

First Love Yourself Inc- H.O.M.E. Project Healing Opportunities through Mental Health Education

*City of Gainesville ARPA Aid to Nonprofits
Program*

First Love Yourself Inc

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Application Form

Eligibility

Economic Impact*

Has your nonprofit organization or the clients you serve suffered demonstrable negative economic impact as a result of COVID-19?

Yes

Location*

Is your organization a nonprofit and located within Alachua County? (physically or principally)

Yes

Operating Status*

Is your nonprofit organization active, open and operating? (in-person or virtually)

Yes

IRS Status*

Is your organization legally registered, fully licensed as a 501(c)3 or 501(c)19 nonprofit (as required by applicable law), and up to date on tax payments/filings to include a valid IRS Form 990 for 2020 (or 2019) or an independently audited financial statement?

Yes

IRS Status Year*

Was your organization incorporated as a nonprofit prior to January 1, 2020?

Yes

The Philanthropy Hub Verification*

Is your nonprofit organization verified on The Philanthropy Hub?

Yes

Services*

Does your nonprofit organization provide essential human services to City of Gainesville residents who have been impacted by COVID-19? Please check all that apply:

- Community Development
- Education
- Human & Social Services
- Medical Services (including Mental Health)
- Other

Other Services

If you selected 'Other' services, please provide details of how your organization serves those adversely affected by COVID-19.

Resource center, mentoring and mental health education and therapy.

Acknowledgment

Project Name*

Name of Project.

First Love Yourself Inc- H.O.M.E. Project Healing Opportunities through Mental Health Education

Acknowledgment*

I understand that in order to apply for the City of Gainesville ARPA Aid to Nonprofits Program, my organization must:

- be principally based or physically located within Alachua County;
- be providing COVID-19-impacted City of Gainesville residents essential services covering medical services, congregate living safety services, food services, housing stability services, training and adult education services, child care and education services, elder care services, and mental health services;
- be active, open and operating (in-person or virtually);
- be registered as a 501(c)(3) prior to January 1, 2020;
- be fully licensed as a nonprofit (as required by applicable law), and up to date on tax payments/filings to include a valid IRS Form 990, 990-EZ, or 990-N filing no later than 2019, or an independently audited financial statement from the most recently completed fiscal year;
- be able to demonstrate the adverse impact of the COVID-19 pandemic to your organization or the clients you serve in one of the following manners:
 - incurred unplanned costs for new programming designed to assist those disparately impacted by the pandemic and its economic effects;
 - incurred unplanned costs to comply with safety and health standards and/or reopening requirements, e.g., modifying facilities for social distancing;
 - incurred unplanned costs for technology to enable virtual work; or

- o lost revenue due to pandemic-based causes, e.g., due to shutdowns, lost sponsorships, inability to hold fundraising events;
- provide a narrative explaining the impact of COVID-19 on the nonprofit's operations; and
- not have received or been approved to receive City ARPA funding via a separate initiative, project, or program.

Yes

Applicant/Agency Information

Target Population*

Select all that apply to indicate which population groups are directly impacted by your work.

- Youth/Teens (ages 13-18)
- People with disabilities
- Low-income individuals/families
- Marginalized/Under-served groups

Local Impact*

What is your organization's impact on its constituents and the City of Gainesville community in recent years? Please quantify your responses where possible (i.e. number of people served).

In support groups like Alcoholics Anonymous (AA), individuals facing similar challenges, meet in a supportive space and share their obstacles, victories and resources. With FLY, it works the same. As mentors, we meet with young ladies who are facing adverse circumstances in which our experienced mentors have already conquered or can offer support with. In recent years we have held safe spaces for girls and women to connect, get empowered, support each other and gain valuable resources. While self-exploration, healthy coping skills, and motivational guidance have been our focus; so has gaining community partnerships, providing assistance in the community and donating our time and talents to vulnerable populations. In years past we have hosted 3 back to school initiatives providing over 150 families with bookbags, school supplies and clothing. We have provided over \$5000 for FLY families with food insecurities and held 4 empowerment conferences for Gainesville residents. Additionally, through donations, FLY was able to assist 4 families with rental and utility assistance during COVID-19, having faithful donors proved to be beneficial during COVID-19.

