

PART I - FACE SHEET

APPLICATION FOR FEDERAL ASSISTANCE		1. TYPE OF SUBMISSION: Application <input checked="" type="checkbox"/> Non-Construction	
Modified Standard Form 424 (Rev.02/07 to confirm to the Corporation's eGrants System)			
2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS):		3. DATE RECEIVED BY STATE: 16-NOV-10	STATE APPLICATION IDENTIFIER:
2b. APPLICATION ID: 11ES123609		4. DATE RECEIVED BY FEDERAL AGENCY:	FEDERAL IDENTIFIER: 10ESHAK0010001
5. APPLICATION INFORMATION			
LEGAL NAME: Rural Alaska Community Action Program DUNS NUMBER: 020247920 - 0908		NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes): NAME: Joie M. Brown TELEPHONE NUMBER: (907) 865-7356 FAX NUMBER: (907) 278-2309 INTERNET E-MAIL ADDRESS: jbrown@ruralcap.com	
ADDRESS (give street address, city, state, zip code and county): 731 E. 8th Ave. Anchorage AK 99501 - 3772 County: Dillingham (CA)			
6. EMPLOYER IDENTIFICATION NUMBER (EIN): 920033876		7. TYPE OF APPLICANT: 7a. Non-Profit 7b. Community Action Agency/Community Action Program	
8. TYPE OF APPLICATION (Check appropriate box). <input type="checkbox"/> NEW <input type="checkbox"/> NEW/PREVIOUS GRANTEE <input checked="" type="checkbox"/> CONTINUATION <input type="checkbox"/> AMENDMENT If Amendment, enter appropriate letter(s) in box(es): <input type="text"/> <input type="text"/> A. AUGMENTATION B. BUDGET REVISION C. NO COST EXTENSION D. OTHER (specify below):		9. NAME OF FEDERAL AGENCY: Corporation for National and Community Service	
10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER: 94.006 10b. TITLE: AmeriCorps Fixed Amount Grant (State)		11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: Students in Service	
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): The members of this program will be primarily from Anchorage and Fairbanks, Alaska. However, some students may be distance delivery students, so they will be outside these two cities. They will be statewide.		11.b. CNCS PROGRAM INITIATIVE (IF ANY):	
13. PROPOSED PROJECT: START DATE: 09/01/11 END DATE: 08/31/12		14. CONGRESSIONAL DISTRICT OF: a.Applicant <input type="text" value="AK 001"/> b.Program <input type="text" value="AK 001"/>	
15. ESTIMATED FUNDING: Year #: <input type="text" value="2"/>		16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS? <input type="checkbox"/> YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON: DATE: <input checked="" type="checkbox"/> NO. PROGRAM IS NOT COVERED BY E.O. 12372	
a. FEDERAL	\$ 7,408.00	17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO	
b. APPLICANT	\$ 0.00		
c. STATE	\$ 0.00		
d. LOCAL	\$ 0.00		
e. OTHER	\$ 0.00		
f. PROGRAM INCOME	\$ 0.00		
g. TOTAL	\$ 7,408.00		
18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.			
a. TYPED NAME OF AUTHORIZED REPRESENTATIVE: Joie M. Brown		b. TITLE: Community Development Manager	c. TELEPHONE NUMBER: (907) 865-7356
d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:			e. DATE SIGNED: 11/16/10

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Executive Summary

The Students In Service (SIS) AmeriCorps Program engages University of Alaska students, primarily from the Schools of Social Work and Nursing, in community through their practicum placements and other volunteer opportunities. Students In Service members serve their practicum with local social service agencies, hospitals, clinics and schools. They address wellness needs in Alaska by partnering with community agencies to implement projects such as health fairs, community clean-ups and other wellness events.

Rationale and Approach

The Rural Alaska Community Action Program, Inc.'s (RurAL CAP) Students In Service (SIS) Education Award-Only AmeriCorps Program has been a collaboration between the University of Alaska's Schools of Social Work and Nursing and RurAL CAP since its inception in 1998. Sixty-five students enrolled in the social work and nursing programs and through the Center for Community Engagement will complete quarter-time terms of AmeriCorps service with social service and health agencies in Alaska that address human needs, improve social conditions, and improve health outcomes.

SIS Members perform internships at a diverse array of organizations as part of their academic requirements. Members receive an education award in part for the service they provide through these internships or practicums. Sites served address a number of issues, including mental health services, homelessness, family development and support, conflict mediation, alcoholism and drug abuse, health improvement, and child development.

With this three-year grant cycle, RurAL CAP is developing a new partnership with the Center for Community Engagement at the University of Alaska Anchorage. This will expand the applicant pool to other students interested in community service and allow for a more selective process for the AmeriCorps positions.

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As a result of consistent and quality programming, over the last two and a half years, more than 200 Education Award Program Members provided services to more than 100 social service organizations and approximately 18,000 individuals in social service and health agencies. The program is now in Year 3 of its three year grant cycle.

Needs and Service Activities

Compelling Community Need

According to Kids Count Alaska 2008, "42% of all Alaskan children live in or near Anchorage....Whether living in cities or villages, all children in Alaska face some special risks posed by very cold weather, inadequate housing, dangerous waterways, and other hazards. Alaska's children and adolescents drown or die in fires more frequently than children elsewhere. The child death and teen violent death rates are far above U.S. averages."

Alaska has one of the highest per capita alcohol consumption levels in the nation. 19.2% of adults engaged in binge drinking, compared to 15.7% nationally. (2008 Alaska Scorecard). . The annual per capita alcohol consumption for ages 14+ was over 2.5 gallons (2006 National Institutes of Health); Alaska has the highest alcohol-induced deaths at 20.7%, versus 7% nationally (2008 Alaska Scorecard).

