

**Resiliency in Communities After Stress and Trauma (ReCAST)
End of Year Progress Report Guidance**

Reporting Period:

September 30, 2021 – September 29, 2022

Due to SAMHSA:

December 28, 2022

Mental Health Promotion Branch

Division of Prevention, Traumatic Stress and Special Programs

Center for Mental Health Services

Substance Abuse and Mental Health Services Administration

Department of Health and Human Services

Resiliency in Communities After Stress and Trauma (ReCAST)

Annual Progress Report

This report is due December 28, 2022. Upload your report in the Era Commons. Do not send the report to the Grants Management Specialist directly. Upload the report into Era Commons

PLEASE NOTE:

Activities reported here are those conducted during the past 12 months of the grant unless otherwise noted in your Notice of Award.

PROJECT IDENTIFICATION AND KEY CONTACTS

Grantee Name: City of Flint

Grant #: 1H79SM084918-01

Reporting Period: September 30, 2021 – September 29, 2022

Project Director Name: Lottie Ferguson

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Grant award year: 2021

Staff preparing this report and title(s): Seamus Bannon (ReCAST Community Liaison, City of Flint), Kristin Stevenson (ReCAST Project Manager, Greater Flint Health Coalition), Dr. Richard Sadler (Associate Professor & ReCAST Evaluator, Michigan State University), Lottie Ferguson (Project Director, City of Flint)

EXECUTIVE SUMMARY

This first year of the Flint ReCAST grant was a great success and learning experience. Because this is Flint's second ReCAST grant, there was an ability to leverage activities from the preceding years as well as pivot and change course given the new opportunity. The team started the year with new staff which also allowed for new perspectives and approaches to implementing the program. Given the staff changes, the first quarter of the year was somewhat less active but there was a lot of learning and ramping up for impactful work.

At the beginning of the second quarter, activities were delayed due to the participant protection term being denied. This caused partner programming to be put on pause until CMHS officer approval. Nevertheless, the team was able to have some success early in the grant year. Through the continuation of Talk About It Tuesdays, started during the previous ReCAST grant, the team was able to reach the community online via social media and continue to expose individuals to mental health awareness messages. With a Community Advisory Board previously established, the team was able to work with the existing members, add in new members, and pretty seamlessly continue monthly engagement. The mini-grant program was also able to be offered to the community early in the year as there were already processes in place to get the funds out to organizations. Staff launched a new component to the mini grant application process where the community was able to vote and ultimately participate in the selection of which grassroots organizations would be funded. Making the mini grant selection process participatory was a great way to increase the community's engagement with the program and will definitely be continued.

The team also got to lead a Community Needs and Resources Assessment process where multiple focus groups were engaged and data was collected that helped inform where gaps lie within the planned programming and activities. This process also influenced the development of a Strategic Plan which all program partners collaborated on to complete. The team was glad to have been allowed the time to collect data and put the plan together as it is a guideline for the remaining years of the grant. The Strategic Plan is a

helpful tool for the team to have as a reference point for reaching goals and determining which activities are most affective.

The first year was a motivational journey that allowed for the team to explore new ideas, new partnerships, and solidify the foundation for the remaining years. The team is looking forward to building upon this past year, leaning more deeply into the existing partnerships, and becoming a true and trusted resource for youth and families in the Flint community.

Some high-level achievements from this first year:

- 15 mini grant organizations collaborating and awarded for programming from April-September
- 22 organizations collaborating as part of the ReCAST Community Advisory Board
- 9 organizations collaborating through sponsorship opportunity
- 1,059 people received evidence-based mental health-related services as a result of the grant
- 449 individuals received training in trauma-informed approaches, violence prevention, mental health literacy, and other related trainings as a result of the grant
- 5,876 individuals exposed to mental health awareness messages
- 1,848 people reached during Talk About it Tuesday & Final Thoughts Friday Facebook live videos
- 2,954 people reached during Mental Health Awareness Month social media campaign
- 774 people reached during BIPOC Mental Health Month social media campaign
- 70 attendees at the Serenity House Communities Recovery Walk and Rally
- 20 families reached during the Flint Freedom Schools Collaborative Family Support Program
- 150 families reached by Donations With Love crisis & suicide prevention outreach
- 60 people participated in the Arab American Heritage Council’s Middle Eastern and North African (MENA) inclusion project

PART I: PROGRAM ACTIVITIES

In the tables below please provide information on activities completed in the last 12 months of the grant year. Describe progress, changes, and accomplishments for each goal ReCAST goal.

