



County of Marin Community Service Fund Program Application Form

Application Date September 30, 2020

Fiscal Year July 1, 2020 - June 30, 2021

Organization Information

Full Legal Name: Bambini Yoga Project

Organization URL: Bambini Yoga Project

Mission/purpose of your organization:

Bambini Yoga Project's mission is to empower low income and underserved youth with the tools and resources necessary to navigate their academic and social experiences with resilience and confidence.

BYP is a 501(c)3 nonprofit organization serving 3000+ children through our yoga, mindfulness, and health and wellness programs throughout the Marin County school system. Our business model has evolved since March 2020 to include a virtual platform so we can continue to help kids manage their stress and anxiety as they and their families navigate the effects of shelter-in-place due to COVID. Our child and family therapy programs assist families with one-on-one individual, family and group therapies. We believe that by combining a holistic and clinical approach to stress, anxiety and trauma that we can be more effective at helping our children and communities. The recent hardships have created an immediate need in which we working to support and help offset in our community.

Grant Request Information

Program/Project Name: Virtual Program Support (COVID)

Summary of how County funds would be used for project:

Funding will be used to offset the cost of converting all of our in-class teachings to a virtual learning platform for 2020-21 school year for 3700+ kids. To provide clinical mental health support to families suffering trauma due to COVID crisis.

Amount Requested Dollar: Funding will be used to offset the cost of converting all of our in-class teachings t

Total Project Cost: \$47,000.00

Description of the proposed project/program, including the proposed project's goal(s), and the nature of the costs in specific terms, i.e. materials, labor costs, etc. Specifics of how the requested County funds will be used.

There is a major cultural and socioeconomic divide throughout many areas in Marin County. Economic hardships and the mental health crisis due to COVID-19 significantly widened this gap. Funds will be used to support our community in the following 2 ways:

1. Virtual Health and Wellness Platform (through the public school system)
2. Therapeutic/Clinical Mental Health Support

We have worked in the San Rafael City School (SRCS) and Sausalito/Marin City School Districts for the past 4 years. Because all of our sites have transitioned to all or a percentage of online learning, SRCS requested that we produce a library of virtual yoga and mindfulness videos to support the mental health and wellness of their 3000+ elementary school students. With adequate funding, we would be able to rollout the platform to the students of Marin City who attend Bayside/MLK and Willow Creek in Sausalito. The goal of our online platform is to help students manage stress and anxiety, to actively prepare their brains and body for learning and to learn resilience in times of uncertainty and change. Funding would allow BYP to increase our outreach by 25% offset the negative impact of shelter-in-place, COVID, academic and familial stressors that are going to have an impact on children for the foreseeable future. (Total Costs for both Districts = \$39500 Request Marin County Grant = \$5000)

We primarily work with marginalized youth in the Latino community of San Rafael and black and Latino youth in Marin City. A high percentage live in poverty and have experienced more than one adverse childhood experience (ACE). Because of this, we also provide mental health and wellness support through adult, youth and family therapy sessions. The school district helps identify families that are in need of acute intervention and we provide highly

subsidized or free therapy sessions with a professional therapist. (\$5000 - 100 hours of therapy w/ in-kind services)

List of all community interests that will be affected by the proposed project/program and the public benefit to be derived from it:

Because we are working with populations of children who have experienced high levels of trauma, the wellness practices combined with mental health and therapy support are designed to offset future negative impacts on their developing brains. Mindfulness and meditation techniques gives children a toolbox of sorts to handle stressors in a positive and effective way. When children learn to manage their stress better, they do better in school, have less behavioral problems, have higher graduation rates and more successful futures.

The earlier trauma, stress and anxiety are addressed, the higher potential for a successful outcome. Clinical therapy combined with alternative wellness practices through our virtual platform will help positively impact mental health outcomes of children and families in our community. Poor physical health is often a result of stress and poor mental health. The impact of Adverse Childhood Experiences on public health according to the CDC is as follows; "ACE's are linked to chronic health problems, mental illness, and substance misuse in adulthood. ACE's can also negatively impact education and job opportunities. However, ACE's can be prevented. ACE's can have lasting, negative effects on health, well-being, and opportunity. The economic and social costs to families, communities, and society totals hundreds of billions of dollars each year." Less local, state and federal resources would go towards economic and support if seek intervention early on. The public benefit derived from our programs have a far-reaching and lasting impact on this and future generations.

This organization has never received Community Service funds.

No County funding was received for this project or others.

Project/program cannot be completed if amount received is less than requested amount of Community Service funds.

Applicants are encouraged to leverage funding from other non-County sources, and priority will be given to requests that represent no more than 50% of total project cost. To demonstrate all sources of project funding, including other County sources, please provide a project/program budget below. Please fill in as applicable, and round to the nearest dollar.

Project Funding Sources	Funding Agency	Funding Requested	Received	Notes
County CSF				
Federal Grant				
State Grant		\$0	\$0	
Individual Contributions		\$0	\$0	
Other Local Agencies	HeadsUp	\$32,000	\$28,900	<i>Funds confirmed and paid over 2020-2021 school yr.</i>
In kind services	Casey Himeline Therapy	\$10,000	\$5,000	
Other	Yoga Dana Foundation	\$5,000	\$0	<i>2 year grantee. Will receive funds in Nov. 2020.</i>
Total Sources		\$47,000	\$33,900	
Project Expenses		Budgeted	Spent to Date	Notes
Personnel Costs		\$22,000	\$2,560	<i>Instructors/Actors/Therapists/ Counselors</i>
Services and Supplies		\$20,000	\$3,200	<i>Video Production + Editing</i>
Capital				
Other		\$5,000	\$5,000	<i>Virtual Platform/Equipment/ Materials</i>
Total Expenses		\$47,000	\$10,760	

