

# **IBOUNCE UP Nonprofit**

Application for

Grant-In-Aid

January 19, 2024

[www.ibounceup.org](http://www.ibounceup.org)

## Application Submittal Checklist

*The following items are required for submittal of the grant application. Please verify and check off that the items have been included in the application packet.*

- 1) Hawaii Compliance Express Certificate (If the Applicant is an Organization) waiting
- 2) Declaration Statement
- 3) Verify that grant shall be used for a public purpose
- 4) Background and Summary
- 5) Service Summary and Outcomes
- 6) Budget
  - a) Budget request by source of funds ([Link](#))
  - b) Personnel salaries and wages ([Link](#))
  - c) Equipment and motor vehicles ([Link](#))
  - d) Capital project details ([Link](#))
  - e) Government contracts, grants, and grants in aid ([Link](#))
- 7) Experience and Capability
- 8) Personnel: Project Organization and Staffing



AUTHORIZED SIGNATURE

ANDREW PIERCE, DIRECTOR

PRINT NAME AND TITLE

1/14/2024

DATE





STATE OF HAWAII  
STATE PROCUREMENT OFFICE

**CERTIFICATE OF VENDOR COMPLIANCE**

This document presents the compliance status of the vendor identified below on the issue date with respect to certificates required from the Hawaii Department of Taxation (DOTAX), the Internal Revenue Service, the Hawaii Department of Labor and Industrial Relations (DLIR), and the Hawaii Department of Commerce and Consumer Affairs (DCCA).

**Vendor Name:** IBOUNCE UP

**Issue Date:** 01/18/2024

**Status:** **Compliant**

Hawaii Tax#:

New Hawaii Tax#:

FEIN/SSN#: XX-XXX1719

UI#: No record

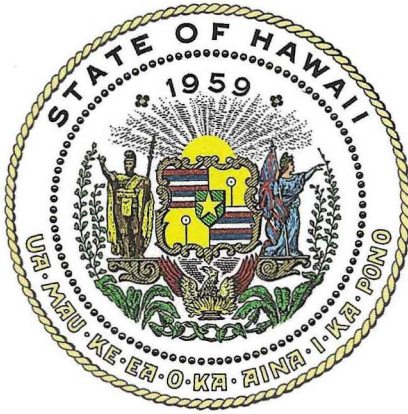
DCCA FILE#: 327289

Status of Compliance for this Vendor on issue date:

Form	Department(s)	Status
A-6	Hawaii Department of Taxation	Compliant
8821	Internal Revenue Service	Compliant
COGS	Hawaii Department of Commerce & Consumer Affairs	Exempt
LIR27	Hawaii Department of Labor & Industrial Relations	Compliant

**Status Legend:**

Status	Description
Exempt	The entity is exempt from this requirement
Compliant	The entity is compliant with this requirement or the entity is in agreement with agency and actively working towards compliance
Pending	A status determination has not yet been made
Submitted	The entity has applied for the certificate but it is awaiting approval
Not Compliant	The entity is not in compliance with the requirement and should contact the issuing agency for more information



## Department of Commerce and Consumer Affairs

### CERTIFICATE OF GOOD STANDING

I, the undersigned Director of Commerce and Consumer Affairs of the State of Hawaii, do hereby certify that

**IBOUNCE UP**

was incorporated under the laws of Hawaii on 08/02/2023 ; that it is an existing nonprofit corporation; and that, as far as the records of this Department reveal, has complied with all of the provisions of the Hawaii Nonprofit Corporations Act, regulating domestic nonprofit corporations.



IN WITNESS WHEREOF, I have hereunto set my hand and affixed the seal of the Department of Commerce and Consumer Affairs, at Honolulu, Hawaii.