* Children in alcohol-abusing families are almost four times more likely to be maltreated, and 10 times more likely to be neglected; 81% of all reports of harm against Alaska children involve substance abuse.

* In 2003, the cost of alcohol and drug abuse to Alaska's economy was estimated to be \$738 million in lost productivity, accidents, health care, criminal justice and public assistance.

* Between FY 2002 and FY 2007, state funding for substance abuse prevention and treatment dropped

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by 56.2% or \$18.6 million. ("Making It Work, Behavioral Health in Alaska, Advisory Board on Alcoholism, And Drug Abuse," Alaska Mental Health Board, Shared Plan 2007-2011 Page 55)

According to the Denali Commission website, Alaska Native populations suffer from adult suicide at a rate of four times that of the US and youth suicide at a rate nine times that of the US. In addition, 59% of Alaska Native girls become mothers before they are 20 years old as compared with only 24% of girls in the rest of the US. Frequently, the suicides and pregnancies can be linked to alcohol use. The physical health and well-being of Alaska's children are at risk. The following data illustrate the problem:

* AK has one of the nation's highest death rates for babies between one and twelve months (ranked 13th in the Nation). (2008 Kids Count Data Book, page 6)

* The child death rate in Alaska has been well above the U.S. average most of the past 20 years (2008 Kids Count Data Book, page 45). Alaska mortality rate for children ages 1-4 is 35% higher than the national rate and more than double the Healthy People 2010 target. Alaska mortality rate for children ages 5-9 years is 12% higher than the national rate and almost 33% above the Healthy People target. (Alaska MCH 2008 Databook, page 93)

* The three most common causes of infant death in Alaska are birth defects, Sudden Infant Death Syndrome and other suffocation of unknown cause, and accidents. Based on current scientific knowledge, an estimated 42% of these deaths are preventable. ("Building Blocks" program of the Dept. of Health and Social Services)

* In 2004 and 2005 national surveys, Alaska had the highest rate of use of illicit drugs (12.7%) in the nation. In addition, they had the largest percentage of citizens who needed by did not receive treatment for an illicit drug use problem (3.1% of all Alaskans over the age of 12.) 35,000 Alaskan adults and youth needed but did not receive treatment for alcohol use problems in 2005. ("Making It Work -- Behavioral Health in Alaska," Advisory Board on Alcoholism, And Drug Abuse, Alaska Mental Health Board, Shared Plan 2007-2011)

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* More than one out of four Alaskans are addicted to tobacco. Nearly one-half of these people will die pre-maturely as a result of their addiction. Non-smokers, including many children, are routinely exposed to tobacco smoke, jeopardizing their health.

Alaska has one of the highest smoking rates in the United States, similar to those of the tobacco growing states. (Health Alaskans 2010 -- Volume 1, pg. 3-4)

* Nearly 17% of Alaska's prenatal population smoked cigarettes during 2004-2005. The prevalence of cigarette use among Alaska Native women during the last 3 months of pregnancy was over twice as high as among non-Native women. The reported prevalence of prenatal alcohol use during the last 3 months of pregnancy was 5%. There was no difference in the overall prevalence of prenatal alcohol use between Alaska Native women and non-Natives. (Alaska MCH 2008 Databook, page 41)

* 21.7% of high school youth reported having five or more drinks in a couple of hours during the last 30 days. (2009 Youth Risk Behavior Survey, Alaska Department of Health and Social Services, Division of Public Health)

Among U.S. states who conduct public health surveillance for alcohol-related conditions, Alaska has the highest documented FAS birth prevalence. The prevalence of FASD was 152 per 10,000 among children born in 1996-2002. The average prevalence of FASDs among Alaska Native children (516/10,000 live births) was almost 15 times that of non-Native children (35/10,000 live births) during 1996-2002. (MCH 2008 Databook)

* In 2008, Alaska ranked tenth among the 50 states in concentration of homeless people, with 0.24 percent of the total state estimated to be homeless, an increase of 23 to 32 % nationally. On a single night in January 2009, 4,583 persons were homeless in Alaska ("A Look at Homelessness in Alaska," University of Alaska Anchorage, Alaska Justice Forum, Summer 2009).

* HIV/AIDS is a growing problem among American Indians and Alaska Natives. Even though

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the numbers of HIV and AIDS diagnoses for American Indians and Alaska Natives represent less than 1% of the total number of HIV/AIDS cases reported to CDC's HIV/AIDS Reporting System, when population size is taken into account, American Indians and Alaska Natives in 2005 ranked 3rd in rates of HIV/AIDS diagnosis, after blacks (including African Americans) and Hispanics [1]. American Indians and Alaska Natives make up 1.5% (4.1 million people) of the total US population [2]. The rate of AIDS diagnosis for this group has been higher than that for whites since 1995. (Center for Disease Control and Prevention, September 2008).

* Reported cases of sexual abuse of minors have gone from single digit figures in the eighties and early nineties to over 509 in 2006.

In Alaska, there is a need for attention and response to the growing trends of societal dysfunction and its rippling effects in our community. The Rural Alaska Community Action Program, Inc. (RurAL CAP), the University of Alaska Fairbanks (UAF) and the University of Alaska Anchorage (UAA) are working together to meet the needs of Alaska's urban population, thus providing a direct benefit to those served as well as to the community at large. In reviewing the statistics for domestic violence, the spread of substance abuse, cases of suicide, unemployment, homelessness, incidents of child sexual and physical abuse and the population receiving public assistance, the need for additional community action is evident.

