

**VT Community Health Equity Partnership
Community Project Funding to Address Health Inequities:
Funding Application**

Deadline: Midnight on September 9, 2022

Funding is intended to assist **NEK Prosper! Caledonia + Southern Essex Accountable Health Community** to address health inequity(s) experienced in the St. Johnsbury District which were exacerbated during COVID-19, and which are described in a Data Driven Problem Statement as: Due to stigma, marginalization and systemic inequalities, not everyone in Caledonia and Southern Essex Counties has fair and just opportunity to prosper (be financially secure, mentally healthy, physically healthy, well-housed and well-nourished), nor safe, accessible and inclusive opportunities to participate in planning and decision-making about the health and well-being of themselves, their families and their communities. This is true particularly for those experiencing stigma, marginalization and avoidable systemic inequalities associated with socioeconomic status; race, ethnicity and culture; sexual orientation and gender identity; visible and invisible disabilities; trauma, mental health and substance misuse disorders, and justice-involvement.

NEK Prosper! is interested in supporting projects which help us achieve a Vision of prosperity for all and our Aspiration to build our collective and community capacity to dismantle systemic inequality and marginalization, foster community leadership and community-driven solutions and ensure fair and just opportunity to health and prosperity.

1. Type of Applicant:

Non-profit Organization Group/Association^ Individual* Other (please describe): St. Johnsbury Community Hub is community engagement project and is fiscally sponsored

2. Name of Applicant (organization, group, individual):

St. Johnsbury Community Hub

^If you operate under the umbrella of a larger organization (for example, [the Hub](#) operates under Umbrella), **please provide the name of the organization:**

Fiscal Sponsor: Umbrella, Inc.

***If an individual, please provide the name of your fiscal sponsor organization:**

3. Applicant's (organization or fiscal sponsor as applicable) **Street Address** (Street/Road, City, State, Zip Code):

St. Johnsbury Community Hub, 438 Railroad St, Suite 2, St. Johnsbury, VT 05819

Fiscal Sponsor: Umbrella, Inc., 1216 Railroad St, Suite C, St. Johnsbury VT 05819

4. **Primary Contact Person Name** (for project): Juliet Emas, Director, St. Johnsbury Community Hub
5. **Primary Contact Person** (for project) **Email Address**: juliet@umbrellanek.org
6. **Primary Contact Person** (for project) **Preferred Phone Number**: 802-535-1985
7. **Tax Identification Number** (organization or fiscal sponsor as applicable): 03-0268884
8. **Amount Requested** (no less than \$2,500 or more than \$50,000): \$49,980
9. **Schedule of Work:**
 - Start Date: October 10, 2022
 - End Date (no later than May 31, 2023): May 31, 2023
10. **Project Name** – Provide a one-line name for your project: Community Capacity Through Engagement & Leadership
11. **Project Purpose Summary** – Provide a short three to four sentence summary of the purpose of your project:

The purpose of this project is to improve our community's overall sense of wellbeing and health. Through activities, relationship building, nourishing the mind and body, we will directly impact mental, physical and emotional health throughout Caledonia and Southern Essex counties. The St. Johnsbury Community Hub will use activity based opportunities to intentionally build positive self-esteem, life skills, address financial stability and use various forms of movement through the use of local spaces, places and resources.

12. **What Vermont town(s) will be directly served by your project?**

We ultimately hope any community member who connects with this work will be served. The intentional focus will be in the southern region of the Northeast Kingdom, in Caledonia and Southern Essex counties. There will be a specific drive to include the towns of Barnet-Ryegate, Cabot, Craftsbury, Groton, Gilman-Lunenburg, Hardwick, Lyndonville, Sheffield-Wheelock and; in particular, we will work to engage those who are living at or below the federal poverty guidelines, in subsidized housing communities and those areas already connected to service providers offering support programming.

13. **Describe the Project** - the work you'll do, the overall timeline and how you'll use the requested funds (will also need to attach a Project Budget – see example on Page 3) (funded portion must be complete by May 31, 2023) (no more than 1,500 characters):

The St. Johnsbury Community Hub commits to strengthening two key components, reinforcing two original core components: **Community Stability** and **Financial Stability**.

Community Stability- The St. Johnsbury Community Hub will host 5-7 Neighbor Up Night gatherings, to be held every 1 to 2 months in various locations, launch a second cohort of the Hub Stewardship Team (4-month leadership program) and co-host and/or participate in and partner for 3-5 Partnership Events promoting physical activity in the area. These events will likely include: Annual Fall Foliage Festival, Family Fun Night at First Night St. Johnsbury, bicycle rentals through LINK, Vermont Council On World Affairs International Speaker Series, use of the Physically Health CAN donated smoothie bikes and other individual community requests for recreation support.

