

# Increasing Endorphins Through Parasport

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*Health/Mental Health Initiative*

## ***Palms to Pines Parasports***

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O: 760-469-9207

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# Application Form

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## *Application Questions*

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**Instructions:**

1. Complete one application for an eligible nonprofit 501 ( c ) (3)
2. Answer all questions.
3. Submit application only when all documents required are uploaded.

### **Organization Name**

Palms to Pines Parasports

### **Mission Statement**

The purpose of Palms to Pines Parasports is to create a more-inclusive society by providing competitive and recreational opportunities for people with physical disabilities while instilling a lifelong passion for wellness, helping athletes realize their full potential. We envision a world in which adaptive athletes have the same opportunities to lead as full a life as their able-bodied peers.

### **Program/Project Name\***

Increasing Endorphins Through Parasport

### **Organization Founded\***

In what year was organization founded?

06/01/2020

### **Board Meetings\***

How frequently does the board of directors meet?

Monthly-Committees also meet monthly

### **Contact Person for this Letter of Intent (LOI)\***

Michael Rosenkrantz

### **Contact Person's Title\***

Board President

### Contact Person's Email Address\*

pppmiker@palmstopinesparasports.org

### Contact Person's Phone Number\*

7604699207

### Request for Proposal (RFP) Funding Goals

Review your answer from the LOI.

Depression, Anxiety/Stress, Isolation

### Funding Goals\*

Identify the funding goal(s) as listed in the Request for Proposal (RFP) which the proposal is addressing.

Please restate your goals and specify if there are any updates to your goals since the LOI.

- I Offer broad array of adaptive sports activities;
- II Enable people with disabilities to achieve and lead fulfilling lives and to challenge themselves, by playing sports in a safe environment, applying "sport lessons" to all aspects of life;
- III Introduce athletes to sports and wellness, providing opportunities for acquiring the necessary tools to participate;

Activities will also include virtual wellness, e.g. meditation and support group. Participating will provide greater mental health.

### Executive Summary\*

Provide an Executive Summary of the program/service. Be specific as to the reason for your funding request: Briefly describe the service, why is this service necessary. Who do you plan to serve, how do you plan to deliver the service?

Within a population of 388,000 people in the Coachella Valley (2019) there are approximately 30,000 people under 65 with a disability who are not being served on a consistent basis through adaptive sport and wellness activities. PPP and its partners will serve this population through both virtual-meditation, support group and in person sport activities. These and other activities will enable people with disability to deal with physical and mental health issues.

**Provide number of persons served in each of the categories.**

**Identify characteristic demographics population to be served specific to this grant**

For example, homeless youth, veterans, special needs,

People with physical/developmental disabilities and family members, special needs, veterans.

\*Note-throughout proposal athlete/participant are used interchangeably as we consider all participants no matter their ability, athletes.

**Number of Youth (0 - 18 years) to be served.\***

10

**Number of Adults (19 to 54 years) to be served.\***

20

**Number of Seniors (55+ years) to be served.\***

10

**Number of Persons at or below the federal poverty level.\***

20

**Number of Males to be served.\***

Provide number of Males to be served.

15

**Number of Females to be served.\***

Provide number of Females to be served.

25

**Number of LGBTQI to be served.\***

Provide number of LGBTQI to be served.

5

### Geographic Area Served\*

Please restate your goals and specify any updates made since the LOI.

All Coachella Valley

### Indicate the Race/Ethnicities to be served.\*

List Race/Ethnicities to be served and how many to be served per Race/Ethnic group.

White 25  
African American 5  
Hispanic 10

### Geographic Area Served\*

Please describe the selected geographic areas in more detail, for example, why this area, opportunities/challenges.

PPP serves the entire Coachella Valley. It doesn't matter where a person with disability lives as this is more about offering opportunities throughout the Valley so that people don't have to travel long distances. Currently there are programs in Palm Springs, Palm Desert, Indio and other locations specifically for cycling. We would also be happy to offer safe, social distancing programs in other areas that are part of the service area of this proposal. There is great need, as indicated by the HARC stats above, for adaptive sport activities throughout the entire service area of this proposal.

Given that there currently is very limited live programming, PPP sees this as an opportunity to help people move, leading towards greater physical and mental health. The major challenge is for people with disability and their family members is to feel safe in participating with other people, especially due to underlying health conditions.

