



## CFMC Grant Application

# COMPLETE THIS APPLICATION FOR FUNDING REQUESTS FOR THE Community Foundation of Middlesex County Competitive Cycle.

**Instructions:** Complete the application on the website. You may "Save and Continue Later" - the site will email you a link which is active for 30 days. Review instructions document for full details before completing. Complete all questions.

**Section V requires certain documents to be uploaded to the form - see the Application Instructions Document for a list of the required items. All items must be uploaded as PDF Files. The required Project Budget form is available on the website in Word. This document must be submitted as PDF file as well.**

### I. Application Information

**Legal Name of Organization**

Northern Middlesex YMCA

**Division or Department Name (if applicable)**

Northern Middlesex YMCA

**Are you a 501(c)3 Organization**

Yes

**Other Tax Exempt Entity?**

**EIN #**

06-0646981

If your organization is not a 501(c) 3 tax exempt entity or division/department of a 170(c)1 government agency or religious organization, please contact Thayer Talbott, 860.347.0025, for further information before completing the application.

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**Dollar Amount Requested \$**

\$5,000

**Total Cost associated with request \$**

\$20,800

### Summary Statement

The Northern Middlesex YMCA (the Y or Middlesex Y) is seeking funding for a new program initiative – the Schwarz Men’s Residence Navigator Program to meet the complex needs of the men who participate in the Y’s independent housing program. To meet complex needs of these men, the Navigator Program will provide the intensive one-on-one support services they need to be able to connect with the appropriate services that they need to successfully live independently.

## II. Funding Request Information

### 1. Proposal / Purpose

Throughout the Middlesex Y's 135 history, generations of men have called the Schwarz Men's Residence home. With the Y's residence serving low-income at-risk men in the community, other housing resources can be focused on serving low-income at-risk women and families.

Over the years, the needs of the men have changed. Today, many work for cash or receive SSI/SSDI. Most have struggled with addiction and mental health issues for a large part of their lives. For many, this has led to serial job loss, health challenges, run-ins with police, and alienation from family and friends. They struggle to access and coordinate much needed support services independently. The Schwarz Men's Residence provides affordable independent, congregant housing, not supportive housing. Supportive housing offers affordable housing and intensive, yet flexible +support services. While we provide the men with information about available services, it is up to them to make those connections.

The needs of the men have become more complicated. The population of men has shifted from young men early in their careers saving for their futures to men who need affordable housing in order to prevent homelessness. The mental health challenges that these men experience hinder all aspects of their lives. These challenges prevent many from making the necessary connections with services and hinders their ability to remain successfully housed or to move on to more permanent housing when possible.

For these reasons, the Y has decided to partner with Gilead Community Services to provide assistance to these men through the Service Navigator program. We believe that providing FREE access to a Mental Health Service Navigator who will provide education about services and assistance with accessing services will positively impact the health and well-being of the men. Providing such a program on its own would costly to the Y because of the need to hire qualified staff and would replicate services that are already offered in the community. Gilead Community Services provides services in the community to improve mental health, physical well-being, independence and community integration.

The Service Navigator will provide services at the Y 1-2 days per week (totaling 5-10 hours) starting in the late August of 2021. And is a mental health provider with experience in addictions and trauma and is experienced in the navigation of available systems of care. As they work with the men they will include addressing the barriers that prevent them from accessing services and then assisting them in accessing services. The Service Navigators will assess needs as they relate to:

- Basic – housing, transportation, food access
- Mental health – therapy, substance use, crisis services, peer support
- Wellness – primary and preventative
- Support and advocacy – health insurance and other benefits
- Quality of life – vocational support, spiritual support

Initially, the Residence Director will identify those with the greatest needs to meet with the Service Navigator. Thereafter, as new men enter the residence, they will be evaluated by the Service Navigator.

Thirty-four million adults experiencing mental health conditions that don't meet typical state criteria for chronic, severe mental illness, but who still need mental health resources and services. In Connecticut, only 47.5% of adults with mental illness receive any form of treatment from either the public system or private providers, leaving 52.5% receiving no treatment. Paradoxically, Connecticut is ranked in the top 10 of states for providing access to mental health services. When a state is ranked as one of the best in the country but more than half of its residents with mental illness are not receiving the care they need, the reality and gravity of the problem becomes unmistakable.

Mental Illness is complex. Treatment is not as clear and defined as it is for cancer or diabetes. For these, illnesses, treatment is generally standardized and universal for each patient. Physical symptoms become apparent, and an appointment is made. Once the illness is identified, next steps are clearly outlined and care is orchestrated for the patient. However, due to the multi-faceted nature of mental illness, navigation can be confusing and challenging.

