

I. GRANT PROPOSAL SUMMARY SHEET

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THIS PAGE WILL BE SHARED ELECTRONICALLY WITH GRANT PANEL MEMBERS & FUND ADVISORS + POSTED ONLINE.

Contact Information

Organization Name: The Love Practice

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Phone: 215-975-4855

Website: www.thelovepractice.org

Year Incorporated: 2026

FEIN: 42-3040896

ED/CEO Name: Tatyahna Costello & Chai Gaynair

ED/CEO E-mail: rox@thelovepractice.org; chai@thelovepractice.org

Board Chair Name: Tatyahna Costello & Chai Gaynair

Board Chair Approval (check here): x

Primary Contact Name: Aubrey Tucker

Primary Contact E-mail: aubrey@thelovepractice.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:

The Love Practice provides healing services to guide marginalized individuals and communities toward fuller lives and a more just world. We envision a restored and transformed world where all people have the resources and power to live with dignity, equity, and joy.

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

Our services are accessible throughout Pennsylvania, including all of Chester County.

Describe Population Served & Annual Number of People Served. (Include Chester County # &/or % served.)

While we do not currently track county of residence in the demographic data we collect from our clients and we do serve all of Pennsylvania, we are based in southeastern PA, so our physical outreach primarily targets Philadelphia and the surrounding counties (Burks, Chester, Delaware, and Montgomery), and we intend to ask our clients and participants which county they are in. Right now in Chester County, we estimate that there are around 65,500 residents who could benefit from our services.

Annual Budget \$172,654

62 % of budget for program expenses

17 % of budget for administrative expenses

21 % of budget for fundraising expenses

100% = total

6 # of Full-Time Equivalent Paid Staff

0 # of Board Volunteers

0 # of Active Non-Board Volunteers

0 # of Volunteer Hours

Top 3-5 funding sources:

-Voluntary, client-determined payment rates for our services (\$)

-Initial seed funding (\$)

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

If Capacity Building Proposal, the focus is:

☐	Contingency Planning	☐	Partnerships, Collaborations	☐	Merger, Closure
☐	Mission, Vision, Strategy	☐	Board Engagement &	☐	Marketing, Communication
☐	Resource Development	☐	Operations	☐	Technology

☐	If other, please describe:	
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Grant Amount Requested from the Community Foundation: \$10,000

Proposal Summary: *(a few sentences, please)*

The Love Practice’s primary mission to fill accessibility gaps for marginalized communities in mental health care and wellness services between community mental health centers and high-cost private practice providers in the context of rising costs for health insurance and healthcare services, and declining governmental support for Medicaid and state/federal mental health funding, through the use of a pay-what-you-can service model alongside extensive telehealth offerings. Though we are a new organization, we have received extensive interest from the communities we seek to serve, and we are requesting a \$10,000 grant to help cover our general operating budget to ensure we can continue to offer low-cost, high-quality, trauma-informed care alongside programmatic efforts towards education and social justice advocacy for those who need it most.

II. GRANT PROPOSAL NARRATIVE

PROVIDE CLEAR, CONCISE INFORMATION IN 1-3 PAGES. PLEASE BE BRIEF.

Statement of Need

"I started seeing this new therapist who said they primarily see trans, queer, and disabled clients and then she said each session would cost \$200 out-of-pocket. So I walked out – what kind of trans queer disabled adult can afford that?! Not to mention that she's cis[gender] and straight". This experience, shared by a fellow member of the trans community, must become less universal among those of us who are marginalized. Trans people living in the US today report trauma exposure and PTSD symptoms at rates comparable to cisgender combat veterans¹, and are (by conservative estimates) four times more likely than members of the general population to attempt suicide². Suicide rates among BIPOC communities, meanwhile, have largely risen or remained elevated over recent years, despite declining suicide rates among white populations over the same period³. Despite these (and other) troubling disparities in mental health outcomes, services that are truly accessible for these members of these groups are exceedingly rare.

In the wake of cuts to both Medicaid funding and ACA marketplace subsidies amid rising healthcare costs, those who can neither access adequate insurance nor afford the high out-of-pocket rates often found in private practice are often left to seek community mental health services. While affordable, diminishing funding for CMHCs leave many organizations under-resourced, and therefore understaffed, meaning clients may face long waits to receive services, or lurch from provider to provider amid high burnout among established clinicians and an increasing need for clinics to rely on student-providers on training rotations. Meanwhile, shortages of clinicians with training and competency in providing care for queer, trans, and BIPOC clients may mean that even those who do receive services may find that their clinicians struggle to meet their needs.

Organization Background

The primary mission of The Love Practice (TLP) is to fill this gap as a first step toward building a more just world for underserved clients—and the broader communities in which they live. As a 6-person team whose identities and lived experiences match those of our client base, we aim to provide high-quality, trauma-informed healing services that is genuinely affordable and personalized to each client from a team who 'get it'.

For those served by TLP, mental health and personal well-being are inextricable from the sociopolitical realities that continue to unfold (and often worsen) each day. The majority of individuals, for instance, at intake for our peer support group for Black clients on the autism spectrum (dubbed the 'Afrotistic Group'), reported that they would not be interested in participating unless political discussions were welcomed in-session. Forms of intertwining such as this inform TLP's key initiatives; our wellness and resource-navigation services address our clients' unique lived experiences, while our community organizing and political education efforts address their collective experiences.

