

I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

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

Date: November 21, 2019

Contact Information

Organization Name: Child Guidance Resource Centers
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 Coatesville, PA 19320
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 Year Incorporated: 1956
 Website: www.cgrc.org

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 FEIN: 23-1490061

Has your nonprofit ever applied to the Community Foundation? Yes No Not Sure
 Has your nonprofit ever received funding from the Community Foundation? Yes No Not Sure
 Donor Advised Fund(s) Fund for Chester County Don't know/Not sure
 Coatesville Community Health Foundation

Field/s of Interest:

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

Organization Information:

Geographic Area Served (*If not all of Chester County, specify primary Chester County regions served*):
 Child Guidance Resource Centers (CGRC) provides behavioral health assessment and treatment services to children, adolescents and families throughout Chester County with a concentration in the greater Coatesville area.

Describe Population Served and Annual Number of People Serve

Each year CGRC provides behavioral healthcare to over 1,200 children through a variety of therapeutic programs. While the need for mental healthcare assessment and treatment spans all social and economic categories, this need is particularly urgent for many families living in the City of Coatesville who are struggling financially, lacking the basic necessities of food and housing. Residents experience community violence, domestic abuse and substance abuse, which creates sustained anxiety and depression in all family members. These feelings negatively impact emotional health, behavior and the ability to form positive personal attachments. Children who experience trauma are at risk for changes in brain development resulting in impaired cognitive development and emotional regulation. Many children live with grandparents, or other kinship relations due to their parent's abandonment, death or incarceration, which creates additional emotional struggles.

Mission: CGRC's mission is to inspire hope, to empower and to contribute to the well-being of children, families, and adults throughout the five county Philadelphia region, by delivering evidence-informed behavioral health services and community-wide wellness programs.

Proposal Summary: CGRC is requesting \$7,500 to provide vital psychiatric support services for 400 children and adolescents currently receiving mental health treatment.

Annual Budget \$ 4,008,704	76	# of Full-Time Equivalent Paid Staff
87 % of budget for program expenses	18	# of Board Volunteers
12 % of budget for administrative expenses	55	# of Active Non-Board Volunteers
1 % of budget for fundraising expenses	1800	# of Volunteer Hours
100 % total		

Top 3-5 funding sources: The van Ameringen Foundation, The Marshall Reynolds Foundation, The United Way of Chester County, Managed Medicaid fees, School District service contracts

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

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

For over 60 years, CGRC has provided mental health assessment and treatment services to children, adolescents and families across southeastern Pennsylvania to address emotional, behavioral and developmental issues. Our reputation is built on our ability to provide a continuum of high quality healthcare and case management services; to successfully implement evidence-based therapeutic programs and to collaborate with other child serving and human services organizations to meet the complex needs of our client families.

In 2003, 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 behavioral healthcare needs of medically underserved families in the community. Since that time, CGRC's program and service offerings, staff roster and client base have grown significantly. Today 76 staff members provide care to over 1,200 children and adolescents across the county on an annual basis. CGRC's programs are accredited by the Joint Commission and licensed by the Pennsylvania Departments of Human Services, Education and Health.

CGRC's contract with Community Care Behavioral Health to administer the state's managed Medicaid insurance program means that we are able to provide mental healthcare to families who would not have access to or the means to afford a therapist and a psychiatrist in private practice. This contract also permits us to provide specialized therapeutic programs to address complex and intense behavioral healthcare and case management needs that are administered by the state and county.

CGRC's multiple community-based services provide a distinct care advantage to our client families; the ability of our staff to meet with families in their homes and to work with children in their classrooms means that we gain a much deeper understanding of the family's functionality and relationships and the reasons for a child's emotional state and behavior. Providing assessment and therapeutic services in the family's home also greatly assists those families who lack private transportation or who have limited mobility due to their own health concerns.