Description of Activities and Member Roles

SIS recruits motivated people and provides them with excellent on-the-job training, resources and support. The program provides members with the flexibility and freedom to meet community needs through innovative and culturally competent activities. Members complete practica in their host agencies and collaborate with RurAL CAP staff primarily for technical training and support. This "roots and wings" approach allows for great successes.

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UAA and UAF offer accredited bachelor's degree programs in social work and nursing (BSW, BSN) and a master's degree program (MSW) in social work. Over the past eight years, these programs have been strengthened with the addition of the Students in Service Program that incorporates community service into the students' practicum experiences. Not only has the number of members participating in the service program been increased, but the programs have launched a number of new service sites, initiated new service activities and promoted other strategies to expand the program. It has also improved the caliber and diversity of members enrolled, expanded the role of community volunteers in the program, dramatically increased the number of community service hours provided in the State of Alaska, and greatly enhanced the impact on the community. The proposed Students in Service Program will continue to build on the existing program's successes and increase the positive impact of AmeriCorps and the social work and nursing students on the communities of Anchorage and Fairbanks.

BSW students typically begin taking the social work introductory courses as sophomores, completing the rest of the required courses for their major over the following two years. Each student is assigned an academic advisor when they first express interest in a social work degree. The advisor and student work together to ensure that the student is able to complete the program in a timely manner. The BSW program is a rigorous, demanding program. Students must demonstrate that they have acquired the knowledge and skills essential to entry-level professional social work. Students must develop solid written and oral communication skills, demonstrate ability to establish meaningful professional relationships, and then utilize those relationships ethically and purposefully to meet the real needs of people who come to them for services. Students are expected to put what they have learned in the classroom into practice in an agency field practicum. It is through these two-semester internships within an organizational setting that students begin to internalize their social work education.

The Master's of Social Work (MSW) Program is a two-year graduate degree program. Students are

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prepared for advanced generalist social work practice, with an emphasis upon preparation for public sector work within Alaska's unique human service environment. The first or foundation year curriculum focuses upon knowledge and direct practice within a social service delivery system, while the second year emphasizes macro or indirect practice skills. The advanced generalist student is thus prepared for the challenges of leadership as a service provider, supervisor, program administrator, policy maker/analyst, researcher/program evaluator, and as a skilled change agent for society.

The Distance Delivered MSW (DDMSW) Program is an extension of the face-to-face MSW program offered at University of Alaska Anchorage. Students admitted in the distance delivered MSW program are expected to meet the same admission requirements and adhere to the same policies, rules and regulations as students in the face-to-face MSW program. The distance delivered MSW program is open to all residents of the State of Alaska, regardless of geographical location. Typically the students are located in rural hub communities such as Bethel, Kenai, Homer, etc. where social service agencies exist. Funding has allowed admission of a new cohort of students every two years.

Sites served by social work students address a number of social problems, including: domestic violence, suicide, alcohol and drug abuse, employment and training, teen pregnancy, corrections & juvenile delinquency, child development, vocational or other rehabilitation programs, clinical practice, community development, school social work, child welfare, public policy, case management, research, teaching, program development and administration, pastoral counseling, advocacy, and social action. The program relies heavily upon a diverse array of organizations in the professional community to provide hands-on practicum internship experiences for social work students. Host organizations are recruited to provide challenging learning opportunities enabling social work students to further develop their social work knowledge and skills while offering meaningful services as helping professionals.

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As a partner in shaping health care for Alaska, the School of Nursing educates students for current and future nursing roles in local, state, national, and worldwide practice arenas. Students enrolled in the basic baccalaureate nursing program develop skills in health promotion, protection, and maintenance and in illness care and rehabilitation services. Emphasis is on the development of abilities in the planning, provision, and evaluation of nursing care for individuals, families, small groups, and communities in structured and unstructured inpatient, outpatient, and community settings. In addition, students develop basic skills in leadership, management, and research utilization. Clinical experiences are provided in both Anchorage and rural Alaska.

Sites served by nursing students use education/prevention, direct patient care, and patient intervention to address a variety of health concerns. Prevention activities include race/ethnicity-specific health fairs (Hmong, Alaska Native, etc.), issue-specific patient education/health fairs (well-baby, diabetes, etc.), and reading materials distribution both inside hospital facilities and in the general public. Direct patient care and patient intervention activities are performed under the direction of the students' field supervisors. Activities include facilitating support groups at psychiatric facilities, patient assessment, insertion of oral and nasal tubes, obtaining blood and urine samples, and learning how to operate equipment such as cardiac monitors.

The Center for Community Engagement engages students and instructors in the community in a positive way. The center serves as a catalyst for students seeking engagement or relevant learning experiences beyond the traditional classroom. The Center coordinates partnerships between the University and area non-profit organizations, governmental and tribal agencies, and area schools to address a diverse range of community needs, including environmental sustainability, healthy communities, and youth and family empowerment through education. Under a new partnership being developed between RurAL CAP and the Center for Community Engagement, students interested in community service will be

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eligible to apply for SIS service opportunities through the Center and may also be able to receive an education award for their service.

Students In Service Members must complete requirements beyond their academic and practicum obligations. They are required to attend the AmeriCorps orientation where they learn about the program and the basics of AmeriCorps. They will also have the opportunity to participate in an in-service training on a topic to be determined by the Members and RurAL CAP staff so that it is current and relevant to their service. Members are also required to participate in national service day activities, such as Martin Luther King, Jr. Day. This requirement includes 4-6 hours of service outside of their practicum placement. Many of the SIS Members will be available to assist with extra activities/service events, as requested by RurAL CAP and Serve Alaska.

