

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: 22-DEC-10	STATE APPLICATION IDENTIFIER:
2b. APPLICATION ID: 11AC123602		4. DATE RECEIVED BY FEDERAL AGENCY:	FEDERAL IDENTIFIER: 07ACHAK0010003
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 State		11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT: Building Initiatives in Rural Community Health	
12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc): This program will exist in 15 rural villages and communities across Alaska each year. With a portion of the Members completing two years rather than just one, the Building Initiatives in Rural Community Health (BIRCH) program will be in approxima		11.b. CNCS PROGRAM INITIATIVE (IF ANY):	
13. PROPOSED PROJECT: START DATE: 12/01/11 END DATE: 11/30/12		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="3"/>		16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS?	
a. FEDERAL	\$ 234,401.00	<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	
b. APPLICANT	\$ 170,504.00		
c. STATE	\$ 0.00		
d. LOCAL	\$ 0.00		
e. OTHER	\$ 0.00		
f. PROGRAM INCOME	\$ 0.00		
g. TOTAL	\$ 404,905.00		
17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT? <input type="checkbox"/> YES if "Yes," attach an explanation. <input checked="" type="checkbox"/> NO			
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 Building Initiatives in Rural Community Health (BIRCH) AmeriCorps Program improves wellness conditions in 15 remote, rural Alaskan communities by recruiting an AmeriCorps member from within the community who engages at-risk youth in positive, community service activities that strengthen resiliency.

BIRCH members address wellness needs in Alaskan villages by implementing projects such as health fairs, wellness conferences, cultural revitalization through traditional activities, community clean-ups, gardening, and tobacco prevention.

Rationale and Approach

Compelling Community Need

Contributing Socio-Economic Factors

The Rural Alaska Community Action Program, Inc.'s (RurAL CAP's) Building Initiatives for Rural Community Health (BIRCH) AmeriCorps Program will promote health and wellness in rural Alaskan communities by engaging youth and mobilizing local volunteers. Since 2000, this unique program has served some of the most remote and isolated communities in our nation through AmeriCorps and volunteer action. With the development of promising new partnerships and organizational capacity, we look forward to building on BIRCH successes to increase and reinforce youth engagement in this proposed funding cycle.

In understanding the need for a program such as BIRCH, it is important to have an accurate view of the unique living conditions, socio-economic struggles, and geophysical features of rural Alaskan villages. To envision a situation similar to the isolation of communities in rural Alaska in the continental United States, start with an area encompassing all of the land in the U.S. east of the Mississippi River, take out all towns and cities--except a scattering of 200 small communities of 200-1,500 persons, each with its own tribe. Remove all of the roads except for three state highways in Georgia. Add extensive mountain

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ranges and winter temperatures that frequently reach minus forty degrees.

The majority of the villages served by the BIRCH program are located in such communities, off the road system, accessible only by small plane or boat. A high percentage of the population are Alaska Native, low-income residents. Most of the village infrastructure is limited to a small general store, a single school for grades K-12, a post office, and a city or tribal council office. With a small number or no private businesses, there are scarce opportunities for employment. Most local transportation is an all-terrain vehicle (four-wheeler) or boat in the summer, snow machine in the winter, as there are few "roads" within the community. The residents of these villages are firmly rooted in a traditional culture, Native language and subsistence lifestyle reliant on gathering food from the land and centered on the importance of community. Fishing in the summer, hunting in the fall, and a strong connection to the land is the way of life.

Unfortunately, rural Alaskan communities suffer a disproportionate rate of poverty compared to the rest of the United States, with economic conditions rivaling those of developing countries. The Kids Count Alaska 2006/2007 Data Book prepared by the University of Alaska's Institute of Social and Economic Research reveals that:

- * 15% of rural Alaskan children live in poverty
- * 30% live in single-parent homes
- * 53% of rural Alaskan children live in families where no parent is employed full-time

The State of Alaska Division of Commerce, Community, and Economic Development's Community Information Summaries show that in RurAL CAP's current AmeriCorps communities the unemployment rate is as high as 36% (Hooper Bay, Venetie), and often up to 65% of adults are not in the labor force at all (Manokotak). In some communities over 40% of the residents live below established

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federal poverty levels (Arctic Village, Oscarville, Venetie). Compounding the poverty conditions in these communities is the high cost of living. Since almost everything must be shipped to communities by barge or air, fuel costs increases the price of goods tremendously. In rural Alaska, the poorest 20% of residents are paying 47% of their income in energy costs ("Bush costs prompt exodus to cities" -- Anchorage Daily News -- 9/29/2008).

The Denali Commission, a federal-state partnership designed to provide infrastructure and economic support throughout Alaska, maintains a list of "distressed" Alaskan communities where in 2007: 1) the average income was less than \$14,872, 2) 70% of a community's residents earned less than \$14,872, and 3) less than 30% of a community's residents were employed all four quarters. According to Denali Commission, of the 32 BIRCH communities in the last three program years, 25 are considered to be distressed.

Need for Health and Wellness Promotion

There are a myriad of risk factors -- both physical and mental -- that negatively impact the health of the predominantly Alaska Native population of rural Alaska. Alcohol importation in many of the rural villages is heavily regulated by law enforcement. Damp villages are those that allow alcohol (often on a limited basis) to be brought into the community but not sold. Dry communities do not allow any alcohol in the village. Despite these laws, alcohol makes a tremendous negative impact on Alaska. According to the Alaska Department of Health and Social Services:

* The percentage of Alaska Native mothers who drank during pregnancy was 12.3% compared to 1.5% for United States population as a whole.

