

**SD COUNCIL ON DEVELOPMENTAL DISABILITIES
GRANT APPLICATION - - TITLE PAGE**

Applicant Organization Association of South Dakota Peer Supporters__

Address 711 Indian St. Belle Fourche, SD 57717_____

Telephone 605-723-6044_____ Federal ID Number NS 17247_____

Project Director Loran Harris_____

Address/Telephone 711 Indian St. Belle Fourche, SD 605-723-6044__

Email Address: ASDPS@Yahoo.com or
lleeharris562012@Yahoo.com

Type of Organization non profit_____ Tax Exempt? yes EIN: 85-1714589
Under "Type of Organization" indicate all of the following that apply: State, county, municipality,
or other public institution; nonprofit or profit private institution. If "nonprofit" and/or "tax exempt",
proof of status may be requested.

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Title of Project: Mental Health and Recovery, an Education by Peers__

Project Begins: January 1, 2023 ___ Project Ends: Dec 31, 2023_____

Total Council Funds Requested: \$9,481.24 Total Budget: \$14,570.44

Loran Harris_____

Authorizing Official (please type name)

Signature

Title and address, if different from Project Director listed above.

ABSTRACT

The Association of South Dakota Peer Supporters (ASDPS) is requesting funds to support "Mental Health & Recovery, an Education by Peers". The two main goals of the project are to 1) educate the general public on mental health, stigma and discrimination and 2) use the presentations to build self-confidence and help people with lived experience continue their recovery. Zoom and in-person meetings will be used.

We will educate the public as to what it is like to live with a disability or impairment through hosting events and also through stories shared in the local media. By using people with a lived experience, we can offer personal testimonies from folks who have dealt with the mental health system. Speakers will be learning as they develop their speeches and collaborate with ASDPS administration and volunteers for production of events, hosting events and seeking speaking opportunities.

Questionnaires will be developed for audiences to complete as well as self-assessments by the presenters.

Total funds requested is \$9,481.24.

PROJECT NARRATIVE

Statement of Need

The general public has a need to be educated on mental health, stigma and discrimination faced by people with lived mental health experiences. Why is this important? I have been discriminated against because of my disability, others have too. This is a very negative experience and education is the key. With this education folks will be able to understand more, and then the stigma we feel or the outright discrimination should be less. All folks, including those with developmental disabilities, mental impairment or physical disabilities, will benefit from this project. We all share some of the same negative pressures because of who we are. We want to eliminate some of the unknown for the general public and for the audience who attends these events.

Project Narrative

The purpose of the project is two fold. Educate the public and further the speaker in their recovery. To be able to tell your story is a chance to shine and answer questions for folks who do not understand. The discussions after the speeches should also be a very good education for the audience and also for the speakers. The more we talk about our disabilities the less impact it has on us and we learn to live with it a little bit better. This has already been proven by NAMI so we can use them as a reference on this point.

ASDPS is a newer organization and funds are not readily available to us to do a project of this size and importance. We do not have a membership fee and all of our needs are in-kind or donated. We have Peers who donate time, energy and what we need for incidentals.

The ASDPS Board of Directors will oversee all activities of the project. This means that a weekly meeting for the Board and the Volunteers to make sure we all stay on track. We already Zoom every Wednesday and Friday so we can stay in contact with everyone, and also talk about the grant where we are at, any complications. Speakers and Volunteers are assigned what they need to do for the next event, what would this person do good at? Then we go for it.

Our Peer Volunteers, we teach them how, are the ones making the rounds getting things donated for the upcoming event. This is a work in progress for our speakers too, they have more to do than just speak, they are part of organizing it also. Loran Harris, Timothy Flaskamp, along with Michelle Moore, and Jennifer Evans will all be working with Peers to get the event created. Identify a supporting group in the desired town and then start researching and emailing and phone calls. This could be a group right out of a mental health center, touching base and seeing who is available to help locally. Administration will be making calls to the local coordinator also. If there is no local coordinator the Project Manager is responsible for do the desired town's work up, overseeing volunteer help also.

A Pro Advisory Committee was created, and a Project Manager assigned to work on this grant application and develop and oversee the project. The Committee decided the locations for the events. The cities with the top populations were our main focus. Questionnaires for the Audience, the Speakers and the Administration are developed and approved. The Committee Members will assist the Local Coordinator as needed, or the Project Manager if there is no Local Coordinator.