Dated: January 13, 2024

Director of Commerce and Consumer Affairs

**DECLARATION STATEMENT OF  
APPLICANTS FOR GRANTS PURSUANT TO  
CHAPTER 42F, HAWAII REVISIED STATUTES**

The undersigned authorized representative of the applicant certifies the following:

- 1) The applicant meets and will comply with all of the following standards for the award of grants pursuant to Section 42F-103, Hawaii Revised Statutes:
  - a) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant is awarded;
  - b) Complies with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
  - c) Agrees not to use state funds for entertainment or lobbying activities; and
  - d) Allows the state agency to which funds for the grant were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and ensuring the proper expenditure of the grant.
- 2) If the applicant is an organization, the applicant meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
  - a) Is incorporated under the laws of the State; and
  - b) Has bylaws or policies that describe the manner in which the activities or services for which a grant is awarded shall be conducted or provided; and
- 3) If the applicant is a non-profit organization, it meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
  - a) Is determined and designated to be a non-profit organization by the Internal Revenue Service; and
  - b) Has a governing board whose members have no material conflict of interest and serve without compensation.
- 4) The use of grant-in-aid funding complies with all provisions of the Constitution of the State of Hawaii (for example, pursuant to Article X, section 1, of the Constitution, the State cannot provide "... public funds ... for the support or benefit of any sectarian or nonsectarian private educational institution...").

Pursuant to Section 42F-103, Hawaii Revised Statutes, for grants used for the acquisition of land, when the organization discontinues the activities or services on the land acquired for which the grant was awarded and disposes of the land in fee simple or by lease, the organization shall negotiate with the expending agency for a lump sum or installment repayment to the State of the amount of the grant used for the acquisition of the land.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

IBOUNCE UP

(Typed Name of Individual or Organization)

Andrew Pierce  
(Signature)

1/19/2024  
(Date)

Andrew Pierce

(Typed Name)

Director

(Title)

IBOUNCE UP Non-Profit  
55-652 Wahinepee St  
Laie, HI 96762

January 14, 2024

Application for Grant-in-Aid - Public Purpose:

This notation has been drafted to confirm that IBOUNCE UP has read the Hawaii Legislature's terms stated in Section 42F-102, Hawaii Revised Statutes, and to specify that this grant will be used for public purposes.

To the Members of the House Committee on Finance and Senate Committee on Ways and Means:

IBOUNCE UP confirms that this grant will be used for a public purpose pursuant to Section 42F-102, Hawaii Revised Statutes.

Sincerely,

A handwritten signature in black ink that reads "Andrew Pierce". The signature is written in a cursive style with a large, stylized initial "A".

Andrew Pierce  
IBOUNCE UP Director  
Master Resilience Expert  
M.A., Performance Psychology  
cell: (760) 703-6742  
email: [andy@ibounceup.com](mailto:andy@ibounceup.com)  
website: [www.ibounceup.org](http://www.ibounceup.org)

## Application for Grants

*If any item is not applicable to the request, the applicant should enter "not applicable".*

### **I. Certification – Please attach immediately after cover page**

**1. Hawaii Compliance Express Certificate (If the Applicant is an Organization)**

(Please see attached)

**2. Declaration Statement**

The applicant shall submit a declaration statement affirming its compliance with Section 42F-103, Hawaii Revised Statutes.

(Please see attached)

**3. Public Purpose**

The applicant shall specify whether the grant will be used for a public purpose pursuant to Section 42F-102, Hawaii Revised Statutes.

(Please see attached)

### **II. Background and Summary**

*This section shall clearly and concisely summarize and highlight the contents of the request in such a way as to provide the State Legislature with a broad understanding of the request.*

*Please include the following:*

**1. A brief description of the applicant's background**

IBOUNCE UP is a nonprofit 501(c)3 organization that was founded in August of 2023. Their main goal is to empower individuals who are facing adversity by teaching "The Five research-based Pillars of Resilience": **Awareness, Control, Optimism, Flexibility, and Relationships**. Then further educating on "The Ten Accompanied Skills": **Event/Thought/Outcome(E.T.O.), Detecting Beliefs, Goal Setting, Diaphragmatic Breathing, Happy, Growth Mindset, Confirmation Bias, Problem Understanding, Assertive Communication, and Productive Responding**. They offer in-person and online workshop training programs and support to resource caregivers, as well as teens and adults in addiction recovery and other underserved communities.