Financial Stability – The Hub & Wandering Vine Vermont will co-create an externship work experience. The externship will place a minimum of 2 community members per week with local company, Wandering Vine for short-term work experiences, assisting with meal prepping, food delivery and meal distribution. Community members looking for immediate work will be able to gain work experience, get compensation and build skills. There will be 2 people working 1 shift, with shifts lasting ± 5 hours and available 2 days a week for 20-24 weeks

14. Describe the Focus Population (who will benefit?) (no more than 500 characters):

Despite the variety of activities available in the NEK, many still struggle to become engaged in community life due to cost, transportation, stigma & bias related barriers. Those living at or below the poverty line are at greater risk for isolation, substance misuse, justice involvement, poor self-care & an inconsistent sense of community. Due to the rural landscape, there is increased isolation & greater distance between communities. We hope all can benefit, however in particular, we will engage those living at or below the federal poverty guidelines in Caledonia and Southern Essex.

15. Describe how this project was identified or designed by the intended beneficiaries (no more than 500 characters):

St. Johnsbury Community Hub tracks community feedback & services/resource usage on an ongoing basis. The most used services/resources are recreation, nourishment & employment related. The following quote, captured during the 2nd Summer Campaign Roadshow, sums up reaction to the ‘community wellbeing’ theme: “What have I been saying...we’ve been saying it; we need more stuff to do, near home...and money when I need it.” Five Roadshow events, three Final Friday programs & space usage feedback yields similar themes: a need for more ways to engage, have local fun & get temporary work as needed.

16. Describe the Project Goals and Desired Results (what will success look like?) (no more than 500 characters):

The goals of this project is to create a foundation for community stability- promoting individual voice, community engagement and ultimately financial stability and overall wellbeing. In terms of “Community Stability” track, success will look like stable attendance at community gatherings,

positive feedback and self-identified quality of life improvement. In the “Financial Stability” track, positive feedback, self-identified financial and skill improvement would demonstrate success.

17. Identifying milestones provides a way to monitor the progress of your project and make course corrections, if needed. When and how will you identify milestones for this project? (no more than 1,500 characters):

This proposal will support community beyond and outside the physical location of the Hub in St. Johnsbury. Neighbor Up Night gatherings will be hosted once every 1 to 2 months, in locations outside the town of St. Johnsbury. Participation in Partnership Events will take place at least twice in 2022, October through December and at least once in 2023, January through May. Individual community requests for recreation support will be taken in the Winter and Spring of 2023. A 2nd cohort of the St. Johnsbury Community Hub Stewardship Team will complete the 4-month leadership training, running February through May 2023. Starting October 2022 through May 2023, there will be at least 4 shifts per week for community members looking for short-term work, under the supervision of Wandering Vine Vermont.

18. Describe your team (the project champions and any community partners you are working with / intend to work with to achieve these results). If not yet working with these partners, please describe your plan to outreach and engage these partners (no more than 1,500 characters):

The St. Johnsbury Community Hub will utilize its first Community Stewardship Team cohort of Spring 2022 to support this project. Additionally, there are multiple partners who are already supporting the work of the St. Johnsbury Community Hub and are committed to continuing. Those current partners interested in the Community Capacity Through Engagement & Leadership project include:

- Catamount Arts (Family Fun Night at First Night St. Johnsbury)
- St. Johnsbury Community Restorative Justice Center
- Department of Labor / Hire Abilities
- Discover St. Johnsbury (Family Fun Night at First Night St. Johnsbury)
- Fairbanks Museum
- LINK
- Migrant Justice Center
- NEKCA (Children’s Integrated Services, Head Start & Parent Child Center)
- Northern Counties Health Care (NCHC)
- Northeast Kingdom Human Services (NKHS)
- Northeast Kingdom Community Action Network (NEKCA)
- Umbrella
- Vermont Council On World Affairs
- Vermont Everyone Eats
- Wandering Vine Vermont

19. Please explain how the intended work may positively impact the data driven problem statement and/or help NEK Prosper! achieve our Vision and Aspiration described above (no more than 1,500 characters):

When asked about this funding opportunity, one community member said something that summed up previous community member conversations over the past year, "we need more to do so we can feel better and can afford to do more with other people". Holding Neighbor Up Nights as well as Partnership Events will support the NEK Prosper! Vision and Aspiration statement by welcoming community members and connecting them to one another in ways that can lead to community-driven solutions. Our proposed second Stewardship Team cohort will help foster community leadership through a 4-month program in 2023. NEK Prosper! is working towards an integration of voices and experience. The proposed externship with Wandering Vine will connect people living at our below the poverty line, struggling with barriers to employment and marginalization, the opportunity to make money while building job skills and readiness. Curating opportunities for community members to be involved, and valued will create a stronger more secure community in the Northeast Kingdom.

