



United Way  
of North Central Iowa

# 2021 United Way of North Central Iowa Small Grants Application

*Purpose: To provide support for small grants to fill identified needs in the community. Submissions are reviewed throughout the year until the Small Grants fund is expended. Grant awards will not exceed \$3,000.*

## Instructions

To fill out: Download application and open in Word.

Submit one hard copy and one e-copy, to United Way of North Central Iowa. Applications should be sent to 2911 4<sup>th</sup> Street SE, P.O. Box 1465, Mason City, IA 50402. Applications should be three-holed punched. For any questions or to request additional information, please contact Jen Arends by phone at (641) 423-1774 or by e-mail at [ceo@unitedwaynci.org](mailto:ceo@unitedwaynci.org).

## General Information

### Full Legal Agency

**Name** NIAD Center for Human Development dba Crisis Intervention Service

**Mailing Address** 206 Third NE

**City** Mason City

**State** Iowa

**Zip Code** 50401

**Agency Website** [www.CIShelps.org](http://www.CIShelps.org)

### Agency Executive

**Director** Mary J. Ingham

**Title** Executive Director

**Phone Number** 641-423-0490

**E-Mail Address** [Mary@CIShelps.org](mailto:Mary@CIShelps.org)

**Contact Person (if  
different)**

Enter Contact Person here

**Title** Enter title

**Phone Number** Enter phone number

**E-mail Address** Enter email

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**Request Narrative:** *This section of the application requires a description of the program or project you are seeking matching funds for. Please be specific and concise.*

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**Program/Project Name:** Girls Circle & Boys Council

**Funding Requested:** \$2,880

Crisis Intervention Service will implement the Council for Boys & Young men to engage boys and men in our efforts to reduce violence and abuse.

Crisis Intervention Service will facilitate Girls Circle Empowerment Groups. Girls Circle is a structured group that integrates relational theory, resiliency practices, and skills training. It is designed to increase positive connections, strengths, and competence in girls.

**Program Need:**

*Please describe the unique local needs/problems/gaps addressed by this grant funding request.*

In the last year, CIS provided crisis services to 235 teenage victims of domestic violence, sexual assault or other violent crime in the UWNCI region. Historically domestic abuse and sexual assault have been viewed as "women's" issues, but our training and experience tell us that these are actually public health issues that impact individuals of all ages and all genders.

In the past 3 years, we have made efforts to increase our outreach to boys and men. Three years ago, 9% of the individuals seeking services were men or boys, today 17% of our crisis services clients are men and boys.

Victims of abuse are:

- 3 times more likely to suffer from depression
- 6 times more likely to suffer from post-traumatic stress disorder
- 13 times more likely to abuse alcohol
- 26 times more likely to abuse drugs
- 4 times more likely to contemplate suicide

The development of a Council for Boys and Young Men will address risk factors and empower boys and young men to find belonging, build assets and deconstruct harmful masculinity beliefs on their journey to becoming respectful leaders and connected allies in their community.

Girls Circle promotes critical thinking and most importantly creates a community of BELONGING - a need that is a vital element to youth programs to help youth navigate through the challenging years of adolescence. For this reason, girls want to be in Circle. Most girls involved in our programs want the program to run longer, look forward to coming, build positive social skills, and decrease their sense of isolation.

Each session will include 10-12 teens and will run for 8-12 weeks depending upon the age of the participants. Each week the facilitators will lead the group through a format that includes each individual taking turns talking and listening to one another respectfully about their concerns and interests. Program participants express themselves further through creative or focused activities such

as role-playing, drama, journaling, poetry, drama, dance, drawing, collage, clay, and so on. Gender-specific themes and topics are introduced which relate real-life issues such as trusting ourselves, friendships, body image, goals, sexuality, drugs, alcohol, tobacco, competition, and decision-making.