The training programs provided by IBOUNCE UP were created by the organization's Founder, Andrew Pierce. Andrew is a dedicated Resilience Expert with a Master's degree in Performance Psychology and over a decade of experience teaching mental toughness to a diverse range of individuals. He has trained thousands of *Elite Special Operations Soldiers* and *Army Ranger Soldiers*, equipping them with the skills to bounce back from adversity. Drawing from this expertise, IBOUNCE UP



aims to provide access to evidence-based techniques and empower individuals to enhance their inner strength, effectively navigate challenging circumstances, and improve their ability to cope with difficult situations.

IBOUNCE UP's board of directors reflects four highly motivated and accomplished individuals who have a strong background in the field. The board consists of members with diverse educational backgrounds not only with Master's degrees but also degrees in marriage and family studies, sociology, and an esteemed educator and mentor of the Foster, Adoptive & Kinship Care Education Program.

## 2. **The goals and objectives related to the request**

The goal of the GIA Operating Grant request is to provide support to individuals facing challenges, particularly resource caregivers within the foster care system and teens, adults in addiction recovery. Through our program, we aim to see an increase in the number of resource caretakers who choose to stay within the foster care system, as well as a decrease in the number of individuals needing rehabilitation readmission into the system.

**Goal 1:** Develop lasting relationships with other organizations.

### **Objectives:**

- a. Coordinate workshop trainings with other organizations serving the same communities, in order to provide comprehensive support and resources to individuals facing adversity.
- b. Establish strategic partnerships with organizations that share similar missions, in order to leverage each other's strengths and resources.
- c. To establish and maintain open lines of communication with each organization we collaborate with, in order to conduct recurring trainings effectively.

**Goal 2:** Develop and enhance resilience among underserved individuals in Hawaii, empowering them to become mentally strong and self-sufficient.

### **Objectives:**

- a. Conduct highly effective and personalized workshops, both in-person and online.
- b. Educate participants in the organization, as well as staff and volunteers, about "The Five Pillars of Resilience" and further educate on "The Ten Accompanied Skills".
- c. Create comprehensive *train-the-trainer* courses tailored for employees of organizations we serve. These courses will equip participants with the necessary knowledge and skills they need to teach mental toughness back to their organization, to better support and uplift the communities they serve.

**Goal 3:** Implement a comprehensive evaluation framework to measure the effectiveness of the workshop training programs.

**Objectives:**

- a. Implement pre-training assessment to help measure participants baseline knowledge, skills and attitudes related to emotional strength.
- b. Use that same assessment, post-training, including qualitative measures to gather comprehensive feedback on the effectiveness of the training.
- c. Implement a feedback collection process by developing a questionnaire that captures participants opinions, suggestions and areas for improvement.

**3. The public purpose and need to be served**

IBOUNCE UP provides support and training programs to various groups and individuals facing challenges. By serving resource caregivers in the foster care system, teens and adults in addiction recovery, and other underserved communities, IBOUNCE UP contributes to the overall public purpose in several ways:

1. **Empowerment and Support:** By providing support and training programs, IBOUNCE UP empowers individuals facing challenges and helps them develop the skills they needed to overcome adversity. This not only benefits the individuals directly but also has a positive impact on their families and communities.

2. **Strengthening Families:** By focusing on resource caretakers in the foster care system, IBOUNCE UP helps to strengthen families and provide stable and nurturing environments for children in need. This contributes to the overall well-being of the children and reduces the strain on the foster care system.

3. **Breaking the Cycle of Addiction:** By supporting teens and adults in addiction recovery, IBOUNCE UP helps individuals break free from the cycle of addiction and regain control of their lives. This not only improves their own well-being but also reduces the social and economic costs associated with addiction.

4. **Academic Achievement:** By working with schools in underserved communities, IBOUNCE UP aims to improve academic achievement and increase educational opportunities. This can have a long-term impact on the students' future prospects and contribute to the overall educational attainment of the community.

5. **Community Well-being:** By addressing the needs of these specific communities, IBOUNCE UP contributes to the overall well-being of society. Through empowering individuals and providing support, they help create a more resilient and thriving environment.

Overall, by serving these communities, IBOUNCE UP helps to address social issues, improve individual well-being, strengthen families, and contribute to the overall public purpose of creating a more inclusive and supportive society.

