

Chapters Health Foundation, Inc. on behalf of
 Good Shepherd Hospice, Inc.
 Polk County American Rescue Plan 2021
 Community Bereavement Program
 Extension Request - FY 2023
 Proposed Budget and Timeline

Activity/Project Item	Annual Expense		Total Funding	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Remaining
	2023	2023						
Bereavement Staff Salaries								
	Gross	Net (35% of Gross)						
Bereavement Counselor & Supervisor: (85%) \$2,681.37 x 2	\$ 69,715.62	\$ 45,315.15	\$ 38,518.88	\$ 9,627.72	\$ 9,627.72	\$ 9,627.72	\$ 9,627.72	\$ -
Bereavement Counselor/Specialist: (100%) \$1,333.78 x 2	\$ 34,678.28	\$ 22,540.88	\$ 22,540.88	\$ 5,635.22	\$ 5,635.22	\$ 5,635.22	\$ 5,635.22	\$ -
Bereavement Administrative Assistant: (50%) \$1,930.04 x 2	\$ 40,227.00	\$ 26,147.55	\$ 13,073.78	\$ 3,268.45	\$ 3,268.45	\$ 3,268.44	\$ 3,268.44	\$ -
Bereavement Staff Salaries - TOTAL	\$ -	\$ 94,003.58	\$ 74,133.54	\$ 18,531.39	\$ 18,531.39	\$ 18,531.38	\$ 18,531.38	\$ -

Therapy Tools/Equipment: The Beetham Center - Lakeland										
Large Saltwater Aquarium - Maintenance		Budgeted/Estimated	Actual	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Remaining		
	\$ 10,000.00	\$ -	\$ -	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	\$ -		
Shelving Systems - BCI	\$ 7,630.24	\$ -	\$ -	\$ -	\$ -	\$ 7,630.24	\$ -	\$ -		
Arts & Crafts Room Television/Wall Mount	\$ 500.00	\$ -	\$ -	\$ -	\$ 500.00	\$ -	\$ -	\$ -		
Arts & Crafts Room - Gaming System & Games (Nintendo)	\$ 475.00	\$ -	\$ -	\$ -	\$ 475.00	\$ -	\$ -	\$ -		
Therapy Tools/Equipment - TOTAL		\$ 18,605.24		\$ 2,500.00	\$ 3,475.00	\$ 10,130.24	\$ 2,500.00	\$ -		

Bereavement Program Outreach: Toolboxes/Kits										
Grief Toolboxes, 100 Toolboxes @ \$183 each	\$ 18,300.00	\$ -	\$ -	\$ 9,150.00	\$ 9,150.00	\$ 9,150.00	\$ -	\$ -		
Grief Healing Comfort Kits, 1,000 @ \$23 each	\$ 23,000.00	\$ -	\$ -	\$ 12,500.00	\$ 12,500.00	\$ 12,500.00	\$ -	\$ -		
Interactive Equipment Software Subscription Renewal	\$ 500.00	\$ -	\$ -	\$ 500.00	\$ -	\$ -	\$ -	\$ -		
Marketing & Advertising	\$ 25,000.00	\$ -	\$ -	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00	\$ 5,000.00	\$ -		
New Release Books & Videos	\$ 7,500.00	\$ -	\$ -	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	\$ -		
Bereavement Program Outreach: Toolboxes/Kits - TOTAL	\$ 76,300.00	\$ -	\$ -	\$ 34,650.00	\$ 34,650.00	\$ 34,150.00	\$ 7,500.00	\$ -		
GRAND TOTAL:	\$ 169,038.78									

EXHIBIT A

\$



Polk County Board of County Commissioners
American Rescue Plan Funding – Extension Request
Chapters Health Foundation on behalf of Good Shepherd Hospice

In 2021, Chapters Health Foundation (CHF) was generously awarded \$250,000 for Good Shepherd Hospice (GSH) through the American Rescue Plan (ARP) funding and the Polk County Board of County Commissioners to support various free community programs to help offset the negative consequences of COVID-19 and general loss. These programs encompassed:

- The Bethany Center for Grieving Children in Lakeland
- Free Community and Hospice-Related Bereavement Counseling and Outreach Services

CHF has completed the first funded program year and through quarterly reporting, identified an unused balance of \$169,038.78. The reasons for this significant under use of funding is directly related to the proposed salary budgeted was based upon gross salary, not on net salary, so the original amount allocated to salaries was too great. CHF is requesting an additional 12 months to spend the remaining funds as follows:

Bereavement Salaries (Net): \$74,133.54

- Bereavement Specialist (100%)
- Bereavement Secretary (50%)
- Bereavement Supervisor (85%)

