
	<h2>LiGHT Grant Application 2024</h2>	
<p>2024 LiGHT Grant Cover Form and Guidelines</p>		

Name of individual, group or organization: Wells Community Boys & Girls Club

Contact name(s): Vicki Bell

Address: 1410 S. Wayne Street, Bluffton IN 46214

Phone number: 260.824.5070 Email Address: wellsboysgirls@gmail.com

Name of the program as it would appear on the grant award: Club Wellbeing

Describe who the grant award will serve and approximate number affected: This grant will serve 5-18 year olds, staff & parents up to 100 in total.

Dollar amount requested: \$3,000

Would the program be offered if only a *partial* grant from LiGHT is made? Yes

Summary paragraph of the grant award requested: In the past 12 months, our children

➤ May be utilized for part of the presentation.

& youth have reported a 40% increase in depression and anxiety. Our staff faces immense pressure to provide services to meet these needs. Run Hard. Rest Well.® will provide resources to meet these needs.

Complete all requested items below:

- 1) This Cover Form
- 2) Project Narrative, 1-5 pages typed, including:
 - What need in the Community will this program address? Give evidence to substantiate your request. (i.e., data, letters of recommendation, etc.)
 - What do you want to do?
 - What is your timeline?
 - What results do you expect?
 - If partnering with other organizations, please list.
 - Describe the program and tell how the funds from the grant will be used based on your budget
 - Signature page: To include endorsement of the project or program by the requesting agency's Board of Directors. This page must include a signature of the Board president.
- 3) Detailed budget



Project Narrative

Fifty-four percent of our attending members fall at or below the poverty line. Forty-one percent of our children and youth are from single parent households. Eighty-six percent of attending youth are Caucasian, 4% are African American, 3% Hispanic, 6% are multi-racial and 1% is Native American. Our children and youth population consists of 60% male and 40% female. Forty-five percent of our children are ages 5-8, 41% are 9-12-year-olds and 14% are teens between the ages of 13 and 17.

In 2018, LiGHT awarded the Club funds to keep our children & youth physically safe by helping us purchase a strike lock for our entrance. We are now requesting funds to assist with their mental wellbeing/safety. In the past 12 months, our children & youth have reported a 40% increase in depression and anxiety.

With 92% percent of our members reporting that they feel emotionally safe & 96% expressing a sense of belonging while participating in Club activities/programs, we have an excellent opportunity to address their mental wellbeing.

Sixty-seven percent reported that they have been involved in a physical fight in the past 12 months due to stress & the inability to work things out with a friend. Eighty-seven percent have difficulty coping with a challenge. Eighty percent of our members cannot stop worrying about things happening in their lives, and 73% try to keep people from finding out about those things that happened to them.

While 32% reported that they give up when they have trouble doing something, 84% of our children and youth said that they would help if they knew there was a need. While 54% reported that they have the skills to calm down during stressful moments, another 47% reported that they are unable to stay calm when stressed. While most adults continually face the above-mentioned experiences, our community children and youth should be experiencing more laughter, joy, learning and developing friendships instead of coping with depression and anxiety.

Wells Community Boys & Girls Club faces its greatest challenge to date of exhausted, depressed and overstressed children & youth. We desperately need the resources to recharge, refuel and redirect our youth and encourage them to reach their full potential as productive, caring, responsible citizens of Wells County by addressing their mental wellbeing.

To address these issues, Run Hard. Rest Well.® has committed to walk with our staff, children, and parents on this journey of mental wellbeing for 12 months. Our staff participated in A Rest That Works 1.0 in February and found it beneficial in working with our children & youth.

Our staff faces immense pressure to provide for the mental health of our children and youth. This stress coupled with time constraints and limited resources has left them feeling exhausted and emotionally drained. Run Hard. Rest Well.® will serve our staff via their "A Rest That Works 2.0" program to provide the necessary skills to help staff perform at their best. These work sessions will also provide new insight to the complex mental issues our children and youth face and how to better address them.



WELLS COMMUNITY
BOYS & GIRLS CLUB

Run Hard. Rest Well.® will provide “Powers for Superheroes” to address stress in our elementary aged children. Breathing techniques, speaking skills, best sleeping practices and the importance of listening will be taught to enhance our children's abilities to thrive, hopefully diminishing their stress levels.

To combat anxiety, depression and restlessness in our Middle and High School youth, Run Hard. Rest Well.® will teach our youth how to create connections, reduce cortisol, hit pause, and prioritize sleep. Their strategies include hands-on activities and session handouts designed to foster resiliency and position them in a thriving mode instead of a surviving mode during stressful moments.

Wells Community Boys & Girls Club can strategically equip our leadership and those we serve with transformative and proven methods of Restorative Wellness. Club Wellbeing has the potential of igniting a passion for thriving, enabling our families to flourish, and our children/youth to excel.

Expected Outcomes

- Club staff will report that their passion for work has increased due to implementing Run Hard. Rest Well.® life-giving rest skills implemented.
- Club staff will develop and implement a mental wellbeing strategy designed to better serve our at-risk children and youth.
- Elementary children will implement breathing and sleeping techniques to help reduce stress.
- Elementary children will implement speaking and listening skills that will enhance their communication abilities, thereby reducing miscommunication and physical fights.
- Middle and high school youth will learn the skills of creating great friendships and developing stronger connections.
- Middle and high school youth will report that they are relaxing and sleeping better due to the best practices they learned, thereby reducing their stress levels.

Budget Expectations

Per our attached budget, our staff will benefit from a retreat and 6 months of continued self-care sessions. Our elementary children will participate in 5 weeks of mental wellbeing sessions. Middle and high school youth will engage in 5 weeks of stress and time management sessions. Run Hard. Rest Well.® will provide the curriculum, speakers, and training resources for this Club program. To keep our parents, children and youth engaged, they will receive small incentives at the completion of the program.

BOARD OF DIRECTORS

Chair: Dan Lipp
Vice Chair: Pete Humphrey
Treasurer: Doug Lehman
RD Officer: Gene Bell

Nick Huffman,
Cyndee Flechter,
Danielle Thompson,
Todd Reimschisel,
Rick Singer,
Dan Pfister



**WELLS COMMUNITY
BOYS & GIRLS CLUB**

September 12, 2024

As Wells Community Boys & Girls Club Board of Directors, we endorse the Wellbeing Program for our staff, children, youth and parents.

Today's challenges on our children and youth require skills in time & stress management, problem solving, and general wellbeing. We are confident that partnering with Run Hard, Rest Well will assist our staff in addressing these challenges in our children and youth.

On Behalf of WCBGC Board of Directors,

A handwritten signature in black ink, appearing to read "Dan Lipp".

Dan Lipp, President



WELLS COMMUNITY
BOYS & GIRLS CLUB

CLUB WELLBEING BUDGET

Staff Retreat & Keep the Conversation Going	\$2,275
A Rest That Works 2.0 with RHRW	
Powers for Super Heroes	\$75
Elementary Ages - 5 weeks with RHRW	
Run The Race	\$150
Middle & High School Ages - 5 weeks with RHRW	
Food & Beverage for Staff Retreat	\$100
Incentives for Parent Participation	\$75
Incentives for Youth Participation	\$200
Staff Incentives	\$125
TOTAL GRANT AMOUNT REQUESTING	\$3,000