#### 4. Describe the target population to be served

##### Resource Caregiver within the Foster Care System –

- Emotional demands: Caregivers may experience a wide range of emotions while caring for children who have experienced trauma or difficult life circumstances. Resilience training is proven to help individuals in distress develop mental toughness, which will allow them to effectively manage their own emotions and provide a stable and nurturing environment for the children in their care.
- Complex behaviors: Children in foster care may exhibit challenging behaviors due to their past experiences. Resilience training equips these children's mentors with strategies and techniques to understand and respond to these behaviors in a compassionate and effective manner. It can also help caretakers develop patience, empathy, and problem-solving skills to address the unique needs of each child.
- Support network: Resilience training helps build a support network and connect with other colleagues who understand the unique challenges they face. This provides a sense of community and validation, as well as opportunities for learning and sharing experiences.
- Self-care: Caring for children in foster care can be physically, emotionally, and mentally demanding. Resilience training emphasizes the importance of self-care and provides strategies to prioritize one's own well-being. This includes stress management techniques, setting boundaries, and seeking support when needed.
- Transition and loss: Resource caregivers may experience grief and loss when children in their care are reunified with their biological families or move to a different placement. Resilience training helps navigate these transitions and process their emotions in a healthy way.

##### Teenagers and Adults in Rehabilitation Centers –

- Coping with addiction and recovery: Individuals in rehabilitation centers are often recovering from substance abuse or addiction. Resiliency training provides them with the tools and strategies to cope with the challenges of addiction recovery. It can help them develop self-efficacy and healthy coping mechanisms to navigate cravings, triggers, and setbacks during their recovery journey.
- Building emotional regulation skills: Addiction and substance abuse can often be linked to underlying emotional issues such as stress, anxiety, depression, or trauma. Resiliency training helps teenagers and adults in rehabilitation centers develop emotional regulation skills. This includes learning how to identify and manage their emotions in healthy ways, reducing the risk of relapse and promoting overall emotional well-being.

- *Developing healthy coping mechanisms:* Resiliency training teaches individuals in rehabilitation centers alternative, healthy coping mechanisms to replace substance use. This can include stress management techniques, mindfulness practices, exercise, and engaging in positive hobbies or activities. By developing a repertoire of healthy coping strategies, individuals can better manage stress, cravings, and triggers without resorting to substance use.
- *Building self-esteem and self-efficacy:* Addiction can often erode an individual's self-esteem and self-confidence. Resiliency training helps teenagers and adults in rehab centers rebuild their self-esteem and develop a sense of self-efficacy. By setting and achieving goals, learning new skills, and recognizing their strengths, individuals can regain confidence in their ability to overcome challenges and maintain their recovery.
- *Preventing relapse:* Resiliency training equips individuals with the skills and mindset necessary to prevent relapse. It helps them develop a growth mindset, problem-solving skills, and a support network to navigate potential triggers and setbacks. By building these strengths, individuals are better prepared to face the challenges and temptations that may arise during their recovery journey.

#### **Troubled Students in Underserved Communities –**

- *Academic challenges:* Students face various academic challenges, such as exams, assignments, and high expectations. Resiliency training helps students develop the skills and mindset to navigate these challenges effectively. It can teach them strategies for managing stress, setting goals, staying motivated, and bouncing back from setbacks, ultimately improving their academic performance.
- *Peer pressure and social challenges:* School environments can be socially complex, and students may face peer pressure, bullying, or difficulties in forming positive relationships. Resiliency training equips students with the social-emotional skills to navigate these challenges. It teaches them assertiveness, empathy, conflict resolution, and healthy communication, enabling them to build positive relationships and resist negative influences.
- *Mental health and well-being:* Students may experience stress, anxiety, or other mental health issues due to academic pressures, social challenges, or personal circumstances. Resiliency training promotes mental health and well-being by teaching students coping strategies, stress management techniques, and self-care practices. It can also help them develop a positive mindset, build determination, and seek support when needed.
- *Transition and change:* Students often experience transitions and changes throughout their school years, such as moving to a new school, changing grades, or transitioning to higher education. Resiliency training supports students in adapting to these transitions and managing the associated stress and uncertainty. It can help them develop flexibility, adaptability, and problem-solving skills, enabling them to navigate change successfully.
- *Future success:* Resiliency training equips students with the skills and mindset necessary for future success beyond school. It helps cultivate qualities such as

perseverance, self-confidence, and a growth mindset, which are essential for facing challenges, pursuing goals, and thriving in various aspects of life.

