



AIP GRANT APPLICATION FORM

The AIP Fund, c/o Chester County Community Foundation
28 W. Market Street
West Chester PA 19382
(610) 696-8211 www.chescocf.org grants@chescocf.org

Chester County
COMMUNITY FOUNDATION

All Children Deserve a Good Life

Our grants focus on nonprofit programs that help children & youth deal with any/all of these issues:

- 1. alleviate homelessness, hunger & poverty**
- 2. instill holistic health & well-being: physical, cognitive, emotional & social**
- 3. educate for academic and social excellence**

- Our aim is to develop resilient, self-sufficient children empowered with strong coping skills, so we help build families, groups, communities and a world where loving kindness towards all prevails.
- We fund nonprofit projects in and near Chester County, PA.
- 1, 2 and 3-year project requests are considered, with a plan of self-sufficiency after 3 years of funding.
- Proposals are welcome anytime throughout the year. Decisions are made monthly.
- Per IRS regulations, applicants must be charitable, tax exempt organizations with 501(c)(3) certification. Applicants cannot be individuals.
- E-mail proposals are strongly encouraged to grants@chescocf.org
- Receipt will be confirmed by e-mail.
- Questions? Please contact Kevin Baffa at (610) 696-8211 or grants@chescocf.org

Thank you.

AIP GRANT APPLICATION COVER SHEET

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

Date:

Contact Information

Organization Name: Arts Holding Hands and Hearts	Executive Director/CEO Name: Jan Michener
Address: 805 Nathan Hale Drive, West Chester PA	ED/CEO E-mail: jan@artsholdinghandsandhearts.org
Phone: 484-883-2367	Board of Directors Chair: Meredith Nussbaumer
Website: AHHAH.org	Primary Contact Name: Richard Dowgun
Year Incorporated: 2013	Primary Contact E-mail: RDowgun@gmail.com
FEIN: 462698782	

Have you received grant money from the Chester County Community Foundation in the past?

Yes X No Not Sure

Please indicate which of these AIP Fund priorities are embedded in your program:

<input type="checkbox"/> Alleviate hunger	<input type="checkbox"/> Alleviate homelessness	<input type="checkbox"/> Alleviate poverty
<input checked="" type="checkbox"/> Physical well being	<input checked="" type="checkbox"/> Emotional & mental well being	<input checked="" type="checkbox"/> Social well being
<input checked="" type="checkbox"/> Educate for social intelligence	<input type="checkbox"/> Educate for academic success	
<input checked="" type="checkbox"/> Mindfulness	<input type="checkbox"/> Creativity & problem solving	

Mission: Transforming young lives through arts, literacy and mindfulness.

Geographic Area Served: Coatesville and Kennett Square

Describe the number & type of children/youth to be served by this program annually:

160 high-school students

Resources:

\$ 20000 How much grant funding do you seek from the AIP Fund?

\$ 49296 What is your overall budget for this program?

\$ 147290 What is your overall budget for this year?

 2 # of Full-Time Equivalent Paid Staff

 10 # of Board Volunteers

 10 # of Active Non-Board Volunteers

 2000 # of Volunteer Hours

Top 3-5 funding sources:

Justamere Foundation, Chester County Community Foundation, CCRES, PA Council for the Arts, Cleveland Cliffs Foundation.

Grant Amount Requested from the AIP Fund @ Community Foundation \$ \$20,000

Proposal Summary (3-5 sentences): The Teen Wellness Ambassador Program is a series of 9-week after-school workshops offered at Kennett Area High School and Coatesville Area High School. A trained trauma-sensitive AHHAH facilitator will be leading the program in conjunction with the high school. School guidance counselors will identify students who they believe will benefit from the program. The program has four levels intended to be completed over two years.

AIP GRANT APPLICATION NARRATIVE

Please describe briefly, 2 pages maximum.

1-What are you trying to achieve with this program, and how does this resonate with your nonprofit's mission, other programs and track record?

AHHAH's goal is to help youth in marginalized areas in Chester County. Adverse childhood, community and cultural experiences ("ACEs") impact brain development and interfere with executive functioning, emotional self-regulation, cognition, and behavior. The significant impact of ACEs on disadvantaged children in Pennsylvania, is shown by Governor Tom Wolf's directive for Pennsylvania to become a "trauma-informed state". AHHAH cannot eliminate ACEs but AHHAH's programs can and do guide young people to better manage the stress caused by them. Since 2013 AHHAH's trauma-informed programs in a variety of settings including the Chester County Youth Center have been teaching techniques to calm minds, improve self-control, and focus attention. Students in AHHAH 's artistic expression programs learn they have an impactful and unique voice and agency. By participating with others in our programs, students learn empathy and to cultivate caring communities.

