



I. GRANT PROPOSAL SUMMARY SHEET

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This page will be shared electronically with Grant Panel Members & Fund Advisors + posted online.

Date: 9/14/26

Contact Information

Organization Name: Integrate for Good
Address: 478 E. Main Street, Collegeville, PA 19426
Phone: 484-854-1375
Website: www.integrateforgood.org
Year Incorporated: 2019
FEIN: 83-3075186

ED/CEO Name: Dr. Bev Weinberg
ED/CEO E-mail: bev@integrateforgood.org
Board Chair Name: Denean Lear
Board Chair Approval (check here): ☒
Primary Contact Name: Dr. Bev Weinberg
Primary Contact E-mail: bev@integrateforgood.org

Organization Information:

Field/s of Interest:

	Arts, Culture, Heritage	☒	Education, Library		Environment, Animals
☒	Health	☒	Human Services	☒	Social Justice, Civic Engagement
	Religion		If other, please describe:		

Mission: Integrate for Good empowers students and adults with disabilities, as well as the families, schools, nonprofits, and businesses that support them, to capitalize on the strengths and abilities of all people. Through social capital building, civic engagement, and community connection, we help unlock potential and foster inclusion in everyday life.

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served): Located just outside Chester County on the Ursinus College campus, Integrate for Good serves the surrounding areas of Northern Chester County and Montgomery County.

Describe Population Served & Annual Number of People Served. (Include Chester County # &/or % served.) Integrate for Good serves young people and adults with autism spectrum disorder, intellectual and developmental disabilities, physical disabilities, and mental health challenges. Currently, approximately 25% of the individuals we support live in Chester County.

Annual Budget \$422,509	___3___ # of Full-Time Equivalent Paid Staff
___77___ % of budget for program expenses	___7___ # of Board Volunteers
___12___ % of budget for administrative expenses	___125___ # of Active Non-Board Volunteers
___11___ % of budget for fundraising expenses	___9,800___ # of Volunteer Hours

100% = total

Top 3-5 funding sources: Government grants, foundations, corporations, individual donors, and fundraising events.

This grant proposal is for: ___X___ Direct Service Programs & General Operating &/or ___ Capacity Building

Grant Amount Requested from the Community Foundation: \$10,000

Proposal Summary: (a few sentences, please): Integrate for Good addresses the historic lack of access to community and personal development for young people and adults with disabilities, offering transformative experiences for individuals who are often overlooked. Funding would support our core programs to empower individuals through social capital building, leadership development, civic engagement, and community connection.

II. GRANT PROPOSAL NARRATIVE

Provide clear, concise information in 1-3 pages. Please be brief.

1. Nonprofit's overall aims, key initiatives, key achievements & distinctiveness

Integrate for Good empowers individuals with disabilities through social capital building, civic engagement, and community connection, helping to unlock potential and foster inclusion in everyday life.

Our innovative model tackles the social barriers faced by children and adults with disabilities through targeted strategies rooted in clinical doctoral research on social capital building conducted at Temple University. This research informs us that strong community connections increase the likelihood of safe housing, meaningful employment, and overall well-being.

Integrate for Good's strengths-based programs go beyond traditional disability services focused primarily on job training, addressing the historic lack of access to community and personal development experienced by young adults with disabilities.

Through hands-on experiences and meaningful opportunities to participate in their communities, our programs help individuals build independence, pursue competitive, integrated employment, develop leadership skills, and create lives defined by purpose, connection, and belonging.

Through programs that build on individual strengths, Integrate for Good helps young people with disabilities develop communication, self-advocacy, executive functioning, and leadership skills. Participants gain practical experience, confidence, and connections that support success in school, employment, and community life. Our core programs include Leadership Incubator & Self-Advocacy, Executive Functioning Skills for Employment, and Empowerment Lab & Travel Training, along with additional programs and leadership opportunities offered throughout the year.

Individuals with disabilities often face barriers that extend well beyond access to services. Limited opportunities for meaningful social connection, transportation challenges, underdeveloped communication skills, and exclusion from community, educational, and employment opportunities can contribute to isolation, reduced independence, and poorer mental and physical wellbeing. For young adults in particular, the transition from school to adulthood can be a time of significant uncertainty, when existing social networks change and opportunities to build new relationships and participate in community life may be limited.