## 5. Describe the geographic coverage

IBOUNCE UP staff and volunteers provide in-person and online workshop training programs to all of Oahu, and online options are available to outer islands and mainland.

### III. Service Summary and Outcomes

*The Service Summary shall include a detailed discussion of the applicant's approach to the request. The applicant shall clearly and concisely specify the results, outcomes, and measures of effectiveness from this request. The applicant shall:*

#### 1. Describe the scope of work, tasks and responsibilities

- Training Programs: Implement training programs that educate individuals and communities about resilience-building strategies. This involves conducting workshops, seminars, and online courses to teach practical skills for coping with stress, trauma, and challenging life situations.
- Resource Development: Creating resources such as training materials, handbooks, and online tools that promote mental toughness. These resources include information on "The Five Pillars for Resilience" and "The Ten Accompanied Skills".
- Outreach and Awareness: Engaging in outreach activities to raise awareness about the importance of mental toughness and the services offered by IBOUNCE UP. This involves collaborating with other organizations, and leveraging social media platforms to reach a wider audience.
- Research and Evaluation: Conducting research and evaluation studies to identify areas for improvement. This involves, collecting data, analyzing outcomes, and using evidence-based practices to enhance the quality and impact of the non-profit's services.
- Grant Writing and donations: Securing funding through grants and donations to sustain the operations of IBOUNCE UP nonprofit. This may involve writing grant proposals, and cultivating relationships with potential donors and sponsors.

#### Outcome and measures of effectiveness:

- **The United States Army has spent over an estimated \$300 million dollars on mental resilience training over the last decade.**
  - The US Army recognizes the importance and benefits of mental resiliency, which is why they have implemented programs for the last 15 years.
  - The US Army has experienced a significant decrease in mental health related issues and increase in overall well-being due to resilience trainings.

- **The World Health Organization (WHO) estimates that over \$1 trillion dollars per year is spent on mental health related services ...**
  - Most people don't have strategies to learn, thrive, and grow in the face of challenges and adversity.
  - Without resilience strategies, people develop mental health problems.
  - There is a need for mental skills!
  
- **Research shows, Organizations that train their participants resilience strategies reduce mental health problems ...**  
The Resilience Institute conducted a 1700-person, 6-month study and found:
  - 48% increase in stress mastery, and relaxation.
  - 43% increase in vitality, sleep, and exercise.
  - 40% increase in awareness, control, and empathy.
  - 38% increase in flow, fulfillment, and connection.
  - 38% increase in productivity, focus, clarity, and optimism.
  - 43% reduction in vulnerable behaviors.
  - 39% reduction in distress and anxiety symptoms.
  - 33% reduction in symptoms of depression.
  - 33% reduction in withdrawal, and worry.
  - 32% reduction in disengaged behaviors.
  - 24% reduction in confusion, and overload.

**2. Provide a projected annual timeline for accomplishing the results or outcomes of the service**

IBOUNCE UP's objective for the initial 12 months is to organize **30 workshops** with **4 of those being school assemblies**. The average class size projected is **15 participants** or **one school assembly size**. It is estimated that a total of **450+ individuals** will receive training within the first year of operating as a nonprofit organization with this grant-in-aid

**(February – June 2024)**

- Establish strategic partnerships with organizations
- Contact and schedule trainings with organizations previously worked with
- Schedule all trainings for the first quarter of the GIA grant

**(July - September 2024)**

- Q1 - Conduct IBOUNCE UP Training Program to 5 organizations + 1 School:
  - July: 2 workshops
  - August: 1 workshop + First School Assembly
  - September: 2 workshops