Program Goal: Increase the capacity of trauma-informed practices and strengthen the integration of behavioral health services to improve equitable access.
Briefly describe your approach to this goal and list the specific objective(s) developed for this goal To strengthen the integration of behavior health services, a key project alongside community partner, Genesee Health Systems, virtual behavioral health urgent care and the mobile mental health unit are operational. Flint ReCAST staff met with Genesee Health Systems to discuss ways to increase visibility and accessibility of these resources in and around the community. More equitable access to trauma-informed community behavioral health resources was provided to the community via support of a virtual behavioral health center. The virtual behavioral health center offered community members nontraditional access to a team of trained behavioral health providers.

Several live discussions on social media were held that promoted well-being, resilience and community healing were held with a diverse group of Flint residents and leaders. Storytelling with candor, from people who are a part of the community was vital in sharing messaging that helps to reduce the stigma associated with receiving mental health supports. More than 4,000 were reached through these efforts.

Data collection to determine baseline is underway through the CASPER survey. Review of data and inclusion of youth specific surveys were planned. The data extracted from these surveys will help with a targeted approach, and continue to indicate where improvements are being made, and where more help is needed.

Additionally, Flint ReCAST furthered the access of resources with the creation and development of training opportunities for community members. Through partnership efforts and collaboration, community members were provided with learning opportunities with Masters level trainers and specialist at no cost. These behavioral health resources were made available at a variety of rotating times and dates to allow nontraditional access for individuals outside of normal office hours and they were also offered virtually as needed to support COVID-19 restrictions. These trainings offered include:

- Mental Health First Aid
- Psychological First Aid
- Question, Persuade and Refer (QPR)
- Mental Health 101
- Suicide: The Ripple Effect
- Living Works Suicide Training
- Adverse Childhood Experience (ACE)

A. Major Activities and Accomplishments

B. Challenges/Barriers

As all programs in the ReCAST cohort have reported, the COVID-19 pandemic continues to be a challenge. To date, some local organizations are still operating at limited capacity and are experiencing staff shortages. What has been most challenging is managing the level of uncertainty and a world where our only constant is change. Our schools have gone from closed, to open, to partially closed multiple times, requiring decisions to be made by parents that are often difficult. As a community building resilience, we have endeavored to meet residents where they are and provide much needed stress management and peer support services, but are confident that more can and should be done.

Additionally, in the first quarter of the year, there were delays in processing the Participant Protection requirement of the grant. Grant activities were paused until this paperwork was received and approved.

C. Deviations from Project (please include a description of changes from your application or strategic plan and the reason(s) for change)

None.

D. Lessons Learned

A major lesson learned was adaptability. As the ability to meet, gather, and connect changed constantly, our project team had to continue to be flexible with project efforts and community partners. As the pandemic continued, there began to be a bit of zoom fatigue that plagued us all, so our team became more creative and offered hybrid options when available. Flint ReCast also used our social media for live streaming to provide interactions.

E. Activities Planned and Anticipated for the next 12 Months

Over the next 12 months, Flint ReCAST plans to convene a “Resilience Summit” (an agreed upon title has not yet been decided on) to bring together community residents, mental health professionals, and other stakeholders on topics including substance use, mental health resources/crisis navigation, suicide prevention, ACEs, social determinants of health, mindfulness, and more. This will be planned for an annual event, with topics of relevance, based on the input of the CAB, being highlighted.

Program Goal: Establish a co-learning and empowering process to address racial and social inequality in our community, inclusive of participatory approaches.

Briefly describe your approach to this goal and list specific objective(s) and activities related to this goal.

The Flint ReCAST team implemented various efforts throughout the year geared towards racial and social equity as well as participatory approaches.

One way the team worked towards this goal was by incorporating community voting into the community mini-grant application process. The public was encouraged to vote on the top 21 applicants which then helped the ReCAST team select the top 15 organizations who were then awarded funding to implement their youth and family development programming. Once the programs were selected, one aspect of the contracting process included individual meetings with each funded organization to seek feedback on the application process, encourage information sharing with other grantees, and offering support for capacity building and/or empowerment.

The team also regularly hosted mental health awareness virtual conversations on the ReCAST social media accounts. This was an effort geared toward increasing a sense of community and creating a space for sharing, healing, and informing. Additionally, ReCAST team staff hosted several in-person mindfulness activities with local youth. This was an effort to reach community where they live, work, and play in order to remove barriers to engagement and promote well-being.

