

**Cumberland County Community Development Program
2012 CDBG General Program Application
Regional Cover Page**

Project Title SPECIAL NEEDS: THERAPEUTIC RECREATION
FOR COUNTY RESIDENTS WITH SEVERE DISABILITIES

Regional Applicant Cumberland County Commissioners

Non-Profit Entity THE CENTER FOR THERAPEUTIC RECREATION,
EASTER SEALS MAINE, INC.

Contact Information Name KAREN B. MCPHEE, PH.D., DIRECTOR

Address 125 PRESUMPSCOT STREET, PORTLAND, ME 04103

Email KMCPHEE@EASTSEALSME.ORG Tel 207.792.0504

Program Category

Public Infrastructure/Facility N/A Downtown Revitalization N/A
Public Service X Housing Economic Development N/A

CDBG "National Objective"

Low/Moderate Income: Area-Wide X Limited Clientele

Direct Benefit: Presumed Group ADULTS WITH SEVERE DISABILITIES (Identify Group)

Slum/Blight: Area-Wide N/A Spot Basis N/A

Amount of CDBG Funds Requested \$6000

Total Estimated Project Cost 6000

Name of Authorized Official Evelyn Blanchard

Signature of Authorized Official Evelyn Blanchard

Cumberland County Community Development Block Grant Proposal General Grant Program Application —2012

**Submitted by
The Center for Therapeutic Recreation, Easter Seals Maine, Inc.**

Summary of Proposal Project (10 points)

The purpose of this grant application is to request an appropriation through the Cumberland County Community Development block Grant process in the amount of **\$6000**. CDBG funds will provide partial support the participation of Cumberland County adult residents with severe disabilities who would like to participate in the center's programs and do not have other funding streams, including municipal support, to do so.

The Center for Therapeutic Recreation has a long history of providing therapeutic recreation and aquatics services to children and adults with disabilities who reside in Southern Maine since 1974. Under a newer partnership with Easter Seals Maine, Inc., the center is continuing its mission of providing quality professional community-based programs to enhance the quality of like experiences of individuals with disabilities for a reasonable cost. Therapeutic Recreation is the use of a recreation modality (e.g. swimming, art, social activities) to help individuals with disabilities improve, maintain, and expand their physical, mental, and emotional well-being.

Participation in a structured recreation environment provided by trained professionals encourages skill attainment with the ultimate goals of full inclusion in the participant's community recreation programs. By eliminating barriers to community involvement and maximizing active participation, adults with severe disabilities are empowered to lead fuller lives and to contribute to their communities.

Need for the Activity (20 points)

a). The magnitude and severity of the issue of providing services to this population is witnessed in the loss of state and local services due to the state's present economic condition and the heavy demand for services by special populations. Individuals with severe disabilities are often excluded in the work place or lack skills to be potentially employed. Social and physical isolation and the lack of available day programs place great burdens on families and the social system network. Thus, many adults with severe disabilities are faced with long periods of unconstructive use of time, are at risk for developing poor self-esteem and increased behavior problems, and experience little physical activity – factors that decrease opportunities for enhanced quality of life.

b). The number of people with disabilities over the age of five who resident in Cumberland County is 42,102 (<http://quickfacts.census.gov/qfd/states/23/23005.html>). It is estimated that 13,154 adults with disabilities are over the age of 65 reside in Cumberland County (31%). Of this number, 2499 live below the poverty level (U.S.

Census Date, 2000). No information is available on the number of adults who have severe disabilities and resident in Cumberland County or at what income levels.

c). *The Maine Physical Activity and Nutrition Plan, 2005-2010* (n.d.) describes the serious nature of Maine citizens relating to the lack of their physical activity and the growing problems associated with poverty and poor nutrition. To address these issues for all Maine citizens, the plan suggests that Maine citizens address changing their lifestyle by implementing a healthy diet and engaging in regular physical activity as outlined by current research that recommends that “encouraging individuals to become involved in physical activity (that) can influence other health behaviors” (The Maine Physical Activity Plan, n.d.). At greater risk are those individuals with disabilities who have less frequent opportunities to engage in healthy behaviors that include regular exercise and physical activity. To address this concern, the Center for Therapeutic Recreation offers a therapeutic and adapted swimming program for children and adults with disabilities and has a long history of providing a wide range of active and passive recreation activities when resources are available.

