

Application Submittal Checklist

The following items are required for submittal of the grant application. Please verify and check off that the items have been included in the application packet.

- 1) Certificate of Good Standing (If the Applicant is an Organization)
- 2) Declaration Statement
- 3) Verify that grant shall be used for a public purpose
- 4) Background and Summary
- 5) Service Summary and Outcomes
- 6) Budget
 - a) Budget request by source of funds ([Link](#))
 - b) Personnel salaries and wages ([Link](#))
 - c) Equipment and motor vehicles ([Link](#))
 - d) Capital project details ([Link](#))
 - e) Government contracts, grants, and grants in aid ([Link](#))
- 7) Experience and Capability
- 8) Personnel: Project Organization and Staffing



Gregory Waibel, President and CEO

Jan 18, 2023

AUTHORIZED SIGNATURE

PRINT NAME AND TITLE

DATE

**THE THIRTIETH LEGISLATURE
APPLICATION FOR GRANTS
CHAPTER 42F, HAWAII REVISED STATUTES**

Type of Grant Request:

Operating Capital

Legal Name of Requesting Organization or Individual: Db:
Young Men's Christian Association of Honolulu YMCA of Honolulu

Amount of State Funds Requested: \$ 2,700,000

Brief Description of Request (Please attach word document to back of page if extra space is needed):
The YMCA of Honolulu is requesting funding reach 4500 youth throughout the state in school-based and community-based mental wellness programming founded on evidence-based best practices.

Amount of Other Funds Available:
State: \$ 0
Federal: \$ 0
County: \$ 0
Private/Other: \$ 0

Total amount of State Grants Received in the Past 5 Fiscal Years: \$ \$12,552,285.
Unrestricted Assets: \$ 19,838,369

New Service (Presently Does Not Exist): Existing Service (Presently in Operation):

Type of Business Entity:
 501(C)(3) Non Profit Corporation
 Other Non Profit
 Other

Mailing Address:
1441 Pali Highway
City: State: Zip:
Honolulu HI 96813

Contact Person for Matters Involving this Application	
Name: Kerri Van Duyne	Title: Vice President of Development
Email: kvanduyne@ymcahonolulu.org	Phone: 808-541-5473

Federal Tax ID#: 	State Tax ID#:
----------------------	--------------------

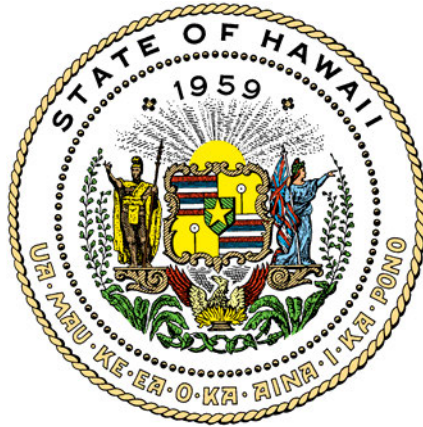
Authorized Signature

Gregory W. Waibel, President & CEO

Name and Title

1/20/23

Date Signed



Department of Commerce and Consumer Affairs

CERTIFICATE OF GOOD STANDING

I, the undersigned Director of Commerce and Consumer Affairs of the State of Hawaii, do hereby certify that

YOUNG MEN'S CHRISTIAN ASSOCIATION OF HONOLULU

was incorporated under the laws of Hawaii on 02/04/1882 ; that it is an existing nonprofit corporation; and that, as far as the records of this Department reveal, has complied with all of the provisions of the Hawaii Nonprofit Corporations Act, regulating domestic nonprofit corporations.



IN WITNESS WHEREOF, I have hereunto set my hand and affixed the seal of the Department of Commerce and Consumer Affairs, at Honolulu, Hawaii.

Dated: January 18, 2023

Director of Commerce and Consumer Affairs

**DECLARATION STATEMENT OF
APPLICANTS FOR GRANTS PURSUANT TO
CHAPTER 42F, HAWAII REVISIED STATUTES**

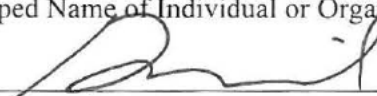
The undersigned authorized representative of the applicant certifies the following:

- 1) The applicant meets and will comply with all of the following standards for the award of grants pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant is awarded;
 - b) Complies with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
 - c) Agrees not to use state funds for entertainment or lobbying activities; and
 - d) Allows the state agency to which funds for the grant were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and ensuring the proper expenditure of the grant.
- 2) If the applicant is an organization, the applicant meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is incorporated under the laws of the State; and
 - b) Has bylaws or policies that describe the manner in which the activities or services for which a grant is awarded shall be conducted or provided; and
- 3) If the applicant is a non-profit organization, it meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is determined and designated to be a non-profit organization by the Internal Revenue Service; and
 - b) Has a governing board whose members have no material conflict of interest and serve without compensation.
- 4) The use of grant-in-aid funding complies with all provisions of the Constitution of the State of Hawaii (for example, pursuant to Article X, section 1, of the Constitution, the State cannot provide "... public funds ... for the support or benefit of any sectarian or nonsectarian private educational institution...").

Pursuant to Section 42F-103, Hawaii Revised Statutes, for grants used for the acquisition of land, when the organization discontinues the activities or services on the land acquired for which the grant was awarded and disposes of the land in fee simple or by lease, the organization shall negotiate with the expending agency for a lump sum or installment repayment to the State of the amount of the grant used for the acquisition of the land.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

YMCA of Honolulu
(Typed Name of Individual or Organization)


(Signature) 1/20/23
(Date)

Gregory Waibel
(Typed Name) President & CEO
(Title)

Application for Grants

If any item is not applicable to the request, the applicant should enter "not applicable".

I. Certification – Please attach immediately after cover page

1. Certificate of Good Standing (If the Applicant is an Organization)

If the applicant is an organization, the applicant shall submit one (1) copy of a certificate of good standing from the Director of Commerce and Consumer Affairs that is dated no earlier than December 1, 2022.

