

# FUNDING APPLICATION

## GENERAL INFORMATION

### Organization Information

<b>Legal Name:</b> Children's Bereavement Center of South Texas		<b>Federal Tax ID#:</b> 74-2828178		<b>501(c)(3) Public Charity</b> 509 (a)(1)	
<b>Address:</b> 205 W. Olmos Drive		<b>City:</b> San Antonio		<b>State:</b> TX	
				<b>Zip Code:</b> 78212	
<b>Website:</b> www.cbcst.org		<b>Fax:</b> (210) 736-4847		<b>United Way Funded:</b> Yes	

**Fiscal Year:**  
January 01 to December 31

### Head Of Organization

<b>Name:</b> Marian G. Sokol, PhD		<b>Title:</b> Executive Director	
<b>E-Mail Address:</b> msokol@cbcst.org		<b>Phone:</b> (210) 736-4847	

### Application Contact

<b>Name:</b> Suzanne M Benavides		<b>Title:</b> Grants & Development Coordinator		<b>E-Mail Address:</b> sbenavides@cbcst.org		<b>Phone:</b> (210) 736-4847	
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### Previous Najim Funding

Year	Funding \$
2007	\$48,000
2008	\$48,000
2009	\$300,000
2011	\$50,000
2012	\$50,000
2013	\$50,250
2014	\$50,000
2015	\$50,000
2016	\$50,000
2017	\$75,000
2018	\$75,000
2019	\$75,000
2020	\$75,000
<b>Total</b>	<b>\$996,250</b>

**Has the organization applied to the Najim Family Foundation in the past and been declined?**  
No

<b>Grant Amount Requested \$:</b>	<b>Total Project Budget \$:</b>	<b>Organization's Annual budget \$:</b>
\$75,000	\$1,241,981	\$2,890,204

**Mission Statement:**

The mission of Children's Bereavement Center of South Texas is to foster healing for grieving youth, their families, and the community.

**PROJECT INFORMATION**

**Program / Project Title:**

Grief Support Services for Children After the Loss of a Sibling

**PROJECT TIMELINE**

<b>Start Date</b>	<b>End Date</b>
11/01/2020	10/31/2021

**Harvey E. Najim Family Foundation Priorities:**

Mental Health

**Program / Project Description:**

The death of a loved one can be a shattering experience. Most adults are deeply affected when faced with such a loss. For a child, the impact can be much greater and result in long-term adverse effects.

One of the most devastating losses for a child is the death of a sibling, a loss that changes their life immediately and forever. Grieving the loss of any loved one is a complex and difficult process. Grieving the death of a brother or sister is even more difficult. In addition to the pain and sadness of the loss, many children experience "survivor's guilt" and feel the need to "replace" the deceased child. Children instinctively want to ease their parents' pain, but do not know how, which can cause them to feel overwhelmed, hopeless, and neglected. As parents cope with their own grief, some may be unable to meet the needs of their grieving children. In some cases, the parents distance themselves emotionally from surviving children. Other parents respond by becoming overly protective.

To grieve effectively, both children and parents need support and guidance from those who understand the complexity of their grief; professionals who can support and guide the grieving family and help them cope with the grief. The Center's counselors support parents as they process their own grief and help them understand the feelings and behaviors of their children. Surviving siblings are able to express their thoughts and feelings freely during support group gatherings, and learn ways to cope with the changes occurring in their life. Perhaps most important, the Center's program helps grieving siblings develop a self-identity that is unique and separate from the deceased child, so they do not feel the need to "replace" their sibling.

Since 1997, Children's Bereavement Center of South Texas has provided therapeutic grief support services for children and their parents/caregivers. The Center's mission is "to foster healing for grieving youth, their families, and the community" and the organization has worked continuously to increase the availability of quality mental health supports for grieving families, and to make these services accessible to all families, by offering them at no cost. The agency has grown steadily, and now has sites in Floresville and Harlingen, in addition to San Antonio. From 2014 to the present, the Center has experienced a 35 percent (35%) increase in the number of unduplicated individuals served, and a 50 percent (50%) increase in the number of therapeutic hours delivered to children and parents through the Sibling Loss Support Group.

The agency continues to add, adapt, and enhance programs to better meet the needs of the region's children and their adult caregivers. The program now includes: peer support groups; individual and family counseling; on-campus grief support services at area public schools; bereavement camps for children unable to participate in regularly-scheduled program services; education and training for professionals who work with children; and crisis response and intervention for schools after the traumatizing death of a student, teacher or other member of the school community. Demand for services at all three sites continues to grow annually.

In early 2020, "normal life" changed forever with the onset of the Coronavirus pandemic. The health emergency has caused tremendous upheaval in the way we live, do business, interact with our loved ones and friends, and our plans and expectations for the future. However, the need for grief support services has not diminished, and the Center has adapted operations to continue meeting this need.

