

Continuation Grant Awards

Tab 5

Background:

Executive Summaries for three (3) current grant projects that are eligible for continuation funding are enclosed for consideration by the Committee. Note that grantee organizations names below are “hyperlinks” to summary information about each project on the TCDD website.

- A. [Epilepsy Foundation](#): *Health and Fitness Project*
- B. [SafePlace](#): *Meaningful Relationships Project*
- C. [Texas A&M University](#): *Leadership Development and Advocacy Skills Training Project*

Important Terms:

Continuation Grant Awards: For each grant project funded by TCDD, the number of years of funding available (usually 3 to 5 years) is approved by the Council, but projects must reapply for funding each year.

Executive Committee

Agenda Item 8.

Expected Action:

The Executive Committee will review the information provided and consider approving funding for each continuation award.

Council

Agenda Item 10. B.

Expected Action:

The Council will receive a report on Executive Committee decisions.

**Texas Council for Developmental Disabilities`
Executive Committee**

Date: 05/01/2013

Review of Proposed Activities & Budget

ITEM: A

Grantee: Epilepsy Foundation of Texas (EFTX)

Year: 2 of 5

Project Title: Health & Fitness [Get FIT (Fitness, Integration, Training) Texas]

Project Location: Statewide rural communities

TCDD RFP Intent:

The project intent is to demonstrate how appropriate supports may help people with developmental disabilities to participate in exercise and nutrition programs. Grantees are expected to demonstrate how to: 1) Provide *individualized*, inclusive recreational fitness programs to people with developmental disabilities to assist them to reach their goals in fitness, recreation, and overall wellness and 2) Provide training and/or technical assistance to enable service clubs and volunteer organizations to, if necessary, alter their culture and activities to support full and equal participation by people with developmental disabilities in a way that will promote participation in recreational programs based on interest and wellness goals.

Project Goals and Accomplishments for Year 1:

Goal 1: Implement a health and wellness curriculum and fitness program for individuals with developmental disabilities (DD) and epilepsy, as well as their caregivers.

Goal 2: Identify 60 individuals with DD and 30 caregivers with diverse cultural backgrounds and disabilities to provide opportunities for healthier lifestyles through physical activity, nutrition, and health habits.

Goal 3: Establish a strategic plan for development, evaluation, growth and sustainability of the Get FIT Texas program resulting in the addition of 2 clinic sites and 60 participants with DD and 30 caregivers

Accomplishments per goal:

A comprehensive health and wellness program was created to improve the physical fitness, nutrition, and healthy lifestyles of adults with DD and epilepsy and their caregivers. All project materials including forms, policies, and program procedures were created and implemented. Recruitment and enrollment of 88 Get FIT Texas participants in both Houston and surrounding counties as well as San Antonio and surrounding communities. The development of individualized Get FIT action plans with at home activities were created and applied. A strategic plan for development and growth of the program was established.

Proposed Goals and Objectives for Year 2:

Goals: Same as above

Objectives: 1) Expand the Get FIT Texas program to include a total of 170 unduplicated participants and expand to include at least 4 cities in Texas; 2) Identify and develop partnerships in each target community to support home fitness opportunities; and 3) Begin creating a training curriculum/ manual for Fitness Trainers to implement the Get FIT Texas program to individuals with developmental disabilities.

Council Considerations: Public Policy Considerations: Get FIT's PAC intends to address the systematic exclusion of individuals with DD in fitness and health opportunities. State policy recommendations are generally void of measureable inclusion of children and adults with disabilities. Get FIT reports 90% of participants improved in a Quality of Life score at the end of a course. This measureable success in addressing obesity rates for adults with disabilities that are 58% higher than those without disabilities provides important data that can be used in advocacy efforts relating to chronic disease, obesity and fitness. No staff concerns; Council to consider continued funding for this project.

Continuation Budget Detail Summary

	Federal	Match	Totals
Amount expended in Year 1 (\$35,000 consultants) (based on 11 months) Award amount \$249,538	\$156,098	\$69,337	\$225,435
Amount requested for Year 2 budget:			
I. Personnel Services	161,064	64,231	225,295
II. Travel	9,368	580	9,948
III. Purchased Services (\$59,375 consultants)	65,298	3,821	69,119
IV. Property/Materials	14,020	600	14,620
V. Rental/Leasing	0	14,392	14,392
VI. Utilities	0	0	0
VII. Other (Officers' Insurance)	0	0	0
Budget period totals	\$249,750	\$83,624	\$333,374

**Texas Council for Developmental Disabilities
Executive Committee**

Date: 5/01/13

Review of Proposed Activities & Budget

ITEM: B

Grantee: SafePlace

Year: 3 of 3

Project Title: Meaningful Relationships

Project Location: Austin/Travis County, Seguin/Guadalupe County

TCDD RFP Intent:

The project intent is to try to ensure that at least 60 people with developmental disabilities will indicate that they are more satisfied and happier with their personal relationships after participating in project activities and at least 3 organizations will have changed their policy and/or procedures to improve their ability to provide support to people with developmental disabilities to establish and maintain meaningful relationships. TCDD has approved funding of up to \$125,000 per year for up to three years.

Project Goals and Accomplishments for Year(s) 1 - 2:

Goal: The overall goal of the project is to create lasting change for community inclusion by demonstrating a replicable, successful and self-directed model for adults with developmental disabilities to develop lasting and meaningful relationships with other people based on shared interests.