Smaller successes include monthly meetings to address relevant issues in our community such as gun violence and adolescent drug use. Whether in person or virtual, girls are able to share their emotions, concerns and input in a safe space. Additionally, weekly meetings moved to a virtual platform due to COVID-19, but girls attend regularly every first, second and third Thursday of each month.

Another accomplishment of our organization, was supplying over 100 mothers of infants with diapers and formula at Alachua Counties event, Worlds Greatest Baby Shower, as well as providing custom educational infographics on the importance of breastfeeding.

Lastly, understanding the school board staff and teachers are under an enormous amount of stress during this difficult time, we implemented a tutoring program for FLY girls and others in our network. Each Tuesday and Thursday, a paid tutor assists students in various topics. On average, tutors spend about 4 hours each week with a varying number of students.

As our community strengthens, and we begin to rebound from a devastating period, each new day offers a chance for us to work together, pursue new opportunities and improve upon the past, therefore changing lives. FLY is privileged to be able to serve at risk girls in Gainesville, Florida.

Board Chair or Authorized Person First Name*

Letisha

Board Chair or Authorized Person Last Name*

Nelson

Board Chair or Authorized Person Title*

Director

Hub Profile*

Please provide link to verified profile from The Philanthropy Hub.

<https://www.thephilanthropyhub.org/organizations/first-love-yourself>

Organization Type*

Nonprofit with 501C3 IRS Status (Other than an institution of Higher Education)

Tax Form Information*

Please select the tax form your organization most recently filed.

990N (postcard)

Gross Revenue*

Enter your organization's total revenue as reported on your most recently filed IRS Form 990 from no older than 2019 or independently audited financial statement from your most recently completed fiscal year.

- For IRS Form 990 enter the amount indicated on line 12
- For IRS Form 990-EZ enter the amount indicated on line 9.
- For IRS Form 990-N, enter your revenue for the corresponding fiscal year.
- For independently audited financial statement, enter the total revenue indicated.

\$20,000.00

Operating Revenue*

Organization's operating revenue for the last completed fiscal year

\$20,000.00

Operating Expenses*

Organization's operating expenses for the last completed fiscal year

\$28,571.00

Pandemic changes to your organization

Pandemic-related changes to priorities and goals*

Briefly explain how the COVID pandemic has changed your organization's priorities and goals.

Due to the COVID-19 pandemic, mentoring, guidance and mental health therapy, is needed now more than ever. Even during the best of times, the art of mentoring can be challenging. Whether it's helping a youth apply for college, mentoring requires a wide and varied skill set. Mentors help mentees to align expectations, develop obtainable goals, sort out work-life integration issues and more. Mentoring has the potential to diminish stress, reduce impulsive behaviors and produce productive, citizens. Now we are doing all of this, and more, as we face this global pandemic. It is important that we take time to think in different ways to support ourselves and our mentees.

The coronavirus outbreak has left many of us feeling frightened, worried and overwhelmed. This is affecting people in different ways, but concerns relating to a lack of motivation or productivity, are not uncommon. Our organization has seen a significant increase in referrals, specifically those dealing with mental health issues and adjustment disorders due to COVID-19. Through partnership with Step By Step Behavioral Health, our organization can provide mental health counselling and therapy to girls and women in Gainesville, Florida.

As we all got used to working at a physical distance from each other, our goal was for mentees to not feel disconnected from personal relationships. It was important to fight this physical shift by reaffirming relationships. Check ins with mentees were essential over the last two years. By using e-mails, texts or video calls, there was no specific agenda — check in and maintain an open line of communication. Offering resources, was also essential at this point, as many of the girls/participants faced crisis'.

The stressors and motivations to practice social distancing due to the COVID-19 pandemic seem to be difficult for adolescents to process, which results in poor mental health outcomes. Adolescents must be provided with the tools to cope in order to be resilient and mentally well during periods of adjustments, an area FLY has expertise in. The exposure to and practice of positive coping skills can lead to mentally well adolescents, who can easily adjust to rapid changes.