Attached.

2. Declaration Statement

The applicant shall submit a declaration statement affirming its compliance with [Section 42F-103, Hawaii Revised Statutes](#).

Attached.

3. Public Purpose

The applicant shall specify whether the grant will be used for a public purpose pursuant to [Section 42F-102, Hawaii Revised Statutes](#).

As an IRS 501(c)3 public charity, the YMCA of Honolulu has a mission to serve the public good and this grant will proactively provide opportunities to address the mental health and wellness of youth both through preventative and intervention services that include a variety of experiential and therapeutic activities to help participants develop self-awareness, self-esteem, social skills, appropriate coping mechanisms and stress management tools.

The project will serve 4,500 youth ages 9 -18 throughout the state in this school-based and community-based face to face in person mental wellness programming founded on evidence-based best practices. The total request is \$2,700,000.

II. Background and Summary

1. A brief description of the applicant's background;

The YMCA of Honolulu was founded in 1869 and incorporated under the laws of the Kingdom of Hawai'i in 1882. We serve children, teens, women and men of all ages, faiths and background in a variety of programs throughout 10 branch locations as well

as 55 A-Plus afterschool program sites across Oahu. In all our programs, we promote our core values of caring, honesty, respect, responsibility and diversity. The YMCA is a fellowship of people helping each other to learn, grow and improve our own lives as well as the lives of others.

Programs and services center around three areas of focus:

Youth Development. The YMCA of Honolulu seeks to nurture the potential of every child, teen, and young adult who comes through its doors. The goal is to cultivate the values, skills, and relationships that lead to positive behaviors, better health, and greater achievement.

Healthy Living. In communities across Oahu, the Y is a leading voice on health and well-being. With a mission centered around well-being and balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports and shared interests. The Y is building healthier communities by collaborating with like-minded organizations and policy-makers in areas of chronic disease prevention and obesity.

Social Responsibility. The Y strengthens communities to helping individuals. The Y offers affordable child care to low and middle-income families, provides drug prevention and intervention programs for at-risk youth, and helps military families cope with having a family member deployed overseas.

2. The goals and objectives related to the request;

The overall goal of the project is to improve the wellness and mental health of Hawaii's youth. The objective for the wellness project is to engage and screen 4,500 youth, enrolling those eligible into programming best suited for their needs. (Not all 4,500 youth will show signs of distress, or not all 4,500 youth will be willing to come into program.)The objective for the Prevention Program is to engage and enroll at least 1,000 youth with at least 70% indicating improved awareness, knowledge, skills, and support through targeted activities during the course of the project. The objective for the Intervention Program is to engage and enroll at least 500 youth with 70% completing an Individualized Mental Health Wellness Plan and 80% completing the 13-week session curriculum during the course of the project period.

3. The public purpose and need to be served;

During the pandemic, depression and anxiety doubled and emergency room visits for suicide attempts increased 51% for adolescent girls (Civil Beat, 2021). The percentage of youth with Major Depressive Episode not receiving mental health services have increased (2022 State of Mental Health in America) as did obesity (Lange, et.al, 2021). Learning proficiency dropped 4-9 points (2021 Strive HI Statewide Snapshot).

According to a CDC analysis, in 2021, nearly 40 percent of high school students reported experiencing poor mental health during the COVID-19 pandemic, and 44 percent reported persistent feelings of sadness or hopelessness in the last year.

Founded on significant research correlating physical activity and improved mental wellness, yet impacted by barriers for some populations ([Rebar and Taylor, 2019](#)), we need to ensure youth are provided access to improve their mental wellness through physical activity and other support interventions.

Requested funds would enable the YMCA to build and strengthen organizational capacity and expand outreach services to target mental health and wellness services to youth most at-risk, including Native Hawaiians and Pacific Islanders who have reported some of the highest rates of negative mental health related to the pandemic. Experiences gained would also help the YMCA acquire critical accreditation as a behavioral health and substance abuse treatment organization necessary for improving operational efficiency and sustaining the program in the future through community partnerships, public or private funding sources or fee-for-service models.

The YMCA Youth Wellness Program for Mental Health would engage 4500 youth, 9 to 18 years of age, in a variety of experiential and therapeutic activities to help participants develop self-awareness, self-esteem, social skills, appropriate coping mechanisms and stress management tools to address their mental health and wellness needs. All program activities will be conducted face to face in person at YMCA locations, Department of Education Schools, and venues where services are easily accessible to the community and take place outside normal school hours. The program curriculum will include thirteen sessions, with each session lasting approximately 1 to 1.5 hours for a total of 19.5 hours maximum per participant. Program staff will conduct pre- and post-program surveys to measure participant outcomes and help them develop strategies for managing their mental health after completing the program. Participants also receive a membership to health and wellness facilities and online content to help them with their physical health along with socialization opportunities outside of the program. Participants will be referred to clinically appropriate care and resources if determined necessary.

As community-based organizations serving thousands of kids throughout Hawaii, our YMCAs are well positioned to meet youth “where they are” in ways that are relevant to their unique cultural identities and needs.

4. Describe the target population to be served; and

The target population is all youth aged 9 to 18, largely referred to us by community organizations or self-referral. While the program is open to all regardless of demographics, we will have an intentional focus on reaching Native Hawaiians and Pacific Islanders and those who are low income and disproportionately impacted by mental health concerns.

5. Describe the geographic coverage.

The project covers the entire state of Hawaii.

III. Service Summary and Outcomes

1. Describe the scope of work, tasks and responsibilities;

The YMCA of Honolulu proposes to provide School and Community Based Mental Wellness in-person services to youth and teens throughout the State of Hawaii. The Y's program will provide both Prevention and Intervention services to youth showing signs of distress.

