

GRANT PROPOSAL GUIDELINES

- The Chester County Community Foundation **connects people who care with the causes that matter**, so their philanthropy makes a difference **now & forever**.
- We are **a collection of Field of Interest & Donor Advised Funds** with **\$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.
- ◇ Grant **awards** typically range from **\$500-\$7,500**.

Fund for Chester County Capacity Building Grants (Due 9/15)

- ◇ For eligibility in this grant program, nonprofits must be **located in & serve Chester County**.
- ◇ Nonprofits **budgets** must be **\$500,000 or less**.
- ◇ 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
- ◇ Proposals must be submitted by **September 15** to be eligible for consideration.
- ◇ Grant **awards** typically range from **\$500-\$5,000**, with monies distributed by **February**.

- Use this form @ www.chescocf.org to apply online for grants from all Community Foundation Funds.
- **Email proposals to 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 with any questions.

I. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL SUMMARY SHEET

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

Note: If Philanthropy Network's Common Grant Application is used, CCCF's **Summary Sheet MUST accompany application.**

To obtain an electronic version of this application, visit www.chescocf.org

Date 11/2/22

Contact Information

Organization Name: A Haven

Address: 623 N. Pottstown Pike, Exton, PA 19341

Phone: 484-716-1807

Website: <http://www.ahaven.org>

Year Incorporated: 2018

FEIN: 81-3342825

ED/CEO Name: Michelle Noble

ED/CEO E-mail: michelle@ahaven.org

Board Chair Name: Mary Ann Hughes, RN

Board Chair Approval (check here):

Primary Contact Name: Michelle Noble

Primary Contact E-mail: michelle@ahaven.org

Organization Information:

Field/s of Interest:

Arts, Culture & Humanities

Environment/Animal Welfare

Education

Health

Human Services

Religion

Mission: Our Mission is to partner with grieving families by providing grief support, community outreach, education and hope. Our Vision is to be a comprehensive grief resource to the Chester County community. We help children grieve through a family centered approach. Because our desire is to respond to the needs of grieving children and their families in our community, our services, groups and other resources will continually evolve to meet those needs over time.

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

A Haven serves all of Chester County.

Describe Population Served & Annual Number of People Served:

Annual Budget \$ 576,067

4 FT, 3 PT, 5 per diem, 1 master's level intern

of Full-Time Equivalent Paid Staff

64 % of budget for program expenses

7 # of Board Volunteers

23 % of budget for administrative expenses

32 # of Active Non-Board Volunteers

13 % of budget for fundraising expenses

600/year # of Volunteer Hours

100 % total

Top 3-5 funding sources:

QVC: \$10,000

United Way of Chester County: \$13,400

Chester County Community Foundation: \$5,000

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: \$ 5,000

Proposal Summary: A Haven is requesting general operating support for our family-based grief support for children and youth ages 3-25. A Haven is Chester County's only dedicated grief center and offers knowledgeable, compassionate support for grieving children that is available nowhere else in the County. Financial support will help us provide grief groups for children and their families, provide phone support to help grieving families connect with the specific services they need, and provide community education about the process of grieving and how young people can heal.

II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

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

The concept for A Haven began in 2015 with two women who shared a passion for supporting grieving children and families. Michelle Noble and Liz Dreibelbis studied the availability of grief resources across greater Philadelphia and found that Chester County had the fewest available resources. Together, they decided to found an organization dedicated to meeting this important but unmet need. In 2017, A Haven began providing services to the community. In 2018, they gained 501(c)3 status.

A Haven's mission is to partner with grieving families by providing grief support, community outreach, education and hope. Our vision is to be a comprehensive grief resource to the Chester County community. We have two primary goals: to support grieving children and youth ages 3-25 and their families; and to educate the community about the best ways to support those experiencing grief to prevent negative long-term mental and physical health outcomes. A Haven is the only child and family grief center in Chester County, and the only organization using a family-centered approach to the grieving process.