### Program/Project\*

Should be existing Program/Project. Please disregard new program/project option.

Existing Program/Project

### Program/Project Start Date

04/01/2021

### Program/Project End Date

12/31/2021

## Project/Program 1.Goal(s); 2. Objective(s) with Time Line and 3. Anticipated Outcomes

Answer given on the LOI.

I Offer broad array of adaptive sports and activities; (O) Athletes will increase their emotional capabilities to deal with a variety of life situations.

A. Provide consistent sport offerings during the year; sports to be offered a minimum of 4-6 days/week, based on weather and ability to use indoor spaces in summer.

II Enable people with disabilities to achieve and lead fulfilling lives and to challenge themselves, by playing sports in a safe environment, applying “sport lessons” to all aspects of life; (O) Athletes will set/reach their goals through sport leading to a fuller life

A. Goal setting process for athletes for each sport

III Introduce athletes to sports and wellness, providing opportunities for acquiring the necessary tools to participate; (O) Athletes will increase their life skills and ability to deal with a variety of life situations

A. Recruit more athletes to participate in an array of adaptive sports during year

## Project/Program 1.Goal(s); 2. Objective(s) with Time Line and 3. Anticipated Outcomes\*

Please restate your goals and specify any updates made since the LOI.

For Example:

I. Goal and Anticipated Outcome(s)

A. Objective, Time Line

B. Objective, Time Line

II. Goal and Anticipated Outcome(s)

A. Objective, Time Line

I Offer broad array of adaptive sports and activities; (O) Athletes will increase their emotional capabilities to deal with a variety of life situations.

A. Provide consistent sport offerings during the year; sports to be offered a minimum of 4-6 days/week, based on weather and ability to use indoor spaces in summer.

II Enable people with disabilities to achieve and lead fulfilling lives and to challenge themselves, by playing sports in a safe environment, applying “sport lessons” to all aspects of life; (O) Athletes will set/reach their goals through sport leading to a fuller life

A. Goal setting process for athletes for each sport

III Introduce athletes to sports and wellness, providing opportunities for acquiring the necessary tools to participate; (O) Athletes will increase their life skills and ability to deal with a variety of life situations

A. Recruit more athletes to participate in an array of adaptive sports during year

## Program/Project Adjustments

How does COVID-19 impact your program/project service delivery? How do you propose to serve your target population amid the pandemic?

We have used some virtual activities, e.g. meditation and support group to engage with participants. Meditation has been especially well attended. We have gradually shifted to in-person activities with every

participant wearing a mask and with frequent handwashing. Outdoor activities are only practices and skill building as we are not having any actual competition with sports, e.g. basketball. However, with some sports, e.g. boccia, we're able to have competitions with everyone having their own boccia balls and maintaining social distancing.

We will continue to have practices in small groups, using safe COVID practices. However, many people with disability are not coming out to play due to underlying health conditions. As COVID dissipates we will ramp up activities to serve more people. We will also be able to provide on-site demonstrations, e.g. at hospitals, rehab facilities, which will enable more potential athletes to be exposed to sport/better mental health.

#### **Incentives are optional:**

- A. Working as a collaborative with another entity - Extra 15 points for proposals
- B. Programs in the Palo Verde Valley area - Extra 10 points for proposals
- C. Interest in utilizing Results-Based Accountability, a measurement/evaluation method. Additional funding will be offered to offset staff time - Extra 5 points for proposals RFP Process:

Indicate whether you will incorporate any of the three incentives listed above.

#### **Incentive A\***

- A. Working as a collaborative with another entity - Extra 15 points for proposals .

Yes

#### **Incentive B\***

- B. Programs in the Palo Verde Valley area - Extra 10 points for proposals

No

#### **Incentive C**

- C. Interest in utilizing Results-Based Accountability, a measurement/evaluation method. Additional funding will be offered to offset staff time - Extra 5 points for proposals RFP Process:

Yes

#### **Results Based Accountability (RBA) Framework\***

Does your organization utilize the Results Based Accountability (RBA) framework or another model? If yes, describe how it is used.