- The YMCA Mental Wellness *Prevention* Program will be preventative and educational; focusing on providing resiliency and skill-building activities during after-school, summer, and intersession when school is out. The goal is to build awareness and skills to counter the stresses that may come up in their lives.
- The YMCA of Honolulu recognizes that there are other organizations that are providing Mental Health Services utilizing telehealth and zoom capabilities in various schools throughout the State. The YMCA's philosophy is meeting youth where they are at. It is important to meet youth who are experiencing mental distress face to face to build rapport and trust. YMCA staff will not only meet with youth in the schools, but also in the communities in which they reside. All of the YMCA services will be conducted in person to provide a human connection between youth and staff. These in-person services assist in the development of positive relations between the youth and outreach worker, as well as provide a safe environment for youth to talk openly.
- The YMCA's Mental Wellness *Intervention* Program will be offered to youth who have experienced trauma and distress which have impacted their mental wellbeing negatively. These youth will be referred from Department of Education schools, YMCA programs, other social service agencies, families, or the youth themselves (self referrals). This program will provide:
 - Mental Wellness Screening
 - Intake into intervention program for those who qualify based on the initial screening
 - Bio/Psycho/Social Assessment
 - Individualized Mental Health Wellness Plan based on the Assessment
 - 13 Session Curriculum incorporating activities focused on self-care, building life skills such as decision-making, problem solving, communication, stress management, and coping skills, etc.

- Individual and Group Counseling to assist youth in building protective factors (identifying strengths, gifts, and values), participating in enriching activities, and helping them build positive relationships and support systems.
- Pre/Post Survey
- Free Gym Membership as a resource to access healthy activities to move their body and provide mindfulness opportunities such as yoga and meditation. The Membership Fees, camp experience, College Camp, other excursions and other program activities that are all budgeted under line item Program Activities.
 - Referral to mental health professionals when needing a higher level of care.

Our approach to youth mental wellness is in person community and school based services that meet youth where they are at. This helps us understand the stressors youth face and reduce barriers to participation. The Y's ability to do outreach leverages existing relationships the Y has with schools, places of worship, and other social service agencies. The project is based on the evidence-based 8 Dimensions of Wellness approach. Youth mental/emotional/behavioral health are just one part of the multiple dimensions of wellness. Other dimensions include environmental, financial, intellectual, physical, social, and spiritual dimensions. All dimensions are interdependent and affect each other. Therefore, our approach incorporates a number of these dimensions.

Mental/emotional/behavioral health is on a spectrum that can adjust as an individual works through different moments of life. Some individuals need clinical treatment and our program will help guide them to those resources, but the Y's primary focus will be on the many individuals whose mental health can improve when given tools and strategies to help them.

The YMCA's philosophy of meeting youth where they are at includes having the staff do outreach to youth during recess and lunch at school and at various locations that youth hang out in the community. This could include parks, shopping centers, fast food establishments, malls, beaches, and other types of venues.

In addition to outreach efforts, youth can be referred by their families, other service providers, their peers, and from their school. In the school setting, school administrators and faculty that refer youth will complete a referral form and place it in a designated box or folder for the YMCA. This referral form consists of a check list of various behaviors and problem areas that the youth may be experiencing, and or have been observed by the person referring. Some examples listed includes:

- Recent or Rapid decline in grades
- Chronic truancy or tardiness
- Defensiveness when asked about personal issues
- Exhibit a loss of energy, motivation, interest, or enthusiasm
- Change in mood or demeanor
- Decline in personal hygiene

It will also provide a comment area where the referrer can provide additional information that will assist the outreach worker.

Referrals received outside of the school can ask for access to the referral form, or provide the information directly to the outreach worker.

Once a referral is received, the outreach worker will inform the referral source that it has been received and initiate contact with the youth. At the initial meeting, the outreach worker will introduce themselves and provide an overview of the services that the YMCA provides. A screening will then be conducted by the outreach worker with the youth. The screening will provide questions that include:

- Are you happy with how things are going for you?
- How do you cope with stress?
- How many days did you miss school, or arrive late to school in the last 30 days?
- Have you ever used Alcohol, Tobacco, and or drugs to cope?
- How are your grades?
- Do you participate in any extracurricular activities?
- Do you feel safe?

Upon completion of the screening, the outreach worker will share the results and discuss appropriateness for the prevention or intervention program with the youth. If the youth does not meet the criteria for either the prevention or intervention program, the youth will be provided information on additional YMCA programs available, as well as other resources within the community that they could access. If a youth meets the criteria to participate in the program but declines to participate, the outreach worker will provide them with resources that they could access and request a follow-up meeting with youth to see how they are doing.

Youth who participate in the prevention and intervention program will attend activities in school, at the YMCA, and at other venues within their community. These activities will be coordinated and implemented by the outreach workers.

The Y's Intervention Program differs from the Prevention program in that there will be an assessment, Wellness/Treatment plan, counseling, 13 session curriculum, and specific outcomes tied to mental wellness.

Program Objectives	Measures Of Effectiveness
<p>Objective:</p> <p>4,500 youth will complete screening and based on screening results, will be provided relevant resources and/or referred to the YMCA's Mental Health Wellness Prevention Program or Mental Health Wellness Intervention Program.</p>	<p>Outcomes:</p> <p><u>Program Outcome #1:</u> 4,500 youth will be screened.</p> <p><u>Program Outcome #2:</u> Of the 4,500 youth screened; 1,000 youth will be enrolled in the YMCA Mental Wellness (Prevention) Specialty Program.</p> <p><u>Program Outcome #3:</u> Of the 4,500 youth screened; 500 youth will be registered in the YMCA Mental Wellness Intervention Program.</p> <p>Measured By:</p>

