

Ak-Chin Indian Community Grant Application Cover Sheet

Name of Applicant: The Opportunity Tree Applicant is a: <input type="checkbox"/> City/Town/County (circle) <input checked="" type="checkbox"/> Other _____	
Mayor/Supervisor/Chairman/President: Kelli O'Toole, CEO	
Contact Person and Title: Kelli O'Toole, CEO	
Applicant Address (administrative office): 209 W. 1st Street	
City: Casa Grande	Zip Code: 85122
Applicant Mailing Address (if different): 3146 E. Windsor Avenue	
City: Phoenix	Zip Code: 85008
Phone Number: 602-956-0400; cell: 602-957-6341 Fax Number: N/A	
E-mail Address: kotoole@theopportunitytree.org	
Fiscal Agent for any Applicant that is not a City, Town, or County (Special Taxing Districts/Fire Districts must have a Fiscal Agent)	
Contact Person: Mary Allen	
City/Town/County Mailing Address: City of Casa Grande, 510 E. Florence Blvd.	
City: Casa Grande	Zip Code: 85122
Phone Number: 520-421-8600	Fax Number: 520-421-8603
E-mail Address: mkallen@gasagrandeaz.gov	

Program or Project Name: Healthy Habits Program	
Purpose (Check all that apply) <input checked="" type="checkbox"/> education <input type="checkbox"/> public safety <input checked="" type="checkbox"/> health <input type="checkbox"/> environment <input type="checkbox"/> promotion of commerce <input type="checkbox"/> economic and community development	
Purpose of Grant (brief statement):	
The Healthy Habits Program provides nutrition education and practical health/wellness activities for adults (ages 18-80) with Intellectual and Developmental Disabilities (IDD).	
Beginning and Ending Date of Program or Project: 7/1/21 – 6/30/22	
Amount Requested: \$15,000	Total Cost: \$15,000
Geographic Area Served: Throughout the City of Casa Grande	

By the execution of this Grant Application the undersigned agrees that the information contained in this Application is true, to the best of the Applicant's knowledge. The Applicant shall notify the Community if any information in this Application changes

Signature:

For the Applicant: _____ Date: 05/20/21

Typed/Printed Name and Title: Kelli O'Toole, Chief Executive Officer

For the Fiscal Agent: _____ Date: _____

(If applicable)

Typed/Printed Name and Title: Mary Allen, Community Development Manager

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Outline Narrative – The Opportunity Tree

A. Purpose of Grant.

1. Describe the proposed program or project (collectively, the “Project”). This description should identify the needs/issues the Project will address.

The Opportunity Tree proposes to continue to deliver the **Healthy Habits Program**, providing practical health and wellness activities for 65 adults (ages 18-80) with Intellectual and Developmental Disabilities (IDD). We are requesting \$15,000 from the Ak-Chin Indian Community in grant funding to support the Healthy Habits Program serving the Casa Grande area during fiscal year 21/22. Created in collaboration with Arizona State University (ASU) University Service-Learning interns and The Opportunity Tree staff, the Healthy Habits Program improves the health and independence of our members through nutritional education and exercise classes while promoting decision-making and freedom of choice. Members voluntarily decide whether to participate in program activities aimed at improving health outcomes and quality of life.

The Healthy Habits Program is based on increasing adaptive behaviors, which are the way individuals meet personal needs to function independently in everyday life and is historically used as an assessment tool for individuals with IDD. Healthy Habits focuses on, “*adaptive behaviors* or the set of skills that individuals must execute in their daily lives in order to function independently.”¹ The skill sets identified in the study compiled by Oakland and Harrison are conceptual skills (language, literacy, number concepts, and self-direction); social skills (interpersonal skills, social responsibility and self-esteem); and practical skills (personal care, occupational skills, scheduling, and self-safety). This study examined relationships between general adaptive behavior and the degree of community independence displayed by 272 adults with intellectual disabilities. Specifically, the Adaptive Behavior Assessment System—Second Edition was completed for each participant and compared with actual levels of work and residential independence. The participants' adaptive behavior accounted for 40%–43% of the variance in their work and residence independence. The results from this field-based study indicated that **members who displayed higher levels of adaptive behavior generally worked and lived more independently**. Members with the lowest general adaptive behavior required the highest degree of community supports.²

Mortality rates are increasing for adults with IDD, when compared to the general population. However, they report higher rates of obesity, lack of physical activity, smoking, and three to four times the rate of cardiovascular disease versus people without disabilities (National Institute of Health, 2017).³ Adults with disabilities are four times as likely as adults with no disabilities to report having fair or poor health (40.3 percent versus 9.9 percent) (Krahn et al., 2015)⁴. According to the American College of Sports Medicine, “Obesity rates for adults with disabilities are 58% higher than for adults without disabilities.”⁵

¹ Oakland, T, Harrison P.L., 2008, Adaptive Behavior Assessment System-II: Clinical Use and Interpretation, Academic Press, Elsevier Inc. Accessed 4/20/21 <https://www.sciencedirect.com/book/9780123735867/adaptive-behavior-assessment-system-ii>

² Ibid.