RurAL CAP hopes to develop ambassadors to community service. Through training, SIS Members are aware of national service opportunities and promote and demonstrate an ethic of service at their service sites and beyond. Some Members also serve to generate additional volunteers in service opportunities. Members share resources and information they are connected to through the SIS program with others, and engage volunteers in national service day and other opportunities.

This collaboration between the UAA/UAF will continue to expand opportunities for individuals to serve as AmeriCorps Members and earn educational benefits, broaden the network of national service programs and strategies, and increase the number of community agencies joining with AmeriCorps to help meet the objective of the Corporation for National and Community Service. Students In Service will help address unmet human needs primarily in the communities of Anchorage and Fairbanks, providing a direct and demonstrable benefit valued by agencies as well as communities served. Because SIS members are typically full-time students and completing a practicum, the 450 hour slot which allows

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Members to earn \$1,250, is the most appropriate. It allows them time to get experience with the careers they are entering and make a difference in the lives of their clients, while still being able to attend classes and study.

Continuing this collaboration will help meet the objectives of the AmeriCorps Program by allowing Members to "get things done" to meet local needs in the community through direct and demonstrable service and contact within the community, thus strengthening the community.

As part of their role with AmeriCorps, SIS members are instructed during orientation training not to participate in prohibited activities during their service hours. Practicum sites and supervisors, as well as university faculty are also informed and made familiar with prohibited service activities as part of their orientation. These specific prohibited activities are included in a listing of prohibitions in the member training manual, in the site supervisor information packet, and in the Member Agreement.

MEASURABLE OUTPUTS AND OUTCOMES

Each year, 65 Students In Service members will work with their host agencies to coordinate or participate in 100 community events, such as health fairs, employment fairs, events that connect homeless individuals with services, and others that serve the priority populations they are working with. 6,000 individuals and families will receive health and/or social services which will contribute to their healthy development or that of their families. Through this on-the-job training, 75% of completing AmeriCorps Members will report an increase in at least six interpersonal and professional skills. As a result, 75% of completing Members will also learn, develop or refine their educational and professional goals. Finally, Students In Service AmeriCorps Members will recruit, train and/or manage 1,500 community members who complete 12,000 hours of service to their communities and increasing the capacity of 40 non-profit agencies.

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PLAN FOR SELF-ASSESSMENT AND IMPROVEMENT

Progress toward performance measures will be monitored and measured throughout the program year through a comprehensive process using the ROMA (Results Oriented Management and Accountability) model with its focus on measurable results. All program activities and their impacts will be reviewed through the ROMA model. These ongoing program performance assessments will be supplemented with a more in-depth, rigorous evaluation that measures the particular impact of this program. RurAL CAP will select activities for evaluation that best reflect the overall mission of the program and the service activities carried out. Members will submit monthly timelogs and bi-annual reports to RurAL CAP staff. An end of the year written evaluation will follow their term of service at the end of the academic year. Using all of these monitoring and evaluation tools, the university liaison and RurAL CAP staff will ensure that performance measures are being met and appropriate information is being collected.

COMMUNITY INVOLVEMENT

The need for programs to address social service and health issues in Alaska has been identified repeatedly through statewide conferences, task forces, and commissions. At the community level, SIS members begin their service by identifying specific community needs with the help of their field supervisors. Members then develop plans and partnerships to address these concerns. SIS performance measures are designed to allow flexibility for the members to address the particular concerns of their own community, instead of a set of pre-assigned goals that may not be applicable to their situation. This ensures community ownership, which leads to measurable results and also makes recruiting community volunteers easier than if the specific program activities had been set by a decision-making body outside of the community.

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Member service activities are designed by their practicum agency and University staff for the particular populations they serve and are implemented so that they will directly impact each community's identified needs. Some member activities such as attending orientation and university classes are intended to build the capacity of the member to develop and implement appropriate programs for their communities. This capacity-building process also has a positive impact on the ability of the program to respond to identified needs. RurAL CAP staff ensure that the projects are consistent with performance measures, but the members and field supervisors determine how the performance measures will be met. Members have opportunities to provide input on the content of member training, staff performance, and the overall design and operation of the program. This is accomplished through bi-annual reports, telephone and email check-ins and feedback throughout the year. Additionally, SIS has developed strong relationships with program partners who provide training assistance, member support, in-kind material donations and resource development. Members' increased community outreach activity places them in even greater contact with community schools and teachers, churches, health care providers, social workers, public safety officers, governing councils, church groups, and teen centers.

RELATIONSHIP TO OTHER SERVICE PROGRAMS

RurAL CAP will continue to work with the Serve Alaska (Alaska's state service commission) and other national and community service programs. As this is the only education award only program in the state of Alaska, the members of this program are quite unique. As possible, RurAL CAP invites SIS members to attend events organized by Serve Alaska and other service programs, such as RurAL CAP's RAVEN (Rural Alaska Village Environmental Network) and BIRCH (Building Initiatives in Rural Community Health) Programs. RurAL CAP will continue collaborating with the other AmeriCorps programs by sharing resources and working with staff.

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The Students In Service program could be easily replicated if an agency were interested in starting another education award only AmeriCorps program. One of the key components of this program is to work with the University staff to ensure the members are fully supported in their service and receive the necessary technical support in their field.

Organizational Capability

D. Organizational Capacity

ORGANIZATIONAL STRUCTURE

Ability to Provide Sound Programmatic and Fiscal Oversight

RurAL CAP has served on the leading edge of promoting self-sufficiency in rural Alaska since its establishment in 1965 as a private, 501(c)3 nonprofit. RurAL CAP has been instrumental in developing the leadership skills of rural Alaskans, providing multi-disciplinary pre-school experiences for thousands of children, advocating on behalf of rural Alaskans on subsistence and natural resource issues, weatherizing more than 7,400 homes and providing counseling services to hundreds of families suffering from the effects of substance abuse. Through its energy conservation, solid waste reduction, youth and child development, health promotion and weatherization services, RurAL CAP works to eradicate the root causes of poverty in rural Alaska. With more than 700 employees employed in an average of 75 rural communities each year, RurAL CAP has deep experience in long-distance service delivery and program management.

