



**County of Marin
Community Service Fund Program
Application Form**

Application Date July 31, 2016

Fiscal Year July 1, 2016 - June 30, 2017

Organization Information

Full Legal Name: Beyond Hunger Inc

Organization URL: www.beyondhunger.org

Mission/purpose of your organization:

Beyond Hunger is working to improve the lives of youth, adults, seniors and their families whose lives are severely challenged by eating disorders. We are the only non-profit in Marin County whose sole mission is dedicated to providing treatment and education for teens/adults with anorexia nervosa (self-starvation), bulimia nervosa (bingeing and purging), binge eating disorder (compulsive overeating), and severe body hatred. Our goal is to help individuals overcome their obsession with food and weight and develop a positive and nurturing relationship to food, body, and self. Since 1988, when Laurelee Roark, MA, CCHT and Carol Normandi, MA, MFT, started our grassroots agency, we have offered workshops, psycho-educational support groups, community outreach, and prevention services to the public, and more recently to schools. Carol and Laurelee continue to lead our clinical programing and to define our vision and values.

Grant Request Information

Program/Project Name: Outpatient Eating Disorder Support Groups and Peer Education Program

Amount Requested Dollar: \$10,000.00

Total Project Cost: \$31,980.00

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.

Support Groups -- Beyond Hunger's ongoing psycho-educational support groups for adults and teens are small and in-depth. Each group meets separately on a weekly basis for two hours for 16-week sessions. Groups are led by two facilitators who have extensive experience with eating disorders and training in the Beyond Hunger philosophy. The client to therapist ratio is 4:1. The primary cost associated with our groups is labor, the facilitator's fee. Peer Education and Prevention Program -- Beyond Hunger trains students ages 15 to 25 in eating disorder prevention, who in turn present with Beyond Hunger staff to middle and high school students around Marin County. Peer education is so successful because 1) prevention is more effective when information is presented by peers rather than adults, 2) students internalize the information in more depth when they learn it and then teach it to others and 3) younger students receive the benefit of having positive role models. The primary cost associated with the peer program is labor, the facilitator's fee for conducting the training sessions for the peer educators. Other costs involved with the program include travel and material expenses associated with the schools presentations. The funds granted will be used to provide scholarships to group clients who cannot afford treatment, and as well as schools that are unable to pay for our peer ed program. There has been an increase in the number of schools who reach out for our services but have no means to help cover our costs due to the lack of funding available in schools. It is Beyond Hunger's policy to do our best to never to turn anyone away if unable to pay. Grant funding is vital for us as we are stretched to provide for those who request our services/programs but cannot afford to pay for them. The grants are also essential to achieve our goal of expanding our programs to reach more schools and offer more support groups.

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

Our peer ed program reached approximately 2,132 students last year from 16 schools and 2 teen conferences. In 2016-2017 we aim to serve approximately 3,300 youth in Marin County by continuing to expand our network of schools in our community. Many of these schools have little or no funding for our services and so this grant will help us to continue funding our peer ed program as we strive to expand our network and reach more students. In addition to the peer education program we have just added a new weekly outpatient support group which means we are helping more clients in the community. Our key measurable outcome is the number of people we reach. Eating disorders are prevalent in our country and increasing at an alarming rate with disastrous results: • In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their

life • There has been a rise in incidence of anorexia in young women 15-19 in each decade since 1930 • The mortality rate associated with anorexia nervosa is 12 times higher than the death rate associated with all causes of death for females 15-24 years old. After our peer education programs we are consistently provided feedback from school staff reaffirming what we do makes a difference in the knowledge and behavior of their students: "Our school is in West Marin, Bolinas-Stinson Union School. We have about 35 middle school students (6-8 grade). You came last year and did a Fantastic Presentation for the students, they wore the [Love Every Body] stickers on their clothes for days and talked about the issues you discussed for weeks after you left. I know the information you presented to them made a difference in how they see themselves and others." -Maud Zimmer, MFT; School Counselor

The total amount received for the past three fiscal years:

Year	Amount	Project
2015 - 2016	\$5,000.00	Peer Ed & Outpatient Support Groups
2014 - 2015	\$5,000.00	Peer Ed & Outpatient Support Groups
2013 - 2014		

No County funding was received for this project or others.

Project/program can 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	County of Marin	\$0	\$5,000	5K received in Feb,
Federal Grant		\$0	\$0	
State Grant		\$0	\$0	
Individual Contributions		\$0	\$2,650	
Other Local Agencies	Rotasa, Union Bank	\$15,000	\$10,500	Pama Kids, Fullerton Family Foundation (received)
In kind services		\$0	\$0	
Other			\$0	
Total Sources		\$15,000	\$18,150	
Project Expenses		Budgeted	Spent to Date	Notes
Personnel Costs		\$31,680	\$16,538	
Services and Supplies		\$300	\$421	Tshirts purchased, offset will be in 2017 budget
Capital		\$0	\$0	
Other		\$0	\$0	
Total Expenses		\$31,980	\$16,959	