³ NASEM; Health and Medicine Division; Baciu A, Negussie Y, Geller A, editors. Washington (DC): National Academies Press (US); 2017 Jan 11. <https://www.ncbi.nlm.nih.gov/books/NBK425844/>

⁴ Krahn GL, Walker DK, Correa-De-Araujo R. Persons with disabilities as an unrecognized health disparity population. American Journal of Public Health. 2015;105(Suppl 2):S198–S206.

⁵ ACSM, 2019. Increasing Physical Activity for Adults with a Disability. Accessed 5/4/21. <https://www.acsm.org/blog-detail/acsm-certified-blog/2019/05/13/increasing-physical-activity-for-adults-with-disability>

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Healthy Habits Approach: During the grant term, the Opportunity Tree program staff will engage members in healthy cooking classes, aerobic exercise, and healthy activities to be effective, safe, and – most importantly, fun. With best practices in mind, the curriculum developed by ASU interns concentrates on developing or increasing adaptive behaviors relating to activities: healthy cooking, adaptive aerobic exercises, stretching, and limited sensory activities. The Healthy Habits Program’s aim is to reduce the rates of obesity among the adults with IDD we serve. Reducing obesity rates has a direct correlation with an increase in independence, health, and overall well-being.

Healthy Habit Activities: There will be a total of 70 Healthy Habits activities throughout the year, with The Opportunity Tree hosting up to 40 cooking classes (weekly except for holidays, etc.) and up to 30 exercise classes (weekly except summers when ASU interns are off, holidays, etc.). All classes/sessions are an hour in length. Due to COVID restrictions, cooking and exercise classes will be hosted by the professional chef/interns at either their homes (delivered to members virtually) or on-site, depending on comfort level of contractor/intern and active COVID cases in Casa Grande.

Healthy cooking classes are designed to increase participants’ confidence in the kitchen, as well as develop basic skills such as chopping and stirring. These classes have included discussions on how to make healthy alternative choices at the grocery store or restaurants (spaghetti squash instead of pasta, honey instead of sugar), as well as focus on appropriate portions and developing the understanding of how to make snacks and meals by oneself to increase independence. Approximately 40 Healthy Cooking Classes will be delivered.

Physical activities and program exercises are designed to use a person’s own body weight (without additional free weights) and modified accordingly based on individual need. There will be 30 exercise classes offered throughout the year. Mobility is valued by members who enjoy movement activities modified just for them.

2. *Identify the target population that will be served by the Project. (Who will benefit? How many will be served? Is there a targeted geographic location? Etc.) and explain how the Project will benefit the general public.*

The Healthy Habits Program engages adults, ages 18 to 80, with IDD, including autism, epilepsy, cerebral palsy, and cognitive impairment. The program members will reside in the target Casa Grande area and represent diverse races and ethnicities. Additionally, members are eligible for Medicaid services through the Arizona Long Term Care System under Arizona Health Care Cost Containment System (AHCCCS). Casa Grande benefits from preventative health and wellness programs, such as the Healthy Habits program, that are delivered within the community.

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3. Describe the Project goals and objectives and outline a plan to meet these goals.

Goal #1: Members will experience an increase in the quality of life by developing adaptive behaviors to promote independence.

Objective 1.1: By June 2022, 90% of members served will report knowledge gained to help them live independently and experience an increased quality of life, as demonstrated by program modules completed, anecdotal evidence, member observation, and case management files.

Goal #2: Members will attend educational programs focused on nutrition and exercise and gain increased knowledge of physical health.

Objective 2.1: By June 2022, 85% of participating members will demonstrate knowledge acquisition as shown by pre- and post-testing.

The Opportunity Tree plans to meet goals that include engaging past members who were affected by COVID restrictions and encouraging them to join Healthy Habits activities again. Attracting new members will offer a “preview” class to showcase the benefits in a fun and appealing format. Educators and staff will individually monitor program members by checking in with them on personal goals and helping them overcome obstacles or concerns.

4. Provide a timetable for implementation of the Project.

The project activities are ongoing throughout the 1-year grant timeframe.