Capital Items: \$18,605.24

- Aquarium Maintenance
- Shelving in the Bethany Center Lakeland for storage of program supplies, books, materials, etc.
- Arts & Crafts Room Television/Wall Mount
- Arts & Crafts Room-Gaming System (Nintendo Sports)

Programming: \$76,300.00

- Toolboxes for Adults (Middle and High School Counselors, Social Workers, etc.)
- Comfort Kits for middle school and high school students
- Subscription renewal for the interactive equipment (Splat Wall, Interactive Sand Box)
- New age-appropriate grief books
- Marketing and advertising

Need

Good Shepherd Hospice (GSH) provides free, professional grief counseling on- and off-site to all ages in Polk County. GSH is the only nonprofit provider of free, professional, and comprehensive bereavement counseling in the county. During 2021, GSH made over 6,200 bereavement outreach contacts to the community at-large and to hospice families. Free grief programming by GSH includes:

- Free Bereavement Counseling for the community at GSH (existing)
 - *Bereavement counseling services are provided free of charge by licensed, certified, and trained bereavement specialists and counselors. A person in need of counseling does not have to be affiliated in any way with Good Shepherd Hospice or any hospice experience.*
- Childhood Bereavement Toolkits (English/Spanish) Distributed to all Polk County Schools (New)
 - *Toolkits contain grief supports such as tip sheets, worksheets, books, and more for guidance counselors and teachers to aid them with effectively supporting grieving students, along with GSH grief program referral information.*
- Grade-Appropriate Grief Healing Support Bags for Grieving Children and Teens (New)
 - *A "gift bag" of age-appropriate grief support items including grief journals, personal comfort items like plush animal, sleeping masks, art activities, and more for use by children and teens at home.*
- Tele-counseling/Virtual Bereavement via Phone, Skype, FaceTime, Zoom (New since pandemic)
- Annual Camp Brave Heart: Annual Grief Camp for Children and Teens (Spring) (Existing)
 - *A multi-day sleepover grief therapy retreat for as many as 150 campers.*
- Comprehensive Grief Support Programming at
 - The Bethany Center for Grieving Children in Auburndale, FL (Existing)
 - The Bethany Center for Grieving Children in Lakeland, FL. (Newly renovated and launched; May 2022.) <https://www.chaptershealth.org/news-clip/bethany-center-for-grieving-children-opens-lakeland-location/> Please view: www.chaptersfoundation.com/bcl2020

Extension: Project Scope of Work

The ongoing goal of the professional bereavement counseling services provided by GSH is to make grief healing, recovery, and resiliency accessible for all who have suffered the loss of a loved one, whether counseling support is received at a hospice house, at a GSH Bethany Center, at home, or in schools. This includes losses due to COVID-19, traumatic loss, and other types of loss.

The COVID-19 pandemic has receded somewhat, but the youth mental health crisis continues at a frightening level. The [*New York Times reported*](#) in April 2022 that more and more teens are experiencing increases in anxiety, depression, self-harm, and suicide that ever before. These young people live in a world of social media, and get less sleep, in-person social interaction, and less exercise during a very vulnerable phase of life when these healthy activities are crucial.

If teens are already struggling on a day-to-day basis, what will happen if they lose a parent, sibling, or other significant person in their lives? BCL is there to help grieving children and teens learn life skills that will help them cope with their loss, avoid harmful coping mechanisms, and increase their resilience. BCL also provides bereavement counseling and support to parents and other adults.

The Bethany Center for Grieving Children – Community Grief Services & Programs

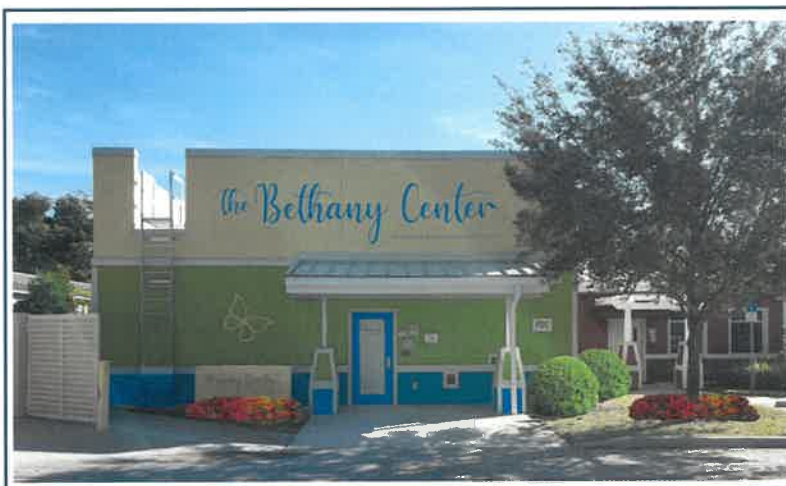
Funding through the ARP has supported 12 months of bereavement counseling services and programs provided at The Bethany Center for Grieving Children Lakeland (BCL) by funding the salaries of one full-time bereavement counselor/specialist dedicated 100% to the BCL, one full-time bereavement administrative assistant dedicated at 50% to the BCL, and leadership support at 85% (an increase from 20%).

