorder, or are currently in recovery, or seeking recovery themselves.
  - Continue building and expanding collaborative partnerships in Chester County. People who attend our programs in Montgomery County have indicated that they live or work in Chester County, and they would love to see our programs hosted by their school district or other entities.
  - Continue to evolve and expand our programming to address the every-changing landscape of opioid and other substance use disorders, along with co-occurring mental health challenges that contribute to, or exacerbate, substance use.

- **Why it is important to fund this now**
  - As is the rest of our country, our region is experiencing an unprecedented epidemic - not only of substance use, misuse and overdose among youth and young adults - but also the impact of technology and social isolation among teens, which correlate with substance use disorders.
  - This funding would help us to ...
    - Continue to strengthen existing Chester County partnerships (Great Valley School District and Tredyffrin/Easttown School District and expand collaborative efforts in regions where BPOC already has a presence.
    - Continue to expand Be a Part of the Conversation’s staffing and programming into additional Chester County regions.

- **How impact and results will be demonstrated**
  - We anticipate reaching 500+ individuals in Chester County in the next year with continued growth in subsequent years (as we have experienced in other counties).
  - We ask program attendees to complete surveys which provide us with a wealth of information about our audiences as well as requests for other important topics to be addressed.
  - We follow-up with attendees via email and links to resources for support, etc.
  - All program presentations are uploaded and available on the website for anyone who visits the website.
  - Through our many collaborations with our cross-sector community partners, we continuously share our findings and best practices.
  - In addition, these partnerships help us to stay on top of critical trends, issues and feedback which also contribute to the continuous evolution of our programming and services as well as our frequently visited resource-rich website, which provides information to the public – regionally and beyond.
APPENDIX A
Sampling of Be a Part of the Conversation featured topics

"Have You Had the Conversation? How to talk with your kids about substance use." Geared toward parents K- 5 students in an effort to deter substance use. Since April 2016, this program has been presented in the following school districts: Hatboro-Horsham, North Penn, Perkiomen Valley, Pottsgrove, Souderton Area, Upper Perk, Perkiomen, Norristown Area, Spring-Ford, Upper Dublin, Upper Merion, Great Valley, Colonial and Tredyffrin/Easttown.

"Clearing the Air About Vaping" A talk with parents about the growing trend of vaping among adolescents, including the use of cannabis oil, featuring a presenter from Caron Treatment Center who specializes in tobacco and cannabis use, as well as a private practice clinician who coaches parents through the process of addressing difficult topics with their children. Since January 2018, this program has been presented in the following school districts: Hatboro-Horsham, Great Valley, Upper Merion, Upper Moreland, Lower Moreland, Souderton Area, Upper Perkiomen, and Perkiomen Valley. BPOC has also presented this program at the Delaware County annual PAYS (Pennsylvania Youth Survey) Summit, the Montgomery County Drug & Alcohol Prevention Grant Training Program, faculty in-service days, and in partnership with various local businesses and nonprofit organizations.

"A Parents’ Guide to Teenagers & Substance Use" We talk with parents of middle school and high school students about some of the warning signs of substance use and how to address these challenges. Since January 2018, this program has been presented in the following school districts: Perkiomen Valley, Abington, Great Valley, Hatboro-Horsham, and Upper Merion.

"Cannabis (it's complicated)" For parents of middle & high school students. What was once a simple plant, cannabis (marijuana) is now inspiring everything from fear to fierce loyalty. We have conversations about the science of today’s cannabis and its impact on children’s developing brains. We encourage participants to keep an open mind and learn all they can about this drug which, today, bears little resemblance to a plant. This program was presented in Montgomeryville in November 2018, and is in great demand for the 2019/2020 season.

"Mock Teen Bedroom" Our “bedroom” is an interactive display which features often-overlooked warning signs of substance use. We educate parents and other adults not only about the physical indications, but also some behavioral changes that might be red flats. We talk with visitors about some possible next steps they can take to address any concerns they may have. Since August 2014, BPOC has presented the Mock Teen Bedroom in the following communities: Horsham Township, Borough of Hatboro, Lower Gwynedd Police, Upper Merion Police, Bishop McDevitt High School, Perkiomen Valley School District, Lincoln Investment in Fort Washington, Abington Police, and with Project Live in Upper Perkiomen.

