

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 9/13)

- ◇ 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 grants is to **strengthen the effectiveness of NPO's serving the region**, see page 4 for more details on the areas including:
 - Mission, Vision & Strategy
 - Governance & Leadership
 - Partnerships & Collaborations
 - Operations & Technology
 - Fundraising, Development & Marketing
- ◇ Proposals submitted between **July 1 - Sept. 13** are 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

Contact Information

Organization Name: Gateway HorseWorks
Address: 2045 Union Hill Rd Malvern, PA 19355
Phone: (484) 433-9911
Website: www.gatewayhorseworks.org
Year Incorporated: 2015
FEIN: 47-5474101

ED/CEO Name: Kristen de Marco
ED/CEO E-mail: Kristen@gatewayhorseworks.org
Board Chair Name: Basil Joy
Board Chair Approval (check here):
Primary Contact Name: Kristen de Marco
Primary Contact E-mail: same as above

Organization Information:

Field/s of Interest:

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

Mission: Gateway HorseWorks incorporates horses for the mental health treatment of people.

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

Chester County and the Greater Philadelphia Area

Describe Population Served & Annual Number of People Served:

Gateway HorseWorks serves community members throughout Chester County and beyond who are historically most underserved and marginalized. We make meaningful mental healthcare accessible through partnerships to Veterans, human trafficking survivors, adults and youth impacted by the justice system, people in recovery, COVID-19 essential workers, youth in residential treatment, people experiencing homelessness and bereaved children and families. Over the past seven years Gateway HorseWorks has experienced exponential growth annually serving nearly 3000 clients in over 6000 sessions. Gateway HorseWorks served 647 participants in 2021, 630 clients in 2022, and to date has served 741 participants in 2023.

Annual Budget \$ 484,100 _____	_____ 4 _____ # of Full-Time Equivalent Paid Staff
_____ 71 % of budget for program expenses	_____ 5 _____ # of Board Volunteers
_____ 17 % of budget for administrative expenses	_____ 80 _____ # of Active Non-Board Volunteers
_____ 12 % of budget for fundraising expenses	_____ 500 _____ # of Volunteer Hours
<small>100 % total</small>	

Top 3-5 funding sources:

Berndt Family Foundation
Caroline Alexander Buck Foundation
Germeshausen Foundation
Anderson Family Foundation

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: \$5000

Proposal Summary: Gateway HorseWorks is at a critical growth point. Since founding in 2015 we have served nearly 3,000 clients in over 6,000 sessions. In 2023, we expanded our treatment team to include an additional Mental Health Professional and are in the process of hiring another Equine Specialist. In addition to our on-site training with our staff, Gateway HorseWorks is requesting funding to support the certification training of our new staff at the official EAGALA Fundamentals training. This 5-day immersive training will properly prepare them to hit the ground running to incorporate horses into the mental health treatment of people. Every day our organization aims to meet the ever-rising need for accessible, innovative mental healthcare for those children and adults who are too often pushed to the margins. We are set to expand our contract with the Chester County Prison by 46% in 2024. We have served 118% more participants to date than all of 2022. A capacity building investment by the Chester County Community Foundation will build our organization's capacity as we head into the next phase of service. Gateway HorseWorks will monitor our capacity to serve by tracking the increase in clients served and sessions held.

II. CHESTER COUNTY COMMUNITY FOUNDATION GRANT PROPOSAL NARRATIVE

Provide clear, concise information. 3 pages maximum.

Our Story

Gateway HorseWorks (GHW) is a women-led organization founded in response to the need for more equitable, gender-responsive services in our community. In 2012, a Chester County Probation Officer approached Executive Director, Kristen de Marco, describing a need for equitable mental health treatments for justice-involved women. With this knowledge, Kristen adopted a new mission and founded GHW in 2015 to make this groundbreaking, innovative mental health treatment accessible to all. Since founding in 2015, Gateway HorseWorks' has served more than 3,000 clients in over 6,000 sessions.

Our Mission

GHW incorporates horses for the mental health treatment of people. Our programs offer access to critical mental health treatment for individuals facing mental health challenges such as anxiety, depression, eating disorders, addiction, PTSD, sexual trauma, and grief and bereavement. By offering transformative mental health services to the broader community, GHW prioritizes access for people who have experienced trauma and those most historically barred from treatment. As a trauma-informed organization, GHW works at the intersections of the healing power of horses, mental health, and community-centered solutions.

GHW has increased access to innovative mental healthcare through equine-assisted psychotherapy (EAP) by designing and developing trauma-informed community programs - free to participants - in collaboration with like-minded donors, foundations, organizations and government institutions. We have developed unique programming in an effort to best meet the needs of each of our partners and client groups. Both our organization's experience and statistics confirm that the people best-served by and most in need of these trauma-informed services, i.e. those with high ACE (Adverse Childhood Experiences) scores, are the ones who also lack the means to access them. Over the years, we have strived to circumnavigate barriers to access through the design and development of such free-to-participant community programs, contributing to research as a means of increasing accessibility, and exploring partnerships with local universities, health systems, agencies, institutions, and organizations.