Speakers will fill out Questionnaires and write about how they assess the event and will be assisted to create and update their speeches based on the 15 Questions.

Here is the format for the 15 Question Speech:

1. What is your name? (first name is okay) and what is your diagnosis? (Please give a description of what each mental illness is and what it is like for you)
2. What was it like for you before treatment, rough spots? Can you describe life then?
3. What kind of treatment do you get (from doctors, includes medications-no names)?
4. What is a caregiver? Do you have one (or more)? Are you your own caregiver?
5. What are coping skills? Do you use them? Give us an example.
6. Does your family know you have a mental illness? How to they handle it?
7. Does your mental illness stop you from being employed? How so?
8. Does your mental illness come with a dual diagnosis?
9. Does your mental illness come with physical limitations or challenges?
10. Have you ever experienced stigma?
11. Have you ever experienced right out discrimination because of your mental illness?
12. Do you find people are more accepting when you are open about your mental illness?
13. Have you experienced any education about mental illness from the school system?
14. What are some of the things you find value in since your onset, or in general?
15. What are your plans for the future? Do you have any goals you would like to discuss with us?

Followed by Q&A with the audience.

A Local Coordinator will be selected for each community could be a peer with skills. The local coordinator will complete tasks related to hosting an event – helping to find a venue, contacting newspapers for articles and interviews prior to an event, travel preparations, speaker preparations, and anything that needs to be done. If there is no local coordinator available, the Project Manager and Administration will be doing the work.

The targeted population is the general public for the interviews in the newspapers and the audience members for the events. We estimate reaching 100-200 people at 4 events held throughout the state - Sioux Falls, Yankton, Aberdeen, and Rapid City are on our list for the presentations to be done in. Through the interviews with newspapers, we estimate reaching

100,000 plus members of the general public. The number of people with developmental disabilities impacted should be at least 100.

Collaboration with people with developmental disabilities happens during every meeting of the group. This project has and will continue to require volunteer hours from our group members and others. Individually, many members of the ASDPS have developmental disabilities such as attention deficit hyperactivity disorder, dyslexia, learning disabilities, fetal alcohol syndrome, physical disabilities, and mental health conditions.

Collaboration with other organizations when we have an event in another town will include contacting other non-profits and getting a feel for how things are going there. We will ask if the organization can help with our purpose. Outreach to un-served and under-served will include reaching out to “Homeless and Need Help” agencies to encourage participation and sharing of the information about the events. When choosing a venue for an event, we will consider availability of public transit.

The ASDPS will use plain language in development of flyers, invitations and such. Our target group is the folks with mental health lived experience, their families and caregivers. We will be looking for Peers in each town to help us with the communicating for the homebound folks too. We are looking to try and get all of our Peers out and start educating them on Recovery and how to achieve it, how to keep it alive and well.

Goals, Objectives and Action Plan

Goal 1 – educate the general public on mental health, stigma and discrimination.

Objective – to offer mental health education through events and media.

Goal 2 – people with lived experience will build self-confidence and self-esteem through public speaking and storytelling.

Objective – to have people with lived experience tell their own story using the “15 Question Speech” format; teach those with lived experience how to do public speaking and write articles for the media.

Activities:

1. Administration will plan civic events, create flyers/invitations, work with local media, schedule interviews, create questionnaires, and submit reports.
2. Speakers will be asked to attend meetings, work with ASDPS administration on scheduling, interviews, traveling to venues, presenting and completing self-assessment questionnaires.

Evaluation and Performance Measures

To evaluate the project, we can compile numbers for the people we have reached. A questionnaire will be given to audience members at the in-person events. Responses will be tallied for the Participant Information Required (race/ethnicity, gender, geographical representation, advocacy questions)

Media outreach will be based on circulations of newspapers who run the speaker interviews, speaker biographies, invitation, etc.

A questionnaire will be used as a self-assessment for the speakers – how they have improved, what needs more work, etc.

The Project Manager will be responsible for the evaluation and be completed throughout the project. Each step of the way is an indication of where we can improve and where we excel. This is a work in progress all the way through.