	Screening and Registration Forms
<p>Objective:</p> <p>1,000 youth will be enrolled in the Mental Wellness (Prevention) Specialty Program</p>	<p>Outcomes:</p> <p><u>Prevention Outcome #1:</u> 700 (70% of the 1,000 youth enrolled in the Mental Wellness (Prevention) Specialty Program). Youth will become aware of their mental health condition. Awareness is the first step in understanding how you are feeling, your mental state, and your emotional state.</p> <p><u>Prevention Outcome #2:</u> 700 (70% of the 1,000 youth enrolled in the Mental Wellness (Prevention) Specialty Program). Youth gain knowledge through activities that emphasize the importance of values, how to communicate with others, how to socialize, and the importance of talking to someone when bullied.</p> <p><u>Prevention Outcome #3:</u> 700 (70% of the 1,000 youth enrolled in the Mental Wellness (Prevention) Specialty Program). Youth gain new coping skills such as grounding techniques, journaling, reframing negative into positive thoughts, physical exercises, relaxation techniques such as meditation/deep breathing, and problem solving skills.</p> <p><u>Prevention Outcome #4:</u> 700 (70% of the 1,000 youth enrolled in the Mental Wellness (Prevention) Specialty Program). Youth increase will identify their positive support system and networking by making new friends while in the program, identifying an adult role model, identifying someone they can talk to, identifying an activity they enjoy or a favorite hobby, and identifying something they are really good at. These support systems serve to protect youth from lapsing into more serious mental health conditions.</p> <p><u>Prevention Outcome #5:</u> 700 (70% of the 1,000 youth enrolled in the Mental Wellness (Prevention) Specialty Program). Youth will participate with exercise and fitness activities to increase their physical activity.</p> <p>Measured By:</p> <p>Enrollment/Registration Forms, Attendance Logs, Survey Forms</p>
<p>Objective:</p>	<p>Outcomes:</p>

<p>500 youth will be registered into Y's Mental Wellness Intervention Program</p>	<p><u>Intervention Outcome #1:</u> 500 adolescents will be registered into Y's Mental Wellness Intervention Program.</p> <p><u>Intervention Outcome #2:</u> 350 adolescents (70% of the 500 registered into the Intervention Program) will have create an Individualized Mental Health Wellness Plan</p> <p><u>Intervention Outcome #3:</u> 280 adolescents (80% of the 350 adolescents having a Mental Health Wellness Plan) will complete the thirteen-session curriculum.</p> <p><u>Intervention Outcome #4:</u> 280 adolescents (80% of the 350 adolescents having a Mental Health Wellness Plan) will put into practice three (3) positive coping skills based on the 13 session curriculum. Coping skills include: reframing negative thoughts into positive thoughts, problem solving strategies, grounding and relaxation techniques, physical exercise, dealing with specific emotions such as anger, sadness, disappointment, loneliness, and anxiousness, and communication skills to ask for support.</p> <p><u>Intervention Outcome #5:</u> 280 adolescents (80% of the 350 adolescents having a Mental Health Wellness Plan) will have someone they can talk to, participate in an activity or hobby, or participate in a peer support group to expand their support system, build positive relationships, and have a plan when they are feeling stressed or traumatized.</p> <p><u>Intervention Outcome #6:</u> 300 adolescents (85% of the 350 adolescents having a Mental Health Wellness Plan) will be registered for 3-month Fitness Membership as a resource to access healthy activities.</p> <p><u>Intervention Outcome #7:</u> 280 adolescents (80% of the 350 adolescents having a Mental Health Wellness Plan) will complete both the pre- and post-surveys.</p> <p><u>Intervention Outcome #8:</u> 21 adolescents (6% of the 350 adolescents having a Mental Health Wellness Plan), Primarily Sophomore and Juniors High School students, will participate with YMCA College Camp as a resource for higher education opportunities.</p> <p><u>Intervention Outcome #9:</u> 105 adolescents (30% of the 350 adolescents having a Mental Health Wellness Plan) will</p>
---	--

	<p>complete a community service project to boost self-esteem, self-confidence, and life satisfaction.</p> <p>Intervention Outcome #10: 90 adolescents (25% of the 350 adolescents having a Mental Health Wellness Plan) will participate with a camp experience to practice communication and problem solving skills, create positive relationships with peers, and build mental fortitude-how to navigate through challenges.</p> <p>Measured By:</p> <p>Registration/Enrollment Forms, Attendance Logs, Survey Forms, and Individualized Mental Health Wellness Plan.</p>
--	---

Evidence of Community Support:

- Hawai'i State Department of Health Alcohol and Drug Abuse Division
- Susannah Wesley Community Center
- Parents and Children Together Nonprofit
- Kalihi Valley International Bike Exchange
- Dr. Aimee Grace, Director of Strategic Health Initiatives, University of Hawai'i
- Department of Education Schools (11)

2. Provide a projected annual timeline for accomplishing the results or outcomes of the service

Projected annual timeline for accomplishing the results or outcomes of the service;

Program Activities	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Hire New Staff	X	X	X									
Orientation	X	X	X									
Delivery of Program Services												
Receive Referrals		X	X	X	X	X	X	X	X	X	X	X
Contact Referred youth		X	X	X	X	X	X	X	X	X	X	X
Provide Screening/Assessment services		X	X	X	X	X	X	X	X	X	X	X
Initiate Activities & Register Participants			X	X	X	X	X	X	X	X	X	X

in Prevention or Intervention Programs												
Program Operations												
On-Going Staff Supervision		X	X	X	X	X	X	X	X	X	X	X
Staff Meetings		X	X	X	X	X	X	X	X	X	X	X
Staff Development												
On-Going Staff Training	X	X	X	X	X	X	X	X	X	X	X	X
Professional Development Plan			X									X
Performance Appraisal										X		
Quality Improvement												
Team Meetings		X	X	X	X	X	X	X	X	X	X	X
Team Reports			X			X			X			X
Kalihi YMCA QA Meetings			X			X			X			X
Program Reports												
Monthly Summaries	X	X	X	X	X	X	X	X	X	X	X	X
Quarterly Reports			X			X			X			X
Year End Report												X

3. Describe its quality assurance and evaluation plans for the request. Specify how the applicant plans to monitor, evaluate, and improve their results; and

The YMCA of Honolulu has been successfully implementing mental health and substance abuse after-care programming for a number of years, most recently with funds from SAMHSA. We have an established protocol for data collections, confidentiality, conducting evaluations (pre- and post-) and monitoring progress throughout the sessions. We will track the data in our Access database and be able to generate confidential reports correlating participation levels with outcomes. We will use pre and post evaluation data, participation data, along with feedback from participants and those making referrals/working with the youth in the schools, homes, other programs to help inform improvements to the program.