In keeping with the suggestions promoted by The Maine Physical Activity Plan, recognized as valuable guidance by the center, the opportunities to engage in physical activity will benefit those county residents with disabilities who need and want to participate in a structured, healthy physical outlet. The plan physical activity plan outlines a rationale pertaining to the importance of physical activity and healthy living as a matter of proactive social health economics.

It is apparent that social and economic environments affect individual choices related to nutrition and physical activity. Therefore, appropriate interventions must address environmental factors as well as behavioral factors in the state’s efforts to prevent and treat issues related to weight and obesity (U.S. Department of Health and Human Services, 2001). All sectors of society must work together to help support healthy opportunities and choices where Maine citizens live, work, play, and to school (p. 34).

Management of the Proposed Activity (10 points)

a. Define who and how the grant funded project will be managed:

The grant, if awarded to the center, will provide funding that pays for the agency’s hourly rate of \$40 per hour. The county resident would be asked to pay a registration fee for his or her participation. The program’s director will oversee the administration of the grant and will be responsible for record keeping, filing reports, and submitting reimbursement forms. All records including a participant intake file, income verification, and records pertaining to the administration of the grant program will be maintained for county audits. It is anticipated that the grant award of \$6000 will provide **150 hours** of service to county residents. Residents may select to participate in a program consisting of 30-to-90 minutes per week. The center has the capacity to serve between 12 and 18 residents of the county who have no other possible funding source to support their participants. Funding will be spread out over the funding period to accommodate as many residents as possible.

b. Explain the experience of the applicant in undertaking projects of similar complexity

Established in 1974 as a collaborative between the City of Portland Recreation Department and the University of Southern Maine, and funded by the Maine Bureau of Rehabilitation, the center operated as a municipal program until 1985, utilizing city funds, service contracts, and Community Development Block Grant (HUD) appropriations. In 1985, the center left city auspices and incorporated as a nonprofit. In January 2009, the center partnered with Easter Seals Maine, Inc. (ESME) and continues its mission under the ESME umbrella. The City of Portland continues its contractual arrangement with the center which delivers therapeutic recreation and aquatic services to its residents with disabilities. In addition, the center provides consultation support to city recreation staff for training and modification of community recreation activities for its residents with disabilities.

c. Demonstrate that an ongoing commitment exists to continue the maintenance and operation of the activity or facility:

The center's director has oversight experience with community development funding when the center was affiliated with the City of Portland, and in recent funding cycles with the City of South Portland. The center is committed to its mission of continuing to provide quality service and continues to search for various funding streams that will enhance service delivery.

Professional therapeutic recreation services are provided to those individuals whose conditions may prevent them from fully participating in the mainstream community recreation programs. These individuals may require considerable support in order to participate in the center's program including dressing and undressing, self-care, one-to-one instruction, and specialized equipment.

Activities are designed to facilitate the development, maintenance, and expression of an appropriate lifestyle of these residents while using community facilities with professional support. Recreation offers benefits and values within the human experience that enhances one's quality of life, recognizes diverse needs and learning styles, diversity and the personal interests of the participant. Recreation offers new and/or expanded opportunities for community inclusion and participation. The center's longevity as a municipal and nonprofit attests to its commitment to serve the recreation needs of individuals with disabilities in Southern Maine.

Ready to Proceed – (10 points)

The steps to complete for the project include the following. The development of a press release alerting residents with severe disabilities that a grant awarded received from the Cumberland County CDBG providing funding for adults with severe disabilities who wish to enroll in the center's therapeutic recreation program(s). The press release will provide a contact number as well as outline the purpose of the funded project.

Distribution of program flyers in community spaces and bulletin boards advertising the program and eligibility requirements for potential participants will take place in all towns in Cumberland County. In addition, letters will be sent to all town

managers asking that they share that information with their residents. Interested county residents who contact the center will receive an enrollment packet to complete in order to register for programs of their choice. Once enrolled, participants will receive frequent mailings of schedules, program notices, and newsletters (when available).