Main performance measures expected include:

IFA 1.1 – the number of people with DD who participate in activities designed to increase their knowledge of how to take part in decisions that affect their lives, the lives of others and/or systems.	100-200
IFA 1.2 – the number of family members who participate in activities designed to increase their knowledge of how to take part in decisions that affect their lives, the lives of others and/or systems.	200-400
IFA 2.3 – after participation in grant activities, the number of people who are better able to say what they want or say what is important to them	50
IFA 2.4 – the number of people currently participating in advocacy activities	50
IF 3.1 – the number of people with DD satisfied with the grant activities	100%
IFA 3.2 – the number of family members satisfied with the grant activities	100%
SC1.3 – the number of promising practices created or supported	1 (events led by people with lived experience)
SC1.4 – the number of people trained or educated through grant activities	10,000

Organizational Staff

Project Manager – Loran Harris, Executive Director of the Association of SD Peer Supporters
Past co-facilitator of the NAMI Northern Hills Support Group and Affiliate President
Trainer of the SD NAMI “In Our Own Voice” Speech, NAMI’s people with lived experience speaking program

Co-produced Mental Health Day in Belle Fourche; Peer to Peer Picnic in Rapid City; food drive for the Spearfish Community Pantry, Artemis House Replenishment Drive, Peer to Peer Picnic in Spearfish

Before onset and involvement with the mental health world – Loran has a business background managing at places like the Holiday Inn and Gold Dust in Deadwood; extensive background in hospitality, trained and showed different breeds of horses

ASDPS Board of Directors President – Tim Flaskamp

Past co-facilitator of the NAMI Northern Hills Support Group and Affiliate President
Trainer of the SD NAMI “In Our Own Voice” Speech, NAMI’s people with lived experience speaking program

Tim’s willingness to give back and pay forward is one of the hearts behind our organization. Dedicating one night a week to facilitate a support group, to every night working on a project until it is complete.

Tim also won the “Hero” Award, given out by Western Dakota Bank, for his volunteer work. This was the first time a person in the mental health category has won. Since Tim is a full time wage earner, his finding time and all the effort he puts out show how resilient he is about his dedication to this and each project.

Jen Evans

College graduate with a BA in Theater and English. She has studied abroad in England and has lived in South Dakota most of her life. In 2000 she was formally diagnosed with Bipolar I, having lived with it since she was 14. She also lives with Generalized Anxiety Disorder and Attention Deficit Disorder.

She started facilitating groups with her church in high school and began speaking about personal spirituality publicly at that time. Her goals now and her passion are speaking about mental health in an effort to break stigma and educate those who don’t live with mental illness on what it’s like for those who do.

NAMI trained facilitator and loves to facilitate groups and is also completed the Mental Health First Aid training. She is committed to her own recovery and is interested in helping others do the same.

Michelle Moore – Vice President of the Board of Directors for the ASDPS

Graduate of Partners in Policymaking; high school graduate; certified nurses assistance; cancer survivor

Active member of the NAMI Northern Hills and was the Affiliate President

Active with civic events and trainings planned and hosted by ASDPS

Michelle has an anxiety disorder, depression disorder and learning disability

BUDGET NARRATIVE

Personnel – Total \$4,536 on in-kind match

This category will include accounting, Pro Advisory Committee members and local coordinators.

Accounting 22 hours x \$ 18.00 (value) = \$396
Ongoing tracking of expenses and in-kind hours for the grant.

Pro Advisory Committee members 10 hours x \$ 19.80 (value) = \$1,980
The committee will be working behind the scenes, writing letters, making phone calls, doing emails and meeting.

Local Coordinators 10 hours x \$21.60 (value) = \$2,160
Local coordinators will take over when the Pro Advisory Committee has a city ready for us to begin our work, contacting organizations, meeting with folks on Zoom or in-person, help with training, and also with phone services to keep our folks in contact with us. Using the contacts from the Pro Advisory Committee and then start working to create an event.

Travel – Total is \$5,599.44 (\$5,490.24 of Council funds and \$109.20 in-kind donation)
Mileage to and from speaking events, setting up the event, meetings to evaluate progress and pre-presentation meetings for speakers and production people. Weekly meetings, sometimes two a week if needed, mileage to and from these meetings. Per Diem also.