Accomplishments per goal: Orientation and training was provided to the partner agency MOSAIC and a "Nurturing Dreams" workshop was convened for the administrative and direct services staff; a draft curriculum based on a series of activities and discussions was submitted for review; identified and recruited 28 adults to participate in year 2 project activities and developed individual plans with these participants; and, supported 20 people with developmental disabilities to participate in self-chosen recreational activities.

Proposed Goals and Objectives for Year 3:

Goal: Same As Above

Objectives: Support at least 20 people with developmental disabilities to increase their satisfaction and happiness with personal relationships based on self-chosen common interests; at least 1 disability service provider organization will change or develop (and institutionalize) new policies and/or procedures to improve its ability to provide support to people with developmental disabilities to establish and maintain meaningful relationships with others; and, work with recreational, volunteer, faith-based, leisure, civic or other organizations chosen by project participants to increase access to activities and programs which will increase opportunities to connect with others who have shared interests.

Council Considerations: Public Policy Considerations: SafePlace's evaluation and data are impressive. They are critical and candid and have redesigned their pre and post evaluation instruments to help them build a program that will effect change and be sustained by system change in provider policy and practice on assisting residents to develop social, recreational activities and relationships based on choice. No staff concerns; Council to consider continued funding for this project.

Continuation Budget Detail Summary			
	Federal	Match	Totals
Amount expended in year 1 (\$17,250 consultants) Award amount \$105,475	\$105,475	\$35,176	\$140,651
Amount expended in year 2 (\$8700 consultants) (based on 10 months) Award amount \$117,022	\$84,902	\$38,581	\$123,483
Amount requested for next year budget:			
I. Personnel Services	104,817	39,654	144,471
II. Travel	3298	450	3748
III. Purchased Services (Consultants \$8700)	14,812	2162	16,974
IV. Property/Materials	600	180	780
V. Rental/Leasing	0	1826	1826
VI. Utilities	0	1472	1472
VII. Other (Indirect Costs)			
Budget period totals	\$ 123,527	\$45,744	\$169,271

**Texas Council for Developmental Disabilities
Executive Committee**

Date: 5/01/13

Review of Proposed Activities & Budget

ITEM: C

Grantee: Texas A&M University
Project Title: Leadership Development and Advocacy Skills Training Projects
Project Location: Brazos County

Year: 2 of 3

TCDD RFP Intent:

The project intent is to continue development of a network of training programs and resources to assist Texans with developmental disabilities and their families to have support and training needed to be strong leaders and advocates. TCDD has approved funding of up to \$75,000 per year for up to three years.

Project Goals and Accomplishments for Year(s) 1:

Goal: To increase the leadership and advocacy skills of 102 people (67 high school students and 35 parents of students with disabilities) by providing training in high school classrooms. In phase 1 (taking over 3 months), presenting support information to parents at parent organizations; and, providing ongoing mentoring for skill practice to 30 selected high school students. In phase 2 (taking place over a second 3 month period), provide an end of the school/project year 3-day celebration/reflection/future planning session.

Accomplishments per goal: Secured permission to provide the leadership and advocacy program at A&M Consolidated High School with 50 students in special education classrooms and at-risk students. Phase 1 training (15 session classroom curriculum instruction) will be completed by March 2013. The project will choose 30 students to complete community and school leadership projects; and hold 3 information sessions for parents beginning in March 2013 through May 2013.

Proposed Goals and Objectives for Year 2:

Goal: To increase the leadership and advocacy skills of 102 people (67 high school students and 35 parents of students with disabilities) by providing training in high school classrooms, In phase 1(taking place over a semester), presenting support information to parents at parent organizations; and, providing ongoing mentoring for skill practice to 30 selected high school students. In phase 2 (taking place over a second 3 month period), provide an end of the school/project year 3-day celebration/reflection/future planning session.

Objectives: Phase 1, organize and provide training on leadership and advocacy; provide information to parents concerning the support of leadership and advocacy skills of their students. Phase 2, provide mentoring to participants to facilitate practice of the learned leadership and advocacy skills through community projects; and, upon completion of skills practice, will provide a follow-up celebratory event to include participants who complete their community projects.

Council Considerations: Public Policy considerations: Training students to understand and exercise their rights and responsibilities inserts an element of accountability that makes it more likely that those responsible for implementing the associated laws and policies will adhere to them. It also makes it more likely that students with disabilities will advance their self-determinations and inclusion in other areas of their lives. Standing up for one's rights gives voice to the broader community of individuals with developmental disabilities. Self-advocacy crosses all policy arenas: education, access, employment, housing, voting, medical access and more. No staff concerns; Council to consider continued funding for this project.

Continuation Budget Detail Summary			
	Federal	Match	Totals
Amount expended in year 1 (Consultants \$3640) (based on 9 months) (Award amount - \$75,000)	\$27,410	\$14,313	\$41,723
Amount requested for next year budget:			
I. Personnel Services	54,824	994	55,818
II. Travel	565	0	565
III. Purchased Services (consultants \$3030)	11,405	0	11,405
IV. Property/Materials	706	0	706
V. Rental/Leasing	0	0	0
VI. Utilities	0	0	0
VII. Other – (Indirect Costs)	7500	24,006	44,182
Budget period totals	\$ 75,000	\$25,000	\$100,000