Related Experience

RurAL CAP has significant experience in both youth development and health and wellness program management, including more than ten years of AmeriCorps programs comparable to the one proposed. RurAL CAP's work in health promotion includes Early Head Start and Head Start programs, an annual substance abuse prevention conference, environmental health promotion, Fetal Alcohol Spectrum

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Disorder (FASD) education, tobacco prevention and cessation services, HIV/AIDS awareness projects, methamphetamine education and in 2000, establishing the existing BIRCH AmeriCorps program.

RurAL CAP currently administers Early Head Start and Head Start services to 24 communities, and a Parents as Teachers Program in 19 communities. Youth development activities have included a variety of substance abuse prevention programs, fire safety programs, and inter-generational programs. RurAL CAP has wellness and youth development expertise in-house and knows what resources exist, how to access them, and how to share this knowledge with AmeriCorps Members as they develop local programs based on community needs.

Capacity for Federal Grant Management and Oversight

RurAL CAP's agency budget from the past three fiscal years is as follows: \$24,027,965 ('09); \$29,635,720 ('08); \$25,574,126 ('07). RurAL CAP has more than 40 years of experience administering federal grants, many of which are \$1,000,000 or more. Examples of current state and federal funding sources include the US Dept. of Health and Human Services, US Dept. of Housing and Urban Development, US Dept. of Education, Alaska Department of Community and Economic Development, Alaska Department of Health and Social Services, and Alaska Housing Finance Corporation. RurAL CAP's financial management system includes an in-house accounting staff of seven full-time positions and an independent annual audit.

Multi-Site Program

Site Support and Supervision

Due to the vast expanse of sites for this program, site supervision is a very important part of the design of this program. Host agencies must provide a daily supervisor for the member who supports project activities, reviews and signs timesheets and progress reports. SIS staff communicate with members and

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University staff through individual phone calls, emails and semester reports. Technical support is provided through training events, and resource referrals.

Selection of Service Sites

In selecting sites, RurAL CAP incorporates all of the criteria in 45 CFR § 2522.475: 100% of participants are recruited from among residents of the communities in which projects are to be conducted; participants and community residents are 100% responsible for the design, leadership, and operation of the program at the local level; sites are primarily located in the cities of Anchorage, Fairbanks and Juneau and the program is innovative, sustainable, well managed and has a long history of outstanding performance. SIS and the University will recruit and place quarter-time Members into various terms of service at sites starting in September 2010. RurAL CAP will begin in August 2010 by announcing the positions and scheduling orientation trainings.

Site Compliance with Fiscal and Programmatic Requirements

Working with Members and local Site Supervisors, RurAL CAP staff documents Member eligibility and service hours. RurAL CAP also monitors the program by maintaining consistent contact with sites through teleconferences, site visits, and written reports. RurAL CAP will ensure program compliance and progress on performance measures by reviewing Member activities presented in written and oral reports. Site visit, teleconferences and weekly calls from staff are used to gather feedback from communities about RurAL CAP's program management.

Connections Among Sites

Members are in many of the same classes and some serve at the same sites in the community. They also check-in with University staff a minimum of one time per week. This keeps all the Members connected to one another as well as to the University staff.

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Board of Directors, Administrators, and Staff

RurAL CAP's executive leadership provides guidance in the ongoing development of Students In Service.

RurAL CAP is governed by a 24-member Board of Directors representing the public sector, private sector and the different regions of rural Alaska. Board Members support SIS by recognizing the accomplishments of members at their meetings, and by sharing program successes in their other occupations outside the Board. The Executive Director provides media and other relations support to the program and acts as a liaison between the Board of Directors and program staff. RurAL CAP's Finance Director provides fiscal oversight of the SIS program. Administration and staff also represent the program at various conferences and work together to create press releases with our Communications Coordinator as appropriate..

Key Staff Background/Experience

Community Development Division Director Catherine Clements will provide program oversight of Students In Service, in addition to RurAL CAP's other AmeriCorps and VISTA programs. Ms. Clements brings more than 18 years of community development experience to her position, including significant program development, implementation, and management experience. Community Development Manager Joie Brown will perform the direct public relations, program design and modification, and staff supervision duties of the SIS Program. With 10 years experience coordinating programs and developing relationships with individuals and groups, Ms. Brown brings significant experience working in community development and service positions addressing prevention, health, and wellness issues across Alaska.

SIS Program Specialist Janice Berry will provide direct support to members, receive and compile member reports, write quarterly program reports, organize teleconferences and trainings, and perform

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other support activities for the program. Fiscal oversight will be provided by Budget Coordinator Gloria Kelly, with more than 10 years experience of budgetary oversight and reporting for non-profits.

Plan for Self-Assessment or Improvement

RurAL CAP regularly reviews and modifies its systems and structures to ensure it remains sound and well-managed. We have a strong Applied Strategic Planning system that serves as an internal assessment tool and results in a constant evolution and improvement of systems, structure, staffing and programs. The process includes input from a broad spectrum of stakeholders. This plan is a living tool. Every two years the plan is revised to reflect new opportunities and directions.

Additionally, RurAL CAP uses the Results Oriented Management and Accountability (ROMA) process to evaluate the success of our projects and divisions in meeting goals on a quarterly basis. We measure what people served by our programs achieve. We conduct annual staff performance evaluations each April and create performance plans on an as-needed basis if staff or projects are not meeting goals.