20. (Optional) Feel free to provide additional information you think may be useful to the reviewers in evaluating this application. What else should we know about the project that we didn't ask? (no more than 1,500 characters):

The following is an anecdote that paints the picture of why access to community and wellness based activities are so needed:

It's Thursday and 2 healthcare workers are getting a tour of the St. Johnsbury Community Hub. The topic of discussion is physical health. "What do people actually need to be healthy" they ask. The Director responds, "Let's ask some people here". "SHOES!" Community members tell the healthcare workers they walk everywhere: the supermarket, the medication assistant treatment center, to mental health appointments, to see their kids, to check in with their parole officer and one person shares that he recently walked 2 miles home after being discharged from the ER. After more conversation someone says they like playing basketball, but the shoes they got from the thrift store are falling apart so they can't play, not that it matters because there isn't a basketball court nearby. A parent starts talking about wanting to be outside with her kids, but doesn't have shoes or sunscreen for them; plus, walking with 2 toddlers to the park requires walking on a road without sidewalks and who has that kind of energy after working night shift and there isn't enough money to buy a pack and play. Another community member tells the workers the bike he rides, he got by trading his food stamps; that way he can get to see his Parole Officer on the other side of town on time, as the rural transportation bus only runs every 90 minutes and being late could mean being thrown back in jail. Who could know the depths and value of a pair of shoes? Something as simple as shoes, could make or break your day. The community members shared not only what they needed to "be healthy" but also what they were lacking: RECREATION; OPPORTUNITY; ACCESS.

**VT Community Health Equity Partnership
Community Project Funding to Address Health Inequities:
Project Budget**

Organization/Group/Grantee Name: St. Johnsbury Community Hub

Title of Project: Community Capacity Through Engagement & Leadership

Expense Category*	Description	Request	Please note any other secured funding or in-kind donation toward expenses for Project
Staffing	Project Director - 25 hours/month @ \$30/hour for 8 months or 9% of salary = \$6,000	\$ 6,000	Healthy Cents Fund & Working Communities Challenge Funding coverages 91% of remaining Director's salary or \$56,400
	Cohort #1 Stewardship Incentives for co-hosting/transportation for Neighbor Up Nights and/or Partnership Events – 20 @ \$50 each = \$1,000	\$ 1,000	Each event will have an additional 2-4 community members volunteering their time
Consultants (legal fees, trainers, graphic design, etc.)	Stewardship Leadership Training Facilitator fees – 32 hours @ \$100 each- \$3,200	\$ 2,400	Facilitator from trusted Space Partners is paid out of Working Communities Challenge Funding covering 25% of over overall facilitator cost or \$800
Materials & Supplies (printing, books, art supplies, building materials, etc.)	6-8 Neighbor Up Night events Supplies (functional needs, cleanup, tables chairs, rental fees)	\$ 2,000	
	6-8 Neighbor Up Night events Incentives (giveaways, participation gives- Hub Swag)	\$ 3,000	
	6-8 Neighbor Up Night Events Food/Drinks @ \$300/ event	\$ 2,400	
	6-8 Neighbor Up Night events Advertising (social media, flyers, ads in papers, website)	\$ 600	
	3-5 Community Partnership Events Advertising (social media, flyers, signs, ads, website)	\$ 500	
	3-5 Community Partnership Events Equipment (recreation equipment, audio/visual/technology),	\$ 4,500	

	Membership/Rental/Space Fees &/or Performers (Ex: Snakeman/Musicians)		
	3-5 Community Partnership Events Incentives (Hub Swag / participation take aways)	\$	4,000
	3-5 Community Partnership Events Supplies (activities, crafts, decorations, cleanup)	\$	5,000
	4 Month Stewardship Training Participation Stipends (10 participants @ \$25/hr for 23 hours of training + gift card fees)	\$	6,000
	4 Month Stewardship Training Food –	\$	400
	4 Month Stewardship Training Supplies	\$	100
Travel	Mileage to and from Neighbor Up Nights and Community events	\$	1,000
Other (fees for conferences, trainings etc.)	Externship with Wandering Vine Vermont Externship stipends for 20-24 weeks of 4 shifts @ \$15/hour for ±5 hours	\$	7,200
	Externship with Wandering Vine Vermont- Community participant training time	\$	1,500
	Overhead for Umbrella @ 10% of \$47,600 award = \$4,760	\$	2,380
			Umbrella donating 50% of overhead head costs in kind- \$2,380
	Total Request	\$	49,980
			Total In-Kind or Other Funding = \$59,580