* The Fetal Alcohol Syndrome prevalence rate among Alaska Natives (4.8%) is three and a half times that for all Alaskans (1.4%) and at least seven times the high end of the national rate of .7%.

* 42% of Alaska Native adults are current smokers, and the use of spit tobacco products is almost as

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high.

Another study by the University of Alaska's Institute of Social and Economic Research found that :

- * Alcohol continues to fuel high rates of domestic violence, child abuse, and violent death in the Native community. Experts link about 80 percent of violence and crime to alcohol.
- * The suicide rate among Alaska Natives was three times that of non Alaska Native residents and five times the national rate from 2003 to 2006.
- * 30% of Alaska Natives are considered obese, compared to 20% in the 1990s.
- * Alaska Native diabetes rates doubled between 1985 and 1999.

Need for Youth Engagement

Alaska Native teens in particular are an at-risk population. They have higher rates of participation in behaviors that negatively impact their overall health and wellness :

- * Alaska Native high school drop-out rates are twice that of the rest of the population -- nearly 10%
- * Alaska Native teen pregnancy rates are 2.5 times that of Caucasians
- * Alaska Native teen smoking rates are 3.6 times as high as Caucasians
- * One-third of Alaska Native high school males, and nearly one-fifth of Alaska Native high school females, use smokeless tobacco -- far more than other Alaska high school students.

Research by the Search Institute has shown that engaging youth in community service helps improve their mental health and education performance while reducing substance abuse. Youth involvement is also important for the overall success of community projects. RurAL CAP knows from our own experiences that projects with heavy participation from youth have greater volunteer contributions, larger impacts and more lasting effects. Therefore, the involvement of youth in community projects is an important component for addressing the cycles of poverty, substance abuse and social issues that

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plague rural Alaska youth.

This AmeriCorps program will address the need for interventions that improve the overall health and well-being of rural Alaskans. This need has been identified through community surveys, 13 years of administering AmeriCorps programs, and collaboration with our Board of Directors, partner organizations and other stakeholders. RurAL CAP has chosen to focus on the promotion of health and wellness and the need for youth engagement activities because we know through our experience and those of our partners that community-based, grass-roots approaches work in rural Alaska. When a community determines its priorities and is actively involved in a project's design and implementation, the community takes ownership of it. Where health priorities are determined by the community and the project is locally designed, they will be culturally appropriate and effective.

Multiple Sites

RurAL CAP acts as an intermediary organization, providing the opportunity for 15 rural communities per year to participate in the BIRCH program. Applications to host AmeriCorps Members are distributed to all tribal and city councils, schools, and clinics in rural Alaska each year. Successful applications demonstrate community need, capacity of local host organization to support the program and achieve goals, and strength and commitment of potential AmeriCorps Members and host organization supervisors. While BIRCH communities have not yet been determined for future years, we know from prior years' experience that the majority of communities to be served by BIRCH will be considered "distressed," by standards set by the Denali Commission cited above.

Description of Activities and Member Roles

Activities that Address the Need

RurAL CAP's BIRCH AmeriCorps program will train Members to engage, motivate and educate youth

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and other volunteers to promote health and wellness in their communities. Participating in these meaningful activities is associated with the reduction of several risk-taking behaviors in youth (alcohol, tobacco or drug use, delinquency, anti-social behaviors, teen pregnancy, school suspensions or school dropout). The BIRCH program will increase skills and positive development of youth by involving them in all phases of a project: planning, organizing, implementation and evaluation.

Through a statewide recruitment process in rural Alaska, RurAL CAP identifies AmeriCorps organizations (such as tribal councils, city councils, health clinics or schools) based in 15 different communities to host a BIRCH AmeriCorps Member. They, in turn, recruit a local Member. RurAL CAP staff works with Members and host organizations to prioritize needs at the community level and provides assistance through scheduled training and technical support. BIRCH Members serve their communities by engaging youth and other volunteers to assist in conducting community health needs assessments, community readiness interviews, and implementing projects that promote wellness. Specific projects implemented are dependent on the needs identified by each community. Some project examples are:

- * Walking/fitness programs;
- * Establishing a wellness committee;
- * Organizing health fairs;
- * Wellness education in schools;
- * Traditional and subsistence activities for youth;
- * Peer to peer health education;
- * Wellness classes;
- * Youth development and training; and
- * Social support circles to promote tobacco cessation.

The program provides Members with the flexibility and freedom to design projects that use innovative

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and culturally appropriate activities. At the end of the AmeriCorps year, the community has a trained wellness resource person and has made progress towards improving overall community health.

Roles

Members have well-defined yet flexible roles that allow them to meet local needs. Members and their Site Supervisors use the position description they receive at Orientation Training as the basis for their work, molding activities to maximize the Member's personal strengths while meeting local priorities.

Members act as community organizers to plan and implement wellness projects, while training and engaging youth and local volunteers. This role is different from that of staff -- or any comparable program -- in that these positions do not exist in remote, rural Alaska. The BIRCH program builds community capacity to address health and engagement priorities because these efforts simply are not in place in many rural communities.