Integrate for Good addresses these needs by creating opportunities for individuals with disabilities to build social capital, develop confidence and self-advocacy skills, and participate meaningfully in their communities. Our programs connect participants with peers, employers, educators, and community organizations while helping them identify their strengths and take active roles in shaping their own futures.

In fall of 2025, Integrate for Good relocated our IFG Hub to a facility right on the Ursinus College campus, allowing us to deepen our long-standing partnership and provide participants with a campus-based

learning experience they might not otherwise have access to. Program sessions are held both in Ursinus classrooms and at the IFG Hub, helping to foster independence and a stronger sense of belonging. This new location, just over the Chester County border, will also allow us to expand further into Chester County, which is one of our organizational goals for 2026.

2. Funding request

- **What specific needs & issues are being addressed, via what programs and services?**
- **Why is it important to fund this now?**
- **How will results & impact be demonstrated?**

For young people with autism and other disabilities, the journey from adolescence to adulthood is filled with barriers that too often prevent them from realizing their full potential. These barriers begin in the earliest years of schooling, when opportunities to participate in clubs, sports teams, and other group activities are limited or inaccessible. Where their peers gain valuable practice in teamwork, leadership, and social interaction, many children with disabilities remain on the sidelines – not due to lack of ability, but due to systemic exclusion and a lack of supportive, inclusive environments.

This early pattern of exclusion compounds over time. By the time students with disabilities leave high school, they have often missed out on years of skill-building and leadership experiences that prepare their peers to transition into college, employment, and civic life. The lack of structured, supportive programming after high school leaves many young adults with disabilities isolated and unsure of their next steps.

The data underscores this systemic issue. According to the 2024 Annual Disability Statistics Compendium, nearly 25% of working-age adults with disabilities live in poverty, compared to just 10% of their peers living without disabilities. Employment statistics are equally concerning, as adults with autism report unemployment rates of over 50%, according to the NIH. When employment is obtained, it is often limited to entry-level positions with little opportunity for advancement. These disparities are not the result of a lack of potential – they are the result of systemic inequities and persistent underestimation of individuals with disabilities.

The impact of these systemic gaps is significant. Social isolation and loneliness are major risk factors for poor mental and physical health, and people with disabilities experience both at disproportionately high rates. Without intentional opportunities to connect, contribute, and lead, young adults with disabilities remain disconnected not only from their peers but also from broader community and civic life. At the same time, communities miss out on the innovation, creativity, and perspective that individuals with disabilities bring when given the opportunity to lead.

Integrate for Good was founded to address these systemic gaps.

Our core programs include:

Leadership Incubator & Self-Advocacy

Our Leadership Incubator & Self-Advocacy program is designed for individuals with untapped potential who may never have been given the space or support to see themselves as leaders. The 15-week course focuses on personal growth, self-advocacy, and leadership development, and participants explore their leadership identity while building practical skills in communication, decision-making, problem-solving,

and public speaking. Through guided discussions, interactive activities, and shared learning, participants gain confidence in their voices and learn how to lead with intention, empathy, and purpose.

Executive Functioning Skills for Employment

Executive Functioning Skills for Employment helps young people build the skills they need to succeed in school, work, and everyday life. Executive functioning includes abilities such as planning, organization, time management, emotional regulation, and follow-through – skills that are essential for independence and long-term success but are often under-supported for young people with disabilities. Through hands-on learning and practical strategies, participants learn how to manage their time, stay organized, regulate stress and emotions, and adapt when challenges arise.

Empowerment Lab & Travel Training

Empowerment Lab was created to support students with disabilities as they navigate life after high school – a transition that can feel overwhelming, uncertain, and isolating. This program helps young people discover their strengths, explore future possibilities, and build the skills and connections needed for meaningful participation in their communities.

Using a hands-on, technology-rich curriculum, students explore their interests, talents, and career goals through Occupational Therapy-based activities designed to support multiple learning styles. With insights from students, families, and school staff, we then collaboratively create personalized digital portfolios that showcase each student's strengths through photography, videography, and storytelling. After graduation from the program, students receive business cards with QR codes linking directly to their portfolios, along with continued resources to support their individual goals.

Beginning this year, Empowerment Lab also includes travel training, focusing on safety, trip planning, reading schedules, and contingency planning, with hands-on instruction using SEPTA, TransNet, Uber, and Lyft. The goal is to increase community mobility and expand access to social, educational, and employment opportunities, supporting greater independence and confidence beyond the classroom.

