



Fresno Regional Foundation
Grant Application Form

It is required that this organization complete the Organization Profile Form, including attachments, prior to submitting an Application.

FRF Profile # (contact FRF for your profile #) 590

Date	Socorro Santillan
Organization Name	Fresno Barrios Unidos (FBU)
Contact Person for this application	Socorro Santillan
Contact phone number	(559) 453-9662
Contact email	(559) 453-9660
Funding Area	Youth-TPP
Application Due Date for this Funding Area	August 7, 2008
City of your office location	Fresno
Amount Requested	\$100,000.00
Type of Grant Request	Programs
Grant Project Name (10 words or less)	"Healthy Decisions" After School Program
Brief Description of Grant Project (50 words or less)	"Healthy Decisions" focuses on reducing teen pregnancy by providing medically accurate comprehensive sex education to low income youth of color. The program is designed to provide youth with vital information as well as activities that work on building a young person's self esteem, communication skills and network of resources.
To help us collect information on the impact of this grant , please respond to the following:	
Program Area	youth
Program Sub Area	human services
What region will be served by cities and zip codes?	City of Fresno zip codes 93702,93703, 93727 & 93704
What county(ies) will be served?	Fresno County
What population will be served?	General Public
What age range of clients will be served?	11-18
How many clients will be served?	200
What economic group will be served?	Low income at-risk youth of color and their parents
If this is an on-going program:	
How many clients are	40

currently being served?	
What is the age range of clients currently served?	11-18

1) What is the intended outcome of this grant? (200 words or less) *Example: To increase reading scores in 100 third graders in XYZ Schools.*

The intended outcomes of "Healthy Decisions" are to 1) reduce teen pregnancy in the census tracts identified as "teen birth hot spots". 2) Increase access to reproductive health services at Fresno Barrios Unidos Drop in Center provided by Planned Parenthood Mar Monte and Dr. Lichtenstein. 3) Increase communication between youth and their parents/guardians about reproductive health. 4) Increase youth support networks. 5) Increase peer to peer health education, advocacy and community involvement, by recruiting "Healthy Decisions" graduates, to volunteer at FBU's Drop in Center and community events. The intended outcomes of this grant will decrease teen pregnancy in the Central Valley by educating youth with medically accurate comprehensive sex education, empower youth to make healthy decisions by helping them realize their potential. Program facilitators will engage youth in leadership, self-esteem, and communication activities that will strengthen their resiliency. The participants' parents will have the opportunity to attend workshops to better communicate with their youth. Lastly, the youth will receive a full circle of support by receiving information and referrals to youth friendly clinic services with such as; Planned Parenthood Mar Monte, Dr. Lichtenstein, Sequoia Community Centers, EOC Teen Clinic and The Women's Clinic at Community Medical Centers.

2) What are the indicators you will measure? *This is the actual variable being measured, such as average test scores or proficiency.* (200 words or less)

FBU has several procedures in place to help us measure program indicators; a) staff will be conducting pre and post tests of all program participants. The surveys will be matched to participants to measure the increase/decrease in the education provided them through "Healthy Decisions". b) FBU will provide participants with surveys to measure the need, effectiveness and quality of program information, as well of the program staff. c) FBU will track the number of program participants who access clinic services due to their participation in "Healthy Decisions". FBU will do this by providing participants with vouchers that will be redeemed for gift certificates at the end of their clinic visit. The purpose of this activity is to increase the knowledge of youth of what a clinic visit is about, the youth can have this information for themselves and their peers. d)

FBU has a client registration form that allows us to track how clients are referred to our drop in center. FBU will be able to track referrals from schools, agencies, peers and relatives etc. f) FBU staff will be able to monitor the impact of the program on participants' long term behavioral change, through follow-up contacts.