Our program design requires full-time AmeriCorps positions. Members have a full schedule during their year: they participate in training activities and facilitate a local needs assessment, local community discussions, regional and statewide networking, planning, volunteer recruiting and training and project implementation and reporting. Many communities host the program for two or three consecutive years in order to integrate projects into their community infrastructure and ensure that sustainable change continues.

Member Development, Training and Supervision

In order to develop the needed competencies to fulfill these roles, BIRCH Members are provided training during their year over the course of three events -- one Orientation and two In-Service trainings -- and many additional opportunities to participate in specialized training, conferences and on-line

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courses. Members are directly supervised by a local Site Supervisor and are supported by RurAL CAP's BIRCH Coordinator and other staff in our central office in Anchorage. RurAL CAP supports Members through telephone consultation, group teleconferences, email, an on-line website of resources and communication tools, and site visits.

This model of Member development, training and supervision has produced significant, meaningful, and measurable results, based on RurAL CAP's 14 years of experience administering successful AmeriCorps programs. RurAL CAP staff have provided guidance to other AmeriCorps programs around the country on these long distance delivery practices during presentations at national conferences and by sharing resources.

Prohibited Activities

Staff notify communities of prohibited activities during the recruitment process and during the interview. Members receive a thorough introduction to rules and prohibited activities during Orientation. All Members and Site Supervisors receive a copy of RurAL CAP's Policies and Procedures which detail prohibited activities. Members will also receive a copy of RurAL CAP's AmeriCorps Guidelines, specifying in further detail Member roles, procedures, rules and prohibited activities. Weekly activity logs and monthly reports are reviewed, and regular check-ins with Site Supervisors are conducted to ensure that Members are following the guidelines.

Value Added to Existing Service Activities

AmeriCorps adds value to RurAL CAP's existing service activities in that it develops local capacity to address local problems, creating a higher readiness level in each of the participating communities. RurAL CAP connects rural Alaskans to resources and services provided by outside organizations that augment the education and technical assistance provided by the AmeriCorps program. As a result, new

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programs will develop more easily and will have higher levels of success.

BIRCH will also add value in that it is a vehicle for other projects to reach rural Alaskans. With 15 Members acting as health, wellness and youth engagement representatives in their communities, programs with similar goals can access the Members and share information and opportunities with the communities. For instance, we utilize the Early Decisions curriculum to educate AmeriCorps Members about Fetal Alcohol Spectrum Disorders prevention. AmeriCorps Members use this tool to educate rural Alaskans while encouraging and motivating them to change behaviors. This model of using AmeriCorps Members to disseminate educational tools and training developed by RurAL CAP or our partners has been used with many different health topics, including HIV/AIDS, tobacco, diabetes and fire safety.

Measurable Outputs and Outcomes

There are four aligned performance measures for BIRCH to build local capacity to address identified health and wellness issues:

The first performance measure focuses on community member involvement:

- * Outcome: Organize or supervise 750 activities that promote health and wellness for 5,000 community members.
- * Intermediate Outcome: 75% of Community Members involved and surveyed will report an increase in knowledge of health and wellness.
- * End Outcome: 20% of Community Members involved and surveyed will report lasting changes towards a healthy lifestyle.

One performance measure will be focused on Member Development:

- * Outcome: 15 Members will attend trainings.
- * Intermediate Outcome: Members will report improving at least 6 professional and interpersonal skills

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* End Outcome: Members and Staff report that 12 Members are work ready.

One will be focused on Youth Development:

* Outcome: Members will successfully engage at least 350 youth in at least 100 healthy activities.

* Intermediate Outcome: 75% of youth involved will report an increase in participation in positive social situations.

* End Outcome: 15% of youth involved are connected, resilient and have basic life skills.

The fourth performance measure will focus on recruitment of volunteers:

* Outcome: Recruit 1,000 volunteers for 12,000 hours of service working on community projects.

* Intermediate Outcome: 300 community events will have volunteer support.

* End Outcome: 15 host sites report increased capacity.

In addition, we have incorporated several ideas for ensuring that persons with disabilities are eligible to apply and given reasonable accommodations.

BIRCH Members submit weekly logs and monthly reports to track their progress in achieving targeted outputs and outcomes. Site Supervisors will complete semi-annual evaluation summary. In addition, progress on these measures is monitored through training evaluation forms, group teleconferences, telephone check-ins, email, and site visits.

RurAL CAP measures the skills and competencies gained by AmeriCorps Members throughout the program year. Self-report surveys are given to the AmeriCorps Members before they begin their service, six months into the service year and at the end of their service year. Site Supervisors also complete a mid-year and end-of-year evaluation of the Member and the program. Pre and post training evaluations

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measure the skill and knowledge level of participants before and after training events, and give an indication of knowledge retention later in the service year.

Plan for Self-Assessment and Improvement

Evaluating Progress

RurAL CAP utilizes a comprehensive program evaluation system using combined outcome and process evaluations. RurAL CAP evaluates program outcomes using the Results Oriented Management and Accountability (ROMA) model. The ROMA model emphasizes measurable changes in the lives of the people served. ROMA identifies goals, sets targets, and uses various means of verification to document a program's success. Progress toward BIRCH program objectives will be monitored and measured through the ROMA model at two levels. First, RurAL CAP evaluates outcomes for the individuals trained directly by RurAL CAP staff: AmeriCorps Members. Second, RurAL CAP evaluates outcomes of the people served by the AmeriCorps Members.