In addition to these core programs, we also offer other programs throughout the year, such as Mental Health Matters, Healthy Relationships, a Civic Leadership Project, and a teaching assistant seminar.

Our evaluation framework is both structured and individualized, recognizing that each participant enters the program with different strengths, challenges, and aspirations.

We use pre- and post-program surveys to capture changes in confidence, belonging, leadership skills, and readiness for employment or other aspirations. Over 90% of graduates report positive life changes, such as increased confidence in public speaking, willingness to try new things, and greater self-perception as leaders. These measurable outcomes reflect growth in skill development and also important shifts in mindset that lay the foundation for long-term success.

Beyond surveys, we also track concrete outcomes such as employment gained, leadership roles undertaken in community settings, and volunteer projects led by graduates.

Ultimately, Integrate for Good is helping individuals with disabilities move from the margins into fuller participation in their communities, with the skills, confidence, and connections to shape their own futures.

III. ATTACHMENTS

Email this support information. If it is on your website, please provide the URL.

1. Copy of **501 (c) (3)** federal tax-exempt letter
 2. List of **Board** of Directors, with their affiliations **URL:**
 3. Most recent **annual report URL:**
 4. Audited or reviewed recent **financial statement URL:**
 5. Itemized **organizational operating budget** with actual results for prior fiscal year & current fiscal year to date
 6. If capacity building initiative, **itemized budget** (including external consultant's proposal, if applicable)
 7. Current **strategic plan**. If your nonprofit does **not** have a current strategic plan, **explain why**.
- Visit our website to learn more at www.chescocf.org
 - Proposals are only accepted electronically: <https://chescocf.org/receive/apply-for-grants/>
 - **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 Kevin Baffa, Grants Administrator or Stephenie Stevens, Grants Officer at **(610) 696-8211** or grants@chescocf.org with any questions.

*Connecting people who care with causes that matter,
so their philanthropy makes a difference, now & forever.*



CAPACITY BUILDING FOR NONPROFITS:
Coping with Cutbacks



Capacity building is about empowering nonprofits to do **more good, more effectively, and for the long term**. It strengthens an organization's ability to fulfill its mission, enhance sustainability, and better serve its community.

At its core, capacity building focuses on improving a nonprofit's internal systems, leadership, and resources so that impact can grow and endure.

Traditionally, capacity building has included efforts such as **board and staff leadership development, strategic planning, fundraising, and technology investments** to improve operations and organizational effectiveness.

Today, however, nonprofits face a rapidly changing environment. Shifts in federal policies have resulted in rapid changes at all levels and in new directions. Nonprofits must **"meet the moment" and cope with cutbacks— think differently, shift paradigms and transform how we understand and interact with the world around us...adapt how we plan, lead, fund, and collaborate.**

Capacity building can play a critical role in helping nonprofits adapt and innovate. This may include **funding scenario planning, exploring new revenue models, expanding partnerships, pursuing mergers or strategic alliances**, and other adaptive strategies that strengthen long-term resilience.

Capacity building support can take many forms, tailored to each organization's unique needs. Examples of projects that may be funded include:

- **CONTINGENCY & SCENARIO PLANNING**

Scenario Planning – Financial Modeling & Forecasting

- **PARTNERSHIPS, COLLABORATIONS**

Coalition Building – Collaboration - Mergers & Acquisitions

- **MERGER, CLOSURE**

These unprecedented times may present the need for a merger or closure of your organization.

Contact chaya@chescocf.org to confidentially discuss funding to assist in the planning or initial steps.

- **MISSION, VISION, STRATEGY**

Organizational Assessment - Strategic Planning – Strategic Restructuring – Coping With Cutbacks

- **BOARD ENGAGEMENT, LEADERSHIP**

Board Recruitment – Board Engagement – Increasing Networks & Community Support - Leadership Development – Executive Transition & Succession Planning

- **MARKETING, COMMUNICATION**

Nonprofit Business Messaging & Storytelling – Re-branding – Marketing Planning & Re-Positioning – Crisis Communications Planning

- **RESOURCE DEVELOPMENT**

Major Gift Donor Identification, Cultivation, Development & Stewardship - Development Campaigns (Annual, Capital, Planned Giving) - Earned Income Development - Social Enterprise Feasibility & Development

- **TECHNOLOGY, OPERATIONS**

Business Continuity Planning - Financial Management - Human Resources - Volunteer Management - Industry Certification - Risk Management - Technology Improvements

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