3) What results represent the minimum for the outcomes to be successfully achieved? *If project was job training and job placement, how much is good enough? A \$12 an hour job and remain at the new job for at least 6 months.* (200 words or less)

Fresno Barrios (FBU) will implement Becoming a Responsible Teen (B.A.R.T.), an evidence-based curriculum, for 200 youth, ages 11-18. 100% of the youth will participate in a pre and post test that will measure the increase in knowledge on the issues discussed during the after school program such as; sexually transmitted infections, contraception, anatomy and physiology, self-esteem, body image, communication skills, healthy relationships, media and peer pressure. Participants knowledge will increase by 85% in the area of reproductive health. At least 30% of sexually active program participants will access clinical services at our drop in center and 100% of program participants will learn of at least two locations where youth are able to obtain no-cost and confidential reproductive health services. FBU will increase communication between parents/guardians and their youth by 45%. FBU will provide "How to effectively communicate with youth about sex" workshops. Youth will participate in a communication activity, in which participants will interview their parents. As a result of the implementation of "Healthy Decisions" , youth will have the resources and information to reduce teen pregnancy.

4) Describe the details of this grant request and make a compelling case for support from the Fresno Regional Foundation. Attention should be given to how this grant overlaps with Fresno Regional Foundation program goals and special considerations. (400 words or less)

Fresno Barrios Unidos (FBU) is located in Southeast Fresno across one of Fresno's largest high schools with over 3,000 students and bus ride away from two other large high schools and alternative schools. The teen birth rate in four census tracts which surround FBU, are approximately three times higher than that of the state rate (126.2 vs. 44). Teen pregnancy is huge contributor to the high numbers of high school drop outs, high number of people living under the poverty level and high crime rates.

FBU like the Fresno Regional Foundation has been successfully addressing the issue of teen pregnancy since 1994 by providing education on health issues such as sexually transmitted infections, contraception, sexuality, anatomy, healthy dating/relationships, positive body image, leadership, communication, media, peer pressure, and assertive decision making at the surrounding high schools, foster homes, juvenile hall, middle schools, EOC Sanctuary. In 2002, FBU in collaboration with Planned Parenthood Mar Monte, Dr. Lichtenstein and University Medical Centers began providing no-cost confidential clinic services for youth from its center.

With this grant FBU would like to expand its "Healthy Decisions" After School Program from 40 to 200 students, which was a huge success this last year. The program was implemented at Sunnyside, Roosevelt and McLane High School for forty-four students. McLane High School 21st Century Program Coordinator, Cathy Estes was so impressed by FBUs after school program that Mrs. Estes personally presented to Fresno County Unified School Board on behalf of our program, urging them to contract with FBU to provide our public high schools with this valuable program.

Our success in providing quality reproductive health education and services to at-risk youth is contributed to its accessible location experienced caring staff and great partnerships with Planned Parenthood Mar Monte and Dr. Lichtenstein. FBU is committed to providing and assuring the access of medically accurate comprehensive sex education and services for individuals, as part of our commitment FBU has partnered with agencies such as California Latinas for Reproductive Justice (CLRJ), American Civil Liberties Union (ACLU), Advocacy Coalition of Tulare County for Women and Girls (ACT) and Planned Parenthood Mar Monte Public Affairs Department. FBU has participated with these organizations in providing trainings for our community on the legal rights of individuals to medically accurate comprehensive sex education. FBU has also worked with Fresno County Unified School District advisory committee on comprehensive sex education in Fresno County.

5) A budget format is included in this application form. Please follow this format and submit in an Excel spreadsheet. If the amount requested from FRF is not 100% of the project budget, please describe other funders and amounts. If your organization will receive matching funds to our grant, please describe. This format will be required with the Final Report.