The Project Manager with GFHC attended training to become a Racial Healing Practitioner in order to host racial healing circles and a goal of better connecting the community through the Truth, Racial Healing, and Transformation initiative.

Finally, the team coordinated cross-agency collaborations among mini-grant organizations and the Community Advisory Board. A mini-grant mixer and regular check-ins promoted a collaborative community for partner organizations.

A. Major Activities and Accomplishments

The community voting component of the mini-grant application process, as described above, generated a lot of interest in Flint ReCAST and was a great first step towards greater transparency and a participatory program.

B. Challenges/Barriers

Due to staffing changes at the beginning of the grant year in addition to time spent on planning processes (I.e. Community Needs and Resources Assessment and the Strategic Plan), a significant amount of time was not spent on a specified process for addressing racial and social inequality.

C. Deviations from Project (please include a description of changes from your application or strategic plan and the reason(s) for change)

Our team had an unforeseen transition in the beginning of the grant year. The Project Manager left the organization in December 2021. A new staff person was subsequently onboarded to the team to move implementation forward. This transition delayed some of the initial startup activities. Additionally, revisions needed on the Participant Protection documentation paused all activities until Q3.

D. Lessons Learned

Feedback provided to staff throughout the year has been a valuable tool on how to implement programs in the future. Staff will be re-looking at the logistics of the community voting process to make it more equitable in addition to remaining open to community input.

E. Activities Planned and Anticipated for the next 12 Months

The team is working to establish a community empowering process that guides all aspects of the program. This will be inclusive of participatory approaches to provide residents with the ability to both see and take part in the work of the project in real time. Some of these activities include the development of an open meetings initiative, continuing participatory budgeting to account for 25% of funds allocated yearly using community voting, providing capacity building support to community mini-grant funded organizations, and continually updating our interactive website that allows residents to connect with the project via a community dashboard and local resources.

Program Goal: Increase capacity and implementation of evidence and community-based youth engagement program through community partnerships to promote positive youth development.

Briefly describe your approach to this goal and list specific objective(s) and activities related to this goal.

Community Mini-Grant program was run, funding youth serving organizations that align with Flint ReCAST goals and objectives. The request for proposals was released in the first quarter of the year, and agencies were awarded funds in early spring, 2022. Funded projects cited increased enrollment in summer programming, expanded learning opportunities, gave children a safe, positive place to be creative and grow. Outside of the mini-grant program, more than 1,000 received evidence-based mental health related services.

<p>A. Major Activities and Accomplishments</p> <p>Via our 2022 Community Mini Grant Program, fifteen community-based organizations received funding to increase their capacity to provide services to the Flint Community. The full cohort of mini grants covered each of Flint’s nine wards and in their efforts served 2,972 youth and 690 adults. A partnership with Genesee Health Systems and their mental health millage funds increased the number of organizations receiving support from 15 to 21; a combined total exceeding \$400,000 was invested.</p>
<p>B. Challenges/Barriers</p> <p>Key personnel change in December 2021, and issues pertaining to the participant protection paperwork limited startup efforts.</p>
<p>C. Deviations from Project (please include a description of changes from your application or strategic plan and the reason(s) for change)</p> <p>The change in key personnel caused a reduction in plans related to the robust participatory budgeting and community engagement strategy that was planned. Additional work was needed to develop a truly community-driven approach to this portion of the program.</p>
<p>D. Lessons Learned</p> <p>The community voting portion of the decision-making process was executed on the Flint ReCAST website. While it was effective in ensuring access for residents to vote, it was perceived as an additional hurdle for non-profits, who are already lacking time and other resources. The process of including the community in the selection process should be altered in future years.</p>
<p>E. Activities Planned and Anticipated for the next 12 Months</p> <p>The Mini-Grant program, focusing on out of school time, youth development activities, will continue over the next 12 months. It is one of the hallmarks of Flint ReCAST, and has become a way to encourage shared resources and collaboration between organizations, build capacity, and more. Request for proposals will again be released during Q1, with project completion in late August.</p>

<p>Program goal: Improve law enforcement practices and policies by aligning and expanding initiatives aimed at building relationships in the community</p>
<p>A. Briefly describe your approach to this goal and list specific objective(s) and activities related to this goal</p> <p>The Flint ReCAST Community Advisory Board and implementation partners continued to work to improve law enforcement practices and policies through initiatives that build relationships with the community. The Crim Fitness Foundation led a mindfulness-based stress leadership course that simultaneously trained first responders and members of the community. The purpose was to understand the impact of stress, build leadership skills, and strengthen relationships between Black community members and the police department. The program also</p>