Achievements resulting from the provision of behavioral healthcare can be difficult to measure, but they are reflected in every child who stays in school, forms positive peer relationships and improves their academic performance because they understand and can address their feelings. Progress is reflected in every adolescent who reaches out to talk to a trusted adult before they engage in risky behaviors such as substance abuse or gang involvement. Success is reflected in every parent who learns how to effectively set behavioral expectations and use positive parenting techniques instead of corporal punishment, due to the skills they've learned in a parenting program. It is every family who is now connected with community organizations which can help them access safe housing, food, job training and other types of medical care to stabilize their lives which enables them to begin to address their emotional and behavioral health. Improvements in emotional health and behavior modification take time but are possible when children and families are engaged in treatment and willing to make changes to improve their lives.

2. Funding request

Description of key initiatives

CGRC's funding request supports our ability to effectively and efficiently provide psychiatry services including psychiatric evaluations and medication administration to children and adolescents who are participating in therapy. CGRC recommends the use of medication management as an adjunct treatment in conjunction with therapy to help stabilize a child's emotional state so that therapy can be more effective. CGRC's psychiatrists and psychiatric nurse practitioners perform extensive psychiatric evaluations before

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any medication is prescribed and then perform regular monitoring visits after treatment begins. Each psychiatric evaluation takes two hours and each medication check lasts for 20 minutes.

Specific needs and issues to be addressed

Almost 400 Chester County clients receive care from CGRC's psychiatric medical team over the course of a year; for these children, psychiatry services provide valuable assistance in their ability to concentrate on their school work, participate in pro-social activities, and engage in therapy. Although CGRC is reimbursed by the Pennsylvania Managed Medicaid system for psychiatric evaluations and medication management appointments, these fees do not cover the cost to provide these services. In addition, our medical staff must perform many critical activities that are not designated as reimbursable under the state's insurance program but are crucial to providing high quality comprehensive healthcare. Unfortunately, these factors create a financial burden for the organization; however, psychiatric services are a fundamental piece of behavioral healthcare and must be provided.

In an effort to reduce the administrative burden on our medical staff and increase the amount of time that is available for direct client care, CGRC uses a part-time psychiatric assistant to increase the efficiency of our communication and collaboration with other organizations. Our psychiatric assistant supports the medical staff by scheduling medical appointments and triaging incoming and outgoing communication with other healthcare providers, insurance companies, pharmacies, school nurses, parents and caregivers. This includes coordinating medical information for the 40 client psychiatric emergencies which occurred during Fiscal Year 2019. The psychiatric assistant is also responsible for completing insurance plan pre-authorizations for medication to ensure that prescriptions are available for our client families.

Why it is important to fund this now

Psychiatry services are an integral part of CGRC's continuum of mental healthcare services and supports children and adolescents in all of our therapeutic programs. Our use of the psychiatric assistant which costs \$25,000 annually, increases the efficiency and effectiveness of our medical staff and provides support to our client families. This staff member works in a professional and proactive manner to meet the needs of a large constituency, often in urgent circumstances. If CGRC's medical team had to handle the administrative tasks handled by the psychiatric assistant, it would cost the organization significantly more money and reduce the amount of time they had available to provide direct care. This position is vital to our ability to provide high quality, responsive care and Foundation support of \$7,500 will help sustain this position in the organization.

How impact and results will be demonstrated

Each child/adolescent has a clinical treatment plan which contains goals and objectives focused on understanding and strengthening his emotional state and determining constructive alternatives to current behavior and communication patterns. We use multiple clinical assessments to identify the family's needs and strengths to be addressed in treatment. As treatment progresses, our staff evaluates progress based on observations and feedback from parents/caregivers and the child during appointments. Pre and post treatment surveys completed by parents/caregivers and the child can also help measure changes in emotional resiliency, such as reduced feelings of anxiety, depression and symptoms of trauma. Progress is often reflected by improvements in academic performance and a reduction in negative behavior, the ability to form and maintain stable and productive peer friendships, the ability to set and meet personal goals and an enhanced feeling of personal attachment between family members. While these are subjective measures, they reflect the potential for real and permanent improvements in the child and family's lives.