4. List the measure(s) of effectiveness that will be reported to the State agency through which grant funds are appropriated (the expending agency). The measure(s) will provide a standard and objective way for the State to assess the program's achievement or accomplishment. Please note that if the level of appropriation differs from the amount included in this application that the measure(s) of effectiveness will need to be updated and transmitted to the expending agency.

The measures of effectiveness will be the same as the outcomes listed above as noted in the table.

IV. Financial

- 1. The applicant shall submit a budget utilizing the enclosed budget forms as applicable, to detail the cost of the request.**
 - a. Budget request by source of funds (Link)**
 - b. Personnel salaries and wages (Link)**
 - c. Equipment and motor vehicles (Link)**
 - d. Capital project details (Link)**
 - e. Government contracts, grants, and grants in aid (Link)**

- 2. The applicant shall provide its anticipated quarterly funding requests for the fiscal year 2024.**

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total
\$425,000	\$425,000	\$425,000	\$425,000	\$2,700,000

3. The applicant shall provide a listing of all other sources of funding that they are seeking for fiscal year 2024.

We will be applying for a 2024 Congressionally Directed Spending award and are exploring other partnerships.

4. The applicant shall provide a listing of all state and federal tax credits it has been granted within the prior three years. Additionally, the applicant shall provide a listing of all state and federal tax credits they have applied for or anticipate applying for pertaining to any capital project, if applicable.

2021 Employee Retention Tax Credit: \$3,783,396

5. The applicant shall provide a listing of all federal, state, and county government contracts, grants, and grants in aid it has been granted within the prior three years and will be receiving for fiscal year 2024 for program funding.

Please see "Page 10" attachment.

6. The applicant shall provide the balance of its unrestricted current assets as of December 31, 2022.

\$19,834,652

V. Experience and Capability

1. Necessary Skills and Experience

The applicant shall demonstrate that it has the necessary skills, abilities, knowledge of, and experience relating to the request. State your experience and appropriateness for providing the service proposed in this application. The applicant shall also provide a listing of verifiable experience of related projects or contracts for the most recent three years that are pertinent to the request.

The YMCA OF HONOLULU has been providing programs in the community for more than 150 years. The programs provided by the YMCA have been successfully managed by the operations team which is overseen by the Executive Vice President and COO, Michael Doss. His experience as an executive in charge of nine of the organization's 10 branches have involved many capital and programmatic projects which include the construction of the Leeward YMCA, the renovation of Camp Erdman among others. Below is a list of some of the current contracts for the most recent three years that can verify our experience to manage and successfully oversee contracts.

Title of Project:

Repair and Renovation of a Retaining Wall at the Leeward Branch (OCS-CIP-19-12)
Office of Community Services, Dept. of Labor & Industrial Relations
830 Punchbowl Street, Room 420
Honolulu, HI 96813
Contact: Corie Tanida, State GIA Lead
Phone: 808-586-8675
Email: corie.i.tanida@hawaii.gov

Title of Project:

CARES Act of 2020 / COVID Childcare Program
U.S. Department of the Treasury via Department of Human services via Hawaii Community Foundation
827 Fort Street Mall
Honolulu, HI 96813
Contact: Michelle Kauhane, Sr. VP-Community Grants & Investments
Phone: 808-566-5546

Title of Project:

Substance Use Disorder (SUD) Continuum of Care for Adults and Adolescents
U.S. Department of Health and Human Services (DHHS) via Department of Health (ADAD)
601 Kamokila Blvd # 360
Kapolei, HI 96707
Contact: Melanie Cordova, Program Specialist
Phone: 808-692-7618
Email: Melanie.cordova@doh.hawaii.gov

Title of Project:

Substance Abuse Treatment Services Juvenile Drug Court
The Judiciary, State of Hawaii
Juvenile Drug Court, 1st Circuit Court
777 Punchbowl Street, 2nd Floor
Honolulu, HI 96813
Contact: Joel Tamayo, Section Administrator
Phone: 808-534-6588
Email: joel.a.tamayo@courts.hawaii.gov

2.Facilities

The applicant shall provide a description of its facilities and demonstrate its adequacy in relation to the request. If facilities are not presently available, describe plans to secure facilities.

Program will take place in schools, at YMCA facilities, and in the community where youth “hang out”. It is important that we meet youth where they are in the midst of the challenges they face and can easily access the programming. All facilities are currently available for program use with related lease/rental fees included in the budget. This will largely be space used in neighbor island communities.

VI. Personnel: Project Organization and Staffing

1.Proposed Staffing, Staff Qualifications, Supervision and Training

The YMCA of Honolulu consists of an experienced and very capable leadership team, led by Greg Waibel, President and Chief Executive Officer. Michael Doss is the Executive Vice President and the Chief Operating Officer. Belinda Johnson is Vice President of Finance. Kerri Van Duyne is the Vice President of Development. Lisa Ontai is the Vice President of Marketing and Mission Advancement. The leadership team will be coordinating this effort, under the guidance of Mr. Waibel.

Greg Waibel, M.B.A.

Greg Waibel is the President & CEO of the YMCA of Honolulu. The Y has 10 branches, 725 employees and a \$23-million budget. Previously, he was Chief Operating Officer of the YMCA of the North in Minnesota and Wisconsin, the third largest YMCA association in the country. As COO, Mr. Waibel was responsible for providing strategic direction and

operational oversight for their 28 facility locations and program sites, 8 overnight camps, 10 day camps and more than 90 child care sites that engage nearly a quarter million men, women and children of all ages, incomes and backgrounds. Also under his leadership, he oversaw the creation of 3 new YMCA branches and the acquisition of one new overnight camp.

