

Application Report



Applicant Organization: Escuchen mi voz
Project Name: Educational and Emotional support for Hispanic Families
Application ID: App-22-571
Funding Announcement: FY 22-23 Service Access and Equity Grant
Awarded Amount: \$225,000

Project Summary: Improve the quality of life of people diagnosed with intellectual disabilities in families of Hispanic origin, identifying and promoting their skills, through support groups that provide knowledge and support the entire family, as well as assistance on government support programs.

Authorized Certifying Official: Mariza Ochoa de Anzar mochoa@escuchenmivoz.org (209) 4531338

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Section Name: Applicant Eligibility

Sub Section Name: Applicant Information

1. Applicant Question: Project Title

What is the Project Title?

Applicant Response:

Educational and Emotional Support for Hispanic Families

2. Applicant Question: Awarded Amount

What is the total amount awarded for the project?

Applicant Response:

\$225,000

3. Applicant Question: Organization Type

Choose the response that best describes your organization.

Applicant Response:

Community Based Organization, non-501(c)(3) EIN

4. Applicant Question: Description of Organization/Group

Provide a brief description of the organization or group. Explain what experience your organization has managing a project similar to the proposal and state the outcomes of that project. You may upload your brochure or add a website link.

Applicant Response:

Escuchen Mi Voz is a community-based organization awaiting its Non-Profit status. Our mission is to provide educational and emotional support for parents and youth with IDD. We expect to receive non-profit status by May 2023. Our membership consists of around 100 Hispanic families with children diagnosed with an intellectual or developmental disabilities (IDD). We have been working in the community for around four years advocating for services to Hispanic parents and children with IDD.

The following project outcomes are expected:

- To educate society so they can understand and respect people with IDD
 - To reduce stigmas in the Latino community where IDD is still a taboo and shameful idea
 - To help families understand and realize the great potential of their family members with IDD
 - To maximize work and educational opportunities for people with IDD of Hispanic families
 - To increase tools and other avenues so that people with IDD can develop their full potential
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5. Applicant Question: Applicant in Good Standing

Is the applicant in good standing with the California Secretary of State, California Franchise Tax Board, and California Department of Tax and Fee Administration? Please upload confirmation letter(s) or proof of good standing.

Applicant Response:

Yes

6. Applicant Question: Subcontractors in Good Standing

Are the applicant's subcontractors in good standing with the California Secretary of State, California Franchise Tax Board, and California Department of Tax and Fee Administration?

Applicant Response:

Yes

Section Name: Grant Reapplication Information

Sub Section Name: Grant Reapplications Only

1. Applicant Question: Previous Award(s)

Did your organization receive DDS grant funding in fiscal year 2020-21 or 2021-22? If yes, go to question 2 to complete each column. If no, skip this category and go to category 3.

Applicant Response:

No

2. Applicant Question: Previous Grant Award(s)

Since fiscal year 2020, complete a row for each DDS Service Access and Equity grant your organization was awarded funding.

Applicant Response:

Year Awarded	Project Title	Grant Number	Award Amount
N/A	N/A	N/A	N/A

3. Applicant Question: Previous Grant Outcomes

Provide a brief grant summary of your project outcomes for fiscal year 2020-21 and/or 2021-22.

Applicant Response:

Not Applicable

Applicant Comment:

Not Applicable

4. Applicant Question: Project Transition

If awarded, how will your current project(s) transition into the 2022-23 proposed project? Does your proposed project expand or continue your current project, if so how? What activities, measures, or target groups are being added? Provide a summary of the differences and reasons why you are proposing the change.

Applicant Response:

Not Applicable

Applicant Comment:

Not Applicable

Section Name: General Application

Sub Section Name: Proposal Summary

1. Applicant Question: Project Type

Choose the project type that best describes your activities from the list below:

Applicant Response:

Education and Training

Applicant Comment:

Increase self-advocate/family knowledge about the following topics relating to service access, the regional center system, leadership development, advocacy, stigma/implicit bias, and developmental disabilities.