Continuous Improvement Plan

Through the process component of the program evaluation, RurAL CAP staff will measure components of project implementation with the intent of refining the program on an ongoing basis. The process evaluation measures the following components of project implementation:

- * How closely did the project stay within the proposed plan?
- * What type of revision from the proposed plan occurred?
- * What led to the revisions?
- * What effect did the revisions have on the strategy?
- * What steps will be taken for incorporating the evaluation results into project improvements?

The BIRCH Coordinator will collect relevant data, review plan timetables and compare them to actual

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project implementation, determine why any activities were revised or did/did not happen and review lessons learned from the process. Feedback from Members, Site Supervisors, volunteers, partners and community leaders will help the program continually improve to meet evolving needs in rural Alaska.

Community Involvement

RurAL CAP's priority with the BIRCH AmeriCorps Program is to respond to the needs AmeriCorps communities identify. BIRCH Members and community stakeholders choose how to address these priorities on an on-going basis, while RurAL CAP staff ensure that projects have adequate support and are consistent with program objectives. Community involvement includes:

- * Application process. In collaboration with regional Native nonprofit organizations, tribal entities and other statewide programs, applications are distributed statewide.
- * Start of service. All Members conduct a "Community Needs Assessment." They interview community leaders, tribal council Members, elders, youth, safety officers and others to identify the top community needs. Members use the Needs Assessment and other resources provided to develop a work plan with their Site Supervisors and staff.
- * "Community Readiness" project. BIRCH Members work with staff to complete a Community Readiness assessment utilizing the Tri-Ethnic Center's Community Readiness Model on a pertinent health or youth issue. The Community Readiness assessment consists of a series of interviews with key individuals in the community to determine where a community is in its 'readiness' to adequately deal with a specific issue.
- * Implementation. BIRCH Members and host organizations collaborate with local schools, clinics, counselors, tribal and city administrators and other community leaders to plan and implement service activities.
- * Continued support and feedback. Community partners provide support of BIRCH activities and input on the content of Member training, staff performance, and overall design/operation of BIRCH

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throughout the program period.

Relationship to other National and Community Service Programs

The BIRCH Program AmeriCorps collaborates with other community service programs within and outside of RurAL CAP. RurAL CAP coordinates our two full-time AmeriCorps and VISTA programs together, putting the 15 Member BIRCH Program, 20 Member Rural Alaska Village Environmental Network (RAVEN) Program, and our 5-10 Member VISTA Energy Program on nearly the same recruitment, selection and orientation training cycle. RurAL CAP AmeriCorps and VISTA staff work throughout the service year to develop supportive collaborations between Member activities.

Occasionally, a BIRCH Member will serve in the same community as a RAVEN or VISTA Member, which results in a team approach to organizing service activities.

Since AmeriCorps' inception in Alaska, RurAL CAP has collaborated regularly with the Alaska State AmeriCorps grantees SAGA and Nine Star Enterprises to share resources, technical support, and referrals and collaborate on training events and Member recognition opportunities. We have worked together to expand the reach of AmeriCorps in Alaska, while not duplicating services. RurAL CAP looks forward to continuing to strengthen and promote AmeriCorps in Alaska with our State Commission and growing cadre of new grantees.

Potential for Replication

The BIRCH model was designed to serve as a model for rural Alaskan communities in promoting health through volunteerism and youth engagement. A key to this model is recruiting Members locally - which increases the long-term impact as participants continue to lead in their communities after their service.

The BIRCH model and activities have been replicated in many AmeriCorps communities. Some

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communities have built more formal wellness programs following their involvement with BIRCH by establishing and maintaining a Wellness Committee which continues to engage volunteers. Other communities have organized Tobacco Prevention Networks and built upon additional infrastructure and partnerships initiated by Members. Many youth programs and service projects such as health fairs have continued beyond the AmeriCorps year.

RurAL CAP's AmeriCorps program design has been presented at national and regional conferences as an example for supervising long distance programs. The infrastructure in place to run this program is complex but extremely important to the quality and success of the program and is used in other similar programs.

Organizational Capability

Sound Organizational Structure

Ability to Provide Sound Programmatic and Fiscal Oversight

Organizational History and Year Established

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 mastered long-distance service delivery and program management.

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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 Disorder (FASD) education, tobacco prevention and cessation services, HIV/AIDS awareness projects, methamphetamine education and in 2000, establishing the existing BIRCH AmeriCorps program. In the last three completed program years (2005 -- 2007) BIRCH Members have accomplished:

- * 5,671 community events and activities
- * 69,995 hours of service
- * 7,484 community volunteers recruited by Members
- * 67,113 hours of service completed by community volunteers

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: \$25,574,126 ('07); \$26,189,783 ('06); \$23,437,876 ('05). 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

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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 rural Alaska, 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 and provides mid-year and end-of-the year evaluations. BIRCH staff communicate with Members, Site Supervisors and host organizations on a weekly basis through individual phone calls, emails, teleconferences, weekly and monthly reports, and site visits. 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 will be located in rural, high poverty, and economically distressed areas, primarily rural Alaska Native communities; and the program is innovative, sustainable, well managed and has a long history of outstanding performance.

BIRCH will recruit and place 15 full-time members into 12-month terms of service at rural sites starting in January 2010. RurAL CAP will begin in October 2009 by announcing the positions and mailing recruitment packets to over 600 partners around the state. Selection teams will screen and score the applications, interview candidates and make selections.