Horses in Mental Health Treatment

EAP's experiential nature provides clients the opportunity to incorporate body-based, non-verbal communication into mental health treatment as a way to connect to themselves and those around them in new and profound ways. This is especially important for trauma survivors for whom talk-therapies are often not efficacious. Where survivors may be challenged to verbally process sensations, the chance to safely engage with large prey animals who share the experience of hypervigilance, becomes a pathway to re-embodiment and re-engagement.

EAP recognizes and embraces the power of horses as partners in psychotherapeutic work to help people achieve wellness and recovery from trauma, mental health conditions, and addiction. Because of horses' size, evolutionary role as both prey animals and social creatures, as well as their individual and unique personalities, interactions with the herd can provide meaningful insight into our own lives and behavior. Approaching horses helps us consider how we approach our own relationships and face other big things in our lives. As a treatment team, the horses at GHW, along with the licensed mental health practitioners and certified equine specialists, offer connection to help people rediscover the best parts of themselves and create the pathways to healing.

Our Community's Mental Health Needs

Access to varied-approaches for trauma-informed, transformative mental health care is an ever-rising need in our communities. In America, one in five adults experiences mental illness and nearly one in six youth. The mental health needs facing our community have continued to increase since the start of the COVID-19 pandemic. As we

look ahead, how we respond to the needs of our community is critical. The ability to adapt to changing needs is a central component to being part of the solution in increasing access to meaningful mental health care. Mental health care is a historically under-resourced, undervalued, underfunded, and often inaccessible service. GHW has committed its farm in Malvern, PA to serve as a launch pad and blueprint for how to make access innovative mental health care for all of our community members a priority.

Programs & Impact

Beyond the Barn: Beyond the Barn (BTB) is a trauma-informed social-emotional learning program that uses horses as the key agents of connection and reflection to increase the capacity of youth to make pro-social connections. Referrals are made from Children Youth and Families (CYF) and Juvenile Probation (JPO). The outcomes for young people served in 2022 demonstrate the significant support that such a program offers. 100% completed a full course of treatment; 92% no rearrest within 6 months of completion; 100% not placed out of home within 6 months of program completion. This program is offered as Eight 90-minute sessions to six participants per cohort. Because of the pervasiveness of food insecurity for young people involved with JPO or CYF, a meal is provided at every session. An attendance stipend, along with a completion bonus incentivizes attendance and also aims to counter the fiscal burdens of systems-involvement for these young participants. As of 2023, BTB program has expanded to include Caregivers. Beyond the Barn for Caregivers is a trauma-informed group designed for parents or caregivers of children involved with CYF or JPO, who may have a history of trauma, and have had or are at risk of having their children placed outside of the home.

Leading the Way: The Leading the Way (LTW) program partners Gateway HorseWorks with the School District of Philadelphia to deliver cutting-edge skills and leadership development by incorporating horses. The LTW program works with schools to identify participating students including those receiving emotional support and students who exhibit pro-social behaviors. LTW is an equine-assisted learning (EAL) program designed to increase self-awareness and self-regulation, and promote pro-social learning for youth through peer-to-peer leadership with horses. Focused on developing emerging leaders, LTW creates an EAL leadership academy, providing students who receive emotional support with opportunities to grow into leadership roles not otherwise traditionally afforded at school. GHW and school partners work together to collect qualitative and quantitative data to track the impact of the program on youth participants.

In addition to expansive qualitative feedback collected, the partner school collected quantitative data through Pre-, Mid-, and Post-Program performance measures. The data collected demonstrates 100% improved student attendance during the four-week period they were participating in the program; 100% improved student attendance after their time at GHW, compared to their attendance before GHW (even if it wasn't quite as good as the four weeks they attended the program); and, of the four students who had disciplinary referrals before GHW, three students decreased their number of referrals during the four weeks at GHW, and one student remained consistent in the number of referrals they received.

Healing in the Open: In 2022 award-winning filmmakers produced a documentary short, Healing in the Open, about the impact of incorporating horses for the mental health treatment of people at GHW. Healing in the Open was an official selection for multiple renowned film festivals across the United States. This film is positioned to raise awareness about the need for innovative mental health solutions, to better educate the public about the impact of incorporating horses for mental health treatment, and lay the foundation to increase access to this modality for all. Link to trailer: <https://vimeo.com/699812846>.

Capacity Building: Certifying our Growing Team

Funding from the Chester County Community Foundation will go to the training and certification of our expanded treatment team in the EAGALA model. Founded in 1999, EAGALA stands for the Equine Assisted Growth And Learning Association. It is the international structure and standard for certifying Equine Specialists and Mental Health Professionals to provide Equine Assisted Psychotherapy and Learning worldwide. There are over 4,500 members in 50 countries.

Until this year, the overwhelming majority of GHW services and programs since 2019 have been provided by two staff members who make up our core treatment team. While our team has grown in operations, these individuals have driven community impact through direct services. GHW is at a critical expansion point with increased opportunities for community program partnerships, fee-for-service programming, and a waitlist for individual and family sessions. Due to generous Philadelphia Area Foundations and Donors, in 2023-2024, GHW's team has and will expand to include an additional Mental Health Professional and an Equine Specialist so that our organization can better meet the need for mental health treatment in Chester County and the Greater Philadelphia Area. This treatment team will greatly increase our capacity to serve the community and support us growing further into our mission by ensuring greater access to this innovative treatment for all in our community. We will measure impact by tracking the number of clients served, and sessions held in 2024 with an additional certified treatment team.