2. Applicant Question: Duration of project

Choose the duration of your project.

Applicant Response:

24 months

3. Applicant Question: Regional Centers

Choose the Regional Center(s) that your project will serve. Check all that apply. If you are proposing a statewide project, select the All Regional Centers/Statewide option.

Applicant Response:

- Valley Mountain Regional Center

4. Applicant Question: Counties Served

List the county or counties your project proposes to serve. Check all that apply. If you are proposing a statewide project, the select All Counties / Statewide option.

Applicant Response:

- San Joaquin County
- Calaveras County
- Stanislaus County
- Amador County
- Tuolumne County

5. Applicant Question: Community Based Organizations

Will you be working with one or more Community Based Organizations? If so, provide the name of the organization and how you will be working together.

Applicant Response:

Disability Rights California will be assisting us with technical and training support.

6. Applicant Question: Multiple Organizations

Does your project include partnership with one or more organizations either as a co-applicant or subcontractor? If "yes", please upload a letter of support from each organization, that includes an explanation of their role in the partnership.

Applicant Response:

No

7. Applicant Question: Strategies and Sustainability

How will your project continue its work after the grant funding has concluded?

Applicant Response:

We plan to continue this project by applying to other grants in the following years as well as looking for other avenues of financial support and obtaining funding from the public in general.

Sub Section Name: Target Population

1. Applicant Question: Ethnicity Groups Served

Select the ethnicity group(s) the project will serve. For "Indian", "Pacific Islander", "Slavic" or "Other" use comment section to list specific groups.

Applicant Response:

- Hispanic

Applicant Comment:

All parents will be Hispanic but youth will mostly be made of Hispanics but will also include youth of other ethnicities

2. Applicant Question: Ethnicity Group(s), Language(s) and Number of Individuals Served

For each ethnicity group, provide the number of individuals your project intends to serve and the related language(s).

Applicant Response:

Ethnicity Group(s)	Individuals Served	Language(s)
Hispanic	280	Spanish

3. Applicant Question: Age Group(s) Served

Select all Age Groups the project will serve.

Applicant Response:

- 16 to 21
- 22 and older
- Three to 21

Applicant Comment:

The Youth group will consist of individuals who range in age from 10 to 24 years old

Section Name: Project Application

Sub Section Name: Project Application

1. Applicant Question: Project Summary and Organizational Experience

Provide a clear and concise project summary that includes a defined target population, catchment area, and project design. Specifically describe what your project will accomplish and how it will benefit the community served. In your answer, include what experience your organization has working with the target population and how your organization will work with the local RC(s).

Applicant Response:

Escuchen Mi Voz because of its four year history of working with Hispanic families with children with IDD has extensive knowledge of the problems and concerns that they face. Escuchen Mi Voz has partnered with Valley Mountain Regional Center (VMRC) for the past four years developing conferences, educational workshops and helping organize different events. The Emotional and Educational Support for Hispanic Families Project will build upon our experience and will provide the following services to parents and children with IDD in the VMRC in two ways: Formation of educational and emotional support groups for parents and for youth.

1) Educational support groups for parents

Groups will consist up to 40 parents in person and 50 parents virtually. Educational support groups to help Hispanic Families with children with IDD navigate governmental systems of support. Educational sessions will be a combination of in-person and virtual sessions so that parents from different regional centers can participate. The educational support groups will be 6 sessions per year with a maximum of 90 parents per session. We expect to serve a total of 540 parents per year.

2) Emotional support groups to help parents deal with cultural stigma of having a child with IDD. Groups will include up to 30 parents and will be led by a psychologist and a clinical social worker. Individual support will be provided on an as needed basis. Support groups will number up to 30 parents and will last 6 months. We expect to have two groups of parents during the year for a total of 60 parents.