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Relationships with the Sites

RurAL CAP's programs are widely respected and well-known. Some communities that RurAL CAP will serve through the BIRCH program may have an existing Head Start/Early Head Start or Parents as Teachers program. They may have weatherization activities in progress or they may also have another AmeriCorps or VISTA Member overlapping in their service year. This type of overlap amplifies the Members' success by giving them other trained residents with which to plan and implement project. It often allows economies of scale when resources can be shared.

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

RurAL CAP understands the importance of connections among sites (creating an esprit de corps) and has structured the program to ensure that Members feel like part of a team working toward similar goals, despite vast physical distances that separate them. In addition to these Member-to-Member connections, RurAL CAP has found that creating mentor groups led by second year Members has helped individuals by increasing their motivation, their sense of camaraderie and also has given them new ideas about how to approach different issues in their own communities. Additionally, RurAL CAP works closely with the other providers of similar services including tribal consortia, regional and state nonprofits to build a broader team network for those working on youth and wellness issues.

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Board of Directors, Administrators, and Staff

RurAL CAP's executive leadership provides guidance in the ongoing development of BIRCH. 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 BIRCH by helping advertise about open positions in their regions, by addressing rural issues to our executive staff, by recognizing the accomplishments of Members at their meetings, and by sharing the successes of these programs 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. Administration and staff also represent these programs at various conferences and work together to create press releases with our Communications Coordinator at each major event or significant member accomplishment.

Key Staff Background/Experience

Community Development Division Director Catherine Clements will provide program oversight of BIRCH 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 BIRCH 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.

BIRCH Program Coordinator Margaret Hoffman will provide direct support to Members, receive and

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compile Member reports, write quarterly program reports, organize teleconferences and trainings, and perform other support activities for the BIRCH program. Ms. Hoffman brings seven years experience in serving rural Alaskans and indigenous peoples in a variety of settings, with a focus on the promotion of health and wellness. Additional program support will come from Community Development Manager Ellen Kazary, Wellness Education Coordinator Dana Diehl, Youth Program Coordinator Amy Flaherty and RAVEN AmeriCorps Program Coordinator Charlie Ess. Each of these staff members have experience in their program areas and will support BIRCH Members as they address health related issues in their community. 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.

Narratives

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 BIRCH 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 Native Health Board, Alaska Inter-Tribal Council, Regional Native Nonprofit Health Corporations, Alaska Public Radio Network, State of Alaska Department of Health and Social Services, State of Alaska Department of Commerce, Community and Economic Development, and village stores, schools, health clinics and tribal and city councils.

As previously described, RurAL CAP orients Members and Site Supervisors at a week-long Orientation training in Anchorage in January. Ongoing training and technical assistance happens throughout the year at two other AmeriCorps trainings, during site visits by RurAL CAP staff, via teleconference and email, through sharing manuals and other printed resources and mailings, and at trainings from other RurAL CAP programs and partner organizations that Members attend. RurAL CAP also 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. Members and Site Supervisors provide ongoing feedback to the BIRCH Coordinator regarding their training and technical assistance needs. The Coordinator uses this information to develop training plans and secure technical assistance from other organizations.

Sound Record of Accomplishment as an Organization

Volunteer Generation and Support

RurAL CAP engages organizations and individuals whose goals and missions are related to specific

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RurAL CAP programs, generating thousands of dollars worth in-kind and volunteer time. For BIRCH, 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 43 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 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

RurAL CAP has successfully exceeded the required match resources during the current grant cycle and previous awards. Due to the high cost of operating programs in Alaska, RurAL CAP works to secure resources from multiple sources in order to offset the direct cost of the program to CNCS. These match

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funds are found through diverse sources including American Legacy Foundation, the State of Alaska Department of Commerce, Community, and Economic Development, State of Alaska Department of Health and Social Services Prevention and Early Intervention and Tobacco Prevention and Control. For this proposal, RurAL CAP will be leveraging \$169,166 in match funding for the BIRCH program.

Success in Securing Community Support

Collaboration

RurAL CAP identifies agencies whose missions complement BIRCH's 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. Several examples of BIRCH partnerships are described below.

* Alaska Native Tribal Health Consortium (ANTHC): ANTHC is a non-profit health organization owned and managed by Alaska Native tribal governments and their regional health organizations. ANTHC has been involved in program design, participates in recruitment and provides trainers for orientation and in-service training.

* Southeast Alaska Regional Health Corporation (SEARHC): SEARHC is a consortium of 20 Native communities in Southeast Alaska. SEARHC has been involved in program design and implementation and supports BIRCH Members in their service area.

* Boys and Girls Club of Alaska: Boys and Girls Clubs are growing programs in rural Alaska and collaborating with BIRCH Member projects and site sponsorship.

Local Financial and In-kind Contributions

In-kind and cash match commitments are critical for the BIRCH Program's success. RurAL CAP and its partners contribute significant in-kind support. Communities provide in-kind support and supervision

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for Members who address locally identified needs. RurAL CAP ensures that in-kind donations are effectively captured and documented as well as cash contributions. 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. We will also identify new partners who are interested in improving health and wellness in rural Alaska.

Wide Range of Community Stakeholders

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 enjoy the support of hundreds of volunteers in Anchorage and throughout Alaska. BIRCH has community level stakeholders among the rural village residents including council Members, faith leaders, school teachers and administrators, youth, and other residents who benefit from the health and wellness and youth development activities.