**(October - December 2024)**

- Q2 - Conduct IBOUNCE UP Training Program to 5 organizations+ 1 School:
  - October: 1 train-the-trainer course + 2 workshop
  - November: 1 workshop + School Assembly
  - December: 1 workshop

**(January - March 2025)**

- Q3 - Conduct IBOUNCE UP Training Program to 8 organizations + 1 School:
  - January: 3 workshops
  - February: 2 workshops + School Assembly
  - March: 3 workshops

**(April - June 2025)**

- Q4 - Conduct IBOUNCE UP Training Program to 8 organizations + 1 School:
  - April: 1 train-the-trainer course + 2 workshop
  - May: 2 workshops + School Assembly
  - June: 3 workshops

**3. Describe its quality assurance and evaluation plans for the request. Specify how the applicant plans to monitor, evaluate, and improve their results**

IBOUNCE UP has extensive experience in applying evidence-based quality assurance and evaluation practices to improve the training of resilience skills.

**1. Monitoring:**

- Regularly assess the implementation of the resiliency training program to ensure it is being delivered as intended.
- Monitor the participation and engagement levels of trainees to gauge their level of involvement in the training.
- Collect feedback from trainees and trainers to identify any issues or challenges that may arise during the training process.

**2. Evaluation:**

- Conduct pre- and post-training assessments to measure the impact of the resiliency training on trainees' knowledge, skills, and attitudes.
- Use surveys, interviews and after action reviews to gather qualitative data on trainees' perceptions and experiences with the training.
- Analyze the collected data to identify strengths and weaknesses of the training program.
- Compare the results with predefined performance indicators and benchmarks to assess the effectiveness of the training.

**3. Improvement:**

- Based on the evaluation results, identify areas for improvement in the resiliency training program.
- Develop action plans to address the identified weaknesses and enhance the effectiveness of the training.
- Continuously update and refine the training materials, content, and delivery methods to ensure they align with the needs and expectations of the trainees.
- Provide ongoing support and resources to trainers to enhance their skills and knowledge in delivering the training effectively.

4. **List the measure(s) of effectiveness that will be reported to the State agency through which grant funds are appropriated (the expending agency). The measure(s) will provide a standard and objective way for the State to assess the program's achievement or accomplishment. Please note that if the level of appropriation differs from the amount included in this application that the measure(s) of effectiveness will need to be updated and transmitted to the expending agency.**

At IBOUNCE UP, our primary measure of effectiveness to be reported for the proposed project will be the successful completion of 30 workshops (to be supported by requested 2024 Grant-In-Aid funding) within 12 months of the release of funding.

**IV. Financial**

**Budget**

1. **The applicant shall submit a budget utilizing the enclosed budget forms as applicable, to detail the cost of the request.**
  - a. Budget request by source of funds ([Link](#))
  - b. Personnel salaries and wages ([Link](#))
  - c. Equipment and motor vehicles ([Link](#))
  - d. Capital project details ([Link](#))
  - e. Government contracts, grants, and grants in aid ([Link](#))
  
2. **The applicant shall provide its anticipated quarterly funding requests for the fiscal year 2025.**

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Grant
\$27,750	\$27,750	\$27,750	\$27,750	\$111,000

3. **The applicant shall provide a listing of all other sources of funding that they are seeking for fiscal year 2025.**

Not applicable as of 01/19/2024



4. **The applicant shall provide a listing of all state and federal tax credits it has been granted within the prior three years. Additionally, the applicant shall provide a listing of all state and federal tax credits they have applied for or anticipate applying for pertaining to any capital project, if applicable.**

Not applicable – new nonprofit

5. **The applicant shall provide a listing of all federal, state, and county government contracts, grants, and grants in aid it has been granted within the prior three years and will be receiving for fiscal year 2025 for program funding.**

Not applicable – new nonprofit

6. **The applicant shall provide the balance of its unrestricted current assets as of December 31, 2023.**

Not applicable – new nonprofit

## **V. Experience and Capability**

### **1. Necessary Skills and Experience**

*The applicant shall demonstrate that it has the necessary skills, abilities, knowledge of, and experience relating to the request. State your experience and appropriateness for providing the service proposed in this application. The applicant shall also provide a listing of verifiable experience of related projects or contracts for the most recent three years that are pertinent to the request.*

IBOUNCE UP has the organizational skills, abilities, knowledge, and experience to fulfill this project. IBOUNCE UP leadership has developed supportive relationships at schools, rehabilitation centers, resource parent organizations, government officials and community of support.