If you are requesting \$10,000 or more in this grant application, please continue and respond to the following questions:

6) Financial History: Please list the total budget for the last three years

YEAR	2005	2006	2007	2008*
Total Costs & Expenses	\$179,523.00	\$254,871.00	\$155,921.00	\$161,079.00
% Program	70%	70%	69%	71%
% Administration	25%	27%	31%	27%
% Fundraising	5%	3%	0%	2%

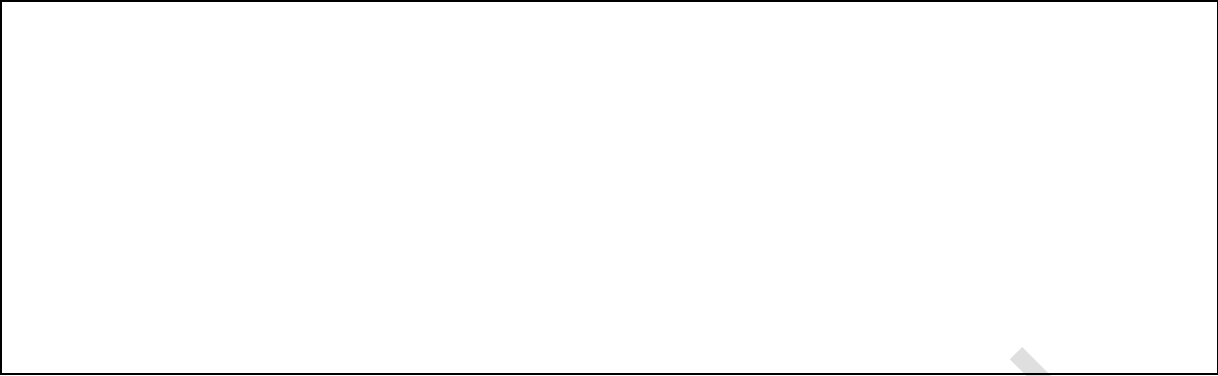
*2008 Budget

7) Please explain annual differences over 30% in the totals above.

NA

8) What changes are you trying to produce with this grant? *Example: Change the ineffective reading models/programs in education. Instead, use a holistic approach in reading and comprehension by training parents, teachers and volunteers to tailor education to the needs and strengths of the child.*

Fresno has a teen pregnancy rate higher than that of the Nation and has state law that requires our public schools to teach our youth comprehensive sex education, yet most of the youth FBU works with report receiving minimal information in their schools about reproductive sex education. For many of them what they received from their teachers was basically don't have sex, because you'll get pregnant. Fresno has very high numbers of high school drop outs, everyone is working hard to address this issue through more rigorous testing, tutoring and moving up their students expectations. No one is talking about the social issues that contribute to high school drop outs such as teen pregnancy. Everyone turns away from this problem that isn't going away. FBU want's to address this issue and change the way its is being addressing by trusting our youth with medically accurate, non-bias sex education and allowing them to know the facts so that they can make informed choices. Our youth are being faced with sex every day through their music, TV, internet, magazines, billboards, clothing and so on. The information they receive is bias and misleading. By not addressing the issue we are contributing to the problem. FBU intends to change how people approach the issue of sex, by making it a community issue. An issue that parents are encouraged to talk to their kids about, an issue youth have honest information about, an issue that sexually active youth don't have to feel guilty about accessing medical services for and an issue that just happens and leads to teen pregnancy. Reducing teen pregnancy is not an impossible change its one that requires open communication.



9) Identify the specific, measurable, and time-limited activities that will lead to your desired outcomes?