B. Resources.

1. Identify current funding sources for the Project and characterize each funding source listed as either a one-time-only or long-term funding source.

The Healthy Habits Program current funding sources are as follows: The Ak-Chin Indian Community has provided generous funding for this program to serve the Casa Grande community. Other long-term funding sources include individual donations. Individual grants for this program serve as one-time funding sources.

2. Identify other organizations or partners participating in or contributing to the Project, but which are not funding sources, and describe their roles or contributions.

The Opportunity Tree’s program partners include Healthy Cooking Coach, Betsy Durkin., who will be hosting healthy cooking classes with our members and staff through the one-year grant term and the in-kind volunteer value of the ASU interns that provide staffing for the Healthy Habits activities.

3. Define the Project as a new or continuing project. If the Project is awarded a grant, how would the Project continue after its grant funding is expended? If the Grant

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from the Community will replace other funding lost due to the economy, how will the Project be continued after the grant from the Community is exhausted?

Healthy Habits is a continuing project for adults with IDD living in the Casa Grande area. The Opportunity Tree is part of the Casa Grande community with resources and capacity to deliver services due to our diverse fundraising program including individual donations, Board members and volunteer support, and grants. We appreciate the Ak-Chin Indian Community's generous previous funding of this project that meets the needs of the Casa Grande community.

4. *If Applicant organization has requested funding from any other Arizona tribe, please list: a. Pending or unsuccessful requests made within the last eighteen (18) months, including the name of the tribe to which the request was made and a brief summary of the project for which a grant was requested.*

Fort McDowell Yavapai Nation 2021 (pending request \$15,000). Youth Transition Program provides teens and young adults with IDD transitioning from school to adulthood with planning, education, and training that prepare them for employment. We plan to serve 50+ youth with developmental and intellectual disabilities, ages 14-22, in Maricopa County.

Gila River Indian Community 2021 (pending). Youth Transition Program provides teens and young adults with IDD transitioning from school to adulthood with planning, education, and training that prepare them for employment. We plan to serve 50+ youth with developmental and intellectual disabilities, ages 14-22, in Maricopa County.

- b. Funded requests made in the last five (5) years, including the name of the tribe that awarded the funding, a brief summary of the project for which the funding was awarded, and the amount of the funding received.*

Gila River Indian Community 2019 and 2020 grants (awarded \$25,000.) for our Youth Transition Program that provides teens and young adults with IDD (ages 14-22) transitioning from school to adulthood with planning, education, and training that prepare them for employment.

- C. **Reports.** *Approved grantees must report back to the Community about the use of all grants. Outline how your organization will account for and manage the funding if selected. Describe how Project progress and results will be tracked and documented. Interim and final reports will be required for each grant awarded.*

Our finance office is prepared to account for, and manage, Ak-Chin Indian Community grant funding. The Opportunity Tree uses an internal accounting control system reviewed annually by our independent auditors. Our financial statements are prepared monthly by accounting staff, using appropriate accounting software for programs. This detailed financial information allows management, staff, and the Board of Directors to make informed decisions. The CFO and CEO review statements prior to monthly Board meeting when the CFO presents the financial statements, which are approved by the Board of Directors.

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The Opportunity Tree will document project progress and results through the number of clients served, the number of modules completed, number of courses offered, and the goals and objectives achieved. These results will be documented through case management files, client observation, and pre-/post-tests. The Opportunity Tree will complete any, and all, interim and final reports required.

*D. **Budget.** Provide a budget, including justification, that supports the request in the Application. Provide an estimated timeline for when funds will be expended.*

Healthy Habits Program Budget	Total
Contracted Services	\$ 5,318
Program Outreach	\$ 1,000
Partnerships/Volunteer Management	\$ 5,500
Staff - Case Management/Coaching	\$ 3,182
Total Requested Grant Funds	\$15,000

All funds will be expended within a one-year timeframe (7/1/2021 – 6/30/2022).

*E. **Additional information.** Please provide any additional information about the Project or the Applicant organization that the Ak-Chin Council should know when considering the Application.*

The Opportunity Tree has a strong history of operating training facilities and group homes in Maricopa County, the City of Casa Grande, the City of Maricopa, and now the City of Avondale. A part of the local Casa Grande community, The Opportunity Tree employs a total of 399 people, of which 95 work with clients at our Casa Grande locations. Each staff member and volunteer contributes to our quality-driven programs and unparalleled services for our clients.

The Opportunity Tree’s mission and passion is to provide quality individualized services and supports – in dynamic and innovative environments – for people with IDD. For more than 60 years, our programs have continued to promote independence, inclusion, and quality of life for our Members.