Finally, we self-evaluate and review data of survey questions that ask respondents to discuss RurAL CAP's performance in implementing the program in which they participated.

Plan for Effective Technical Assistance

RurAL CAP has more than 40 years of experience in obtaining technical assistance and providing training to rural Alaska. Partners for the AmeriCorps program include dozens of organizations which support member activities and provide technical assistance. These partner organizations include: American Lung Association, Alaska Native Tribal Health Consortium, Alaska Public Radio Network, State of Alaska Department of Health and Social Services, State of Alaska Department of Commerce, Community and Economic Development.

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RurAL CAP supports a website which is available to the public, but designed specifically for the needs of our AmeriCorps and VISTA Members. This is an excellent resource for members to access their reporting forms and to keep up with what team members are doing around the state.

SOUND RECORD OF ACCOMPLISHMENT

Volunteer Generation and Support

RurAL CAP engages organizations and individuals whose goals and missions are related to specific RurAL CAP programs, generating thousands of dollars worth in-kind and volunteer time. For SIS, RurAL CAP works with state health and wellness agencies, youth agencies statewide, and a diverse variety of other groups. RurAL CAP offers a vehicle for reaching rural Alaskan communities, which motivates many to contribute significant amounts of in-kind/volunteer time and talent.

Organizational and Community Leadership

RurAL CAP has 44 years of experience in leadership as an organization that serves communities throughout rural Alaska. A sampling of recent recognition of this leadership includes:

- * HUD Best Practices Award
- * U.S. Dept of Energy "Pushing the Envelope" Award for the Diomedea Housing Project
- * Invitation to become a Denali Commission partner agency
- * Certification as a Head Start Grantee in Good Standing
- * Anchorage Services Division Director was appointed by the Mayor of Anchorage to serve on the Executive Oversight Board for the Anchorage Coalition for Homelessness
- * Rural Housing and Planning Division Director Mitzi Barker recently became the only Alaskan member of the American Institute of Certified Planners "College of Fellows"
- * Community Development Division Director Catherine Clements serves on the board of the Renewable

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Energy Alaska Project

* Executive Director David Hardenbergh was one of 20 national leaders to serve on the Host Committee for the VISTA In Service to America 40th Anniversary Forum

Success in Securing Match Resources

Education award only programs do not require match resources.

SUCCESS IN SECURING COMMUNITY SUPPORT

Collaboration

RurAL CAP identifies agencies whose missions complement AmeriCorps' work, then build collaborations with them to meet mutual goals. RurAL CAP is working to identify new partners for the proposed three-year program cycle. Current partners include statewide non-profit health organizations, state health departments, regional nonprofit health corporations, and other RurAL CAP programs.

Local Financial and In-kind Contributions

In-kind and cash match commitments are critical for the Students In Service Program's success. RurAL CAP and its partners contribute significant in-kind support. RurAL CAP provides the staff time beyond what is covered by this funding. Because there are so many members, the costs are well above the \$13,760 requested in this grant.

Host Sites provide in-kind support and supervision for members. In-kind space and materials for community events, donations for door prizes and personnel time for supervision of the members have all expanded as the program has matured. We expect a continuing expansion and diversification in the coming three-year grant period. .

Wide Range of Community Stakeholders

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RurAL CAP has a large and diverse stakeholder base for its many programs and services. The Head Start program in the Child Development Division engages over 20,000 volunteer hours annually, donated land, meeting and building space and donated goods. In addition, the Anchorage Services and Community Development Divisions benefit from the support of hundreds of volunteers in Anchorage and throughout Alaska.

Budget/Cost Effectiveness

E. Cost Effectiveness and Budget Adequacy:

Total budget is \$13,760 for 65 quarter-time slots, which is 17.2 MSY.

Cost per MSY = \$800.

This \$13,760 will primarily pay for staff to support the project. A small portion of the funding to provide snacks for trainings. RurAL CAP provides the remaining costs for staff, supplies, etc out of our Community Service Block Grant.

Evaluation Summary or Plan

N/A

Amendment Justification

N/A

Clarification Summary

Students In Service Clarification Items

May, 2010

Rural Alaska Community Action Program - Students In Service

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This application is currently under consideration for a grant in the amount of \$13,760 for 17.20 Member Service Years (MSYs) and 65 member positions.

1. Budget Clarification Items:

None

2. Programmatic Clarification Items:

Please make the following changes in the eGrants narrative filed labeled "Clarification Summary."

a. Provide information on what materials would be available for replication and how would the program share or disseminate the materials to interested organizations.

RurAL CAP has recruitment and orientation materials which can be replicated:

- * Flyers for advertising
- * Introduction to AmeriCorps and Students In Service Powerpoint presentation
- * Handouts:
 - o Program overview
 - o Member and Site Supervisor packets
 - o National Days of service descriptions
 - o Timesheets forms
 - o Required reports forms
 - o Agreement of Participation
 - o Information about the necessary documentation

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This material may be emailed to organizations interested in our program model. As stated in the proposal, the most important part of this particular program design is to work closely with University Staff. Program staff and also our University of Alaska partners are available by request to meet with organizations interested in our model in person or by phone.

In addition, we share information about the Students In Service program through our agency website, www.ruralcap.com and it is featured in our agency annual report.

b. Please indicate how the recruitment plan will result in a diverse member corps.