The program activities will be directed by the Executive Director of the Kalihi YMCA branch. He has extensive experience in comprehensive community-based programming especially focusing on youth, mental health, and substance abuse recovery.

Program Director will provide the main oversight and will provide supervision and field supervision for the Outreach Workers. This position will be 100% FTE to this project. The Program Director has more than 20 years of experience in the substance abuse treatment space, specifically working with youth, providing training, and facilitating program. He has a strong familiarity with the culture of those the Y serves, ensuring programming is culturally relevant.

Outreach Workers: Twelve Outreach Workers (OW) will be hired for this program. Position ensures the delivery of high quality services to youth involved in the program. Position reports directly to the Program Director. Position will have the following responsibilities, dedicating 100% FTE to the project:

- Provide direct services to each youth on caseload weekly.
- Create a wellness plan with youth.
- Actively seek out youth, attract and engage them in services and activities.
- Understand, implement and maintain required documentation.
- Read and take responsibility for learning program material.
- Participate in developing an Individual Plan for staff development.
- Develop working relationships with school officials, businesses, and key community programs and service providers.

Minimum Qualifications:

- Bachelor's degree in related field preferred; High School and 2 years work experience with youth may be substituted for the degree. Experience working with at-risk adolescents in outreach setting preferred

Other staff include Branch Administration (50% FTE), a program clerk (TBH), IT Systems Administrator, and Program Coordinator (100% FTE to be hired).

2. Organization Chart

See attached overall organizational chart and project specific chart. For the project specific organizational chart, there is a strong working relationship with the School-Based Substance Abuse Treatment Counselors. These counselors can be a resource for referrals and also be liaison between the school administrators and the Outreach Workers.

3. Compensation

President and CEO - \$283,250
Executive Vice President and COO - \$182,742
Vice President of Finance - \$150,000

VII. Other

1. Litigation

The organization is involved in claims arising in the ordinary course of business. Management, after consultation with legal counsel, is of the opinion that the ultimate resolution of these matters will not have a material adverse effect on the Association's financial statements.

2. Licensure or Accreditation

No special licensure or accreditation requirements are necessary for this program.

3. Private Educational Institutions

The applicant shall specify whether the grant will be used to support or benefit a sectarian or non-sectarian private educational institution. Please see [Article X, Section 1, of the State Constitution](#) for the relevance of this question.

Not Applicable.

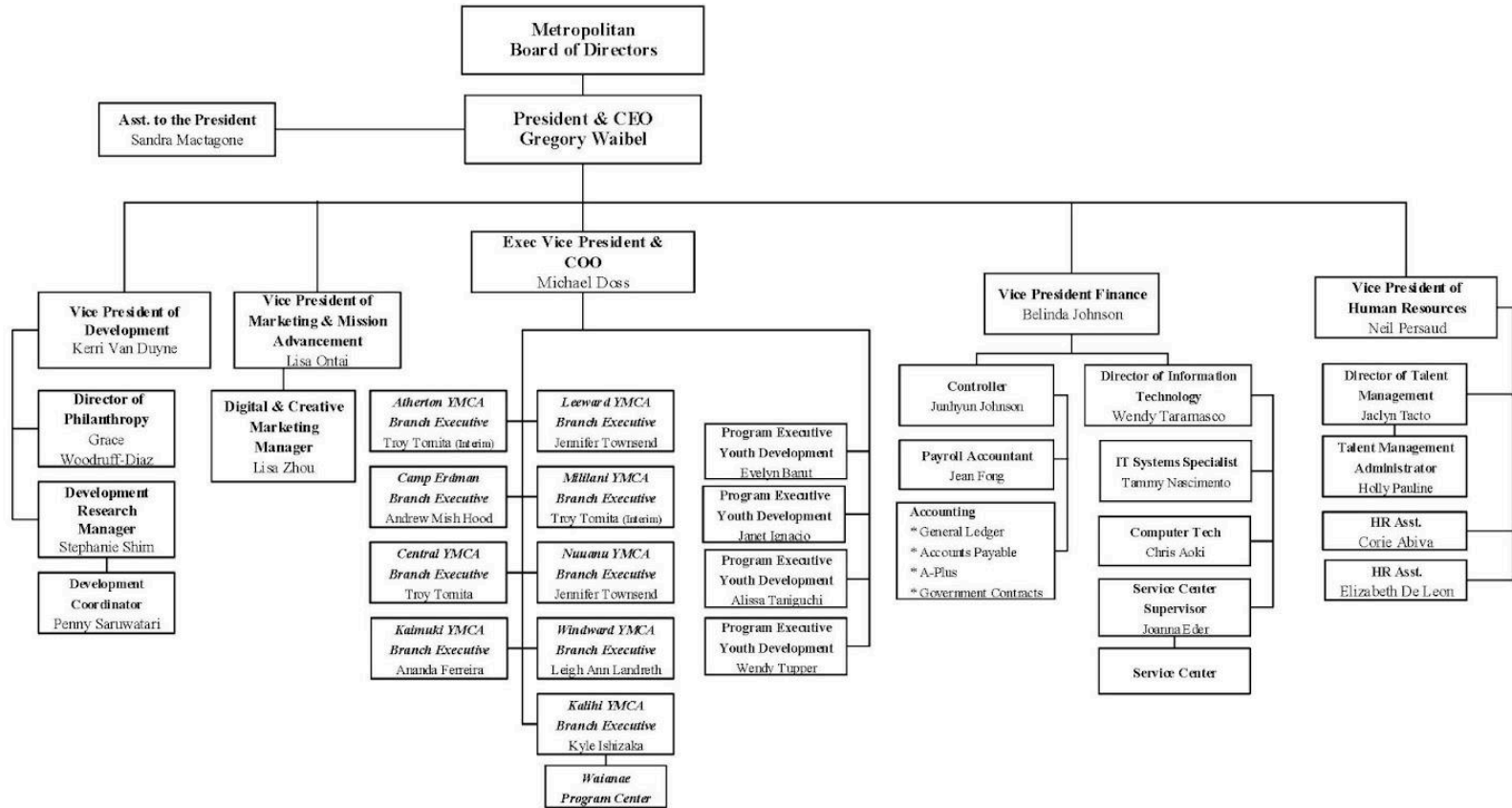
4. Future Sustainability Plan

The applicant shall provide a plan for sustaining after fiscal year 2023-24 the activity funded by the grant if the grant of this application is:

- (a) Received by the applicant for fiscal year 2023-24, but**
- (b) Not received by the applicant thereafter.**

This project is a pilot to provide impactful programming to combat waning mental wellness in our state's youth. We anticipate strong outcome data as evidence of a case for support to gain follow up funding to support the project. The YMCA of Honolulu will pursue accreditation as a behavioral health and substance abuse treatment organization necessary for improving operational efficiency and sustaining the program in the future through community partnerships, public or private funding sources or fee-for-service models.

YMCA of Honolulu



KALIHI YMCA 2023-2024 ORGANIZATIONAL CHART

KYLE ISHIZAKA
Executive Director

HEALTH & WELLNESS PROGRAM

FACILITY MAINTENANCE

FITNESS & MEMBERSHIP

BRANCH ADMINISTRATION

TREATMENT PROGRAM

S. HARUNAGA
Maintenance Director
1.0

S. DROGOWSKI
Program Director
1.0

F. C.-DURLAO
Branch Administrator
1.0

R. Guillermo
Secretary
1.0

George Banis
Maintenance
1.0

VACANT
Janitor
0.50

VACANT
Membership Clerk
1.0

Child Watch
Attendants

K. Obuta
Activities Coord.
1.0

C. Yabut
Membership Clerk
0.5

I. Gamboa
Membership Clerk
0.5

Group Exercise
Instructors

C. Aoki
Computer Tech
0.50

R. FERNANDEZ
Program Director
1.0

VACANT
Program Clerk
1.0

C. Aoki
Computer Tech
0.5

J. DEMELLO, csac
Clinical Director
1.0

VACANT
Clinical Clerk
1.0

VACANT
Program Coordinator
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

A. Gruetter
School-Based SATC
1.0

J. Visaya
School-Based SATC
1.0

S. Alejo
School-Based SATC
1.0

A. Cruz, csac
School-Based SATC
1.0

R. Soriano
School-Based SATC
1.0

C. Dumlao, csac
School-Based SATC
1.0

R. Nahina
School-Based SATC
1.0

VACANT
School-Based SATC
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
Outreach Worker
1.0

VACANT
School-Based SATC
1.0

VACANT
School-Based SATC
1.0

VACANT
School-Based SATC
1.0

VACANT
School-Based SATC
1.0

VACANT
School-Based SATC
1.0

VACANT
School-Based SATC
1.0

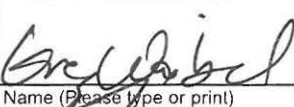
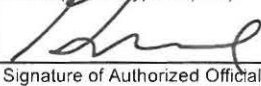
VACANT
School-Based SATC
1.0

VACANT
School-Based SATC
1.0

BUDGET REQUEST BY SOURCE OF FUNDS

Period: July 1, 2023 to June 30, 2024

Applicant: YMCA of Honolulu

BUDGET CATEGORIES	Total State Funds Requested (a)	Total Federal Funds Requested (b)	Total County Funds Requested (c)	Total Private/Other Funds Requested (d)
A. PERSONNEL COST				
1. Salaries	684,265			
2. Payroll Taxes & Assessments	67,058			
3. Fringe Benefits	143,862			
TOTAL PERSONNEL COST	895,185			
B. OTHER CURRENT EXPENSES				
1. Airfare, Inter-Island	36,000			
2. Insurance	25,820			
3. Lease/Rental of Equipment	30,000			
4. Lease/Rental of Space	115,500			
5. Staff Training	12,000			
6. Supplies	172,770			
7. Telecommunication	21,600			
8. Utilities	60,000			
9. Repair & Maintenance	27,000			
10. Transportation/Mileage	38,000			
11. Professional/Contractual Fees	174,090			
12. Program Activities	349,983			
13. Indirect Cost	463,500			
14. Depreciation	13,552			
15. Marketing/Publication	230,000			
16. Database/Software Development	35,000			
17.				
18.				
19.				
20.				
TOTAL OTHER CURRENT EXPENSES	1,804,815			
C. EQUIPMENT PURCHASES				
D. MOTOR VEHICLE PURCHASES				
E. CAPITAL				
TOTAL (A+B+C+D+E)	2,700,000			
SOURCES OF FUNDING		Budget Prepared By:		
(a) Total State Funds Requested		<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  Name (Please type or print) </div> <div style="text-align: center;"> 808-451-4571 Phone </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;">  Signature of Authorized Official </div> <div style="text-align: center;"> 1/20/23 Date </div> </div>		
(b) Total Federal Funds Requested				
(c) Total County Funds Requested				
(d) Total Private/Other Funds Requested				
TOTAL BUDGET		Gregory Waibel, President and CEO Name and Title (Please type or print)		

Applicant YMCA of Honolulu

POSITION TITLE	FULL TIME EQUIVALENT	ANNUAL SALARY A	% OF TIME ALLOCATED TO GRANT REQUEST B	TOTAL STATE FUNDS REQUESTED (A x B)
Executive Director	1	\$108 940	40%	\$ 43 576
Program Director	1	\$61 500	100%	\$ 61 500
Branch Administrator	1	\$59 222	50%	\$ 29 611
Program Clerk	1	\$31 200	100%	\$ 31 200
T Systems Administrator	1	\$44 755	50%	\$ 22 378
Program Coordinator	1	\$40 000	100%	\$ 40 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
Outreach Worker	1	\$38 000	100%	\$ 38 000
TOTAL				684 265
JUSTIFICATION/COMMENTS				
Executive Director and Program Director provide program oversight and quality assurance monitor program goals and contractual requirements work along-side Program Coordinator and Outreach Workers to co- facilitate activities and provide individual services to program participants as needed Work with Program Coordinator and Branch Administrator to monitor program budget curriculum and action plan to meet the needs o target group and u ill YMCA program outcomes and objectives Program Coordinator is responsible or program/activity planning organizing coordinating and implementing activities/services Outreach Worker positions are responsible or outreaching screening mentoring building rapport youth and provide quality services Outreach Worker positions work collaboratively with other agencies and community partners to delivery quality services and positive youth development activities or program				

