

Appalachian Regional Commission
Substance Abuse Grants Competition
FY 2009

Announcement Date: May 1, 2009

Close Date: June 30, 2009

Selection Announcement: August-September, 2009

I. Introduction

Recently the national media has focused attention on the abuse of prescription painkillers across Appalachia. Against this backdrop, the Appalachian Regional Commission released a seminal study in 2008 entitled *An Analysis of Mental Health and Substance Abuse Disparities & Access to Treatment Services in the Appalachian Region*. Conducted by the National Opinion Research Center (NORC) at the University of Chicago, this study documented substance abuse prevalence, mental health disparities, and access to treatment issues in the Region. The study demonstrated that there are place-based disparities for substance use/abuse, and mental health issues across Appalachia which contribute to the pervasive abuse of prescription painkillers, methamphetamines, alcohol and other drugs.

Armed with the study, the Appalachian governors and ARC's Federal Co-Chair came together to address the problem facing the citizens of the Region. All agreed that something needed to be done, and a competitive grants competition focusing on community interventions was proposed. Under the direction of the Federal Co-Chair a Request for Proposals (RFP) was developed and distributed throughout all 13 states. The Commission received 52 applications from 12 states, totaling \$2.1 million. We were able to select 9 projects, for an ARC investment of just under \$300,000. Projects were spread over five states, including Kentucky, New York, Ohio, Tennessee and West Virginia. Additionally, several good projects that were not selected as part of the grants competition were funded by the states with their individual ARC allocations.

Determined to make an impact, ARC took further actions over the past year to continue to address this problem. In August, the Substance Abuse and Mental Health Services Administration (SAMHSA) convened a meeting between ARC and the directors of the state agencies responsible for mental health and substance abuse funding. The purpose of this meeting was to share the findings of our study on disparities in substance abuse and mental health in the Region, and to encourage funding in our Region. As part of a partnership between ARC and the Federal Office of Rural Health Policy (ORHP) to address substance abuse in our Region, a conference is being sponsored by ORHP this July (2009) in Johnson City, TN to highlight the problem. ARC also sponsored state conferences in Kentucky and Pennsylvania that focused on substance abuse.

II. Substance Abuse Grants Competition

The Appalachian Regional Commission has recognized that substance abuse is more than a public health problem as it also impacts economic development, education and family life within Appalachia. The workforce is weakened by substance abuse, treatment is costly, community

trust is eroded, and family stability is compromised. Realizing that more needs to be done, ARC, with the support of the thirteen Appalachian governors is again sponsoring a \$250,000 grants competition for community interventions to address substance abuse in the Region. As in the first round of grants, awards will be considered up to \$40,000, with the possibility of as much as \$75,000 for multi-state grants, to assist communities in collaboratively addressing this multi-faceted issue by building sustainable capacity to provide for improved community interventions and services addressing issues of illegal drugs and prescription drug abuse.

Goals and Outcomes of the Projects:

The primary goal of this round of grants is to address gaps around substance abuse issues in the areas of education, treatment and prevention. ARC has funded a number of projects that have addressed such gaps and believes that creative community-based solutions should effectively deal with these different substance abuse issues (See examples in Sec III. Best Practices).

Projects should generally involve a variety of community stakeholders and should aim to build sustainable community capacity and leverage resources from other sources.

Examples of possible activities include:

- Grants that address issues and links between mental health & substance abuse;
- Implementation of best practices identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) and others in relation to cultural competencies in Appalachia;
- Collaborative projects working with schools, physicians, governments, etc;
- Education and Training projects that develop specific approaches or models for dealing with substance abuse and providing certifications;
- Grants that enable communities to take the initiative in addressing their own unique problem.

Exclusions

- Personnel costs if cannot be sustained after grant period;
- Law Enforcement, although this activity could be used as a partner/match;
- No subsidy of existing efforts paid for by local/county/state government, etc.;
- Marketing/Advertising expenses (ARC will not fund this activity, but it may be included in match expenses.)

III. Best Practices

Partnering for a Drug-Free Pregnancy: ARC funded this project at a major medical center to educate obstetrical healthcare professionals on drug use screening, education, and intervention techniques as a strategy to reduce the number of women who test positive for drugs at the time of delivery and decrease the number of newborns addicted to drugs at birth. This project plans to

screen and intervene with 600 obstetrical patients, which will result in a 10% decrease in pregnant women who are using drugs.

Positive Youth Involvement: ARC has funded several projects in the past that provide meaningful and engaging activities for adolescents with the goal that positive programming will keep them away from substance abuse. Projects have included community centers, organized sports and computer-related activities. These after-school programs focus on skills and leadership development while also including education on substance abuse awareness and prevention.