We don't formally use RBA but we do have outcomes that we would like to see achieved over the long term. Some of these involve independence, being able to do whatever one wants in life, i.e. leading a full life, providing greater opportunities/offerings to participate leading to greater health, physically and emotionally, resulting in greater quality of life, etc.

Since we began operating during the time of COVID we haven't really started measuring these outcomes, as participation has been limited. However as COVID dissipates we will use such tools as goal setting and monitoring, questionnaires to determine how playing sport can lead to a fulfilling life

We are open to learning more about and using RBA.

## Partnership/Collaboration

Are you partnering or collaborating with other organizations for this program/project? If yes, identify and describe the responsibilities of the partners and collaborators.

Desert Recreation District (DRD) is the main collaborator offering venues, program registration, equipment and co-coaching. (Please see attached draft MOU). Currently PPP also offers a meditation class through Leaps Services. PPP also collaborates with other organizations in terms of athlete recruitment. A number of these organizations conduct a zoom Facebook live on the 1st and 3rd Friday of each month explaining programs being offered throughout Coachella Valley.

We are consistently reaching out to organizations, e.g. Rotary, to develop relationships and build further collaborations. Our primary interest in collaborating is to recruit more athletes to participate.

## Evaluation\*

How is the impact on the target population being measured (qualitative and/or quantitative)? Please explain.

Goal 1 Structured interviews with both closed and open ended questions, focus groups, drawings for participants to indicate which activities they are participating in and how they feel after participating in these activities. A questionnaire will be used to determine a baseline focused on both physical and mental health prior to program participation. # of programs offered/week, participants, participants involved in more than one sport/activity.

Goal 2- Chart to set sport, independence and other goals through a conversation with each participant. Goal setting tools, PPP will provide, measured quarterly, e.g. as a sport goal, a participant may want to be able to dribble a ball up and down the court without stopping. For an independence goal a participant may want to be able to wash their own clothes. For a mental health goal a participant might want to have the tools to deal with difficult emotional situations.

Goal 3- Questionnaire as noted above and drawings to indicate where new participants are at both physically and mentally. These will be administered at the beginning and end of the program. # of new athletes participating in each sport, # of new athletes participating in support group or meditation. Measure how participating in these programs has helped participants to learn new coping skills.

We believe that through sport playing anxiety will be reduced, resulting in greater mental health. This and other indicators will be measured as per above.

## Evaluator\*

Describe if the evaluation process requires an outside expert or consultant. Provide his/her scope of work and cost.



We plan on establishing our own evaluation system, however we would be open to working with HARC and other organizations on the evaluation if additional funding can be provided. We are in contact with professors in the adaptive sports field from James Madison University and Georgia State University, who may also be willing to help us in evaluations.

On the court, athletes are focused on their sport. Thoughts are focused on this and not on problems that people might be facing. If an athlete is feeling anxiety this is "let go" when exercising. Sport teaches people greater focus. After playing, the social aspects of sport enable people to talk about what is going on in their lives. Ultimately sport helps to reduce anxiety and other mental health issues through focus, moving and social aspects.

### Amount Requested\*

Amount requesting from RAP?

\$10,000.00

### Total Program/Project Budget\*

What is your total program/project budget?

\$55,750.00

### Total Operations Budget

What is your total organization's budget?

\$70,000.00

### Financial Sustainability\*

Describe financial sustainability plans for the program/project after RAP funding ends. Include information regarding funding opportunities for example "billable" services, for example MediCal.

PPP has been writing a variety of grants to continue offering sport/wellness activities. After COVID, PPP will have face-to-face fundraising events. We will continue to build relationships with a variety of funders. We are currently operating a podcast, Getting Everyone Moving, which is focused on people with disability participating in adaptive sports and others, e.g. coaches, researchers, etc. We are searching for sponsors who will provide unrestricted funding.

The RAP grant will not only help PPP offer programs leading to greater mental and physical health but will also enable us to focus on diversifying our funding base by providing funding for staff.

### Is your organization a member of RAP's Center for Nonprofit Advancement (CNA)?\*

No

## Program/Project Budget\*

Please complete budget template provided.

MASTER-RAP\_Grant-BudgetProposal - Emotional health.xlsx

## Program/Project Budget Narrative\*

Provide explanation of budget line items which require clarification, for example personnel costs.