Applicant: YMCA of Honolulu

DESCRIPTION EQUIPMENT	NO. OF ITEMS	COST PER ITEM	TOTAL COST	TOTAL BUDGETED
None			\$ -	
			\$ -	
			\$ -	
			\$ -	
			\$ -	
TOTAL:				
JUSTIFICATION/COMMENTS:				

DESCRIPTION OF MOTOR VEHICLE	NO. OF VEHICLES	COST PER VEHICLE	TOTAL COST	TOTAL BUDGETED
None			\$ -	
			\$ -	
			\$ -	
			\$ -	
			\$ -	
TOTAL:				
JUSTIFICATION/COMMENTS:				

BUDGET JUSTIFICATION - CAPITAL PROJECT DETAILS Period: July 1, 2023 to June 30, 2024

Applicant: YMCA of Honolulu

FUNDING AMOUNT REQUESTED						
TOTAL PROJECT COST	ALL SOURCES OF FUNDS RECEIVED IN PRIOR YEARS		STATE FUNDS REQUESTED	OTHER SOURCES OF FUNDS REQUESTED	FUNDING REQUIRED IN SUCCEEDING YEARS	
	FY: 2021-2022	FY: 2022-2023	FY:2023-2024	FY:2023-2024	FY:2024-2025	FY:2025-2026
PLANS						
LAND ACQUISITION						
DESIGN						
CONSTRUCTION						
EQUIPMENT						
TOTAL:						
JUSTIFICATION/COMMENTS:						
No capital requested						

GOVERNMENT CONTRACTS, GRANTS, AND / OR GRANTS IN AID FY 21-22

Applicant: YMCA OF HONOLULU

Contracts Total: \$ 11,320,730

	CONTRACT DESCRIPTION	EFFECTIVE DATES	AGENCY	GOVERNMENT ENTITY (U.S./State/Hawaii/ Honolulu/ Kauai/ Maui County)	CONTRACT VALUE
1	Ass st censed ch dcare prov ders exper enc ng f nanc a hardsh p and ch dcare market nstab ty due to COVID 19. Funds are pr mar y ntended to cover the f nanc a ob gat ons of cont nu ng operat ons, prevent ng permanent c osures, and/or enab ng programs to re open safe y.	10/21/21 03/31/23	U.S. Department of Human Serv ces v a State of Hawa , Dept. of Human Serv ces	U.S. & State	6,145,411
2	Ass st censed ch dcare prov ders exper enc ng f nanc a hardsh p and ch dcare market nstab ty due to COVID 19. Funds are pr mar y ntended to cover the f nanc a ob gat ons of cont nu ng operat ons, prevent ng permanent c osures, and/or enab ng programs to re open safe y. Funds are for the Leeward Preschoo .	10/21/21 03/31/23	U.S. Department of Human Serv ces v a State of Hawa , Dept. of Human Serv ces	U.S. & State	170,988
3	Prov de serv ces for o der adu ts (mea s, exerc se and act v tes).	01/17/22 12/31/22	E der y Affa r D v s on, Department of Commun ty Serv ces, C ty & County of Hono u u	Hono u u County	676,100
4	Substance Use D sorder (SUD) Cont num of Care (COC) sev ce array	10/01/21 09/30/23	U.S. Department of Hea th and Human Serv ces (DHHS) v a Department of Hea th (ADAD)	U.S. & State	3,000,000
5	Kauha e Aftercare Recovery Program	09/30/22 09/29/23	U.S. Department of Hea th and Human Serv ces SAMHSA	U.S.	250,000
6	Prov de an After Schoo Program: Do e M dd e Schoo	10/01/21 09/30/22	Department of Educat on	U.S.	88,869
7	Prov de an After Schoo Program: Do e M dd e Schoo	10/01/22 09/30/23	Department of Educat on	U.S.	88,869
8	YPAR Techn ca Ass stance	07/01/20 06/30/22	U.S. Department of Agr cu ture v a Department of Human Serv ces v a Department of Hea th	U.S.	49,320
9	YPAR Graph c Des gn and V deos	07/01/22 06/30/23	U.S. Department of Agr cu ture v a Department of Human Serv ces v a Department of Hea th	U.S.	49,999
10	YPAR V rtua Tra ngs	05/03/21 04/30/22	U.S. Department of Agr cu ture v a Department of Human Serv ces v a Department of Hea th	U.S.	49,796

	CONTRACT DESCRIPTION	EFFECTIVE DATES	AGENCY	GOVERNMENT ENTITY (U.S./State/Hawaii/ Honolulu/ Kauai/ Maui County)	CONTRACT VALUE
11	After School Feed ng	10/01/21 09/30/22	U.S. Department of Agriculture v a Department of Education CACFP	U.S.	18,978
12	N ta M. Lowey 21st Century Community Learning Centers	07/01/21 06/30/22	US Department of Education v a HI Department of Education, Community Engagement Branch (CEB)	U.S.	326,200
13	N ta M. Lowey 21st Century Community Learning Centers	07/01/22 06/30/23	US Department of Education v a HI Department of Education, Community Engagement Branch (CEB)	U.S.	326,200
13	To Furn sh and De ver an UPLINK School Enr chment Program for r.L. Stevenson Middle School of the Hawa Department of Education	01/01/22 12/31/22	U.S. Department of Health and Human Services v a Department of Human Services v a Department of Education	U.S.	80,000