Fresno (FBU) staff will implement the Becoming a Responsible Teen (B.A.R.T) curriculum, an evidence- base curriculum in our after school program "Healthy Decisions" for 200 youth, ages 11-18. B.A.R.T. is designed as an HIV/AIDS prevention program; it also includes information on pregnancy prevention. Group discussion and role-playing activities aimed to build participant's communication and decision-making skills regarding sexual behaviors, as well as HIV/STD and pregnancy prevention. Abstinence Education is integrated into the program as well. Abstinence is discussed as the primary way to prevent the transmission of HIV and to prevent pregnancy; however teens are also taught about using condoms to prevent sexually transmitted infections. Youth participants will attend eight sessions. Each session will consist of three components 1). Program facilitator conducts health education. 2) Program participants implementation information provided by the program facilitator into a group activity. 3) The youth reflect in their program journals their thoughts on that day's session. Once the youth have completed the "Healthy Decisions" After School Program they will receive a certificate of completion and a gift card for their effort. By their fourth program session the youth will receive information on youth friendly no-cost confidential clinic services. All youth are encouraged to access clinic services as part of their learning experience to understand the importance of being prepared for the future. The purpose behind this activity is to a) Encourage sexually active youth to access clinic services. b) Educate non-sexually active youth on available services and procedures, so they can pass on the information to their peers. FBU will be able to track how many youth access clinic services by providing youth with a gift card at the end of their clinic visit as an incentive. 'Healthy Decision' gradates will invited to volunteer as health educators at FBU's drop in center and community events. Program participants will be assigned to FBU staff member who will conduct three follow up activities with the youth. The purpose of this activity is track the impact of the "Healthy Decision" Program long term behavior. FBU will also conduct two "How to communicate with your child about sex" trainings. The purpose of this activity will be to initiate conversation between youth and their parents on reproductive health.

10) In terms of the scope of this grant, what are the organization's plans for sustainability for this project or activity?

Fresno Barrios Unidos has been very successful in implementing "Healthy Decisions" in our public schools. FBU has won the trust and confidence of our school administrators. This last summer we were contacted by two more high schools interested in having FBU provide "Healthy Decisions" program in their schools.

FBU has been working hard to secure funding to expand this valuable program to our youth. This last year FBU graduated forty-four students from its "Healthy Decisions" after school program. Eighteen students from Sunnyside High School, Eighteen students from McLane High School and eight from Roosevelt High School funded through the Whitney Foundation. Due to its success we have been invited to reapply for funds from the Whitney Foundation in September for the amount of \$20,000.

FBU, Reading and Beyond, Read Fresno and Big Brothers Big Sisters collectively applied for a Community Development Block Grant (CBGB) Grant from the City of Fresno. Our proposal "Reaching Families" was approved \$100,000. \$22,500 of the \$100,000 is being allocated to FBU for support of its "Healthy Decisions after School Program. FBU will be receiving those funds in October. FBU has been approached by both of the 21st Century After School Program coordinators at McLane High School and Fresno High School to conduct the "Healthy Decisions" After School Program at their schools. Both of these programs are willing to support the program by providing the program participants with an end of the school field trip for participating in the "Healthy Decisions" After School Program and snacks. FBU is determined to continue seeking funds for pregnancy prevention programs. FBU believes education and access are vital in decreasing teen pregnancy and sexually transmitted infections, to improve the quality of life of our youth.

11) For multi-year grants only: How will you measure movement toward your desired outcome? *Please include activities and objectives for year one, year two, etc.*

FBU will conduct several activities that will assure the success of their "Healthy Decisions" After School Program. FBU will conduct twenty eight- sessions with ten participants in each training continuum. These sessions will not only educate the youth in a variety of issues pertaining to youth and reproductive health, but will also implement activities designed to impact long term behavior change. FBU will conduct follow up activities with all participants as detailed in the proposal. Staff will complete three follow up activities with program graduates. These activities will include phone calls, emails, mail correspondence, invitation to FBU events and participation at our center as health educators. Some of these participants we hope will individually become FBU board members. FBU staff will complete surveys as part of their contact with participants on the programs impact on their behavior and decision making on reproductive health and other areas of their lives. These surveys and other program documentation will be kept in the participant's individual files.

A long term goal of this program is to engage youth with their community and help them realize the value of their time and presence. The mission of everyone at FBU is to become a support network for the youth and give them a place where they can continue to grow. FBU believes these activities will help as measure movement towards our desired outcomes.