Community involvement has included training assistance, conference collaboration, Member support, resource development and technical information sharing between programs. Additional collaborative relationships exist with village health aides, village public safety officers and local schools. Each year, stakeholder involvement, especially as volunteers, increases in both quantity and commitment (more volunteers participating in more and longer-term projects). Our performance measures reflect this increase and our evaluation will track and report the changes.

Special Circumstances

RurAL CAP has been in existence since 1965, and serves an average of 75 rural, remote, resource-poor

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communities in Alaska. There is a scarcity of corporate support or philanthropic resources for these communities (recognized as a poverty of access). The majority of these communities are considered by the Denali Commission to be distressed.

Cost Effectiveness and Budget Adequacy

Cost Effectiveness

Corporation Cost per Member Service Year

As such a young state, Alaska has not yet developed the infrastructure needed to achieve economic sustainability and self-sufficiency. These inadequacies include insufficient or expensive intra-community transportation, high energy costs, lack of amenities, limited access and capacity in telecommunications, shortages in reasonably priced housing, not enough local skilled workers, and scarce investment capital.

Consumer goods are often shipped by barge or air freight, tripling the average cost of everything from heating oil to powdered milk. This begins to explain why the challenge is so great and why the cost of administering programs in rural Alaska is so high.

Many remote villages in Alaska suffer from more than economic poverty. They experience a poverty of access, a poverty of opportunity. AmeriCorps helps break through that poverty to provide opportunities for training, income and services that would not otherwise exist. The network of RurAL CAP's AmeriCorps alumni is growing and those same people are also the new community leaders who run youth programs, provide alternatives to drugs and alcohol, run local environmental and wellness programs, work in the school system and the local clinics, and serve as role models of success.

CNCS's cost per Member share for BIRCH is \$15,627. The justification for this cost per Member is based on the reality of maintaining an effective program in rural Alaska.

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Diverse Non-Federal Support

The BIRCH program has received support from the American Legacy Foundation, and the State of Alaska Departments of Health and Social Services and Commerce, Community, and Economic Development. In 2008, the BIRCH program staff developed a new partnership with the Denali Commission to support Supervisor training. RurAL CAP anticipates continued support from these entities and will continue to seek further financial partnerships for the BIRCH program. Match requirements for the 2010 program year have been met with funding from the State of Alaska Division of Behavioral Health and Community Service Block Grant funds.

Other non-Federal commitments for the program will be in-kind donations from organizations that provide training assistance, conference collaboration, Member support, and technical assistance. Local sponsoring organizations will provide office space, access to phone, fax, and photocopy machines, internet, and an employee to supervise the Member. Village businesses will continue to offer food and prizes as in-kind contributions to the program at a local level.

Decreased Reliance on Federal Support

RurAL CAP aggressively and consistently seeks additional funding sources to meet the costs of operating programs in rural Alaska. In this proposal we are committing to providing a 42% match to the Federal share. This match will come in the form of cash match to Members stipends, FICA, Workers' Compensation, health care and unmet indirect cost. The total match provided is all non-federal.

The cost of operating a program in rural Alaska is high, due to the high cost of living in remote areas and the cost of transportation. The demand for the program is also high, with many more communities submitting applications for the 2008 BIRCH program year than positions available. Motivated by this

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demonstrated need, we limit the burden on Federal funding by working with our partners, other agencies, and our sites to make frugal choices and find other sources of funding. For example, the high costs of full meals and lodging per diem is avoided by negotiating special rates with hotels, having AmeriCorps Members share rooms, and coordinating training events with an all-volunteer cadre of trainers. Since travel is expensive, RurAL CAP follows policy to purchase lowest cost travel, well in advance of training events, and uses air miles, refunds, and other discounts to lower travel costs. When staff conduct site visits, they bring sleeping bags and stay at the school or tribal office. Staff negotiate discounts on all supplies purchased for the program, striving to use funding as carefully as possible while providing the strongest program possible.

Budget Adequacy

The program is administered and coordinated from RurAL CAP's central office in Anchorage. Member locations range from less than 100 to more than 800 miles away. Approximately 80% of the communities served by this program are not connected by road, necessitating air travel and airline tickets cost an average of \$550. The expense and difficulty of travel contribute to the high cost of supporting Members in rural Alaska. BIRCH Members receive a living allowance of \$1,200 a month. The justification for this level of living allowance is based on the cost of living in rural Alaska. A gallon of milk costing \$10, unleaded gasoline and heating fuel at \$8 a gallon, electricity at \$1.17 per kilowatt hour -- 11 times the national average -- all lead rural Alaska to having the highest cost of living of any region in the country ("In rural Alaska, fuel costs now a matter of survival" -- Associated Press -- August 6, 2008).

The proposed budget is adequate to perform the activities and achieve the desired outputs and outcomes described in this proposal. Other support for the program will be contributed by organizations that provide technical assistance, conference collaboration, participant support, and technical assistance.

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Additional collaborative relationships will exist with various village entities including village councils, and local businesses.