Chapters Health Foundation is requesting an extension of 12 additional months of funding for these positions, which is estimated to cost **\$74,133.54** in **net** salary expense.

The funding of these bereavement positions is key in providing community bereavement counseling to children, teens, and adults in Polk County.

The BCL offers current best practices in childhood, family, and adult grief counseling. The BCL emphasizes childhood grief therapy, as evidenced in its multiple rooms offering various activities:

- Circle Time: Age-appropriate discussion groups.
- Journaling: Writing prompts to encourage the expression of feelings.
- Hurricane Room: Offers items that safely allow for physical expressions of grief, such as fear, loss of control, anger, and guilt.
- Grief Cave: Innovative room where children write the names of their loved ones along with a message on walls in normal light and see these names glow in black light.
- Playroom: The Interactive Sandbox allows children to interactively play in the diverse worlds of seascapes, dinosaurs and the African tundra among others.
- Game Room: The Interactive Gaming Floor encourages sports, games and interactive physical fun!
An environment promoting physical activity releases stress and tension and decreases anxiety and depression.
- Therapy through the Arts: The Expressive Arts Studio is filled with a diverse array of art materials for children to use for free expression, including a dry-erase art wall where children can draw, color and freely create and recreate their unique works of art. Music has been shown to aid in all types of emotional, mental, and physical healing.
- Aquariums: Aquariums have been proven to add a sense of calm and wonder.
- Libraries: Each room will feature a selection of grade appropriate books.



The Bethany Center for Grieving Children Lakeland – Capital Items

The Bethany Center for Grieving Children in Lakeland (BCL) has been reopened since May 2022. A portion of the funding awarded by the PCBOCC was allocated to capital items used by children and teens who come to the BCL from the community either through hospice or through referral.

One of the capital items was a saltwater aquarium in the grief center. Aquariums contribute to a sense of calm and peacefulness. They also create an opportunity for conversation with children and teens which opens the opportunity for sharing about loss and healing. The original Scope of Work and Budget Timeline neglected to clarify that the \$15,000 requested for this aquarium included \$10,000 for yearly maintenance costs.

The Arts and Craft Room is a popular room at the BCL where grieving youth can creatively express their feelings about loss through artistic means. Realizing that there were unused funds from the Polk County ARP funding, the bereavement team requested for the Arts & Crafts Room:

- Samsung 43" Smart TV
- Nintendo Switch Console
- Game Controllers
- Wall mount for TV
- Accessories
- Smash (Game)
- Nintendo Sports Game

These additional items are estimated to cost \$965 and would replace the audio/visual equipment request outlined in the original scope of work. Video games are often a way for a bereavement specialist to interact with a grieving child in an indirect way—building a relationship through game playing.

Now that the BCL renovation is complete and BCL is up and running, the lack of storage shelving has become very apparent and proper storage of materials is difficult. If possible, GSH would like to add closet storage systems to the grief center at an estimated expense of \$7,500.

Other GSH Bereavement Programs

Grief Toolboxes

Another grief support tool supported in part by the ARP funding would be the Phase Two rollout of the Grief Toolboxes for Adults who want to understand how best to support a grieving child or teen. Phase Two would provide toolboxes to funeral homes and community social workers.





Age-Appropriate Grief Healing Comfort Kits

An extension of unused ARP funding would enable GSH to provide Grief Healing Comfort Kits for middle and high school level students through bereavement counselors, parents, guardians, guidance counselors, Guardian ad Litem staff, social workers, funeral directors, law enforcement, and other adults. These age-appropriate kits contain grief journals, plush animals, sleeping mask, fidget toys, activity sheets, question prompts, and more. These would be given to the grieving child to take home and keep. Phase One distribution for elementary students is nearly complete.

Accountability

Chapters Health System affiliates, including Good Shepherd Hospice, will maintain meticulous records pertaining to all direct and indirect project expenses. Additionally, the Electronic Health Records (EHR) bereavement clients of all ages will include demographic information and progress assessments in compliance with all HIPAA privacy laws. Chapters Health Foundation will provide impact reports and outcomes as required by the American Rescue Fund, the Polk County Board of County Commissioners, and the administering organization. Chapters Health System, Chapters Health Foundation, and Good Shepherd Hospice will acknowledge funding received through the American Rescue Plan as directed in the final, executed agreement.

Thank you for your thoughtful consideration of this request for extension and expanded use of funding.