

## GRANT PROPOSAL GUIDELINES

- We **connect people who care with causes that matter, so their philanthropy makes a difference now & forever.**
- We are a **collection of Field of Interest & Donor Advised Funds** with **@\$3.5M granted annually** to nonprofits in Chester County & beyond.
- **99%** of our grants are made by our generous Fund Advisors, who make grant decisions all year.

**Proposals submitted by nonprofits are considered for 2 types of grants:**

### Field of Interest & Donor Advised Funds (No Deadline)

Grants **focus on Chester County** causes & issues, but are not limited to Chester County.

Charitable nonprofits working **in all fields of interest** are considered for grant awards. (I.e. arts, culture, & humanities; education; community improvement; environment; religion; health; & human services)

**General operating** grants are encouraged. Nonprofits should be specific about their mission, goals, & measurable outcomes.

Proposals can be submitted **anytime all year**.

Grant decisions are made **intermittently** all year, as Fund Advisors desire.

For eligibility in this grant program, nonprofits must be **located in & serve Chester County**. NPO's with budgets of \$500,000 or less are given preference.

The goal of capacity building grantmaking is to **strengthen the effectiveness of NPO's serving the Chester County region**, in areas including:

Mission, Vision & Strategy

Governance & Leadership

Partnerships & Collaborations

Operations & Technology

Fundraising, Development & Marketing

- Use this form @ [www.chescocf.org](http://www.chescocf.org) to apply online for grants from all Community Foundation Funds.
- **Email proposals to [grants@chescocf.org](mailto:grants@chescocf.org)**
- Proposals are considered "complete" when CCCF has **confirmed** receipt of the **Grant Proposal Summary Sheet, Narrative & Attachments**.
- Proposals are shared electronically and online with Fund Advisors, Donors & Grant Panels.
- Per IRS Regulations, applicants **must be** charitable, tax exempt organizations with 501(c)(3) certification & **cannot** be individuals.

Please contact Grants Administrator **Kevin Baffa** at **(610)-698-8211** or [grants@chescocf.org](mailto:grants@chescocf.org) with any questions.

I. **CHESTER COUNTY COMMUNITY FOUNDATION  
GRANT PROPOSAL SUMMARY SHEET**

**Date:** 01/03/2022

**Contact Information**

Organization Name: Project Healing Hive  
Address: 35 Hall St Ste 304 Phoenixville, PA 19460  
Phone: 610-708-1927  
Website: www.projecthealinghive.com  
Year Incorporated: 2021  
FEIN: 83-3493913

ED/CEO Name: Kristen Morris-Yehiel  
ED/CEO E-mail: Kristen.morris80@gmail.com  
Board Chair Name: Kristen Morris-Yehiel  
Board Chair Approval (check here):   
Primary Contact Name: Kristen Morris-Yehiel  
Primary Contact E-mail: Kristen.morris80@gmail.com

**Organization Information:**

**Field/s of Interest:**

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

**Mission:** To improve mental health care by advancing an agenda for evidence-based CAM (complementary and alternative medicine) through research, education, direct service, and training.

**Geographic Area Served** (If not all of Chester County, specify primary Chester County regions served): Project Healing Hive serves Chester County and Southeastern Pennsylvania.

**Describe Population Served & Annual Number of People Served:** Project Healing Hive serves populations ranging from 13-62 years old with an array of mental health barriers including trauma, grief, mood/anxiety barriers, domestic violence, and substance use history.

<u>\$48,732.00</u>	<u>0</u>	# of Full-Time Equivalent Paid Staff
<u>80</u> % of budget for program expenses	<u>12</u>	# of Board Volunteers
<u>20</u> % of budget for administrative expenses	<u>3</u>	# of Active Non-Board Volunteers
<u>N/A</u> % of budget for fundraising expenses	<u>35 a week</u>	# of Volunteer Hours
<small>100 % total</small>		

**Top 3-5 funding sources:** Transformation Yoga Project, Phoenixville Community Health Foundation, Sponsors, and Partners.

**Is this grant proposal for:** Capacity Building  or General Operating  ?

**If Capacity Building Proposal, the focus is:**

Mission, Vision & Strategy     Governance & Leadership     Partnerships & Collaborations  
 Fundraising, Development & Marketing     Technology    Other: \_\_\_\_\_

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

**Proposal Summary:** As a grassroots organization we are seeking funding to aid our adolescent and teen mental health program that provides evidence-based holistic mental health services education, and resources to those underserved and uninsured. The program for this proposal is our Better-Aid program. This program will provide service grants to adolescents and teens with mental health challenges seeking a more holistic approach to therapy.