Adolescents had perceived high rates of low to moderate social support during the pandemic, which contributed to increases in anxiety and depression. Due to these challenges, it is imperative that support be greatly implemented in homes. Studies have shown that the implementation of social support leads to positive mental health outcomes.

Addiction is another concern for adolescent mental health during the pandemic. Due to stay-at home orders, school closures, or new at home learning methods, students are seeking ways to connect and to

socialize in manners that may not be productive for optimal health. The result of these behaviors are smartphone addiction and internet addiction. Both forms of addiction lead to poor mental health outcomes for adolescents.

Pandemic-related changes to your organization's operations*

Please describe how your operations have changed during the pandemic from a staffing and service delivery standpoint.

The COVID-19 pandemic has created havoc across the world, which has resulted in over 2 million deaths globally and forced billions into isolation due to stay at home orders. As a result of social isolation, and the constant concern of infectivity, mental health consequences that are associated with the COVID-19 crisis are monumental.

As the pandemic took full force in the first quarter of 2020 and schools and businesses closed, our typical way of working was rendered obsolete—nearly overnight. We recognized the long-term negative effect social distancing, virtual learning and isolation can have on girls' life and continued to do the work, by any means necessary. Our staff quickly turned into IT professionals, walking girls and parents through our new way of meeting, Zoom!

We also recognized that as families deal with unprecedented levels of stress associated with the COVID-19 pandemic, the risk of intrafamily conflict and gender-based violence increases, negatively impacting girls' self-confidence, well-being, and ability to effectively navigate key life decisions. We partnered with Step By Step Behavioral Health staff on call to be able to handle crisis' our members may have been experiencing.

Impact

Description of Need as Specifically Related to Coronavirus*

Please provide a description of how your organization continues to be impacted by the coronavirus pandemic, operationally and/or programmatically.

Due to the COVID-19 pandemic, mentoring, guidance and mental health therapy, is needed now more than ever. To counter current challenges, we harnessed the power of a team of community-based partners who are close to the realities and needs of the girls and are highly invested in their success. These strengths drove our immediate response to the pandemic and transitioned to small group, life skills and mentoring sessions via a virtual platform and remote one-on-one mentoring sessions within a matter of weeks.

Our teams' knowledge of program participants and their families facilitated this quick response and focused our mentoring on priority areas: well-being, academics at home, staying safe and healthy, and maintaining positive self-image and coping skills. To increase capacity, networking and sustainability, it would be beneficial to be able to support a part time staff person to coordinate and facilitate FLY programs and partnerships at the rate of \$25,000 per year, which is comparable to other positions in the region.

Now, with the nation shifting toward meeting in person, it is essential for us to be able to meet in a safe space, where we can be socially distant, but share together in a supportive manner. FLY would utilize grant funds to increase meeting space to accommodate additional girls and provide a safe distance between all participants. To successfully facilitate sessions, there is a need for materials for the HOME Program such as journals, workbooks, hygiene items, yoga mats, stress balls, and projector and screen for presentations. It is important to reward girls making improvements, so that they can be encouraged by the support and motivational items. Each week FLY assures each girl has eaten and has proper hygiene items.

Lastly, it is our hope to continue to reach more citizens by purchasing virtual platform services such as Kahoot, Zoom and Thinkific. The organizations website could use updating to reflect current programs, resources and calendar of events.

Population Impact*

Indicate if your services are directed at populations that have been disproportionately impacted by the COVID pandemic. (Identify at least one category: race, gender, ethnicity, geography, income)

At risk, adolescent girls in 9th-12th grade in Gainesville, Florida

Disparity*

What disparity does this population experience that this program addresses? Examples: home ownership, income, health, educational attainment, etc.

Mental Health issues (diagnosed or undiagnosed)

Supplemental Disparity Information

For organizations with gross revenue of more than \$1 million, show data to demonstrate existing disparities and impact of COVID on the population identified, including local data if possible. Examples of data can be related to health, socioeconomic status, housing, or factors specific to the program.