Drug Endangered Child Network: ARC funded this collaborative regional approach to identify children exposed to methamphetamine and to increase the provision of acute medical care and long-term follow up services for these children. The program was sponsored by a state university and served 34 distressed counties. The project provided training to more than 9,000 individuals on identifying and tracking drug endangered children. Those trained included medical providers, public health officials, foster parents, and child protective services staff.

Community-Based Approach for Engagement: ARC funded several coalitions from distressed counties that worked to find creative approaches to target substance abuse in their individual communities. The coalitions were made up of a diverse group of stakeholders from the individual communities that included: law enforcement, social services, elected officials, health professionals, clergy, media, educators, environmental specialists, and other community leaders. This creative community-based model allowed coalitions to focus on their specific problems and enact solutions that included various levels and methods of community education and training.

Developing Qualified Substance Abuse Professionals: ARC funded this project to provide training classes in order to develop more qualified substance abuse professionals in the Appalachian region of a state. The project plans to train approximately 45 individuals as Certified Drug and Alcohol Abuse Counselors, which will address the substance abuse problem while also creating jobs.

IV. Application Format

Please submit your application in the following format:

- Cover Page – Complete the Cover Page, attached.
- Application Narrative – 6 pages maximum in 12 point font. Please address the following items:
 1. Project Purpose – one sentence statement of primary project goal, 40 word limit.
 2. Project Summary – one paragraph, 200 word limit.
 3. Description of proposed activity: Methods of addressing substance abuse problems should be clearly articulated.
 4. Rationale: Identification and analysis of substance abuse problems that will be addressed by the proposed project.
 5. Benefits: Results and accomplishments to be derived from the projects. Non-quantifiable benefits such as partnerships, improved standard of living.

6. Performance Measurements: Detail quantifiable project outputs and outcomes. (Ex: number of participants, patients, students served, jobs created/retained)
 7. Capability of applicant and community partners: ARC believes that successful development takes place when business, government, nonprofit organizations, and community groups mobilize resources towards a common goal. Describe the applicant's relevant organizational capacity. As appropriate, address the development of new, or the capability of existing, local leaders and partners in the planning and implementation of the proposed activity.
 8. Outreach: Describe activities for disseminating or promoting the program to other communities.
 9. Plans for sustainability: How will the activities continue at the end of the grant period? Describe current or proposed revenue generating activities.
- Attachments – please include the following attachments:
 1. Project Budget – Complete the Line Item Budget form, attached, listing project expenses by funding source. Also, include a budget narrative describing the elements of each expense line item.
 - a. Matching support: Grantees are required to provide matching funds at ratios based on county economic status. In Commission-designated Distressed counties, ARC funding may be provided up to 80 percent of the project's cost. In Commission-designated At-Risk counties, ARC funding may be provided up to 70 percent of the project's cost. In Transitional counties a 1:1 match is required. Matching funds may consist of cash and/or in-kind resources. Matching support may be provided from private and non-profit sources, local and state government, philanthropies, educational institutions, federal agencies, and other partners.
 2. Staff background – Include resume of project leader and brief bios for key staff and contractors. Note estimated hours per week (FTE's) to be allocated to project activities for each staff member, contractor, and project leader.
 3. Timeline – Note key project milestones and outcomes. Activities supported by these grants are expected to be completed within 18 months of the award date.
 4. Map – Include a state map indicating the location of the proposed activities. Simple maps generated through internet providers (such as Yahoo, Google ...) are acceptable.

Note: Additional materials will be discarded.

For consideration, ten hardcopies of the response must be received at ARC offices by June 30, 2009. Please note, submitted materials will not be returned.

Who is eligible to apply?

Non-profit organizations, governmental entities, and public educational institutions located within the ARC Region are eligible to apply. Private for-profit organizations are not eligible to apply.

V. Selection Criteria:

An independent review panel will be convened to evaluate submissions. This panel will include leading substance abuse and health policy experts, as well as federal, state and local partners. The review panel will forward recommendations to ARC for final approval.

Applications will be evaluated on several criteria, including:

- Feasibility of proposal; likelihood of achieving proposed outcomes;
- Capability of applicant; expertise in relevant program areas, grants management, and community development;
- Level of community support, including private sector match and overall level of cash and in-kind match;
- Articulation of clear, measurable outcomes; impact of the program;
- Outreach activities to other communities, focusing on disseminating or promoting the program; ability of the project to be replicated in the Region;
- Sustainability of effort; ability to continue the activity upon conclusion of grant period;
- Distressed and At-Risk Counties: Additional consideration will be provided for projects focusing on ARC designated Distressed and At-Risk counties. Please visit: <http://www.arc.gov/index.do?nodeId=3304> for more information on ARC county status.
- Multi-state collaboration: Additional consideration will be provided for projects that target activities within two or more states.