The Teen Wellness Ambassador Program is a series of 9-week after-school workshops offered at Kennett Area High School and Coatesville Area High School. A trained trauma-sensitive AHHAH facilitator will be leading the program in conjunction with the high school. School guidance counselors will identify students who they believe will benefit from the program. The program has four levels intended to be completed over two years. The program begins with the 9-week session focusing on understanding stress's impact on the body, mind, emotions and behavior. Participants will learn mindfulness, breathing, movement and other self-care techniques that help mitigate stress and enhance calmness, focus, and clarity. Each participant will create personal Well-Being self-care plans. Level two is an internship with any participants from the original session going through the program again with additional responsibilities. Level three is a paid assistant position building on the skills learned and responsibilities gained in the first two programs. Level four is a six-week training program ending with the teen being able to co-facilitate workshops and function as a peer Well-Being Ambassador. Teens who complete all four levels can apply for a paid position within AHHAH.

Our objective in the first year is to have 30 students complete at least one level of the Teen Wellness Ambassador program at Kennett High School. Over the first two years -- to have five students complete all four levels of the program at Kennett, to initiate the program in Coatesville and have 30 students complete at least one level there. Long term -- to "hardwire" the program into the life of both schools, thereby creating a sustainable cadre of Wellness Ambassadors who can provide first-line support to their peers. The outcomes of the program are expected to be: Participants' ability to regulate their own mental health through positive coping skills. Participants will gain insight into the sources of stress in their lives and learn strategies for mitigating, minimizing, or adapting through positive coping skills, The art and writing components of the program will introduce participants to tools that they can use to express their reactions to the stress in their lives. They will benefit from the experience of having those expressions seen, heard and validated. Participants will build communities through fostering friendships and increasing peer support. Students will have new work and academic opportunities such as a paid teen wellness ambassador position with AHHAH.

2-How you will discern the impact and results of this program?

To measure the impact of the program, we plan to look at: the number of members joining the program and completing its different levels, and gains in student performance and behavior as

reported by school staff. We will track and report how many students joined the program, how many sessions they attended, and how many graduated and became ambassadors. Teachers and staff, specifically school counselors and/or school therapists, will be asked to report any changes in behavior or performance in the classroom. We will also survey participating students at the end of the nine-week program both for their evaluation of the program and to gather ideas for enhancements.

3-Why is it important to fund this now?

Youths from all walks of life today are put under stress for a plethora of reasons. Kathleen Smith, PhD, explains “the most commonly reported sources of stress [for teens] are school (83%), getting into a good college or deciding what to do after high school (69%), and financial concerns for their family (65%)” and “forty percent of teens reported feeling irritable or angry, 36% reported feeling nervous or anxious, 36% reported feeling fatigued or tired, and 31% reported feeling overwhelmed due to stress” (2022). The recent pandemic only exacerbated these challenges – current high-school seniors have had three of their four high-school years seriously disrupted by Covid, and the pandemic reduced opportunities for recreation, social contact with friends and families, and may have increased financial stress and insecurity. Enrollment at Coatesville Area High School is 60% BIPOC (30% African American, 22% Hispanic Latinx, 5.4% dual race). 56.6% of the students are economically disadvantaged. The graduation rate is 47.5% Only 46% of students meet state proficiency levels in reading, and only 26% meet them in math. Directly relevant to our program, Coatesville Area High School is a high-stress environment. Per SafeSchoolsPA.gov, Coatesville Area High School has the highest rate of reportable safety/security incidents in Chester County, and the 8th highest rate out of 500 school districts in Pennsylvania. In the most recent reporting year, those incidents included simple and aggravated assault, rape, sexual assault and sexual harassment, weapons and drug offenses. Enrollment at Kennett Area High School is 43% Latinx/Hispanic. 40% of students are economically disadvantaged. 15% are English Language Learners. Per ??? Kennett Area School District has been evaluated as performing below standard in 4 out of 8 areas measured. Its graduation rate is 328th out of 895 public high schools in Pennsylvania. Per GreatSchools.org, although overall Kennett Area High School performs in the mid-range academically its achievements are not equally distributed between its two main ethnic groups. In terms of college readiness GreatSchools.org assesses the white students at 10 out of 10, but the Hispanic students at 2 out of 10. On test scores they assess white students at 10 out of 10, Hispanic students at 3 out of 10. The graduation rate is 98% for white students, 80% for Hispanic students. Kennett Area School District has the third highest incidence of reportable safety and security issues in Chester County, and the 48th highest (out of 500) in the state of Pennsylvania.