RurAL CAP recruits students enrolled in the University of Alaska, Anchorage (UAA) and University of Alaska, Fairbanks (UAF) Schools Social Work and Nursing programs. This includes social work and nursing Bachelor's and Master's programs. In addition, members enrolled are also part of School of Social Work's and Nursing's distance education program, participating through a variety of University campuses in the state and in remote communities in across rural Alaska. These students consist of a diverse array of ages and ethnicities, from Alaska and non-residents from outside of Alaska. When we are recruiting, we make a point to advertise that all students are eligible and that we will make reasonable accommodations for people experiencing disabilities.

Beginning in the fall of 2010, students participating with UAA's Center for Community Engagement and Learning (CCEL) will also be eligible for these positions. The CCEL is open to all UAA students that are interested, which will further diversify the Students In Service member corps.

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c. Please provide information on supervisory structure and frequency of supervisor meetings with members.

The AmeriCorps Members meet weekly with their host site supervisor. The Schools of Social Work and Nursing students also meet weekly with their Practicum Advisors. In both these meetings, students and supervisors review progress, plan for future activities and address any issues that may be coming up, providing resources when necessary. These meetings also provide a time for the host site supervisor to sign and submit time sheets to RurAL CAP.

RurAL CAP staff also check-in with Members via phone or email about timesheets, reporting or other programmatic support at least once per month.

d. Please provide information on how the program will design training or service activities that promote and sustain post-service ethic of civic responsibility and service.

The overall goal of this program is to engage those University students in community service that might not have the opportunity, otherwise. Students will one day be practicing as social workers and nurses and can continue to promote service through their work, potentially engaging AmeriCorps Members or other national service participants and volunteers in their work. For example, Students In Service Alumni have served as host agency supervisors after they have completed their education and gone to work for a non-profit in the community. RurAL CAP plans to begin providing more information about this to Members and supervisors in the coming year through the orientation and in-service training. Staff will improve our AmeriCorps Alumni post-service involvement and are hoping to stay in better touch with the Alumni by engaging them in communication after their service. This summer, RurAL CAP will begin a large Alumni project that will start this process.

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As an in-service opportunity, RurAL CAP will invite all Members to attend a service project planning day. This will walk the Members through planning a Day of Service project that they will then implement. Members will bring ideas for the project and decide on one or two as a large group. They will then plan out all aspects of the project from recruiting volunteers to advertising to the public. This opportunity to give back to the community will help to develop an ethic of civic responsibility and service that is designed to last beyond the service year.

e. Please provide information on how the program has impact in the community that is sustainable beyond the presence of federal support.

The UAA's Center for Community Engagement and Learning (CCEL) is expanding its ability to engage students in service in the community. As their projects become more developed, they may be able to take the lead on a program such as Students In Service, and that will not be dependent on federal support. RurAL CAP will serve as a partner in this expansion and will share the many lesson learned through this Students In Service model.

For now, the amount of this grant is only a minute portion of the costs required to run the program. RurAL CAP provides the remaining support for staff support, office rent, etc.

f. Please provide information on how volunteers are recruited, supported and their specific roles.

Students In Service Members recruit volunteers in many different ways, depending on the project. Most are recruited from the University population through flyers and other advertising. Volunteers are also recruited through the numerous agencies and local communities where Students In Service Members

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serve.

Volunteers are supported by AmeriCorps Members and partner agencies which provide volunteer training and management for the specific projects volunteers help with.

Volunteer roles will vary greatly across the 65 Members and their diverse service projects. Overall, the volunteers help to enhance the programs of the host agency by serving more people and providing support that the agency would not normally be able to provide. Typical roles may include educating community members on host organization services, fundraising and developing resources for host organization, organizing other volunteers serving host agency activities, developing new partnerships and providing direct services to community members and for agency initiatives to get things done.

Examples of volunteer projects include:

- * At Project Homeless Connect, a one-day event with services for the homeless, volunteers provide care for children while their parent(s) see volunteers for haircuts, legal information and case management.
- * At Bean's Café, a place for the homeless to get food, volunteers serve food at breakfast and lunch.
- * At Build-A-Bike, volunteers were trained to put together bikes that were then given to children in homes that could not afford bikes.

g. Please provide information on how the program enhances capacity building of other organizations important to the community.

The Students In Service Program has worked in partnership with the University of Alaska for over 12 years to introduce the national service experience to nearly 1,000 students. This service has built the capacity of the school to partner with community organizations in more meaningful ways, while adding value to the Member's university experience. In addition, the education award is often cited by

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University staff as a valuable resource in attracting and retaining the University's social work and nursing students.

The University is now building on the Students In Service example to create and develop the Center for Community Engagement, which will further strengthen the University's commitment and capacity to grow community service in our state.

Students In Service also enhances the capacity of numerous host agencies by strengthening their ability to:

- * Provide more services to clients;
- * Generate volunteers;
- * Serve more clients ;
- * Expand partnerships;
- * Educate the community on particular messages;
- * Promote services and successes; and
- * Develop financial and other resources.

h. Provide information on how the program will identify technical assistance needs at various sites.

RurAL CAP identifies technical assistance needs of host sites through regular communication with Members, Supervisors, University staff, reports and year-end program evaluations to be conducted by Members, host agency Supervisors and University staff. Host agency Supervisors will also be provided with AmeriCorps orientation information and RurAL CAP staff contacts, in order to ensure that as AmeriCorps technical assistance needs come up, they know how to access help.

Regular contact and meetings with University staff will also provide valuable information on the host

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site experience with AmeriCorps and how technical assistance can be enhanced.

i. Please indicate the diverse non-federal resources for program implementation and sustainability that the program has generated or plans to generate. Include how the program will raise the resources necessary to operate the program.