## II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

*Provide clear, concise information. 3 pages maximum.*

### 1. Nonprofit's history, goals, key achievements & distinctiveness

Project Healing Hive was founded in 2018 and received our 501 (c)(3) designation in February 2021. After losing her daughter's father to suicide, PHH founder Kristen Morris-Yehiel and her daughter Eliana found healing through holistic and alternative therapies not offered by the standard model of care provided today. Kristen, being abused in the mental health system as a child saw a need for better options accessing trauma therapy and mental health services to individuals and families.

Mental health remains one of the most vexing problems in the US largely due to the stigma around mental illness and income barriers for quality care. Kristen and her daughter suffered these experiences after their traumatic loss trying to access services through the standard mental health model offered today. Kristen envisioned a community-based organization that provides trauma-informed therapy and social services with integrative holistic options that can be accessible to all. Quality mental health and wellness options should not be a privilege rather the standard.

Our mission is to improve mental health care by advancing an agenda for evidence-based uses of CAM (complementary and alternative medicine) through research, education, direct service, and training to our communities in the Southeastern Pennsylvania area and virtually worldwide. Our goal is to create systemic change in how we treat mental, physical, and spiritual health by creating sustainable trauma informed systems that provide access to holistic and complementary therapies. Integrative holistic health and wellness is based on the philosophy of working with the whole person and recognizing the contextual factors that influence health and wellness. Holistic and complementary therapies continue to evolve and are supported by contemporary health sciences and their efficacy is supported by an increasing body of research evidence, which contributes to the growing understanding and acceptance of their value as therapeutic benefits.

Our key achievements include our womxn's trauma therapy group Surviving to Thriving, Keep Growing a virtual grief group for individuals that have lost a loved one by suicide or overdose, and our Better-Aid mental health financial assistance program.

Our distinctiveness is that we take a unique approach to mental health treatment by using evidence-based holistic approaches integrated with cognitive behavioral therapy (CBT). Traditional therapy typically follows a standard model where individuals are given a diagnosis and treated like such (we believe that people are not a diagnosis). We encourage autonomy in mental health care, meeting individuals where they are at while supporting them to heal, grow and accomplish their individual goals. We provide adaptable therapeutic tools throughout the course of treatment.

### 2. Funding request

Funds requested will go directly to our Better-Aid program providing mental health treatment and social services to adolescents and teens who are uninsured or underinsured experiencing non-crisis mental health challenges that are in our after school behavioral health program The Bridge Program. The Bridge Program is located at The Heart building on Hall Street in Phoenixville, PA. This program is designed to run on a 4-day a week Mon-Thu schedule after school from 3:30pm to 6:30pm. This program will accept upwards to 15 adolescents/teens per day for a minimum of 2 weeks after a mental health and social service assessment has been done by our LPC and Case Manager.

The Bridge Program is a community based Intensive Behavior Health Program (IBHP). This program provides mental health and social services to adolescents and teens experiencing non-crisis emotional and behavioral barriers seeking a holistic approach to mental health treatment. The Bridge Program highlights cognitive behavioral therapy (CBT) which has been shown to be very effective in treating mental illness. Dealing with teens and adolescents their prefrontal cortex (rational thinking) does not fully develop until the age of 25 years. Studies have shown that CBT alone may not be as effective in kids/adolescents/teens since their brains are processing information primarily from the amygdala which is part of the limbic system also known as the emotional brain. So the primary focus of our treatment model is the integration of holistic therapies which have been shown to balance the limbic system and improve cognition.

So we integrate complementary and alternative medicine (CAM) into our program which also allows for mind-body connection and healing. Research findings on CAM are leading to many safe, effective, and affordable nonpharmacological approaches for maintaining optimal well-being and treating specific psychiatric disorders like anxiety, ADHD, depression, and PTSD. The population of individuals, and families who experience mental health barriers have limited access to complementary therapies due to the fact that managed care and state funding sources do not reimburse for these types of therapies. The standard insurance payer does not provide practitioners and therapists reimbursement for CAM therapies either.

CAM therapies include:

- art & music therapy
- yoga and mindfulness
- nature therapy
- meditation

Funding request for Project Healing Hive's Better-Aid program will provide 20 adolescents/teens that are experiencing mental health challenges that are without insurance or are underinsured and having barriers accessing mental health care with 2 weeks of after school mental health treatment in our Bridge Program.

**Program cost per day \$175 per person**

Impact and results of the funding provided by Chester County Community Foundation will be demonstrated by the amount of youth who attend the program, by utilization of satisfaction and self-assessment tools to show evidence of the effectiveness of the programs, and by how many practitioners are needed to have an appropriate staff to participant ratio, with a typical 1:7 ratio for children/adolescents to ensure effective and quality care.