<p>focused on mental and physical health supports, reducing implicit bias and enhancing communication skills. The six-week course was both in person and online, with a culminating activity</p>
<p>B. Major Activities and Accomplishments</p> <p>Mindful Badge, the pilot project between Crim Fitness Foundation and Brown University brought five police officers and nine Black community members together to build relationships, practice mindful dialogue, and envision a future of policing in our community.</p>
<p>C. Challenges/Barriers</p> <p>It was difficult to get all of the first responders to commit to attending the six-week course. If there were staff shortages or emergencies, sections of the course were missed.</p>
<p>D. Deviations from Project (please include a description of changes from your application or strategic plan and the reason(s) for change)</p> <p>None.</p>
<p>E. Lessons Learned</p> <p>When including law enforcement in any type of training, it is best to clearly communicate the amount of time needed to fully commit, provide a description of the training, and recommendations from participants that they identify with who may have completed similar courses and can provide context on the correlation to their work.</p>
<p>F. Activities Planned and Anticipated for the next 12 Months</p> <p>The total number of participants in Mindful Badge were lower than expected, however, all who participated have been very vocal about the positive impact that it had on them. The Crim Fitness Foundation is excited to collaborate again to build off the initial pilot with hopes to serve 30 police officers and 30 community members in Spring 2023.</p> <p>The City of Flint received a three-year grant from the United States Department of Justice to begin planning for Community Based Violence Intervention Program. It is expected that these two programs will work together to continue implementing solutions that improve law enforcement practices and build relationships with the Flint community.</p>

<p>Program goal: Ensuring that program services are culturally specific and developmentally appropriate</p>
<p>A. Briefly describe your approach to this goal and list specific objective(s) and activities related to this goal</p> <p>The Flint ReCAST team’s approach to ensuring culturally specific and developmentally appropriate program services included multiple effort. First, the team itself and Advisory Board Members are representative of the community being served. Also, the team has provided community resource materials in both English and Spanish which are available on the website and in print form. The team also worked to ensure that funded</p>

<p>organizations and agencies have already proven success and ability to deliver developmentally appropriate and culturally specific programming.</p>
<p>B. Major Activities and Accomplishments</p> <p>The majority of the funded mini grant organizations staff were highly demographically representative of the community. Also, through development of a new website with a 'Resources' specific page, the team was able to establish a Spanish section for public use.</p>
<p>C. Challenges/Barriers</p> <p>Due to the late start in the year and onboarding of new staff, the team's time was not sufficiently spent on incorporating culturally and developmentally appropriate practices in all aspects of the program.</p>
<p>D. Deviations from Project</p> <p>The team intended to incorporate more program services with culturally specific and developmentally appropriate components than were offered this year.</p>
<p>E. Lessons Learned</p> <p>It is possible to ensure all aspects of the program are culturally and developmentally appropriate. It is helpful to fund organizations which already meet these baseline requirements.</p>
<p>F. Activities Planned and Anticipated for the next 12 Months</p> <p>The team will be spending more time in the new grant year to ensure more specific practices are integral components of Flint ReCAST.</p>

<p>ReCAST Coalition Activities</p>
<p>A. Major Activities and Accomplishments</p> <p>In year 1, a continuing priority for the City of Flint and the Greater Flint Health Coalition (GFHC) was to convene the Flint ReCAST Community Advisory Board (CAB) that was established in the previous iteration of this grant and has continued to grow and expand, building additional partnerships in the Flint community. The purpose of the Flint ReCAST CAB is to guide, empower, and promote the work of the Flint ReCAST program in accordance with the specified project goals, with an emphasis on the focused population of at-risk youth and families impacted by the Flint Water Emergency. The Flint ReCAST CAB includes multi-sector organizational representatives that have diverse perspectives and experiences supporting law enforcement and at-risk youth. Individuals serving on the Flint ReCAST CAB, include representatives from Academia: the Healthy Flint Research Coordinating Center, Behavioral Health: Genesee Health Systems, Health Care: Hamilton Community Health Network, Public Safety: Flint Police Department, Residents: The Neighborhood Engagement Hub, Youth Serving Organizations: Boys and Girls Club and YMCA of Greater Flint, Education: Flint Community Schools, Workforce Development: Flint and Genesee Chamber of Commerce and Flint Job Corps, Non-profit: United Way of Genesee County, and Community Based Organizations: R. L. Jones Community Outreach Center. The CAB also includes Flint residents. Several</p>