Personnel Costs include Executive Director and administrative. Both staff will be involved with programming, coaching activities. Board members also involved in activities.

## Memorandums of Understanding 1

If you are collaborating or partnering with other organizations, please provide **Memorandums of Understanding (MOUs)**

MOU 1-2.pdf

## Memorandums of Understanding 2

mou 3-4.pdf

## Current Information 1

Please provide current **Board of Directors** and **professional affiliation**.

board advisory affiliation.pdf

## Current Information 2

Please provide copy of **current financials**.

Jan 2021 Financials.pdf

## Current Information 3

Please provide copy of current **By-laws** document

PPP Bylaws Approved 7 6 2020.docx

## Current Information 4

Please provide copy of **current certificate of liability insurance**.

PROPOSED PROGRAM BUDGET LINE ITEMS	PROGRAM REVENUES	TOTAL PROGRAM EXPENSE 12 MONTHS	PROGRAM EXPENSES TO BE FUNDED BY RAP FOUNDATION 12
1.Amount of money requested to RAP Foundation	\$ 10,000		
2.Cash contributed to project/program by applicant organization	\$ 5,750		
3.Grant(s) awarded from other grant based funding sources for project/program			
4.Grant(s) pending or applied for from other grant based sources for project/program	\$ 35,000		
5.Value of in-kind goods or services to support the project/program	\$ 5,000		
6a - Full-Time Personnel - wages and salaries		\$ 35,000	\$ 6,500
6b - Part-Time Personnel - wages and salaries		\$ 8,000	\$ 1,900
6c - Temporary Personnel - wages and salaries			
6c - Employee benefits		\$ 4,300	\$ 800
6d - Volunteer related costs		\$ 500	
6.Total Personnel related expenses for project/program		\$ 47,800	\$ 9,200
7. Equipment related expenses for project/program			
8a - Marketing Materials		\$ 500	\$ 300
8b - Marketing/Advertising			
8. Total Marketing related expenses for project/program		\$ 500	\$ 300
9a Legal Services		\$ -	
9b Consulting Services		\$ -	
9c Other Professional/Contracted Services		\$ -	

9 Total professional services		\$ -	
10a Facilities		\$ -	
10a Meeting expenses		\$ -	
10b Mileage and travel		\$ 250	\$ 100
10c Postage		\$ 50	
10d Supplies related expenses for project/program		\$ 100	
10e Other miscellaneous expenses		\$ 50	
10f Phone and other communications			
10g Insurance		\$ 1,500	\$ 200
10 Total General Operating/Administration expenses for		\$ 1,950	\$ 300
11.Evaluation		\$ 500	\$ 200
12 Indirect Operating Expenses		\$ 5,000	
TOTALS	\$ 55,750	\$ 55,750	\$ 10,000

# Palms to Pines Parasports

## Balance Sheet

As of January 31, 2021

	<u>Jan 31, 21</u>
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
First Foundation Checking	6,163.03
Total Checking/Savings	<u>6,163.03</u>
Total Current Assets	<u>6,163.03</u>
<b>TOTAL ASSETS</b>	<u><b>6,163.03</b></u>
<b>LIABILITIES &amp; EQUITY</b>	
Equity	
Net Income	6,163.03
Total Equity	<u>6,163.03</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u><b>6,163.03</b></u>

**Palms to Pines Parasports**  
**Profit & Loss**  
July 2020 through January 2021

	<b>Jul '20 - Jan 21</b>
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
Gifts in Kind - Goods	150.00
Grants	2,500.00
Individual Contributions	5,887.57
<b>Total Income</b>	8,537.57
<b>Expense</b>	
<b>Admin</b>	
Insurance	281.00
License & Tax	665.00
Postage, Mailing Service	46.65
Supplies	473.50
Website Maint	230.00
<b>Total Admin</b>	1,696.15
<b>Marketing</b>	
Cards	331.00
Displays/Banners	57.00
<b>Total Marketing</b>	388.00
<b>Total Expense</b>	2,084.15
<b>Net Ordinary Income</b>	6,453.42
<b>Other Income/Expense</b>	
<b>Other Expense</b>	
Sports Equip/Van	290.39
<b>Total Other Expense</b>	290.39
<b>Net Other Income</b>	-290.39
<b>Net Income</b>	<b>6,163.03</b>