
	LiGHT Grant Application 2024	
	2024 LiGHT Grant Cover Form and Guidelines	

Name of individual, group or organization: Run Hard. Rest Well.

Contact name(s): Brenda Jan K

Address: 1596 S 150 W Albion, IN 46701

Phone number: 260.239.1297 Email Address: Brenda@RunHardRestWell.org

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

Positioning Women of Wells County to Thrive
We will serve

Describe who the grant award will serve and approximate number affected: 160 Women over

the next 12-months (+for years to come) who are in need of healing, Recovery,

Dollar amount requested: \$ 2,700 and comeback

Would the program be offered if only a partial grant from LiGHT is made? We would have to reduce the number

Summary paragraph of the grant award requested: Partnership with 3 nonprofits, we [of women we

➤ May be utilized for part of the presentation. will introduce 160 women to Restorative Wellness as are serving

a means to position them to thrive as they heal, recover,

and Comeback Stronger than before and embed Restorative Wellness

Complete all requested items below: Tips and Tools into program offers to impact

hundreds of women for years to come.

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



Run Hard. Rest Well.

Champions Rest. Equips Leaders. Transforms Lives.

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Positioning Women of Wells County to Thrive Program Narrative - 2024

What needs will this program address?

Women on the road to recovery and comeback often face years of hard work. Long term success is the goal, but it can often be sidetracked by the impact of chronic exhaustion, high levels of cortisol, and a lack of healthy relationships. When we are worn and weary, we are more vulnerable to unhealthy habits that derail the goals we are pursuing.

Run Hard. Rest Well. partners with nonprofit leaders to **equip and empower women** who are under-resourced and are focused on healing, recovery, growth and a fresh start. We utilize an evidence-informed, 4-part, interactive, 5-minute video series to equip nonprofit staff to introduce the women they serve to **Restorative Wellness**. Each video focuses on one key restorative topic and rhythm. The series contains strategically planned, captivating questions designed to create life-giving conversations and connection with others around the 4 Tips of Restorative Wellness.

- **Create Connection:** Know Who and What Fills Your Cup
- **Reduce Cortisol:** Understanding and Managing Emotions
- **Hit Pause:** Exploring a Pause with a Cause
- **Prioritize Sleep:** How Sleep Recharges Us for the Day

These four rhythms equip women to ...

- Reduce cortisol overload. (Cortisol is a stress hormone that plays havoc in our brains and bodies.)
- Cultivate meaningful connections with other people

Why is this important?

- 1) It has been found that reducing cortisol levels in people working on recovery and comeback have a better chance of success.
New Study identifies cortisol level as an indicator of addiction recovery success. September 22, 2022
<https://jcesom.marshall.edu/news/musom-news/new-study-identifies-cortisol-level-as-indicator-of-addiction-recovery-success/>
- 2) Forming and maintaining healthy relationships is critical for those in recovery from drug and alcohol addiction; these kinds of relationships help people maintain sobriety for the long term.
<https://www.addictioncenter.com/treatment/healthy-relationships/>
How Social Relationships Influence Substance Use Disorder Recovery
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6410387/>

What do we want to do and who are we partnering with in this endeavor?

We want to resource and equip 3 Wells County nonprofits to deliver and embed the message of Restorative Wellness into the lives of the women they serve and the programs they offer to position women to heal, recover, and thrive both now, and for years to come.

- Family Centered Services – Lisa Antrim
- Grace and Mercy and Hannah’s House – Chris Walker
- Helping Hands – Kylie Tomin

What is the timeline?

As we get word of the grant funding, we will be in contact with Lisa, Chris, and Kylie to set up the on-site training to launch the Restorative Wellness Tips and Tools Initiative. We ask them to pick a date between November 1 to January 31 and to start the launch of this series before March 15.

What results do we expect?

People introduced to the message of Restorative Wellness are forever changed. They NEVER forget that Restorative Wellness is Bucket Theory 101 – We can’t give what we don’t have. They will remember that Restorative Wellness gives us permission to strategically stop and rest guilt-free.

Integrating Restorative Wellness takes work. It is most successful when people are introduced to this NEW way of life – of running with passion and resting on purpose – in a group setting. There is a lot of power when peers explore this message together and engage in on-going conversations to move the dial on chronic exhaustion.

Because Family Centered Services, Grace and Mercy, Hannah’s House, and Helping Hands work with women in coaching relationships and in small groups, we expect that the message of Restorative Wellness will make a foothold in their hearts and will equip them for a lifetime good work, healthy living, and great joy.

Describe the program and how funds from the grant will be used based on the budget?

For each of the 3 nonprofits who want to launch Restorative Wellness among the women they serve, they will receive ...

- The video curriculum and 1-page handouts for the video series **Restorative Wellness Tips and Tools** to use this year and for years to come.
 - \$250
- Onsite training and support for a successful launch
 - \$500
 - Run Hard. Rest Well. will pay mileage costs for the 3 onsite visits
- 10 copies of Vantage Point – our follow up workbook, to explore the benefit of continued support after the series finishes up. If the leaders find this increases the value of this initiative, they will explore the value of embedding Vantage Point into their programs as time goes on.
 - \$150

Program Budget

To serve 160 women of Wells County over the next 12 months and on an ongoing basis for years to come – through 3 nonprofits, this will require ...

Restorative Wellness Tips and Tool

3 @ \$250 = \$ 750

Onsite Training

3 @ \$500 \$1,500

Vantage Point Handbook

30 books @\$15 \$ 450

Total	\$2,700	About \$17.00 per participant
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Positioning Woman of Wells County to Thrive

September, 2024

Dear LiGHT Members of Wells County,

Thank you for your commitment to generosity and community impact.

The Run Hard. Rest Well. Board of Directors shares your commitment to generosity and impact by seeking to serve people in our communities who are often marginalized and under-resourced. We do this by partnering with like-minded nonprofits who live on mission to position people to thrive and flourish.

We are excited by the potential of this collaborative work between ...

- LiGHT Members
- Run Hard. Rest Well.
- Family Centered Services
- Grace and Mercy
- Helping Hands

... to introduce 160 women, in the next 12 months, to Restorative Wellness as they seek to recover and comeback stronger than before.

Together – we can make a difference!

Restorative Wellness Tips and Tools

Run Hard. Rest Well. partners with nonprofit leaders to equip and empower women who are under-resourced and are focused on healing, recovery, growth and a fresh start. This 4-part, interactive, 5-minute, video series contain strategically planned, captivating questions designed to create life-giving conversations around the 4 Tips of Restorative Wellness.

- Create Connection: Know Who and What Fills Your Cup
- Reduce Cortisol: Understanding and Managing Emotions
- Hit Pause: Exploring a Pause with a Cause
- Prioritize Sleep: How Sleep Recharges Us for the Day

1-page handouts are available with each video. They offer additional visuals and questions that become a great Take Home Tool. These 4 videos are packed with **high-impact, no-cost strategies** that refuel and recharge individuals to refill their bucket, feed their soul, and fuel their best go as they grow, recover, and heal.

Sincerely

Jeff Wolhuter

Run Hard. Rest Well. Board Chairman