When it became necessary to close the Center's doors in March, counseling staff quickly transitioned to providing face-to-face counseling sessions via Doxy.me, a special tele-healthcare application for this purpose. (This platform has been approved by the Department of Health and Human Services and meets HIPAA privacy guidelines.) Working from their homes, clinical staff provided counseling for teens, young adults and caregivers, who were prioritized initially due to the added responsibility and stress placed on them by the COVID shutdown. Counselors scheduled virtual counseling sessions for those equipped with computer and internet. For those without, staff reached out by phone every week to check on the family's welfare and support the needs of the parent/caregiver. Clients often expressed their appreciation; many describing contact with a Center counselor as "my lifeline."

Peer support groups and school-based activities were temporarily suspended in compliance with social distancing orders. However, in late-April counselors began holding virtual peer support groups. Response was tepid at first, but as weeks passed, more clients called and asked to participate, and currently these groups are at capacity. The Center will soon initiate a group specifically for those who have lost someone due to COVID-19, and a group for young adults.

The Center re-opened for on-site counseling sessions in June, though on a limited basis. Between virtual sessions and on-site sessions, most of the Center's 11 Licensed Professional Counselors now have full counseling schedules. To minimize the risk of transmitting COVID, in-person sessions are staggered to limit the number of people in the building. Additionally, all staff and clients are required to have their temperature taken before entering and to wear a mask while on-site.

Recognizing the community's need for grief support services, the Center will continue to adjust and modify program services to ensure the safety and wellbeing of its client population, while remaining committed to providing the support and guidance needed by grieving families in San Antonio.

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**Evaluation Plan:**

The Center has established Impact Areas and Program Goals to measure program effectiveness.

IMPACT AREA 1: Children/youth will show decreased symptoms of mental illness.

OUTCOME: Children/youth exhibit fewer symptoms of anxiety.

MEASURE: 50% of clients show fewer anxiety symptoms as measured by Multidimensional Grief Reactions Scale (MGRS).

IMPACT AREA 2: Children and youth will experience healthy family relationships.

OUTCOME: Family displays improved functioning.

MEASURE: 80% of participants (adult, youth, and child) show better coping skills as measured by self-report tool.

Program Goals are evaluated semiannually via client self-evaluation.

1 - 85% percent of caregivers will report improvement in their child's emotional/behavioral state.

2 - 90% of caregivers will report that the program not only helped their child, but also helped them with their own grief.

3 - 80% of program participants (ages 9-18 and adult) will report that the program has "made a positive difference for my family".

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**Plans to sustain project beyond the term of this request:**

As Children's Bereavement Center adjusts its operations to meet the needs of grieving families during the Coronavirus pandemic, the organization's management and board are more aware than ever of the importance of long-term sustainability. Diversification and addition of funding sources are always a high priority. Board and staff continue to plan and work toward increasing income through a combination of strategies. The Center currently receives funding from a combination of corporate, private and government funders; staff continues to seek new sources of support. Additionally, management and staff continue to build and sustain relationships with other local, regional and state foundations, and to expand individual donor cultivation activities. In 2021, special events will undergo major innovations due to the pandemic, and the gala committee hopes to approximate revenues from the 2020 event. The Center is also exploring additional earned-income strategies.

**Children Impacted:**

<b>How many unduplicated children will the TOTAL PROJECT INITIATIVE impact?</b>	<b>How many unduplicated children will NFF REQUESTED FUNDS impact?</b>
720	105

**Please provide the percentage of each group below that will be served by the project in which funds are being requested. Do not leave any area blank. If that specific group will not be served, include zero. The percentage should total 100%.**

A. Population Served Age		B. Population Served Ethnicity	
Infants (0-5)	6%	African American	5%
Children (6-13)	68%	Asian American	0%
Young Adults (14-18)	26%	Caucasian	29%
<b>TOTAL:</b>	<b>100%</b>	Hispanic/Latino	58%
		Native American	0%
		Other and Define	8%
		<b>TOTAL:</b>	<b>100%</b>

**City Council District for Which Children are Being Served:**

District1, District2, District3, District4, District5, District6, District7, District8, District9, District10, Outside San Antonio

**Counties applicant is in:**

Atascosa, Bandera, Bexar, Comal, Guadalupe, Kendall, Kerr, Medina, Wilson

**Line item Budget:**

Line Item Description	Total Project Funds Allocation	Najim Funds Allocation
Total Personnel Costs	\$708,147	\$66,000
Dues, Fees & Subscriptions	\$3,889	\$0
Equipment Expense	\$14,256	\$0
Liability Insurance	\$12,801	\$1,000
Postage & Shipping	\$1,332	\$0
Printing & Publications	\$8,182	\$0
Professional Development & Meetings	\$17,965	\$0
Professional Fees	\$10,864	\$0
Repairs & Maintenance	\$36,239	\$0
Student Stipends	\$31,590	\$3,000

Program Supplies & Food	\$20,796	\$0
Telephone	\$6,243	\$0
Travel, Transport, Meals & Lodging	\$7,500	\$0
Utilities	\$9,443	\$0
In-Kind Materials & Services	\$217,595	\$0
Contractual	\$18,511	\$0
IT Expense	\$39,522	\$5,000
Rent	\$1,868	\$0
Marketing	\$48,025	\$0
Office Supplies	\$13,706	\$0
Payroll Fees	\$13,507	\$0
<b>TOTAL:</b>	<b>\$1,241,981</b>	<b>\$75,000</b>