**Service Location:** *Please identify which United Way of North Central Iowa counties and associated zip codes will be served by the grant request you are requesting match for. (Check all that apply)*

**Counties:**     Cerro Gordo       Floyd               Franklin               Hancock  
                   Kossuth             Mitchell             Winnebago           Worth

## Program Outcomes and Evaluations

What outcome(s) will your program achieve in support of the Impact area in which you are applying (Education/Health/Financial Stability)? *Outcomes refer to the changes in the behaviors or condition of the participants based on what services were offered to them. (Example: Families will have increased their financial literacy.)*

The Boys Council curriculum has been researched and evaluated. As a result, significant increases in boys' School Engagement have been observed. Self-efficacy related to education goals, avoiding fights, ethnic pride, and conflict skills were moving in the expected direction after 10 weeks.

This project will make a difference by specifically targeting young men and boys. In our society, we seem to blame men for violence, yet fail to identify issues facing young men and boys. This project will focus on supporting young people.

For the Girls Circle, we are basing our expected outcome on research conducted to study the short- and long-term outcomes for groups using the curriculum.

Program participants will report a decrease in self-harming behavior, a decrease in rates of alcohol use, an increase in attachment to school, an increase in self-efficacy, finding things they have in common with a new person, trying to see beyond girls' reputations, telling adults what they need, feeling good about their body, picking friends that treat them the way they want to be treated & telling people how much they mean to them.

What methods of evaluation will be used to measure progress towards the outcome(s) listed above? Please explain how the program will determine whether intended outcome(s) were achieved. Describe:

- (a) *What indicators will be measured to indicate program success;*
- (b) *What specific measures (e.g., behavioral, self-report, etc.) will be used to assess each of these outcome indicators;*
- (c) *At what point(s) in time these measures will be collected and;*
- (d) *How the data will be analyzed and interpreted to assess the success of the program*

Crisis Intervention Service will utilize the evaluation tools provided by the Girls Circle and Boys Council curriculum developers. A measurement instrument is specifically designed for use with the curriculum and integrates a validated self-efficacy instrument. Evaluation tools measure the following:

School Attachment  
Avoiding Self-Harm  
Positive Body Image  
Avoiding Alcohol  
Avoiding Tobacco  
Communicating Needs to Adults  
Making Healthy Choices regarding Nutrition, Self-Care and Activities  
Self-Efficacy

A strong sense of self-efficacy promotes human accomplishment and personal well-being. A person with high self-efficacy views challenges as things that are supposed to be mastered rather than threats to avoid. In contrast, people with a low sense of self-efficacy view difficult tasks as personal threats and shy away from them. Low self-efficacy can be linked to higher levels of stress and depression.

The evaluation tools are administered at two assessment periods, baseline and post-test and contain

questions about the following:

Demographics & Family History

Peer Relationships & Social Support

Childhood Experiences

Attitudes Toward School

Problem-Solving and Reasoning

Expectations & Aspirations

Problem Behaviors

CIS program facilitators also take attendance at each session to measure dosage for each participant. The program facilitator reaches out to any individual that misses a session to check in on barriers to participation.

CIS program facilitators and supervisors review baseline data as received to assess the composition of each group. Each session is led by two facilitators. At the end of each session, the co-facilitators discuss what worked well in the session and what might need to be changed for the next session.

Program facilitators and supervisors will compare the post-test results to the baseline data to measure change.

CIS requests follow-up evaluations from program participants six months and 12 months after the completion of Girls Circle or Boys Council.

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**Impact Area:** This section is designed to help you identify which of the following United Way Impact Area *best describes* what the grant request will impact. Select: **Education, Income Stability, or Health**

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**Education:** Helping community members connect with the tools they need to reach their potential

**Income Stability:** Provide connections to aid in financial stability & independence

**Health:** Increase access to ensure health & well-being

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**Grant Funding Impact:** Please describe how receiving the grant you are applying for will impact the area identified above.

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## Program Funding

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Please provide a budget summary supporting the program costs requested.