The center's current organizational structure offers a service template that includes: a) professional and volunteer staffing; b) community support in the form of varied municipal and service contracts; c) access to local facilities that promote inclusion and physical accessibility; d) an established fee for service outline for participants and a formal enrollment process; d) program provision in accessible community recreation facilities; and, 3) collaboration with service providers in Cumberland County.

Potential impediments to the initiation and continuation of the project could include securing additional trained staff experienced in working with special populations, to accommodate the increased service need should the nature and needs of participants seeking service require significant physical assistance. A waiting list could be established in the demand for services increases. Potential participants place on the waiting list will be accommodated in a timely manner.

Implementation schedule for the project (10 points)

(See attached)

Budget for Project (10 points)

(See attached)

Need for CDBG Program Funds (15 points)

a.) The consequence of not receiving CDBG funds means that residents of Cumberland County who qualify for the center's program would have a more difficult time receiving the services that the center provides. It would require potential participants to pay total out-of-pocket costs for program fees. This would create a hardship for many individuals with disabilities who may already have limited financial means. Decreasing funding streams at the local, state, and federal level are creating difficult situations for many Maine residents. Tighter eligibility requirements are eliminating individuals who in the past would have been able to participate in many program but cannot at this time.

The opportunity to utilize CDBG funding provides the county and the center the ability to reach out to an underserved population and to provide opportunities to establish and maintain a healthier lifestyle, learn new skills that will enhance greater opportunities to join community programs, and to encourage social interaction with others, especially for residents who live in more rural towns in the county.

b). Partial funding will be used to help as many residents as possible based on the center's hourly rate and dependent on the grant award. Additional grant writing will be sought to help offset program costs. The center, prior to joining Easter Seals, had a sliding fee scale available for eligible participants. Since becoming an Easter Seals Maine program, the center had to discontinue its use of the scale. At this time, Easter Seals has

not reinstated the scale and has not given a timeline for when the scale might be used again. The center's director continues to write grants and host fundraising events for operating program costs to keep program activities affordable to current and potential participants.

c). CDBG funds are critical for the center because it lost funding provided by a few years ago due to a restructuring for priority services related to the Cumberland County Jail and current economic conditions facing all levels of municipal governments. The present status of MaineCare cuts facing disabled and elderly residents will have great impact on the most basic of health care and related services to these populations. The loss of these funds hurt the center's ability to offer funding support for county residents whose town does not appropriate funds for the program. Fewer county residents would be able to pay for these services. Thus, the center must look at every potential funding opportunity to help its participants and to promote its mission.

Distress Score

**Project Implementation Schedule for 2012 Grant Cycle
The Center for Therapeutic Recreation, Easter Seals Maine**

Activity	Q #1 J-S 2012	Q #2 O-D 2010	Q #3 J-M 2013	Q #4 A-J 2013
Development of program brochure for towns/mail out	X			
Distribution of flyers in community spaces and bulletin boards	X	X	X	X
Write press release for Press Herald and town papers regarding grant award	X			
Mail information to interested county residents	X	X	X	X
Reports completed as outlined in contract	X	X	X	X
Project completed by end of Q #4				X

Budget – Public Service Program The Center for Therapeutic Recreation. Easter Seals, Maine

Cost Category	CDBG Funds	Municipal Funds	Other funds	Total
Equipment				
Materials/supplies			1,140	2140
Postage			1,000	
Operations				
Salaries	5,700	41,000	96,078	140,078
Fringe			30,716	30,716
Transportation			2,550	2,550
Consultants (training, interpreters)			3,482	3,482
Space/Rent			15,000	15,000
Project Management	300			300
Other – 1				
Phone			972	2268
Depreciation			1,296	
Other – 2			540	540
Advertisements				
Total Costs	\$6000	41,000	152,774	199,774
Provide the basis for determination of budget amounts:				
Project management – reflects 5% of director's time (\$300)				
Salaries reflect direct service time with participants (\$5700).				