RurAL CAP utilizes the Community Services Block Grant from the State of Alaska to provide additional funding resources necessary to run a quality program for 65 Members. RurAL CAP is continuously seeking additional partnerships to enhance this program, demonstrated by our new collaboration with the University of Alaska's Center for Community Engagement and Learning. In order to generate new partnerships and funding opportunities, RurAL CAP will be dedicating more of its in-kind Community Development Division and Development Department staff time in the coming year.

3. Performance Measurement:

The program indicated they intended to select the Healthy Futures and Education Priority Areas. The applicant does not appear eligible to select the Education Priority Area and they should deselect this priority area prior to resubmitting. While the applicant might be eligible to select the Healthy Futures priority area, however, based on the description of activities in the application, it might be better to select "other". You may select more than one priority area but each priority area should represent a mutually exclusive amount of AmeriCorps member time. Think carefully about the areas and measures that best represent your activities. For each priority area selected, a corresponding MSY chart will also have to be completed (including Other).

The changes to the Performance Measures have been made.

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Continuation Changes

Year 2

No changes made to other narrative sections.

ENROLLMENT

We are currently in year one of our three year grant cycle. For the current program year, which began September 1, we have 100% enrollment.

RETENTION

Our retention rate was:

83.1% for program year 2009.

Our goal for retention is 100%. In order to attend this goal, we are attempting to provide more support to Members and Site Supervisors via email and phone. We have developed a Site Supervisor manual in order to ensure they understand more about the program and are able to support the Members appropriately. During our orientation sessions with Members this year, we spent more time on the requirements of the program, including the day of service requirements and the additional in-service we will be planning in the Spring. We hope that by being very clear up-front, before they enroll, about these requirements that 100% of Members are able to fulfill the requirements and complete successfully.

PERFORMANCE MEASURES

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No changes to the Performance Measures.

BUDGET

No changes to the budget.

Performance Measures

SAA Characteristics

- AmeriCorps Member Population - None
 Geographic Focus - Urban
 Geographic Focus - Rural
 Encore Program

Priority Areas

- | | |
|---|--|
| <input type="checkbox"/> Education
<i>Selected for National Measure</i> <input type="checkbox"/> | <input type="checkbox"/> Healthy Futures
<i>Selected for National Measure</i> <input type="checkbox"/> |
| <input type="checkbox"/> Environmental Stewardship
<i>Selected for National Measure</i> <input type="checkbox"/> | <input type="checkbox"/> Veterans and Military Families
<i>Selected for National Measure</i> <input type="checkbox"/> |
| <input type="checkbox"/> Economic Opportunity
<i>Selected for National Measure</i> <input type="checkbox"/> | <input checked="" type="checkbox"/> Other
<i>Selected for National Measure</i> <input type="checkbox"/> |

Grand Total of all MSYs entered for all Priority Areas 0

Service Categories

- | | | |
|-----------------------------------|---|---|
| Training and Technical Assistance | Primary <input checked="" type="checkbox"/> | Secondary <input type="checkbox"/> |
| Other Human Needs | Primary <input type="checkbox"/> | Secondary <input checked="" type="checkbox"/> |

Member Development

Service Category: Training and Technical Assistance

Measure Category: Not Applicable

Strategy to Achieve Results

Briefly describe how you will achieve this result (Max 4,000 chars.)

Students In Service Members will complete their practicums and serve their communities in order to refine their workforce skills.

Result: Output

35 Students In Service AmeriCorps Members will complete their practicum.

Indicator: Number of Members

Target: 35 Members

Target Value: 35

Instruments: Monthly Report

PM Statement: As determined by the monthly reports, 35 Students In Service AmeriCorps Members will complete their practicum.

Prev. Yrs. Data

Result: Intermediate Outcome

75% of Members will report improved workforce knowledge and skills as a direct result of their practicum experience.

Indicator: Percentage of Members

Result: Intermediate Outcome

Target: 75% of Members

Target Value: 75%

Instruments: Monthly Report

PM Statement: 75% of Members will report improved workforce knowledge and skills as a direct result of their practicum experience.

Prev. Yrs. Data

Result: End Outcome

75% of Members will report that they refined their employment goals due to their practicum.

Indicator: Percentage of Members

Target: 75% of Members

Target Value: 75%

Instruments: Monthly Report

PM Statement: 75% of Members will report that they refined their employment goals due to their practicum.

Prev. Yrs. Data

Community-Based Organization Capacity

Service Category: Other Human Needs

Measure Category: Not Applicable

Strategy to Achieve Results

Briefly describe how you will achieve this result (Max 4,000 chars.)

Students In Service Members will complete their service in community-based agencies.

Result: Output

35 community-based organizations will host Students In Service Members in their agencies in order to increase organizational capacity.

Indicator: Number of host agencies

Target: 35 host agencies

Target Value: 35

Instruments: Member/Site Application

PM Statement: 35 community-based organizations will host Students In Service Members in their agencies in order to increase organizational capacity.

Prev. Yrs. Data

Result: Intermediate Outcome

80% of community-based organizations with successful AmeriCorps Members will report an increase in organizational capacity (such as number of volunteers, number of clients served, outreach to new populations, etc.)

Indicator: Percentage of organizations with increased capacity

Target: 80% of organizations with Members who complete their service.

Target Value: 80%

Result: Intermediate Outcome

Instruments: Site Supervisor Evaluation of Member

PM Statement: As reported on the Supervisor's evaluation, 80% of community-based organizations with successful AmeriCorps Members will report an increase in organizational capacity (such as number of volunteers engaged, number of clients served, outreach to new populations, or other ways identified by the agency.)

Prev. Yrs. Data

Required Documents

Document Name

Status

Evaluation

Not Applicable

Labor Union Concurrence

Not Applicable