The costs of the program are reasonable and a prudent use of Federal funding. Start-up costs are non-existent because the infrastructure for the existing BIRCH program is already in place. Our budget is realistic as it is based on the operational experience from recent fiscal years. The overall cost of program services are dependent upon and affected by the geographic remoteness of the communities. The cost of delivering these services throughout Alaska -- an area two-and-a-half times the size of Texas -- far exceeds the individual communities', any one funding entity, or RurAL CAP's ability to pay for them without this grant. Most of these remote communities are accessible only by small plane. The cost of travel alone from Anchorage to most rural villages in Alaska generally exceeds the cost of an airline ticket from Anchorage to Washington, DC. All program materials must be shipped from Anchorage by plane. Heating fuel prices have soared over the past year, resulting in higher costs for all utilities. Finally, salary scales are higher in the more remote village due to the higher cost of living. Although the cost of a distance delivery program with a central office in Anchorage is high, it has proved to be the most cost-effective method of providing services to a widespread population. Anchorage is a centrally located hub community with access to a wide variety of resources, and is a logical choice as a training site for programs across the state.

Evaluation Summary or Plan

Due to the timing of our service year explained in section B, we have completed two full year and are nine months into the third year of our three-year funding cycle. In the first two full years of this funding cycle, we completed our evaluation as originally proposed. Results follow:

In the two completed years of the grant, AmeriCorps Members implemented over 1,500 activities attended by 15,300 community members. There was a 20% increase in participation in AmeriCorps sponsored activities from quarter 1 to quarter 4 in both years. This is, in part, due to an increase in the

Narratives

number and variety of activities that AmeriCorps Members organized.

100% of community members surveyed stated that they changed their behavior for the better after participating in an AmeriCorps sponsored health education activity.

Thirty Members (15 per year) reported acquiring new life skills such as organization or public speaking. Many of these skills were practiced at trainings, but reinforced when the Members were serving their communities. They put these skills to work for them and improved on them each time they tried.

Fourteen each year learned new skills related to health and wellness topics including diabetes, tobacco, HIV, etc. Much of these were acquired during training, but some Members also continued to do research on their own in their areas of interest. Fourteen each year also participated in the citizenship and civic responsibility session at training and learned more about being a good citizen.

AmeriCorps Members recruited or worked with 2,600 community members to volunteer for their projects. These volunteers completed 15,700 hours of service to their communities. On average, each AmeriCorps Member worked with about 100 volunteers.

Most of the volunteers in our communities are ongoing volunteers. They are the people that believe in the mission of AmeriCorps and RurAL CAP and volunteer as often as they can. There are a few, however, that just volunteer once or twice a year for a specific type of project.

The BIRCH Program met its match requirements for the first year through several sources including the State of Alaska Division of Behavioral Health, Tobacco Prevention and Control, Division of Commerce, Community, and Economic Development and the American Legacy Foundation. AmeriCorps Members did receive local in-kind donations for prizes, office space, activity space, and Site Supervisor time. However, we did not include that as match in our report. At this time, we are not tracking how much any of these is worth.

We are continuing to collect this information as we continue through the second year of funding for this grant.

Amendment Justification

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N/A

Clarification Summary

Building Initiatives in Rural Community Health Clarification Items

May 2010

Rural Alaska Community Action Program - Building Initiatives in Rural Community Health
(continuation)

This application is currently under consideration for a grant in the amount of \$234,401 for 15.00 Member Service Years (MSYs) and 15 member positions.

1. Budget Clarification Items:

a. Section III B - Clarify the base amount (\$340,635) to which the indirect rate is applied.

The total direct cost for this project (CNCS and match) is \$340,635 (this does not include the in-kind cost for Indian Health Services Health Insurance). RurAL CAP's approved federal indirect rate is 11%. Therefore, the total indirect cost for the whole project (CNCS and match) is \$37,470.

For the CNCS portion of the funding, the direct cost is \$222,688, so the indirect cost is $\$222,688 \times 11\% = \$24,496$. However, the indirect rate allowable is 5%, which results in a charge to the CNCS grant of $\$222,688 \times 0.0526 = \$11,713$.

Then, $\$24,496$ (actual indirect cost) - $\$11,713$ (allowable indirect cost) = $\$12,783$ of unmet indirect cost that is then included in the match.

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For the grantee portion, the direct cost (excluding the in-kind) is \$117,947, so the indirect cost is $\$117,947 \times 11\% = \$12,974$.

Therefore, \$12,783 (unmet indirect) + \$12,974 = \$25,757 of indirect cost included as match.

2. Programmatic Clarification Items:

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

a. Please direct the program to explain the rationale for the relatively high member living allowance when compared to other health education programs serving in rural areas.

Imagine all of the land in the U.S. east of the Mississippi River. Now take out all of the people except for 100,000 and scatter them randomly into 229 villages. Remove the roads except for three state highways in Georgia. Remove running water and sewer systems from many homes. For services and supplies, leave one K-12 school, a small health clinic, post office, a city and tribal council office, and only one tiny store per community. Add massive mountain ranges and winter temperatures that frequently drop to minus forty. Approximately 80% of the communities served by this program are not connected by road. Communities off of the road system are only accessible by small plane or boat. It costs between \$650-1,500 to fly from a village to an urban community in Alaska. Food costs are 25-87% more than in Anchorage. Fuel costs average 30% higher than the national average. In 2008, Alaskans in rural areas spent approximately 40% of their annual income on energy during the winter, compared with 4% for the average urban Alaska household (Institute of Social and Economic Research, University of AK, 2008).

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In rural Alaskan communities, the cost of living is extremely high. The expense and difficulty of travel contribute to the high cost of supporting members in rural Alaska. Members receive a living allowance of \$1,200 per month. The justification for this level of living allowance is quite simple: where a gallon of milk can be as high as \$12.00, rural Alaska has the highest cost of living of any region in the country.

b. The program did not budget for criminal history checks for staff or members. Please direct the program of explain how they will comply with this requirement.

