

REPORT 2020 April Cycle

| GENERAL INFORMATION | | | |
|---|---------------------------------------|--|---------------------------------|
| Organization Information | | | |
| Legal Name: Ecumenical Center for Religion and Health (The) | | Federal Tax ID#: 74-1587388 | |
| Address: 8310 Ewing Halsell Drive | City: San Antonio | State: TX | Zip Code: 78229 |
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| Head Of Organization | | | |
| Name: Mary Beth Fisk | | Title: CEO/Executive Director | |
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| Application Contact | | | |
| Name: Sandra J Preininger | Title: Outreach Coordinator | E-Mail Address: spreininger@ecrh.org | Phone: (210) 616-0885 |
| REPORT INFORMATION | | | |
| Report Funding Cycle: 2020 April Cycle | | Report Date: 02/15/2021 12:00 am | |
| 1: Please include in your report the dollar amount of the funds that were awarded, the date they were funded and what the funds supported. | | | |
| Awarded Amount: 65,000 | | Date: 02/15/2021 | |
| 2: Were the objectives cited in your original proposal met? Please address each started objective and how it was met. | | | |
| <p>The objectives were met. Under this proposal 650 sessions were held for children and adolescents. Children's Play and Art Therapy and psychotherapy sessions were held both virtually and in-person. The Ecumenical Center stayed open during the entire pandemic serving 216 children and adolescents. Also provided during this time were 120 individual and group Art/Music Therapy and Neurologic Music Therapy sessions held in the new Najim Wing for The Expressive Therapeutic Arts, both virtually and in-person. A recent enhancement to these music therapy and neurologic music therapy sessions was the instrument lending provision. This allowed those children who could not afford to purchase or rent an instrument, the ability to experience the benefits of Neurologic Music Therapy by borrowing an instrument and taking it home. This allowed the children to increase the benefits of music therapy and neurologic music therapy through daily practice sessions in their homes. Two Neurologic Music Therapists provided therapy using keyboards, guitars, ukeleles, cellos and vocal music. Finally, two virtual Summer Camps were held for 80 children ages 5-12 years old. These camps taught anti-bullying techniques, as well as provided knowledge of how to maintain good mental health, (especially important during COVID 19), for children and their families.</p> | | | |
| 3: Please explain any changes from the original proposal and the circumstances that lead to the modification of the objective. | | | |

The only changes from the original proposal were that all of the children's mental health counseling and therapy sessions were offered both in-person and virtually, as the parent and children preferred. This modification was made during the COVID-19 pandemic during 2020 and 2021.

4: What needs were addressed?

The need for children's mental health services for those families who were below the poverty level and were uninsured, underinsured and could not afford the cost of their insurance deductibles was the need that was addressed under this proposal. According to Clarity Child Guidance Center, 1 in 5 children or 100,000 children were suffering with mental health needs during the pandemic. This number could actually be more since many children, who are normally identified with mental health needs through the school system, were not identified in 2020 as schools were shut down for in-person learning and mental health needs were more difficult for teachers and school staff to recognize over an internet platform. According to the US Census Bureau, 18% of the population of Texas lacks health insurance coverage. As more and more people lost their jobs during the pandemic, this number could also, in actuality, be higher. The Ecumenical Center provided children's therapy and mental health services to 99% of the children and adolescents who came for mental health services. The Ecumenical Center provided evidence-based counseling services including play and art therapy, neurofeedback, psychotherapy and Music and Neurologic Music Therapy for 650 mental health sessions serving 216 individual children and adolescents.

5: What method of evaluation did you use to monitor and measure the project's outcome and what are the result?

The Ecumenical Center uses the ACORN evaluation to measure the outcome of mental health services provided. This evaluation instrument measures self-reported improvements for children and adolescents during the counseling sessions. Children under six years of age, can have a parent or guardian complete the assessment. During this proposal year, 92% of children 6-12 years expressed satisfaction with progress during counseling sessions, while 89% of adolescents self-reported progress made during counseling. This gives a composite score of 90% satisfaction with progress during this proposal year.

6: Do you plan to continue this project, and if so, how do you plan to sustain it?

Plans to sustain this project beyond this request include grants from foundations, contributions from the Board of Directors, The Foundation Board, individuals and fees for counseling, mental health and education services.

7: Please provide any other comments of information relevant to this grant.

\$65,000 was awarded by the Najim Foundation in 2020. These funds were provided for counseling and mental health services provided by The Ecumenical Center for Children and Adolescents through individual and group therapy sessions. Although the pandemic threatened to shut-down San Antonio, Bexar County and our Country, with the help of the Najim Foundation, The Ecumenical Center was able to provide 650 sessions using all of the evidence-based therapies it provides, to continue to serve children and adolescents in poverty, that were struggling with mental health issues, both in-person and virtually.

8: Please provide an updated detailed projected budget with expenses for the received grant. Also include the totals for the budgeted and actual amount. Explain any discrepancies between the budgeted and the actual expenses for the project.

| Line Item Description | Total Project Funds Allocation | Najim Requested Funds | Project Funds Actual | Najim Funds Allocation |
|------------------------------------|---------------------------------------|------------------------------|-----------------------------|-------------------------------|
| Children's Counseling | \$783,320 | \$53,000 | \$783320 | \$45000 |
| Children's Neurologic Therapies | \$25,000 | \$15,000 | \$25000 | \$10000 |
| Child-Parent Relationship Training | \$10,000 | \$0 | \$10000 | \$0 |

| | | | | |
|--|--------------------|-----------------|--------------------|-----------------|
| Children's Art/Music/Neurologic/Movement Therapy | \$75,000 | \$10,000 | \$75000 | \$5000 |
| Child Therapy Training Workshops for Mental Health Professionals | \$124,000 | \$0 | \$100000 | \$0 |
| Camp Wellness | \$25,000 | \$5,000 | \$20000 | \$5000 |
| Mother/Daughter Group Wellness Sessions | \$5,000 | \$0 | \$5000 | \$0 |
| TOTAL: | \$1,047,320 | \$83,000 | \$1,018,320 | \$65,000 |
| Signature | | | | |
| Mary Beth Fisk | | | | |