2) Educational and emotional groups for youth

The educational and emotional support groups for youth will include up to 15 youth with IDD and sessions will be take place in person or virtually depending on youth's needs. Sessions will take place twice per month for a total of 6 months. We expect to have two groups of youth during the year for a total of 30 youth per year who will receive services.

In total, the project aims to support up to 600 parents and 30 youth totaling 630 people for the grant year. The parent support groups will be done in both Spanish and English depending on the need.

The goals of this project for parents are as follows:

- To improve the emotional well-being of parents so that they can deal and overcome emotional crisis that may arise from having a child who is diagnosed with IDD.
 - To help parents better deal with and express their emotions and concerns in order to be able to help their children lead a higher quality of life with their families and society in general.
 - To increase awareness of regional centers so that parents can better understand and advocate for their children
 - To help parents understand people with IDD and their limitations and full potential
 - to empower youth and educate them about regional center and school district services and what they offer
 - to help youth learn to manage their emotions and mental health issues so their quality of life improves
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2. Applicant Question: Data and Community Input

Explain why you have selected your priority population(s) using RC POS data and other data as supporting evidence of the disparity or inequity. Include how your organization used input from the community, target population, and RC to design the proposal.

Applicant Response:

Escuchen Mi Voz used the VMRC Annual Report for fiscal year 2020-2021 to designing this project. The VMRC Annual Report shows that hispanic youth are severely underserved by the VMRC in comparison to white and asian youth. According to the Report there is a great disparity in the budget authorized for hispanic youth between 8 and 9 years old (14% less than Asians and whites) and even more significant disparity between ages 10-12 (38% less than whites). Our project is designed to reduce that disparity.

In addition "Escuchen Mi Voz" used community input from its membership of around one-hundred hispanic families to develop this project. Escuchen mi Voz is familiar with the process that parents face when their child is diagnosed with an intellectual disability. According to our member families the main challenges they face are a lack of knowledge and understanding of the services provided by the VMRC, and the lack of professional emotional support for parents to overcome the cultural stigma and shame of having a child with an intellectual disability. This causes an emotional imbalance in families, increases depression and anxiety, and potentially leads to family disintegration.

3. Applicant Question: Uniqueness

How is the proposed project unique from a currently funded grant (e.g., strategies, activities, and goals) in the proposed RC catchment area? If the project is similar to a currently funded grant listed on the Department's website, how is the proposed project different?

Applicant Response:

This project is unique because it is the only one that is currently focusing on providing emotional support to Hispanic youth and helping them to open their horizons in terms of employment and educational opportunities so they can be more fully integrated into society while providing parents parallel support to reduce stigma and shame and increase knowledge and understanding of people with developmental disabilities. Our decision to separate the groups is designed to ensure the youth have the opportunity to maximize their knowledge and development without parent oversight and parents have a separate space to be open and vulnerable about the difficulties and realities of caring for a family member with developmental disabilities. The services to the parents and youth will be provided in a culturally sensitive manner by an experienced mental health coach who speaks spanish, has a disability, if of Hispanic origin, and understand the Hispanic culture; a mental health clinician of Hispanic origin, who speaks spanish, and has a family member with special needs; and a behavioral therapy assistant. This project is also unique because the youth educational sessions will be led by different youth who also have intellectual disabilities and are clients of VMRC under the supervision of a mental health clinician.

4. Applicant Question: Improve Equity and Service Access

How will your project measurably improve equity, access, and reduce barriers to services for individuals with intellectual and developmental disabilities and their families?

Applicant Response:

A qualitative pre and post test questionnaire will be utilized to find out the level of knowledge of regional center services and also to find out how much of an emotional improvement in the youth and the parents took place from beginning until the end of the project. The Parental Stress Scale questionnaire will be utilized to measure improvement in emotional well being every three months. A qualitative questionnaire will be utilized to measure the amount of knowledge about regional center services and the IPP process parents have to determine how much improvement occurred in these areas.

