

## **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.

Type of Applicant:

Non-profit Organization  Group/Association^  Individual\*  Other (please describe):

**Name of Applicant** (organization, group, individual): Stacy L. Thrall, DBA Stacy Thrall Coaching

**Applicant's** (organization or fiscal sponsor as applicable) **Street Address:** 1215 Trestle Road, Danville, VT 05828

**Primary Contact Person Name** (for project): Stacy L. Thrall

**Primary Contact Person** (for project) **Email Address:** stacy@stacythrallcoaching.com

**Primary Contact Person** (for project) **Preferred Phone Number:** 802-274-1875

**Tax Identification Number** (organization or fiscal sponsor as applicable): 7044

**Amount Requested** (no less than \$2,500 or more than \$50,000):

**Schedule of Work:**

- Start Date: 11/1/2022
- End Date: 4/30/2023

**Project Name –**

Telling Our Stories to Make a Difference: Giving our Voice to Systemic Inequalities

**Project Purpose Summary –** Provide a short three to four sentence summaries of the purpose of your project:

To build capacity within our community to support health-equity advocates who are sharing their lived experiences to bring about positive change. We'll do so by 1) providing five community leaders with coaching certification training from Living Proof Advocacy and 2) providing twelve community health-equity advocates training on how to share stories from their lived experiences to bring about positive change.

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

Interviewing will take place in St. Johnsbury, Lyndon, Danville, Concord, Hardwick, Craftsbury, Newport. I hope to reach out to other towns in Caledonia and Southern Essex with input from local organizations.

**Describe the Project:**

Living Proof Advocacy (LPA) is a trusted communication skills and consulting company with over 20 years of experience helping individuals share their personal stories to advocate for change.

**Coaching Certification Training** (1.5 days): LPA cofounders and senior coaches, Timothy Cage and John Capecci will train 6 community leaders, in person, in Vermont; The aim of the training is that coaches leave their training able to:

- help individuals strike the balance between personal stories, persuasion and public presentation.
- create a safe, supportive and focused workshop environment, quickly assessing individuals' needs and adapting to meet them.
- apply LPAs Whole Advocate™ approach and teach The 5 Qualities of a Well-Told Advocacy Story.
- navigate and address issues that arise when making personal stories public, issues such as safety, disclosure, identity, ethics and strength of feelings.
- encourage others to use an effective, comfortable and confident presentational style.

**Advocacy Start-up Series:** LPA senior coaches Tim Cage and John Capecci will conduct this training virtually for 12 community health-equity advocates, and the newly trained 6 LPA-Certified coaches who will meet in-person. This allows for newly trained coaches to develop their coaching skills alongside LPA senior coaches and learn how to provide support to advocates in a safe space.

**Describe the Focus Population** (no more than 500 characters):

Our project will focus on community leaders and healthy-equity advocates from black, indigenous and people of color (BIPOC), LGBTQI+, and people living with disabilities; people living with mental health, substance use disorders, and people who are/have experienced houselessness, poverty or have been justice-involved. These populations have been disproportionately marginalized by systems of power that impede their ability to thrive, and contribute in a purposeful way to their community.

**Describe how this project was identified or designed by the intended beneficiaries:** Through serving on the MH CAN, NEK Prosper, Vibrant One, NAMI VT committees, partnering with the Restorative Justice Center, and as a person who was fired after disclosing, I was living with a mental health condition, I realized the 104,000 people living with a mental health condition in VT who didn't have support or access to care have a high incidence of dying by suicide, having preventable chronic illnesses, experiencing houselessness and living in poverty.

**Describe the Project Goals and Desired Results** (what will success look like?): The community will build capacity to support advocates by having 5 community leaders trained in LPA methods of storytelling advocacy. In addition to the coach certification training, coaches will have the opportunity to work with LPA senior coaches Tim and John as they prepare 12 community advocates. The result is we will have a first cohort of trained advocates who will share their advocacy stories in a public capstone event, building momentum for ongoing work to share stories to create change.