Services Provided

Regardless of whether they focus on systems or on individuals (or both), all TLP offerings are virtual, in order to meet our clients where they are, and maximize their accessibility. Towards the 'individual' side of the spectrum of our interventions, we offer individual psychotherapy, administrative and diagnosis-based coaching, and somatic healing practices like yoga and other movement-based therapies. To address the immediate contexts in our clients lives, resource support to provide clients with case management, employment and academic support, and psychological assessment. Moving towards more collective forms of intervention, we provide group psychotherapy and peer support, political and wellness education workshops, and short-form educational content intended to build systems literacy within a values-centered community, equipping those we

¹ Compare, for instance, trauma exposure and clinically-significant PTSD symptom rates as reported by Shipherd et al. (2011) in "Potentially traumatic events in a transgender sample: Frequency and associated symptoms" with those reported by Richardson et al. (2010) in "Prevalence estimates of combat-related post-traumatic stress disorder: Critical review."

² As reported in Kidd et al. (2023). Prevalence of substance use and mental health problems among transgender and cisgender US adults: Results from a national probability sample. *Psychiatry Research*, 326

³ As reported by Stone et al. (2025). Notes from the field: Differences in suicide rates, by race and ethnicity and age group – United States, 2018-2023. *Morbidity and Mortality Weekly Report*, (74)35, 550-553.

serve with the tools to take actionable steps for change. We believe that these four branches—individual health, resource access, collective healing and action, and systems-change—must all be attended in the healing process, as the well-being of our clients cannot be disentangled with their environments, with their communities, and with the state of social justice broadly.

Our Request

The Love Practice is seeking funding from the Chester County Community Foundation so that we may help provide the high-quality services based in cultural humility and solidarity that marginalized communities in Chester County deserve. Though we are not the only nonprofit offering health and community services in the county, we are unique in the extent to which we center queer, trans, and BIPOC communities in our services, staff, and programming.

More specifically we are respectfully requesting a \$10,000 grant to assist in covering general operating costs, so that we can ensure our ability to continue to offer accessible services at client-determined rates. Given the disproportionate impacts of instability in state and federal funding on services directed towards marginalized groups, The Love Practice aims to diversify our funding streams to ensure our clients have consistent access to the care and quality of life they deserve. By supporting our efforts to become increasingly financially sustainable and resilient, the Chester County Community Foundation would allow us to continue to do what we do best—meeting our clients where they are and guiding them to their own definitions of fuller lives.

Impact Evaluation

We formally measure our impact through brief, pre- and post-service qualitative and quantitative surveys (or surveys delivered at 6-month intervals for ongoing services), including items assessing client-rated satisfaction, progress towards goals, interest in receiving further services, and inviting open-ended feedback. However, a new organization that only began offering the fully spectrum of our services in August of this year, these comprehensive evaluation processes are still in their pilot stages and have only accrued preliminary data. However, what we have heard from our clients so far is that the gap in services we seek to fill represents a dire need, and that our outreach efforts have been effective in connecting us to those who need our services the most. Within two weeks of public announcement, the aforementioned Afrotistic Group had not only reached capacity, but had generated such a long waitlist that, in order to accommodate the volume of interest, we had to launch a second iteration of the group—which itself reached capacity almost immediately. Similarly, our political education workshop series has seen continuously increasing attendance, expanding from 9, to 13, to 16 attendees across its first three weeks of availability. With 64 clients seeking out our services within their first month of availability, and more finding us each week, we feel confident that the gap we aimed to fill is now confirmed as an immediate need.

Not only are our outreach efforts finding success even at their earliest stages, they are reaching their intended audience. At intake, 60% of Afrotistic participants made unprompted requests to discuss how the sociopolitical landscape impacts their experience of their intersecting Black and neurodiverse identities, meaning our organizational values and goals are in alignment with the needs and perspectives of our clients. Similarly, as an organization that centers the most marginalized, the fact that 85% of group participants also identify as transgender communicates that our ideal clients are seeking us out just as much as we are them.

Client Feedback

Finally, our clients have expressed their investment in our services through unsolicited submissions of testimonials, which are very precious to us. One client described our group offerings as a supportive and uniquely genuine space that they were excited to return to. Another client wrote of her experience of TLP's 1:1 mind-body yoga sessions that "as a Black woman in her fifties, I'm not only building a new relationship with my body, but also easing some of the aches and pains that have been developing in recent years." Another client described their instructor as "attentive to my physical needs, both accommodating and challenging," helping them to feel "safe" and "comfortable trying new things." A support group member who identified as Black, neurodiverse, and trans, described the services they received at TLP as "incredible helpful for both my mental health and socially" after fleeing with their spouse from a deeply hostile region to Pennsylvania left them isolated and without community.

We have also found that we are meeting our goals of accessibility, with 25% of group service participants attending at zero cost, and an additional 50% paying at the lowest level of our sliding scale, and one client reporting that, ““I am very grateful for the sliding scale, so that I can pay more when I have more and, when I don’t, I can honor that. I would not have been able to try yoga if not for the affordability offered to me”. Our work towards accessibility has also meant that many of our clients have been able to participate in services despite physical hardships that might have otherwise prevented them from receiving care; attendees of one group reported participating throughout entire sessions because they “didn’t want to miss anything” despite flare-ups of chronic disabilities, or, in one case, after having received a full course of chemotherapy immediately prior. If we were to receive funding from the Chester County Community Foundation, we would consider it an investment in our shared hopes for Chesco’s marginalized populations the same way we invest in our clients long-term to build a reciprocal community.