2. Funding request

- **Description of key initiatives**
- **Specific needs & issues to be addressed**
- **Why it is important to fund this now**
- **How impact & results will be demonstrated**

A Haven's programs focus on a support model, emphasizing each individual's innate capacity to seek and find resolution to life's sometimes painful reality. This model is centered on sharing one's experience in an environment of active listening, respect and compassion. We understand that grieving is a deeply individual process and that not everyone's journey is the same. Our approach is also family-centered, offering family groups which help children to learn how to grieve with parents and help parents understand how to best support their children through loss.

Our peer-to-peer support groups are specifically for those who have lost a parent, those who have lost a sibling, and those who have lost a friend to suicide or overdose. We have groups based on participant age, so that same-age friendships and support can be cultivated. Our location in Exton offers separate, thoughtfully designed meeting spaces intended to be welcoming to different age groups. We also hold support groups for entire families, as we know that when parents are better equipped to handle their own grief, they can support their child's grief more successfully. Finally, we offer support groups at times to external sites when there is a need; for example, after a school has experienced a traumatic loss, A Haven can provide a support group to help the students cope with feelings of loss and learn healing strategies.

A Haven's community education at schools focuses on training and equipping members of the community – such as teachers, counselors, and administrators – with the skills and language they need to be ready for a crisis before it happens. In the current environment of frequent school shootings and

other traumatic events in schools, educators must know how best to support students in case of a loss, and what help is available to students who have suffered loss.

One in 13 children – almost 8% - will experience the loss of a parent or sibling by age 18. This figure more than doubles when the age is raised to 25, encompassing almost 14 million children and young people in the U.S. More still suffer other losses close to home, such as a grandparent, peer, or beloved teacher. More than 72,000 children in the U.S. lost a parent to COVID-19 since 2020, and more than 67,000 lost a grandparent caregiver. Children of color were disproportionately impacted by these traumatic losses, as people of color suffered more loss of life throughout the pandemic (ChildrensGriefAwarenessDay.com Fact Sheet).

An article called “Grief and Children” highlighted some of the ways that grief can negatively impact children’s short- and long-term well-being: “Adding to a child’s shock and confusion at the death of a brother, sister or parent is the unavailability of other family members, who may be so shaken by grief that they are not able to cope with the normal responsibilities of childcare” (*American Academy of Child and Adolescent Psychology*, June 2018). Symptoms of unaddressed childhood grief include anger, guilt, reversion to behavior of a much younger child, extended depression and loss of interest in daily activities, sleep problems, withdrawal from friends, loss of appetite, fear of being alone, declining school performance, and school absenteeism.

Another article summarizes the results of a seven-year study on children who had lost parents. The study found that the first two years after the parent’s death were the highest-risk period for children developing depression. Children who have lost a parent are more than twice as likely to show impairment in functioning at school and at home, even seven years after the loss. Long-term effects of the trauma can include PTSD, depression, anxiety, substance abuse and suicide. The study concluded that “early identification and intervention are the keys to protecting children against the effects of parental loss (“The Burden of Bereavement: Early-Onset Depression and Impairment in Youths Bereaved by Sudden Parental Death in 7-Year Prospective Study, *American Journal of Psychiatry*, 2018).

Support at the time of loss and afterward is critical to helping children recover from the loss without long-term mental health repercussions. Yet resources to help them are few and far between. In the New York Life Foundation 2017 Bereavement Survey, 80% of children surveyed who had lost a parent said it was the hardest thing they had ever experienced. Yet 65% felt there was no one they could talk to. Well over half of these children (57%) reported that it took them six or more years to move forward after their loss; however, 56% noted that support from family and friends waned within three months. More than half struggled to find resources to cope with their grief.