The costs for criminal history checks for staff and Members comes from another funding source. Criminal history checks will be done for all Members and staff as required by the CNCS Regulations.

3. Performance Measurement:

The performance measure screens in eGrants have been updated since the applicant submitted their continuation application. As a result, they may need to complete a couple sections of the performance measure screens before they resubmit their application. The sections that must be completed are:

- i. SAA Characteristics: Select one of the listed characteristics or 'none of the above', as appropriate.
- ii. Priority Area: Select at least one national priority area that correlates to significant activities of your members and then select edit/view MSY slots. You may select "other" if none of the listed areas are appropriate for your program. You will complete a MSY chart for each priority area you select, except the "other" priority area: you will not complete an MSY chart for the "other" priority area. The total of MSYs in all Priority Areas should be less than or equal to your total budgeted MSY. Please note that this screen will be available after April 29, 2010.

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iii. Select "not opting in" to the national performance measures.

b. If a continuation is opting in to the national performance measures, then you should follow the guidance for the new/recompete section above. As mentioned previously, we expect that few, if any, continuations will opt in to the national measures.

The changes in the Performance Measures Section have been completed.

Continuation Changes

Year 3

We are currently in year one of our three-year grant cycle. Year two will begin in January 2011.

CONTINUATION CHANGES

ENROLLMENT

We continue to have 100% enrollment.

RETENTION

Our retention rate has been:

80% for FY 2008

80% for FY 2009 (anticipated -- program year does not end until January 2011)

Our goal for retention is 100%. Coordinators work to support the Members and their Site Supervisors in many creative ways in order to encourage them through tough times and coach them through a successful year of service. However, because of the difficult socio-economic conditions in rural Alaska, where our Members are recruited from and serve, we do struggle to retain 100% of Members.

As we are currently recruiting for our next team, we will re-emphasize to both potential Member and

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Site Supervisor the need to commit to the program for a full year and 1700 hours. Hopefully we can eliminate the lack of retention by enrolling people who are committed to fulfilling the requirements. We will also continue to provide excellent training for Members, as well as Site Supervisor training and support, and encouragement and coaching of our Members and their community.

PERFORMANCE MEASURES

No changes.

BUDGET REVISION

The budget has been revised to reflect small increases in rent, internet technology.

Year 2

Members for the first year of this three-year grant cycle will begin in January 2010. We are applying for year two having while in the process of hiring Members for year one. Therefore, the information below is for our previous grant cycle.

CONTINUATION CHANGES

No changes made to other narrative sections, except the evaluation summary has been updated.

ENROLLMENT

For all three years of the last three-year grant, we have had a 100% enrollment rate. Close to 40 individuals apply for these positions each year, demonstrating the willingness of rural Alaskans to take advantage of civic engagement opportunities when they are available. During recruitment each year, we have over 30 community applications for the 15 open positions, further demonstrating the unmet wellness, youth engagement, and related needs in communities in rural Alaska.

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RETENTION

Our retention rate has been:

80% for FY 2007

87% for FY 2008 (anticipated -- program year does not end until January 2010)

Considering the difficult socio-economic conditions in rural Alaska, where our Members are recruited from and serve, these retention numbers are quite good.

To increase our retention rate for the coming grant year, we plan to continue providing excellent training for Members, increase local site supervisor training opportunities, and support our Members and their community hosts with our enthusiastic and professional staff.

PERFORMANCE MEASURES

The only change to the Performance Measures was to update the number of Members to 15.

BUDGET REVISION

The budget has not been drastically revised except to reduce our claimed indirect rate from 11.5% to 11%.

Year 3

Performance Measures

SAA Characteristics

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

Priority Areas

- Education
Selected for National Measure
 Environmental Stewardship
Selected for National Measure
 Economic Opportunity
Selected for National Measure
 Healthy Futures
Selected for National Measure
 Veterans and Military Families
Selected for National Measure
 Other
Selected for National Measure

Grand Total of all MSYs entered for all Priority Areas 7.5

Service Categories

Health Education

Training and Technical Assistance

National Performance Measures

Priority Area: Healthy Futures

Strategy to Achieve Results

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

Each year, BIRCH will serve 15 rural Alaskan communities through host agencies across the state. The BIRCH program will recruit AmeriCrops Members from rural Alaska to serve in their own community.

BIRCH Members will conduct health needs assessments and implement health education activities. The specific projects will be determined by the needs of the community.

Result: Intermediate Outcome

Result.

Community Members that are involved in BIRCH health education activities will report behavior changes toward a healthy lifestyle.

Indicator: 20% of community members report a healthier lifestyle

Target : # of community members participating

Target Value: 640

Instruments: Community member survey

PM Statement: 640 community members that are involved in BIRCH health education activities will report behavior changes toward a healthy lifestyle.

Result: Output

Result.

Community members will attend health education events organized by the BIRCH AmeriCorps Member.

Indicator: H4: Clients participating in health education programs.

Target : Number of people in attendance

Target Value: 3200

Instruments: Sign-in sheets, Member Monthly Reports

PM Statement: 3,200 community members will attend health education events organized by the BIRCH AmeriCorps Member.

Required Documents

Document Name

Status

Evaluation

Already on File at CNCS

Labor Union Concurrence

Not Applicable