### **OTHER FUNDING RESOURCES**

**For Project being Requested: Funding sources and amounts, pending and committed.**

#### **PROJECT - PENDING**

<b>Funder Name</b>	<b>Amount Requested</b>
Semmes Foundation	\$5,000
Bennack-Polan Foundation	\$5,000
<b>TOTAL:</b>	<b>\$10,000</b>

#### **PROJECT - COMMITTED**

<b>Funder Name</b>	<b>Amount Requested</b>
Methodist Healthcare Ministries	\$133,875
Elizabeth Huth Coates Foundation	\$10,000
Williams-Chadwick Foundation	\$10,000
Alamo Kiwanis	\$7,500
NuStar Energy	\$5,000
Texas Cavaliers Foundation	\$5,000
Marcia & Otto Koehler Foundation	\$15,000
Blue Bird Auxiliary of Methodist Hospitals	\$3,000
City of San Antonio	\$50,000
<b>TOTAL:</b>	<b>\$239,375</b>

**Other funding sources and amounts, pending and committed not specific to this request.**

#### **ALL OTHER ORGANIZATION REQUESTS - PENDING**

<b>Funder Name</b>	<b>Amount Requested</b>
Valley Baptist Legacy Fund (for RGV)	\$100,000
H-E-B (for Paloma Place, Wilson County)	\$25,000
Meadows Foundation (for RGV)	\$0
Kenedy Memorial Foundation (for RGV)	\$10,000

Serafy Foundation (for RGV)	\$15,000
Anderson Charitable Foundation (for RGV)	\$15,000
Valero Energy	\$30,000
<b>TOTAL:</b>	<b>\$195,000</b>

**ALL OTHER ORGANIZATION REQUESTS - COMMITTED**

<b>Funder Name</b>	<b>Amount Requested</b>
San Antonio Area Foundation (for CBCST)	\$50,000
Victim's of Violent Crime Act (for RGV)	\$54,700
Kenedy Memorial Foundation (for RGV)	\$10,000
United Way of San Antonio & Bexar County(for school-based program)	\$125,000
CHRISTUS Fund (for counseling)	\$18,000
Office of the Governor (VOCA)	\$85,698
USAA Foundation	\$38,500
Shield Ayres Foundation	\$13,000
Michael M. Peacock Foundation	\$10,000
St. Luke's Lutheran Health Ministries	\$3,949
Valero (Benefit for Children)	\$25,000
<b>TOTAL:</b>	<b>\$433,847</b>

**BOARD OF DIRECTORS**

**What percentage of your board contributes financially to the organization?**  
100%

**If Board giving is not at 100%, please explain why?**

**How are board members expected to participate in your organization?**  
A Board of Directors governs Children's Bereavement Center of South Texas and is legally charged with oversight of the agency to include defining its mission and engaging in strategic planning. Other responsibilities include reviewing the agency's purpose, priorities, financial standing, and goals. Directors ensure the Center's financial viability by reviewing and approving the annual budget, ensuring compliance, contracting for an annual independent audit, controlling investment and fiscal management policies, and raising funds to support the Center's programs during the Annual Campaign. Each year, Board Members raise around 20% of the Center's total income. Currently 21 members volunteer their time on the Board. Term commitments are for three years, renewable for a total of six years. The Board holds seven regular meetings during the year, plus one retreat for strategic planning and Board Development. Average attendance for Board meetings exceeds 80%.

**LIST OF BOARD DIRECTORS**

<b>Name &amp; Office Held</b>	<b>Corporate Affiliation</b>
Scott Gruendler, Chairman	Sirius Computer Solutions
Jimmie Keenan, Vice-Chairman	WellMed Medical Management, Inc.
Connie Gilbert, Secretary	Retired Banker
Roberto Rios, Treasurer	Bartlett Cocke General Contractor
Mallory Ahl	Frost Bank

Omar Akhil	Brainiac LLC and Vaulkshire LLC
Anthony Bartys	CST Brands (Retired)
Yonnie Blanchette	Carver Cultural Community Center (Retired)
Tom Coyle	Pacific Mobile Structures, Inc.
Dana Deaton	Uhl, Fitzsimons, Jewett & Burton, PLLC
Beverly Duke	Texas Public Radio
Lauren Ferrero	McCall, Parkhurst & Horton, LLP
Frances Gonzalez	Gonzalez Professionals
Manda Kelley	Attorney (Retired )
Scotty Macdaniel	Opt-In Experts
Rajiv Rajani, MD	UT Health San Antonio
Chris Rulon	Nustar Energy
Ryan Sullivan	Dykema Gossett PLLC
Candace Tottenham	American Bank
Debra Weems	Valero Energy Corporation
Jenifer Yi	New York Life
<b>Signature</b>	
Marian Sokol, PhD	