Total miles traveled – 7,122 miles x .42 per mile (state rate) = \$2991.24
Total in-town miles – 50 miles x .42 per mile (state rate) = \$210.00
Motels = Sioux Falls 3 people x 2 nights=6 x100=\$600.00, Yankton 3 people x 2 = \$600.00, Aberdeen, 3 people x 2 nights=\$600.00. Total=\$1,800
Per Diem - Sioux Falls \$120.00, Yankton \$120.00, Aberdeen, \$120.00 =\$360.00 (to and from not included.)

Contractual – Total \$1,000 -Qualified trainers - 2(# of trainers) x 4 (# of events) x \$50.00 (cost per event) = \$1,000.00. Trainers will be teaching and coaching, Timothy Flaskamp, Loran Harris

Operating Expenses – Total \$3,000

Speaking halls - \$1,000 rental fees, for speakers to present at.
Supplies - \$400.00 Includes Pamphlets, Questionnaires, Rental Projector and Screen, incidentals.
Advertising - \$1,600.00-Negotiate a deal with local Newspapers for Interviews and thank you notes.

Equipment - \$444 in-kind match- Computer with printer, ink cartridges

Future Funding

Just like looking for funding for this project, we will be doing the same thing when this project is done, reviewed and presented to the Board of Directors. The Board of Directors will be deciding about this project, if approved, then the Project will be primarily the same as this one. Only we have stats to work with. We can change venues, change speakers, change production people, experience counts. We can also look for funding by talking to the other nonprofits and see if they will help with expenses.

Administration Questionnaire

From: Loran Harris (llee Harris562012@yahoo.com)

To: asdps@yahoo.com

Date: Wednesday, September 21, 2022 at 01:27 PM MDT

The Association of South Dakota Peer Supporters

Administration Questionnaire

1. On a scale of one to ten how did tonight's presentation go?
2. What was the area that needs to be worked on immediately?
3. What can be done to correct that area?
4. How did speaker one do? Strong part, and needs work part
5. How did speaker two do ? Strong part, and needs work part
6. Do the speakers think they did a good job?
7. Did the Audience get involved and think the speakers did good?
8. Question and Answer Period, anything transpire?
9. Helpful hints: Speaker one _____
Speaker two _____
10. What administration will correct before next presentation?
11. "Developmental Disabilities", did the audience learn what they are?
12. Evaluate overall Administration work on this event. Strong and Weak

Questionnaires for Speakers

From: Loran Harris (llee Harris562012@yahoo.com)

To: asdps@yahoo.com

Date: Wednesday, September 21, 2022 at 01:11 PM MDT

The Association of South Dakota Peer Supporters

Speaker's Questionnaires

1. On a scale of one to ten, how do you think you did on tonight's presentation overall?
2. Where do you think you were really strong in and both speakers really clicked with the audience?
3. What part of your speech do you think the audience got the most out of? and the other Speakers?
4. What was the highlight of the entire Presentation, both Speakers, Question and Answer too?
5. Where was the weak point in the speech, both speakers and content included?
6. How do we correct your answer to number 5?
7. Did you practice your answers to the questions thoroughly? How many times?
8. If you could do anything different about the entire experience for the audience, what would it be?
9. If you could do anything different about the entire experience for the speakers, what would it be?

10. What needs to be changed before the next Presentation (media and all)?

Questionnaires for Audience

From: Loran Harris (llee Harris562012@yahoo.com)

To: asdps@yahoo.com

Date: Wednesday, September 21, 2022 at 12:56 PM MDT

The Association of South Dakota Peer Supporters

Audience Questionnaire

1. If you have any experience in the Mental Health World?
2. Do you learn anything new from our Speakers?
3. Did we educate you in some part, by using the Speaker's experience?
4. Did the Speakers talk in a manner that made it easy for you to comprehend their story?
5. How did you hear about this event through the media, a friend or how?
6. What if anything can we do to improve the audience experience?
7. Do you have any questions that did not get answered in the time allotment (questions or comments)?
8. Contact information:
 Name _____
 Email _____ Phone _____
9. If you would please:
 Did you come here tonight because of "Developmental Disabilities" in particular?
 Any experience with "Folks with a Mental Health Lived Experience"?
 What would that experience be?
 How can our Speakers improve?

10. Would you be willing to advocate or become a speaker like the ones in the presentation?