The Service Navigator will address the barriers that prevent people from accessing proper care and existing community

supports, including mental health and substance use services, insurance or lack thereof, poor mental health resource literacy, basic personal and logistical needs (e.g., transportation, shelter, etc.) as well as social and community integration. Access to proper care and community supports can have a profound effect on one's physical and mental health leading to improved relationships, increased ability to remain employed, improved ability to problem solve and an overall improvement in quality of life.

Our goal in the first year is to connect those at most risk first with local services that will help to meet their basic needs while also helping them to apply for state and federal services such as social security, disabilities services, Medicare or Medicaid when appropriate. Ultimately, it is our goal to provide the men the necessary help that they need to find independent housing in the community where they can live independently with the appropriate supports from community services.

The Northern Middlesex YMCA believes that everyone should have the opportunity to learn, grow and thrive. Our mission is to empower people to live their best lives. We believe that providing access to a Service Navigator will have a significant and long lasting impact on the lives of the men who live at the Y. We see and understand how difficult life can be to navigate life when barriers stand in the way.

We are confident that our partnership with Gilead Community Service will provide the assistance that the men need to be able to access the services they need. Gilead has been serving individuals and families living with mental health needs in Middlesex County, Connecticut since 1968. Since that time they have provided a spectrum of high quality services that address the unique needs of clients and assist each in reaching their personal goals. Their services include outpatient clinics, community support programs, a social rehab center, assertive community treatment/case management, and residential services.

## **2. Sustainability and Assessing Impact**

To track the progress of this program and to evaluate its impact, the Service Navigator will screen all participants to determine their initial needs and to open their record. Each time the Navigator meets with the client, s/he will document progress in the applications that have been submitted and action items that the resident has been tasked with. Throughout the time that the record remains open and as the participant leaves the program, the Navigator will evaluate progress.

We believe that the resident actually participating in this program is a win. Other successes will be applying for services, receiving necessary services, and moving into independent or supported housing (if deemed necessary).

We believe that this program will have life changing effects on the lives of the men who live in the Y's Schwarz Residence. Therefore, it is a priority of the Y to find the funding necessary to sustain such a program. We have had meetings with donors and will continue to look for grant opportunities that will help us to sustain the program.

## **III. Grant Program / Project Information**

### **Organization Area of Impact (choose ONE)**

Public / Social Benefit (Civic Improvement/ Social Service)

### **Grant Type (choose ONE)**

Program Development/Implementation

### **Target Demographics (Select all that apply):**

- Adults
- Young Adults (ages 18-25)
- Veterans
- Other

**Other Demographic:**

At-risk, low-income men

**Geographic Area(s) Served By This Application:**

- Middletown

**Total Number of People in Middlesex County Personally Impacted**

7,183

**IV. Organization Information**

Board of Directors / Trustees Information

**Total Number of Directors/Trustees:**

15

**Percent (%) of Directors/Trustees who contribute annually to Operations**

100%

**Average number attending in person:**

14

**Total Number of Board meetings held last year:**

12

**Date most recent IRS Form 990 was filed:**

May 2021

**Year of Return:**

2020

**Organization's Fiscal Year**

Jan 1 - Dec 31

**Organization's Total Operating Budget**

6489423

**Division Operating Budget Information**

**National Organization Chapter Information**

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**Have you APPLIED for funding from CFMC previously?**

Yes

**Did you RECEIVE a competitive process grant in the:**

- 2018-2019 cycle
- 2019-2020 cycle
- 2020-2021 cycle

**Brief Background Statement of the Organization:**

Founded in 1886, the Y is a cause-driven organization that aims to improve the health and well-being of our community by providing programs and activities that promote wellness, reduce risk for disease and help others reclaim their health. These programs and everything else that we do is in service of building a better community.

We know that when we work together, we move individuals, families and communities forward. The Y responds to our community's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full

potential. We are committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

## V. Additional Information To Be Included with the Application

**Please Note: Additional information requested below MUST be uploaded in PDF files. Other document formats will not be accepted by the application form. Attempts to upload other file formats could result in a loss of all application data entered.**

### A. CFMC Application Budget Summary Form:

- 2021\_Summary-Budget.pdf

### B. Current Organization Operations Budget

- 2021-Organizational-Budget-NMYMCA.pdf

### C. Board of Directors and Officers List Board-

- List-2021-2022-with-Affiliations.pdf

### D. IRS Tax Exempt Determination Letter IRS-

- Determination-Letter1.pdf

### E. PPP / EIDL / Other Loan Information

Loan/Grant Type (ie. PPP, EIDL)	Amount Received	Forgiveable or Repayment
PPP	\$588,700	Forgiven
PPP	\$536,137.50	Pending forgiveness

### F. America Rescue Plan Act (ARPA)

No

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**Additional financial documentation, including the organization's most recent audit, annual report, and IRS Form 990 may also be required. Only provide this information if requested.**

For programs or projects which are collaborations among two or more organizations or where an organization provides in-school or after-school programming for schools, the Community Foundation requires a list of organizations or schools partnering with your organization as well as Letters of Support.