<p>members of the CAB and their organizations were instrumental in securing opportunities to share information in the community around behavioral health, trauma-informed approaches, and evidence-based violence prevention.</p>
<p>B. Challenges/Barriers</p> <p>One challenge in this area was that of natural attrition, some of our board members left positions at their organizations for new opportunities.</p>
<p>C. Deviations from Project (please include a description of changes from your application or strategic plan and the reason(s) for change)</p> <p>None.</p>
<p>D. Lessons Learned</p> <p>Natural attrition is simply an opportunity to develop and identify additional partnerships and collaborations.</p>
<p>E. Activities Planned and Anticipated for the Next 12 Months</p> <p>The new Flint ReCAST Community Advisory Board will be expanded to include some additional community-based organizations, and representation from the Genesee Intermediate School District (GISD). While the board currently has representation from the Flint Community Schools (FCS), a significant amount of Flint students attend schools in the GISD. Additionally, the project team would like to create a standard term limit for members and establish a rotating term for residents to participate on the board.</p>

PART II: SCOPE & BREADTH OF SERVICES

1. Have your activities addressed the needs of high-risk youth and families? If not, why, and what plans do you have for addressing the needs of high-risk youth and families (including time frame)?

All our programming and funded activities have been delivered to high-risk youth and families. The majority of youth in Flint are considered high-risk due to the high level of poverty, violence, unemployment in addition to the ongoing stress and trauma from the Flint Water Crisis and other environmental injustices. The mental health awareness campaigns, direct services provided to youth in Flint schools, and youth-serving community programming all address the needs of high-risk youth and families.

2. Have your activities included peer support activities during the past 12 months?

Yes, all of the funded mini-grant organizations had programming that included peer support activities. The 15 funded organizations served 2,972 youth between April and September 2022. Peer support activities included after school and summer learning, mentoring, tutoring, reading, mental health support, arts and culture workshops, resiliency development, music therapy, and more.

PART III: INFRASTRUCTURE & SYSTEMS CHANGE ACTIVITIES

1. Briefly describe your efforts to collaborate with youth and family serving providers or experts in your community during the past 12 months Include highlights and challenges related to family/youth service provider relationship development.

Flint ReCAST has collaborated with 46 different youth and family serving providers in our community over the past 12 months. As the majority of our work has directly focused on youth and families, our program efforts, partnerships, collaborations, and sharing of resources have primarily been accomplished with community-based youth and family serving organizations. This has been achieved through the mini-grant program, our Community Advisory Board, and for the first year we were able to give sponsorships throughout the month of August

2. Briefly describe your 2-3 greatest accomplishments in creating a trauma informed community and promoting resilience within the community over the last 12 months.

A major accomplishment of the past year was the Mindful Civic and Community Engagement / Mindful Badge program. This was a pilot program. This was a Mindfulness-Based Leadership class for Black Flint community members and City of Flint Police officers. The 2 groups trained separately for 6 weeks, and then were brought together for dialogue led by a trained facilitator.

The Course outcomes were:

Understanding the impact of stress

Building leadership skills

Enhance communication and performance at work

Reduce implicit bias

Strengthen relationships between Black Flint community members and City of Flint Police

3. Briefly describe your 2-3 greatest challenges in creating a trauma informed community and promoting resilience within the community over the last 12 months and what you have done or will do to overcome these challenges.

COVID-19 continued to impact not only on the project but also our community as a whole in the earlier part of the year. A further challenge was having our "Participant Protection" piece approved. This impacted the ability of the project to meet some of the SPARS indicators. It took longer than we had hoped due to our misunderstanding of the language required. We believe this will not be a challenge for next year's work. Reaching the hard of hearing and deaf community has been a challenge as it has been difficult to secure translators. We continue to keep this as a focus for the years ahead of this program.

PART IV: BRIEF VIGNETTES

VIGNETTE #1: As described above, the Crim Fitness Foundation piloted a project called Mindful Badge where police officers and black community members were placed in separate mindfulness classes taught by a black teacher and police officer and then brought together for a joint day-long session. The goal was to build relationships, practice mindful dialogue, and envision the future of policing in our community. The collaboration with Brown University was successful enough that another session will be going forward in 2023.