"Kids & Stress" We engage professionals such as Matt Bellace, PhD, a neuropsychologist and stand-up comedian, to present vital information to parents of young children and adolescents, in an effort to support them as they observe indicators of stress and its impact on their children.

"Marijuana, the Brain & Behavior" Once again, Matt Bellace, PhD was our guest presenter, conducting two assemblies and two workshops with students at Perkiomen Valley School District’s two middle schools. In the evening, Dr. Bellace addressed the very challenging topic of marijuana and its impact on teens for Perkiomen Valley families and staff. Dr. Bellace has also presented this program at the Center for Families in Malvern, and spoke with Great Valley Middle and High School students at daytime assemblies.

"Addiction 101. Addiction can happen to anyone. Let’s talk about it.” This program helps a broad audience to understand the science of addiction, some of the risk factors associated with a predisposition to substance use disorders, while addressing stigma and related challenges to embracing treatment and recovery. This program was presented at a business lunch program at Lincoln Investment in Pa. Washington, a “Peace & Justice Ministry” gathering at a faith organization in Doylestown, at Montgomery County’s annual Student Assistance Program (SAP) conference, and at Great Valley School District in response to a very public arrest of their high school principal for violations related to substance use.

"Why Can’t They Just Stop?" We were honored to present this program with Kevin McCauley, MD, an addiction medicine specialist and creator of the films Pleasure Unwoven and Memo to Self. Through a grant awarded by Steps4Hope, Dr. McCauley spoke at Immaculata University in October 2016, drawing 250 participants. We had a conversation about how substance use can be relatively harmless for some, yet for others, can lead to misuse or the disease of addiction. During the day, Dr. McCauley provided three continuing education hours of instruction to local clinicians, and the following day he conducted an assembly with Great Valley High School students. We are thrilled to be hosting Dr. McCauley again this fall when he will present “New Perspectives on Addiction & Recovery.”

"Shining a Light on the Opioid Crisis" Through partnerships with the Montgomery County Office of Drug & Alcohol, and the Bucks County Drug & Alcohol Commission, we are presenting this topic on six occasions in as many locations between April and September of 2010. Our goal is to help participants understand the unique challenges presented by opioid use, the risks of inappropriate or over-prescribing, and the pathways to recovery from opioid use disorder. Our Guest Presenters include Steve Moriconi, DMD, who is one of Pennsylvania’s lead lecturers on safe prescribing practices; we also engage a clinical director from a local inpatient treatment facility who addresses opioid use disorder treatment, as well as someone in recovery from an opioid use disorder who shares their story of addiction and recovery.
This program targets parents and educators who are concerned about the impact of technology on children and adolescents. While there are tremendous benefits presented by technology, the intense, seemingly relentless exposure young people have to social media, gaming and inappropriate material online has many psychosocial implications. Our goal is to provide adults with tools they can use, and opportunities for them to guide healthy choices for their children. Since April of 2013, this program has been presented in the following school districts: Hatboro-Horsham, Perkiomen Valley and Great Valley, as well as Trinity Lutheran Church in Lansdale, and the Center for Families in Malvern.

III. ATTACHMENTS

E-mail or mail this support information

1. Copy of 501 (c) (3) federal tax-exempt letter
2. List of Board of Directors, with their affiliations
3. Most recent annual report and financial statement, audited if available
4. Itemized organizational operating budget with actual results for prior fiscal year and current fiscal year to date
5. If capacity building initiative, itemized budget (including external consultant’s proposal, if applicable)
6. Current strategic plan. We became a nonprofit in February of 2015. We are on the cusp of growing our organization and a strategic plan will provide direction and focus to articulate goals for the next three to five years.

E-mail completed proposals to grants@chescofoundation.org
Please contact Kevin Baffa or Beth Harper Briglia at (610) 696-8211 or grants@chescofoundation.org if you have any questions. Thank you.