5. Applicant Question: Support of RC Plan

Does the project support the RC plan to promote equity and reduce disparities in their catchment? If you are a RC, how does this project support your recommendations and plan to promote equity and reduce your identified disparities? How will your project collaborate with other organizations to promote community inclusion?

Applicant Response:

This project promotes Regional Center's goal of promoting equity and reducing disparities by educating and empowering Hispanic families who do not apply for regional center services or adequately advocate for their family to the regional center. The project will help hispanic parents and youth with developmental disabilities to minimize the impact of cultural stigma and fear while increasing their knowledge of the regional center system. Thus they will become better self advocates for themselves and their family members with developmental disabilities reducing the disparities in the Regional Center. We will work with Disability Rights California to develop material and trainings in spanish regarding self-advocacy for regional center services.

6. Applicant Question: Project Activities and Measures

Note: Before answering this question, applicants must complete the Activities Template located in the middle tab directly above.

The schedule of activities clearly and specifically demonstrates the steps that the project will take to achieve its stated objective and measures. Do the proposed measures appropriately track the project objective and activities, provide insight into the effectiveness of project, and demonstrate impact on the target population?

Applicant Response:

CORE OBJECTIVE

Improve the quality of life people diagnosed with intellectual disabilities in families of Hispanic origin, identifying and promoting their skills, through support groups that provide knowledge and support to the entire family, as well as assistance on government support programs.

PARTICULAR OBJECTIVE

The particular objectives have been structured in two parts, those proposed to be achieved with the parents and family of people with an intellectual disability and the objectives aimed at young people with IDD

Activities and Project Measures

Objectives for Parents:

To train parents of children who are VMRC clients to navigate and understand systems they have to deal with to help them increase their POS.

Description:

Educational sessions regarding how to navigate and understand VMRC support systems.

Measure:

Six annual sessions will take place to 40 parents who will be in person and 50 parents who will attend virtually from the 21 state regional centers for a total of 540 parents served per year. An survey will be given to parents at the end of the trainings to show if they learned how to navigate regional center systems better.

Dates: Sessions will start January 2023 and end November 2023.

To provide emotional support through support groups directed to parents with children who have a disability.

Description: Emotional Support for parents

Measures: There will be one session per month for a total of 6 months to 30 parents who will be in person and then a new group of parents will start for another 6 month period for a total of 60 parents per year.

The Parental Stress Scale Survey will be given at the beginning and the every 3 months thereafter. The Parental Stress Scale has been tested and validated to measure parent stress and

improvements over time.

Dates: From January 2023 to December 2023.

OBJECTIVES FOR YOUTH

DESCRIPTION:

There will be sessions to inform youth with IDD the functions of VMRC support systems.

MEASURES:

One session per month will be provided to 15 youth and sessions will be in person for a total of 6 months. A new group of 15 youth will take their place for another 6 months for a total of 30 youth per year. A qualitative questionnaire will be given at the beginning and then at the end of the 6 month period to quantify results.

Dates: From January 2023 to December 2023.

To provide Emotional Support to youth with a mental disability in order to help them increase their self esteem and to help them reach their full potential.

DESCRIPTION:

To provide emotional support to youth with a mental disability in order to help them increase their self esteem and to help them reach their full potential.

MEASURES:

One in person session per month will be provided to 15 youth for 6 months and a new group with ten start for another 6 months for a total of 30 youths served per year. A qualitative questionnaire will be given at the beginning and then at the end of each 6 month period to quantify results.

DATES: From January 2023 to December 2023.

7. Applicant Question: Budget Template and Narrative

Note: Before answering this question, applicants must complete the Budget Template located in the tab directly above.

The project budget is consistent with the stated project objective and activities, and clearly and concisely explains how the proposed expenditures support the overall project design and outcomes. The project budget costs are clearly associated with the activities and does not include non-allowable costs or costs funded by other sources.