N/A

Number of individuals served*

Indicate the total amount of individuals who will be directly impacted by this program.

1000

Lost Revenue Calculation (Optional Question)

If you are requesting support for lost revenue, please complete the <https://cfncf.org/wp-content/uploads/2022/03/Lost-Revenue-Calculations.xlsx> Lost Revenue Calculation worksheet. Click here for instructions: [Lost Revenue Calculation Instructions](#).

After downloading and completing the worksheet, please submit it in Excel format.

Budget Spreadsheet*

Upload the program budget using the spreadsheet provided: City of Gainesville ARPA Aid to Nonprofits Program Budget Worksheet

Add line items to the budget worksheet as needed. Please be descriptive in your line items, including providing the number of items and cost per item, i.e., 2.5 FTEs @ \$75,000 each.

The worksheet should reflect/include information about other ARPA funding or other COVID- related federal funding received and/or pending. After downloading and completing the budget, please submit it in Excel format.

ARPABudgetFLY.xlsx

Sustainability*

What are the long-term strategies for funding this project/program at the end of the grant period?

Through partnership, Step By Step Behavioral Health has committed to a multi year partnership, agreeing to facilitating and overseeing our mental health department. With this commitment, we will be able to serve over 50 girls with mental health education and therapy. Additionally, the COVID-19 pandemic has brought about funds to address this global issue. There is evolving data confirming an increase in mental health issues and concerns with our target population. It is our hope to apply for additional funding to sustain the mental health H.O.M.E. Program. With possible grant funding, donations, and fundraising efforts, our organization has and will continue its efforts to obtain resources to sustain the program after the grant period ends.

Request Information

Purpose of Request*

One sentence describing the purpose of your request

The purpose of the request is to expand mental health education, counseling and resources.

Amount Requested*

Funding can be requested to cover expenses from March 3, 2021 - December 31, 2024. Please enter the total amount of your request for all years of your request.

\$109,350.00

Total Program Cost*

\$114,350.00

Allocation of requested funds for previous expenses*

Please indicate the amount of your organization's request that you plan to use for reimbursement of qualified expenses incurred from 3/3/2021-current.

\$0.00

Allocation of requested funds for year one*

Please indicate the amount of your organization's request that you plan to use from 6/1/2022 through 6/1/2023.

\$45,240.00

Allocation of requested funds for year two*

Please indicate the amount of your organization's request that you plan to use from 6/2/2023 through 12/31/2024.

\$64,110.00

Financial Review

Budgets to Actuals*

Please upload three years of organizational budget to actuals (current year-to-date, plus the previous two years). You will have to combine the documents into one file to attach here.

2022-03-18-093729.pdf

Balance sheet*

Please upload your most recent balance sheet.

BalanceSheet (1).pdf

Financial oversight*

How is your organization's board and/or finance committee evaluating the financial health of your organization? What types of financial documents do they review and how often?

Our organization finds benefit in keeping appropriate documents and financial records. This way, it should be slightly less stressful when applying for additional funding. Accounting records are maintained on a current basis and balanced monthly by the board treasurer. The Treasurer meets with the board of directors on a quarterly basis to discuss financial reports. By working with a contracted CPA, we ensure the agency financial records are updated monthly. The board is notified monthly during board's meeting. Board meetings ensure the agency financial well-being is addressed monthly. Board members meet monthly and are able to make recommendations on budgetary issues and expenditures.

Accounting records are maintained on a current basis and balanced monthly by the Director. The Board Treasurer oversees the organizations compliance with terms grants, banking and financial reporting. The organization's current grant requires quarterly and timely reporting, to assure the organization is on track with all grant terms. Through a secure, online portal, the coalition regularly submits an SF-424. Though the

treasurer oversees the organizations finances, all board members have the capacity to probe for and recognize financial warning signs.

Confirmation and Attestation

Confirmation and Attestation 1*

My nonprofit organization or the clients we serve were adversely affected by the COVID-19 Pandemic.