Results:

- + 9 black community members and 5 police officers/law enforcement attended the daylong session
- + The groups were committed to sharing from their hearts and listening deeply
- + There was a noticeable shift in participants' level of anxiety from the beginning to more ease with expressions of connection, admiration and respect for each other at the end of the day
- + Participants expressed a desire to continue conversations with one another in both formal ways and through community interactions

Quotes from participants:

- + "I am a fan of police. I came here feeling heavy. I feel much lighter now" -Black community member
- + "I am an outsider and a white fellow. It is a privilege to be allowed to hear your courage...I don't have words...It's motivating for me to keep working in law enforcement and I will hear your voices as I continue" -Police officer
- + "What a thought-provoking day. I came in feeling safe and I feel even safer knowing you are changing the trajectory" -Black community member
- + "I am impressed by hearing the progress being made in the community. Whatever events you have, I want to know. I want to keep showing up and to pass it on to other officers" -Police officer

VIGNETTE #2: We had a very successful mini-grant program this year. 15 community organizations were awarded funding for programming between April and September 2022. Photos and more information on the funded programs are available here: <https://flintrecast.org/our-efforts/mini-grant-program/>

A few quotes from program participants:

- + “This is like fun-school, you (Ms. Dominique) make learning fun” -Youth participant in the USMO Learning Hub
- + “Bangtown has continuously been a favorite activity for both our scholars and team members. This program evokes confidence and joy in our young people. It also exposes them to gifts and talents some of them never knew they had” -Partner of Bangtown Studio On The Go
- + “I used to be a real negative peer. The art program helped me get out of those feelings. It makes me see things differently. Verbally and mentally, I have changes for the better” -Youth participant in Youth Arts Unlocked, Arts In Detention program
- + “The session helped me understand that I’m not alone dealing with the everyday challenges of life that I can express myself in a good and positive way” -Sisters Supporting Sisters, Heal the Mind Group Therapy Sessions participant
- + “Prior to joining the camp, my son was struggling with his behavior and was considered ‘immature for his age’. Over the summer, I watched my son be able to control his impulses more and I saw him mature before my eyes. My son was able to make friends, which was the ultimate goal for me” -Parent of youth participating in the Community Support Fund Super Summer Fun Camp

PART V: TIMELINE

Timeline of program activities completed during the past 12 months.

Mental Health Promotion activities, programs and services provided as a result of the grant		
Timeline	Community Partner	Summary of Activity, Program or Service
September 2021 – September 2022	Genesee Health System (GHS) (Program Partner)	Community mental health trainings were provided to community members on an ongoing basis; QPR (Question Persuade Refer), Mental Health First Aid, Trauma and Resiliency, Mental Health 101, Suicide: The Ripple Effect, LivingWorks Suicide Training Mental Health Mobile Unit provided direct mental and behavioral health interventions to residents in the city of Flint including a psychoeducation skill groups for school children and grief support groups for residents who have recently suffer loss.
September 2021 – September 2022	Crim Fitness Foundation	Crim sports implemented resilience based, city-wide physical activity programs for inner city youth. Mindful Flint implemented Mindful Badge pilot project to brought together police officers and black community members to build relationships, practice mindful dialogue, and envision the future of policing in our community
September 2021 – September 2022	Greater Flint Health Coalition (GFHC)	GFHC served as the neutral convener of the Flint ReCAST Community Advisory Board and oversaw the coordination and integration of the Flint ReCAST community-based implementation partners as they work individually and collectively with youth and families to advance project goals and objectives. GFHC oversaw data collection and reporting from the collective of community-implementation partners throughout the program period.
September 2021 – September 2022	Michigan State University (MSU)	MSU served as the external project evaluator of program success and execution of community-driven CASPER survey to guide project efforts and outcomes.
September 2021 –	GFHC and GHS	Talk About it Tuesday bi-weekly conversations with mental health professionals