- Budget Template example is located at [Attachment C](#).
- Budget Details and Restrictions are available [here](#).

Applicant Response:

Title	Description	Hours Week	Rate	Total Week	Total per year (52.14 weeks)
Director:	Manage & oversee all operations and program implementation	30	\$35	\$1,050	\$54,747.00
Administrative Assistant:	To support the director and administrative staff in the development and coordination of the project activities	30	\$25	\$750	\$39,105.00
Youth of Outreach Coordinator:	Outreach and youth project efforts	20	\$20	\$400	\$20,856.00
Office Assistant:	Routine clerical work, data entry, word processing	4	\$15	\$60	\$3,128.40
Mental Health Coach	Couching and mental health (24, 1.5 hours parent training sessions and 1.5 hours leaders training sessions) \$500 x24=12,000				\$12,000.00
Mental Health Clinician	Seminars (24, 3 hours sessions) \$500x24=12,000				\$18,000.00
Behavioral Therapist	Assiting improve youth lives (1 monthx12=\$480)				\$480.00
Fund Management & Payroll Services:	Accountant, payroll, montly P&L reports	10	\$30	\$300	\$15,642.00
Business Consultant:	Operations Manager and CPA				\$32,500.00
IT Development & Management:	Manage and maintain CRM: \$15,000				\$15,000.00
Office Supplies:	Variable- General supplies (paper, printe ink, etc)				
Equipment:	Variable- Digital equipment, iPads				
Facility Cost:	Variable				
Printing, Graphics, Web Development:	Variable				
Video Production, Communications:	Variable				
In Sate Travel:	Variable- Travel & Expense, mileage				
Transportation:	Variable				
Instructional Materials:	Variable				
Food & Beverage, Training Workshops:	Variable				
Advertising Outreach:	Variable				
					\$60,000.00
					\$271,458.40

Section Name: Proposal Certification

Sub Section Name: Certification

1. Applicant Question: Confirm Proposal Discussion with RC(s)

CBOs are required to discuss their proposal with each RC(s) the CBO is intending to serve. If you are a CBO, have you discussed your proposal with each RC you are intending to serve?

Applicant Response:

Yes

2. Applicant Question: RC Contact

CBOs are required to submit their application concurrently to the Department and to each RC(s) catchment the CBO is intending to serve. If you are a CBO, state the name(s) of the contact person(s) at each RC you have emailed your proposal application. The RC contact list is available here at [Attachment F](#).

Applicant Response:

Valley Mountain Regional Center

702 N. Aurora St.

Stockton, CA 95202

Telephone: (209) 473-0951

Website: www.vmrc.net

Contact person:

Tony Anderson email: tanderson@vmrc.net

Gabriela Lopez email: glopez@vmrc.net

3. Applicant Question: Code of Conduct

Grantee Code of Conduct

The Department is committed to supporting services and programs with integrity that foster collaboration and professionalism. Grantees are expected to conduct project activities in a professional and respectful manner that include:

- **Valuing Diversity and Inclusion.** Grantees should embrace diversity that includes but is not limited to: ability, race, language, national origin, citizenship, age, gender identity or expression, sexual orientation, and religion.
- **Conducting Activities with Personal and Professional Integrity.** All activities with individuals, families, community organizations, regional centers, and state, local and federal agencies should be conducted with professionalism, dignity, respect, and fairness. Grantees should be open to listening to different points of view and fostering productive communication.
- **Providing a Positive Work Environment:** All projects should foster a positive and respectful work environment with their colleagues and other grantees.

Applicant Response:

- I acknowledge that I have reviewed the Code of Conduct.

4. Applicant Question: Applicant Certification

By submitting this application, the Applicant is certifying the truth and accuracy of the proposal. The applicant also certifies that if you have subcontracting organizations, each participating organization has reviewed your project and agrees to their assigned activities, measures, and the budget.

Applicant Response:

Yes