Yes

Confirmation and Attestation 2*

My nonprofit organization, if approved, will use awarded City of Gainesville ARPA Aid to Nonprofits Program funding solely for the purpose of covering expenses directly related to the COVID-19 pandemic.

Yes

Confirmation and Attestation 3*

I/We have not already received (and will not receive) reimbursement of any of these costs through another funding source (such as insurance or grants).

Yes

Confirmation and Attestation 4*

I/We fully understand that any funding awarded under this program must be used to purchase services or products that will be used within the City of Gainesville by December 31, 2026.

Yes

Confirmation and Attestation 5*

I/We fully understand that it is a Federal crime to knowingly make false statements (especially regarding the misuse of funds).

Yes

Confirmation and Attestation 6*

I/We fully understand that my case file may be subject to a random audit, five (5) years after the date of closing. This audit may be conducted by the City of Gainesville, and/or another local or state nonprofit organization. I agree to fully cooperate with any of these agencies as requested.

Yes

Confirmation and Attestation 7*

I/We fully acknowledge that if any omissions or misrepresentations are revealed, I will be subject to immediate repayment of all assistance received.

Yes

Confirmation and Attestation 8*

I certify that the information contained in this application is true, complete and correct to the best of my knowledge.

Yes

Signature*

By entering my name below and submitting this application for financial assistance, I affirm that I read, understand, and agree to the previous statements. I am bound by all of the above statements in this application, and agree to be bound by the following terms and conditions if awarded under this program. I confirm that this application is submitted under the authority and approval of the CEO or Executive Director of my organization. Type your name below

LaShay Johnson

Date Signed*

03/16/2022

For Evaluators

CFNCF Comment on Diversity*

Are diversity policies included in board recruitment? No

Board Demographics

African American/Black

5

Asian American/Pacific Islander

0

Caucasian

0

Hispanic/Latino

0

Native American/American Indian

0

Not Specified

0

Female
5
Male
0
Not Specified
0

Board Diversity Comments
None

File Attachment Summary

Applicant File Uploads

- ARPABudgetFLY.xlsx
- 2022-03-18-093729.pdf
- BalanceSheet (1).pdf

ARPA Coronavirus Nonprofit Recovery Fund

Organization Name: Alachua County HPW

PROJECT BUDGET	Expenditures	Other Funding Income			Total Request
	Expected Expenditures 03/03/2021 through 12/31/2024	Other ARPA Funding*	Non-ARPA Funding Received**	Total Other Funding	
Input Line Item Descriptions in this Column				\$ -	-
Meeting Space (\$500/Month)	\$ 15,000.00			\$ -	15,000
1 PT Staff (@\$25000/Year)	\$ 62,500.00	\$ -	\$ 5,000.00	\$ 5,000.00	57,500
Tutor (\$20/Hr @6/Week)	\$ 15,600.00	\$ -	\$ -	\$ -	15,600
HOME Program Supplies	\$ 12,500.00	\$ -		\$ -	12,500
Staff & Mentor Training (1 Staff @2 Trainings/Year)	\$ 8,750.00	\$ -		\$ -	8,750
				\$ -	-
				\$ -	-
				\$ -	-
				\$ -	-
				\$ -	-
				\$ -	-
				\$ -	-
TOTAL	\$ 114,350.00	\$ -	\$ 5,000.00	\$ 5,000.00	109,350

Sources of Other Funds	Status of Funding	Amount
All State Helping Hands Grant	Funded	\$ 5,000
Total		\$ 5,000

* Please list any APRA funding received or pending from other sources
 **Please include an other federal pandemic response funding received during any time period during the pandemic