September 2022		to provide resources, dialogue, and discussion with community
March 2022 – September 2022	GFHC	Final Thoughts Friday live streamed monthly casual conversations about various mental, emotions, and behavioral health challenges and the tools we use to navigate.
May 2022	GFHC	Mental Health Awareness Month activities were provided daily over the month of May to attempt to reduce stigma and promote mental health
July 2022	GFHC	BIPOC Mental Health Month daily social media campaigns and activities
Partner projects, programs, and services provided as a result of the grant		
Timeline	Community Partner	Summary of Activity, Program or Service
September 2021 – September 2022	Flint Freedom Schools Collaborative	Family Informed Year-Round Support Program focused on a well-rounded approach to the development of the family unit.
January – September 2022	Harambee Wellness	Get Fit In Flint community-based initiative removed barriers to exercise and empower Flint residents to live healthy lives every day
April – September 2022	African Drum and Dance Parent Association (ADDPA)	The ADDPA Life Skills and Cultural Awareness Project engaged at-risk youth in life skills and cultural awareness through the performing arts.
April – September 2022	Bangtown Studio On The Go (BSOTG)	The BSOTG Studio On The Go Expansion Project provided enriching in and out-of-school educational experiences by cultivating, promoting, and enhancing music, video, and photography skills for K-12 youth.
April – September 2022	Big Brothers Big Sisters (BBBS)	The BBBS Empowering Potential Mentoring program offered 30 Flint youth and families programming that focused on mental health promotion, peer support, and increased capacity and cross-agency collaboration of youth-serving programs.
April – September 2022	Boys & Girls Clubs of Greater Flint (BGC)	The BGC Creating Access & Equal Opportunities for All program served youth aged 6 to 18 during critical out-of-school time; homework help and project-based learning activities in the summer
April – September 2022	Community Support Fund	The Super Summer Fun Camp promoted team building, enrichment, and athletics in a safe welcoming environment and engagement between youth from different backgrounds
April – September 2022	Flint Children's Museum	Supporting Resiliency Development provided free admissions to the FCM for children who live in Flint and whose families struggle financially as well as hands-on activities that focus on managing stress, understanding feelings, making connections, maintaining routines, providing encouragement, overcoming mistakes, and making good choices.
April – September 2022	Flint Institute of Music	Music Therapy for Youth program employed the clinical practice of using music to address cognitive, physical, emotional, and social health-related needs to restore, maintain, and/or improve quality of life for Flint youth.
April – September 2022	Flint Freedom School (with Bethel United Methodist Church)	Collaborative Experiential Learning & Talent Development engaged youth participants, high school interns, team members, community partners/vendors, and family members in youth learning programming.
April – September 2022	Heart of Worship Dance Studio (via Donation With Love)	Flint Youth Chance to Dance enrolled 60+ at-risk youth in dance classes where they developed skills in body control, balance, coordination, and rhythm in a safe atmosphere to promote self-confidence and increase resiliency.
April – September 2022	Motherly Intercession	Reading and Counting to Success Plus program helped youth with homework and educational programming after school.
April – September 2022	Sisters Supporting Sisters	Heal the Mind Group Therapy Sessions allowed women to receive support and encouragement from a therapist and other members of the group in a safe haven where they received valuable resources and referrals.
April – September 2022	Total Life Prosperity	F3 – Fit & Fun Families brought community together for Community Empowerment Sessions and Recovery workshops where the importance of self-care was demonstrated.

April – September 2022	Uma Strong Marshall Outreach (USMO)	USMO Learning Hub provided a fun learning space for at-risk youth incorporating field trips, mindful yoga, and creative art.
April – September 2022	Youth Arts Unlocked	Arts in Detention program engaged youth incarcerated at Genesee County's short-term detention facility offering a variety of weekly visual and performing arts and yoga workshops to all youth in the facility.
May 2022	Comma Bookstore & The Porch Project	Anything goes with Egypt and Megan virtual miniseries discussing different elements of mental health including why is it important to talk about mental health, trauma and mental health, parenting and mental health, and diversity in therapy
June – August 2022	Genesee Swift Track Club	The Genesee Swift Track Club promotes and fosters health and wellness in youth track and field through education, training, teamwork, respect, and discipline while providing a safe haven for our youth after school and throughout the summer.
July 2022	Flint Water Festival	Camp Hydrate youth sports education camp that offers daytime workshops where campers receive community service awards and electronic press kits to prepare them socially, professionally, and personally for endorsements.
August – September 2022	Donation With Love Foundation	Safe Medication Crisis & Suicide Prevention Outreach
August – September 2022	Arab American Heritage Council	Middle Eastern & North African (MENA) Advocacy Campaign
September 2022	Faith Foundation Resources	H.Y.P.E. (Helping Young People Employment) program provides youth people with the tools to become productive, responsible, and self-determined tax paying members of society.
September 2022	Floyd J. McCree Theatre	Children's Community Chorus project provides vocal music training to youth between the ages of 5-13 to increase self-efficacy and self-concept as well as higher levels of cognitive development.
September 2022	North Flint Neighborhood Action Council	Civic Leadership Youth Academy provides young residents an in-depth look at government with an intense focus on city government. The CLYA fosters civic engagement and equips participants to lead collective action toward the advancement of neighborhoods and citizens' quality of life.
September 2022	Serenity House Communities	Recovery Walk & Rally
September 2022	Uma Strong Marshall Outreach	USMO's Learning Hub collaboration with the Flint School of Performing Arts music therapy program and mindful yoga sessions.
September 2022	Whaley Children's Center	Golf Classic fundraiser that helps support residential and clinical programs for child victims of neglect, physical, emotional, and sexual abuse. Staff receive trauma-informed training to serve the mental health needs of the youth.
September 2022	Youth Arts: Unlocked	FunRaising Bowling event sponsorship allowed for the participation of 42 at-risk youth including two games of bowling, costume contest, and various team building games.