*The proposed activities should effectively address substance abuse problems in the target communities. This grants program will not provide support for projects that propose to study or plan for future activities. **Deadline for receipt of responses: June 30, 2009. Please note, submitted materials will not be returned.***

Submissions: Submit ten (10) hardcopies of your proposal to:
Elaine Jackson, Program Operations Division
Appalachian Regional Commission
1666 Connecticut Ave, NW
Washington, DC 20009
Fax: 202/884-7691

For questions:
Adam Harbison
paharbison@arc.gov
202-884-7663

Henry King
hking@arc.gov
202-884-7779

VI. Background on the Appalachian Regional Commission

The Appalachian Regional Commission is a federal-state partnership established in 1965 by the Appalachian Regional Development Act to promote economic and social development of the Appalachian Region. The Act, as amended in 2008, defines the Region as 420 counties comprising all of West Virginia and parts of Alabama, Georgia, Kentucky, Maryland, Mississippi, New York, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, and Virginia—an area of 200,000 square miles and about 22.9 million people. To promote local planning and implementation of ARC initiatives, the Commission works with 73 Local Development Districts (LDDs) comprising groups of counties within each of the 13 states. The Commission has 14 members: the governors of the 13 Appalachian states and a federal co-chair, who is appointed by the president.

For 43 years, the Commission has funded a wide range of programs in the Region, including highway corridors; community water and sewer facilities and other physical infrastructure; health, education, and human resource development; economic development programs and local capacity building, and leadership development. The rationale for ARC's Area Development program is to provide the basic building blocks that will enable Appalachian communities to create opportunities for self-sustaining economic development and improved quality of life. These strategic goals were agreed upon after an exhaustive, year-long strategic planning process involving federal, state, and local officials and citizens that focused investment in four goal areas:

1. Increase job opportunities and per capita income in Appalachia to reach parity with the nation.
2. Strengthen the capacity of the people of Appalachia to compete in the global economy.
3. Develop and improve Appalachia's infrastructure to make the Region economically competitive.
4. Build the Appalachian Development Highway System to reduce Appalachia's isolation.

Area Development funds are allocated to the states on a formula basis and each state has wide discretion in deploying those resources across the four goal areas based on local needs and state priorities. However, an overarching policy mandated by Congress is that ARC resources are to be targeted to those counties with the greatest needs—those still the farthest behind that are designated as “distressed.”

In FY 2009, the Commission's definitions of economic development levels designated 81 counties as distressed because of high rates of poverty and unemployment and low rates of per capita market income compared to national averages; 81 counties are characterized as “at-risk”; 232 counties were designated transitional, with higher than average rates of poverty and unemployment and lower per capita market income; 19 counties have nearly achieved parity with national socioeconomic norms and are now designated as competitive and; 7 counties have reached or exceeded national norms and are now designated as attainment counties. See ARC's web site for more details (<http://www.arc.gov/>).

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Cover Page

Project Title: _____

Organization/Applicant: _____

Primary Contact: _____

Address: _____

Email: _____

Phone: _____

Fax: _____

County(ies) served: _____

Grant Request: \$ _____

**Appalachian Regional Commission
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Project Budget
Line Item Budget

| <u>Expense</u> | <u>\$ ARC Costs</u> | <u>\$ Matching Costs*</u> | <u>\$ Total</u> |
|----------------|---------------------|---------------------------|-----------------|
| Personnel | _____ | _____ | _____ |
| Benefits | _____ | _____ | _____ |
| Travel | _____ | _____ | _____ |
| Equipment | _____ | _____ | _____ |
| Supplies | _____ | _____ | _____ |
| Contractual | _____ | _____ | _____ |
| Other | _____ | _____ | _____ |
| Sub total | _____ | _____ | _____ |
| Indirect | _____ | _____ | _____ |
| Total | _____ | _____ | _____ |

*** Sources of Matching Costs:**

| <u>Source</u> | <u>\$ Amount</u> | <u>Type (Cash, In-kind)</u> |
|---------------|------------------|-----------------------------|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |
| 4. _____ | _____ | _____ |

Total Matching Costs: _____

Please attach a budget narrative describing each expense line item, above.