Category and Item	4/1 /2021- 3/31/2022	Budget	Actual	Difference	Approval Status
Total Project Budget					
Personnel		\$7,000	\$12,750	\$5,750	
Tutor		\$2,000	\$2,750	\$750	Approved
Mental Health Pro	4 Sessions per/Week	\$5,000	\$9,875	\$4,875	
Office Space		\$4,800	\$4,800		
Lease Contract	\$400/Month	\$4,800	\$4,800		
Training		\$1,500	\$1,500		
Online Training	\$150 x each mentor	\$1,500	\$1,500		
Supplies		\$7,250	\$7,696	\$446	
Therapy Materials		\$750	\$1,237	\$487	Approved
Organization Paraphenelia	T shirts, pens, banner, etc	\$500	\$500	\$163	Approved
Office Supplies		\$1,200	\$1,200	\$279	
Program Incentives		\$4,800	\$5,201	\$401	Approved
Contract Services		\$1,425	\$1,825	\$400	
Website Maintenance	Go Daddy	\$1,000	\$1,200	\$200	Approved
Quickbooks	\$25 per month	\$300	\$300		
Advertising		\$125	\$325	\$200	

Category and Item	4/1/2020 - 3/31/2021	Budget	Actual	Difference	Approval Status
Total Project Budget					
Personnel		\$5,000	\$15,100	\$5,000	
Program Coordinator Salary	Part Time	5000	\$5,100	100	
Mental Health Professional Salary		\$5,000	\$10,000	\$5,000	Approved
Office Space					
Lease Contract		\$2,400	\$4,400	\$2,000	
Supplies					
Therapy Materials		\$1,000	\$2,839	\$1,839	
Office Supplies		\$500	\$500		
Incentives & Org Para		\$500	\$339	\$161	
		\$0	\$2,000	\$2,000	
Contract Services					
Website Maintenance		150	150		
		\$150	\$150		

Category and Item	4/1 /2019- 3/31/2020	Budget	Actual	Difference	Approval Status
Total Project Budget					
Personnel		\$0	\$1,000	\$0	
Volunteer Incentives			\$1,000		
MH Professional		\$0	\$2,000		
Office Space		\$1,000	\$1,700	\$700	
901-B9		\$1,200	\$1,700	\$700	Approved
Training					
Life Coach Cert	150 x each mentor	\$1,500	\$1,500		
Supplies					
Therapy Materials		\$500	\$750	\$250	Approved
Supplies		\$300	\$500	\$200	Approved
Incentives		\$2,000	\$2,500	\$500	Approved
Contract Services		\$350	\$535	\$185	
Website Maintenance	Go Daddy	\$350	\$535	\$185	Approved

First Love Yourself Incorporated

Balance Sheet

As of March 17, 2022

	TOTAL
ASSETS	
Current Assets	
Bank Accounts	
Checking (0008)	1,214.46
Savings (0000)	5.00
Total Bank Accounts	\$1,219.46
Total Current Assets	\$1,219.46
TOTAL ASSETS	\$1,219.46
LIABILITIES AND EQUITY	
Total Liabilities	
Equity	
Opening Balance Equity	57.35
Retained Earnings	2,106.81
Net Income	-944.70
Total Equity	\$1,219.46
TOTAL LIABILITIES AND EQUITY	\$1,219.46

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*City of Gainesville ARPA Aid to Nonprofits Program : Evaluation
Summary*

First Love Yourself Inc

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Evaluation Summary

1/1 Evaluations Complete

Chris Polischuck:

Evaluation Complete

Question Group

GSG Comments*

Please list any comments you would like for the evaluators to see when reviewing the application

Chris Polischuck: The Final Rule provides for an expansive array of services for prevention, treatment recovery and harm reduction for mental health, substance use, and other behavioral health challenges caused or exacerbated by the public health emergency. When providing behavioral health services, recipients can identify the impacted population as the general public and presume that all programs and services are reasonably proportional responses to the harm identified.

The services provided by First Love Yourself to at-risk high school girls fall under several eligible ARPA expenditure codes:

- 1.10 Mental Health Services
- 1.11 Substance Use Services
- 2.2 Household Assistance: Rent, Mortgage and Utility Aid
- 2.3 Cash Transfers
- 3.4 Education Assistance: Social, Emotional and Mental Health Services

Is Your Review Complete?*

Chris Polischuck: Yes