**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): The following milestones will be used to monitor progress:

- 1: Nov. 2022, Interview 1/3 of potential applicants.
- 2: Dec. 2022, Interview 1/3 of potential applicants.
- 3: Jan. 2023, Interview 1/3 of potential applicants.
- 4: Jan. 2023, select applicants
- 5: Feb. 23/24 2023, attend, conduct training
- 6: 3/6 – 3/27 2023 Advocate Startup Series
- 7: 4/3/ - 4/10 2023 Coach-led sessions
- 8: 4/17 – 28 2023 (between) Live Event
- 9: 5/3/2023 Admin
10. **6/2/2023 NLT Final Report**

**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): For this project our team will consist of five community leaders and myself who are committed to learning coaching skills and becoming certified in LPA methods to support our first cohort of twelve health-equity advocates. Our twelve health-equity advocates will be

engaged by scheduling one on one conversations with potential advocates in my network, local organizations, and reaching out to new organizations. Our consultants are Living Proof Advocacy who will provide our training, NCHC is the backbone organization, and we will reach out to Catamount Arts for space to hold our trainings.

**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): COVID-19 highlighted the health-inequities that have plagued specific populations and their community's ability to thrive. To change this trajectory, community members from historically marginalized populations will be included and have the opportunity to learn advocacy and leadership skills, receive mentoring and build confidence in themselves. Up to 6 community leaders will be vetted, committed to on-going Coaching and trained by LPA ensuring sustainability after completion of the project. Community health-equity advocates will continue to be invited to share their story and advocate for their specific call to action. Together, in collaboration with our partners, we will move toward fair and just systems or all.

**(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):

I learned to tell my story via LPA as a member of The Stability Network

<https://www.thestabilitynetwork.org/>.

To learn more about the Living Proof Advocacy Coaching Certification Training: [Living Proof Advocacy](#)

To learn more about the Advocacy Start-up Series: [Living Proof Advocacy](#)

## VT Community Health Equity Partnership

### Community Project Funding to Address Health Inequities:

### Project Budget

<b>Organization/Group/Grantee Name:</b> Stacy Thrall			
<b>Title of Project:</b> Telling Our Stories to Make a Difference: Giving our Voice to Systemic Inequalities			
Expense Category*	Description	Request	Please note any other secured funding or in-kind donation toward expenses for Project
<b>Project Lead</b> (interview, recruit, monthly admin, coach certification training, advocate-series training, coaching support for advocates, live event)	Interview up to 30 people x 2 hrs. to recruit up to 5 community leaders and 12 health-equity advocates = 60 hours Monthly reporting x 2 hrs. x 6 months = 12 hrs. Final report 4 hrs. Coach Certification Training = 12 hours Advocacy Start-up Series = 10 hours Two additional one-hour Coach led sessions Live event = 2 hours Total hours: 102 x \$50 hour = \$5,100	<b>\$4,080</b>	Stacy Thrall Coaching is discounting Project Lead services by 20% = \$1020
<b>Living Proof Advocacy Certification Training</b>	<b>In person, in Vermont</b> Coaching Certifications Training x 1.5 days x 6 community leaders	<b>\$16,575</b>	5 books pro bono = \$119.75 LPA is discounting the cost of certifications by 20% = \$2,625
<b>Living Proof Advocacy Training</b>	<b>Virtual</b> Advocacy Start-up Series x 12 health-equity advocates Fundamentals Workshop (90 min) = \$3500 Two one-hour small group coaching sessions = \$1000 New Coach-led sessions = 0 Two 30-minute final preparation sessions = \$500 12 copies of book = \$234.84	<b>\$5,234.84</b>	LPA is discounting the cost of paperback books by 20% = \$57.36

<p><b>Living Proof Advocacy Travel</b></p>	<p>Tim = mileage \$300 (440 miles) RT from Stockbridge, MA John = airfare \$600 (Mpls to Hartford Lodging (Tim) = \$300 (2 nights @\$150) Lodging (John) = \$300 (2 nights @ \$150) Food (Tim) = \$118 (2 days) Food (John) = \$118 (2 days)</p>	<p><b>\$1,736</b></p>	
<p><b>Living Proof Advocacy Total Services</b></p>		<p><b>\$23,545.84</b></p>	
<p><b>Stipends</b></p>	<p>Up to 5 Coaches @ \$500 each = \$2500 Up to 12 health-equity advocates @ \$250 each = \$3000</p>	<p><b>\$5,500</b></p>	
<p><b>Materials &amp; Supplies</b></p>		<p><b>\$</b></p>	
<p><b>Other</b> (Meeting space) In-person training and virtual training</p>	<p>Catamount Arts</p>	<p><b>\$150</b></p>	
	<p><b>Total Request</b></p>	<p><b>\$ 33,275.84</b></p>	<p>Total pro bono = <b>\$3,822.11</b></p>

\*If a category is not applicable, please leave it blank