A Haven seeks to be that light to children struggling with grief. Our goal is to build a network across Chester County among pediatricians, schools, mental health professionals, and others who serve children and youth to spread the word about the services and support we offer. Our support groups are held year-round, and we offer different groups for participants of different ages to facilitate peer-to-peer support. We anticipate serving approximately 120 unduplicated children and youth in calendar 2023, as well as providing supportive services to their caretakers and other family members.

A Haven has 32 volunteers at present, the majority of whom are trained to directly assist children and families in our grief groups. Grief program volunteers complete a 10-hour training that includes an interview, child development and grief education, group facilitation skills, mandated reporter training, and a quiz regarding A Haven's philosophy. We also provide pre- and post-group care to grief program volunteers to help them support grieving families, debrief post-group, and then transition out of grief

support mode to ensure proper boundaries and self-care. Volunteers are required to attend two support groups before officially volunteering to ensure their ability to support grieving families since grief is universal. We also utilize volunteers for administrative and support tasks; these volunteers receive a four-hour training that is a condensed version of that received by our grief program volunteers. Because we seek to serve everyone who needs our assistance as soon as possible, and because we maintain such a small staff, volunteers are essential to ensuring that we can fulfill our mission.

Our target population is children and youth ages 3-25 and their families across Chester County, who have faced a difficult loss in their lives and are in need of grief support. We assist people of all income levels, and our services are free for all. One of our trained volunteers is Spanish-speaking and enables us to serve Spanish-speaking participants; this is an area in which we will seek growth. We are planning to expand over the next few years, resources permitting, to target lower-income populations who may have particular need for our services. At the present time, our school-based grief groups and education serve to reach populations for whom transportation might be a barrier.

Participants come to us through a network of community partners that we are continually expanding. Some of the referral partners who help people find our services when they are needed include Camp Dreamcatcher, the Chester County Suicide Prevention Task Force, Children's Hospital of Philadelphia (CHOP), Connect Thru Cancer, Crime Victims Center of Chester County (CVC), Main Line Health, James Terry Funeral Home, the United Way of Chester County and Willow Tree Hospice.

A Haven has a network of professional grief counselors we refer families to when appropriate. We partner as well with area school districts, both to provide direct services to their students in need of grief support, and to provide educational services to educators, counselors, and administrators so that they know how best to support students coping with grief and the resources that are available to them.

A Haven maintains data for three main activities of our Grief Support Program. Since our start, we have tracked basic service figures and demographic data for those we serve. However, this year we have worked with a consultant who recommended additional ways to measure the impact of our services. Our three primary activities are:

- 1) Phone support – calls from the community about resources to deal with grief.
- 2) Grief support groups for children and their families
- 3) School grief support and education.

For the 2023 calendar year, we expect to achieve the following outputs and outcomes:

- 1) We will field at least 200 support calls and begin to track call intention and resolution.
- 2) At least 30% of callers will ultimately participate in one of our grief group sessions.
- 3) We will hold regular grief group sessions for five age-appropriate groups, serving a total of 120 unduplicated individuals. Of these, at least 60 will be new participants. Please note that as individuals process grief at an individual pace, participants may be part of the group for as long as they wish. These individuals will be our primary target population. However, as we seek to address grief with the entire family, each child/youth participant will likely bring 2-3 additional family members to the group, expanding our impact.
- 4) We will partner with at least six school districts to hold at least six group sessions or educational sessions, serving a total of 30 unduplicated individuals. As with our in-house group sessions, we expect the impact of these sessions to be shared with other members of the household, further expanding our reach.

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 & financial statement, audited if available
4. Itemized organizational operating budget with actual results for prior fiscal year & current fiscal year to date
5. If capacity building initiative, itemized budget (including external consultant's proposal, if applicable)
6. Current strategic plan. If your nonprofit does not have a current strategic plan, explain why.

A Haven is currently working with Krys Sipple, a nonprofit consultant who is helping us develop our first Strategic Plan. We expect to have the final document ready by the end of the calendar year and will forward it to the Chester County Community Foundation at that time.

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