Click here to enter budget narrative, an excel sheet may be copied below

Crisis Intervention Service has funds available for staff time and travel to implement Girls Circle and Boys Council throughout the service area but does not have any staff certified in the curriculum. Crisis Intervention Service also has the curriculum available for the Girls Circle (\$2,056), Boys Council (\$1,234) and the 2019 updated guides (\$384).

Grant funds will be used to certify two staff members in the facilitation of Girls Circle and two staff members in the facilitation of Boys Council. Grant funds will also be used to purchase supplies for the sessions. Each session for both Boys Council and Girls Circle includes hands-on activities which utilize consumable supplies.

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2 staff x \$420 Girls Circle Facilitation Training	= \$ 840
2 staff x \$420 Boys Council Facilitation Training	= \$ 840
\$200 group supplies x 6 groups	= \$1,200
<b>TOTAL REQUEST</b>	<b>= \$2,880</b>

The requested funds will allow CIS to facilitate three 8-12 week Boys Council sessions and three 8-12 week Girls Circle sessions. This project will continue indefinitely, as the only recurring costs include staff time & mileage, which is secured through other funding streams, and supplies, which can hopefully be secured by demonstrating the local success of programs.

If United Way Funds do not make up the entirety of program funding, please describes how you will use United Way funds:

Staff training is the priority. CIS will first train one staff in the Boys Council, then one staff person in the Girls Circle, then a second person in the Boys Council, and finally a fourth person in the Girls Circle.

CIS is choosing to train staff in the Boys Council first due to the overall lack of gender-specific programming for boys and young men within CIS.

Once all training is secured, the final priority will be program supplies. While the program supplies are essential for the group, CIS could work with local community groups or churches to help secure the supplies needed in each county.

CIS will continue to leverage federal & state grants with private funding streams and local sponsorships to maintain ongoing programming.

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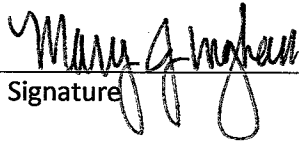
The undersigned hereby certify:

The information contained in this application, and various attachments, is accurate and correct to the best of my knowledge.

I further certify that our Board of Directors endorses this funding application and agrees to the requirements set forth in the Grant Application Requirements.

Mary J. Ingham

Executive Director (Please Print)



Signature

09/22/2021

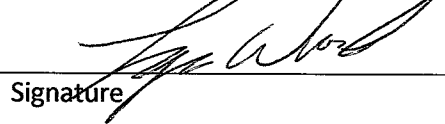
Date

Mary@CIShelps.org

Email Address

Logan Wernet

Board Chair (please print)



Signature

09/22/2021

Date

Lwernet@MasonCity.net

Email Address



District Director

Department of the Treasury  
INTERNAL REVENUE SERVICE  
EO Group 7206  
P. O. Box 1123 - Central Sta.  
St. Louis, Missouri 63188  
Person in Contact

Date: NOV 01 1979

W. Bosch  
Contact Telephone Number:  
314-425-5251

*41-2279-1182*

FFN 430001368 EIN 42-1080685  
CASE NO. 43929838EO  
NIAD CENTER FOR HUMAN DEVELOPMENT  
124 N FEDERAL  
MASON CITY, IA 50401

Based on the information you recently submitted, we have classified your organization as one that is not a private foundation within the meaning of section 509(a) of the Internal Revenue Code because you are an organization described in section 170(b)(1)(A)(vi) and 504(a)(1).

Your exempt status under section 501(c)(3) of the Code is still in effect.

This classification is based on the assumption that your operations will continue as you have stated. If your sources of support, or your purposes, character, or method of operation change, please let us know so we can consider the effect of the change on your exempt status and foundation status.

Because this letter could help resolve any questions about your foundation status, you should keep it in your permanent records.

If you have any questions, please contact the person whose name and telephone number are shown above.

Sincerely yours,



R. C. Voskuil  
District Director

1114 Market Street, St. Louis, MO 63101

267206  
10130179

Letter 1078(DO) (5-77)