For the purposes of this application, collaborations are defined as partnerships where two or more agencies are committed through staffing, funding, and resource allocation to the goals and objectives of the program described. Because the nature of the collaboration requires two or more entities to work together, for the purposes of funding, only one organization may complete the application, and in doing so, accepts responsibility for all evaluative and fiduciary reporting.

For all collaborations, the Community Foundation requires letters of support from the non-applicant organization(s) and/or from the school(s) and school district(s) at which the applicant organization is the program.

**Is this application a collaboration of two or more nonprofit organizations (NOT schools)?**

No

**Is this application in collaboration with a School(s) or School Districts?**

No

**If Yes, is this a New or On-Going Collaboration?**

**If this is an On-Going Collaboration, how long has the collaboration existed?**

**List of Collaborators**

**Letters of Support (if a collaboration with schools or other nonprofits)**

## VI. Organization Contact Information

Are you a new nonprofit applicant to the Community Foundation?

No

### Executive Officer's Name

Michele Rulnick

### Title

President/CEO

### Phone

(860) 343-6217

### Executive Officer Email

[mrulnick@midymca.org](mailto:mrulnick@midymca.org)

### Contact Person

Lori Lodge

### Title

Director of Fund Development

### Phone

(860) 343-6232

### Application Contact Email

[llodge@midymca.org](mailto:llodge@midymca.org)

### Mailing Address

99 Union Street  
Middletown, Connecticut 06457  
United States

### Street Address

Connecticut  
United States

### Website

<https://www.midymca.org/>

### Social Media Channels

<https://www.facebook.com/middlesexymca/> ; <https://twitter.com/middlesexymca?lang=en>;  
<https://www.instagram.com/middlesexymca/>

## VII. Non-Funding Needs

Other than financial support, ways that CFMC could help non-profits like the Y would be to:

- provide community forums,
- share information regarding non-profit resources and research, and
- provide information and guidance on Board development.

## **VIII. Marketing and Public Relations**

Organizations receiving grants from the Community Foundation of Middlesex County must promote their funding awards according to the marketing and public relations guidelines established by the Community Foundation. By signing the application below, the CEO/Executive Director understands the Community Foundation's marketing and public relations requirements if awarded a grant. The Community Foundation will host a seminar on marketing guidelines and tips for grantees annually. The Community Foundation's Grantee Communications Kit may be downloaded on our website in the Nonprofit Resources section, [middlesexcountycf.org/nonprofits/resources/forms-pr-guidelines/](http://middlesexcountycf.org/nonprofits/resources/forms-pr-guidelines/).

## **IX. Tax Exempt Standing and Use of Grant Funding Certification**

By signing this application, the CEO/Executive Director/Board President is certifying that your organization is a qualified 501c3 organization or other charitable organization recognized and currently in good standing with the IRS, or 170(c)(1) governmental agencies. Should a grant be approved by the Community Foundation of Middlesex County, these funds may only be used for the purpose outlined in your original application; you must notify us if you are unable to do so. If grant funding is provided, you may only use these funds for charitable purpose as described in Section 170(c)2 of the IRS code, and funds may not be used for any political or lobbying activity. In addition, no tangible benefits, goods or services may be received by our donors or by staff members of the Community Foundation of Middlesex County in exchange for grant funding.

### **Signature Certification**

I certify that my printed name as stated and assigned below constitutes my signature and may be accepted as such.

**Printed Name**

Lori Lodge

**Title**

Director of Fund Development

**Date**

09/15/2021



MIDDLESEX YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Young Men's Christian Association of Northern Middlesex County, Inc.  
BOARD OF DIRECTORS - OFFICERS  
2020 - 2021**

**Chairwomen of the Board**

Karen Warren Wesleyan University

**Vice Chairmen of the Board**

Andrew Tanaka Wesleyan University

**Treasurer**

Rohan Manning City of Middletown

**Secretary**

Kelly Smith NFP

Johanna Bond Middlesex County Chamber of Commerce

Jeremy Bourret Suburban Stationers, Inc

Carol Buchanan Retired, Eversource

Philip Cacciola Retired Businessman

Ben Diagle State of Connecticut

Derrick Gibbs, Jr. Change Incorporated - Owner

Tamera Jackson Consultant

Tamara Laurie Hope & Stetson - Owner

Joseph Palladino Comcast

Robert Parry Liberty Bank

Keith Wiemert Seasons Federal Credit Union