PART VI: SUSTAINABILITY

List the top three sustainability areas you plan to work on during the next 12 months.				
Priorities	Action Steps	Timelines	Key Leaders or Staff	Benchmark for Progress
Community Trainings	Assist with the recording of trainings to make them available electronically	January 2023 – September 2025	Project Manager / ReCAST Team	Discuss with Program Partners the ability to record some of the trainings offered and make them available on Flint ReCAST Website
Resiliency Summit / Capacity Building	Host the first annual Resiliency Summit that consists of training, workshops, resource sharing, and more	May 2023, May 2024, May 2025, and beyond	Project Manager / ReCAST Team	The summit will be a space where a large number of community members and professionals receive mental health training and sustaining resources are shared and discussed
Program Partner Collaborations	Support organizations to build collaborations	October 2022 – September 2023	Project Manager / ReCAST Team	Regularly host collaborative meetings between the Community Advisory Board, Mini-Grant organizations, and other sponsored community organizations to facilitate and maintain partner relationships

PART VII: PERFORMANCE MEASURES REPORTING

Use the table to report data on the ReCAST GPRA performance measures and additional program outcome performance measures. The data reported for the required ReCAST measures should be the same as the data entered into SAMHSA’s Performance and Accountability Reporting System (SPARS). You will be reporting data for the 12-month reporting period. The accompanying narrative for all measures should include information about whether the results are on track, ahead, or behind, and what is being done or was done if there are any deficiencies.

Performance Measure	Data	Narrative
REQUIRED IPP Performance Measure WD2: The <u>number of individuals</u> in the mental health or related workforce trained in behavioral/mental health trauma-informed approaches as a result of the ReCAST grant.	49	This goal for this measure was 150 and was short by 101. This was due to the fact the participant protection piece was not approved until quarter 3 so no activity for this indicator could take place prior to that. The number that was achieved was through Genesee Health System the Behavioral Health Partner for Flint ReCAST trainings.
REQUIRED IPP Performance Measure TR1: The <u>number of individuals</u> who have received	399	The goal for this measure was 150 and it was exceeded by 249. Genesee Health System the Behavioral Health Partner for Flint ReCAST

training in trauma-informed approaches, violence prevention, mental health literacy, and other related trainings as a result of the ReCAST grant.		crafted trainings that were utilized by community members. Trainings were conducted monthly and included reoccurring options in topics including but not limited to Mental Health First Aid, Psychological First Aid, Question, Persuade and Refer (QPR), Mental Health 101 and Suicide: The Ripple Effect. Additionally, other community partners Youth Arts Unlocked, Youth Leadership Academy, Donations with Love, Faith Foundation Resources, Genesee Swift Track Club, Harambee Wellness all conducted trainings to help reach the 399 total.
REQUIRED IPP Performance Measure PC2: The <u>number of organizations</u> and community representatives that are collaborating/coordinating/sharing resources with each other as a result of the ReCAST grant.	46	The goal for this measure was 30 and it was exceeded by 16. This was achieved through the mini grant program and sponsorships.
Required IPP Performance Measure T3: The <u>number of individuals (youth and family members)</u> referred to trauma-informed behavioral health services as a result of the grant.	1,059	The goal for this measure was 150 and was exceeded by 909. To achieve these results, Flint ReCAST provided mindfulness-based resilience secondary trauma supports for first responders. The Crim once again collaborated with Mindful Badge for their course to support first responders and members of the black community. They also continued their youth work through CRIM sports. CAMP Hydrate, Dreams Camp and Whaley Children’s Center also helped achieve this number through their training with kids.
Required IPP Performance Measure AW1: The <u>number of individuals</u> exposed to mental health awareness messages.	4,102	600 This was achieved through the work of our Community Mini Grant Program, event participation, and workshop participation.

ADDITIONAL END OF YEAR DOCUMENTATION (ATTACHMENTS):

A: 2022 SOCIAL MEDIA CAMPAIGNS

B: EVALUATION