- Andrew Pierce, the Director of IBOUNCE UP, holds a bachelor's degree in Psychology from BYUH and a Master's degree in Performance Psychology from National University. He has extensive experience in developing and implementing training curriculum for various groups, including Army Soldiers, resource caregivers, troubled teenagers, and individuals struggling with addiction. Andrew has received numerous awards, positive reviews, and praise for his work.
  - He is highly skilled in leading resilience exercises in breakout rooms, in-person, and online settings. Andrew is responsible for setting the purpose for learning, answering questions, and ensuring effective learning outcomes.
  - Andrew is actively involved in professional development, having attended the AASP conference from 2020 to 2023 and participated in various resilience training programs. He is certified in the Master Resilience Trainer-Performance Expert Course and holds level 1 and 2 certifications to teach the Master Resilience Training Course (MRTC).

- Carrie Collins has devoted her life to the noble cause of being a resource parent, educator and mentor. She and her husband have been actively involved in fostering since 2007, and their compassionate efforts have led them to adopt 10 children through the foster care system. Since 2018, Carrie has been a dedicated educator and mentor for foster parents at Grossmont College. Her exceptional teaching skills and deep empathy enable her to provide foster parents with the knowledge and guidance they need to excel in their role as caregivers for these vulnerable children.
- Jeannie VanSteenkiste has her degree in marriage and family studies, along with a minor in sociology. Her commitment to serving the community is evident through her past volunteer work. She has served as a coach counselor for youth who have experienced complex trauma in rehabilitation centers, as well as the President of the Parent, Teacher, Ohana (PTO) at her sons' school. Jeannie's compassionate nature and ability to connect with different sectors have made a significant impact within her community.
- Lauralee Pierce is a passionate advocate for individuals facing alcoholism and addiction. Having experienced the loss of three family members to this disease, she understands the profound mental hardships that addiction can inflict on individuals and their families. With a firm belief that by providing individuals with the essential tools and strategies to cultivate resilience, they can effectively navigate life's challenges. Her ultimate goal is to honor the memory of her little brother, Matthew Smith, by making a meaningful and positive impact on the lives of those who are still struggling.

## 2. Facilities

*The applicant shall provide a description of its facilities and demonstrate its adequacy in relation to the request. If facilities are not presently available, describe plans to secure facilities.*

IBOUNCE UP plans to lease an office space located at 55-652 Wahinepe'e Street for volunteer use. The office space consists of a 575 square foot office, break room, and a bathroom.

Additionally, trainings conducted by IBOUNCE UP will take place either in person at the organization's facility, in public areas, or online. **IBOUNCE UP trainers are flexible;** they have the **capability** to teach *indoors* or *outdoors* and use printed practical exercises and/or power point presentations.

## VI. Personnel: Project Organization and Staffing

### 1. Proposed Staffing, Staff Qualifications, Supervision and Training

*The applicant shall describe the proposed staffing pattern and proposed service capacity appropriate for the viability of the request. The applicant shall provide the qualifications and*

*experience of personnel for the request and shall describe its ability to supervise, train and provide administrative direction relative to the request.*

The grant-in-aid funds will support the following positions:

**Director of Programs -**

- Establishing partnerships to enhance the organization's impact in the community.
- Supervise Trainings, providing support to consultants to ensure the successful implementation of the workshops and activities involved.
- Actively seeking potential funding sources, such as grants, sponsorships or donations.
- Preparing and assembling training material books and handouts.
- Participate in strategic planning and organization decision-making processes to support the overall mission and goals.
  - Preferred knowledge of nonprofit structures and operations, with experience working in a nonprofit organization.
  - Proven experience in program management or a similar leadership role.
  - Excellent project management skills, with the ability to effectively organize, and prioritize program activities.

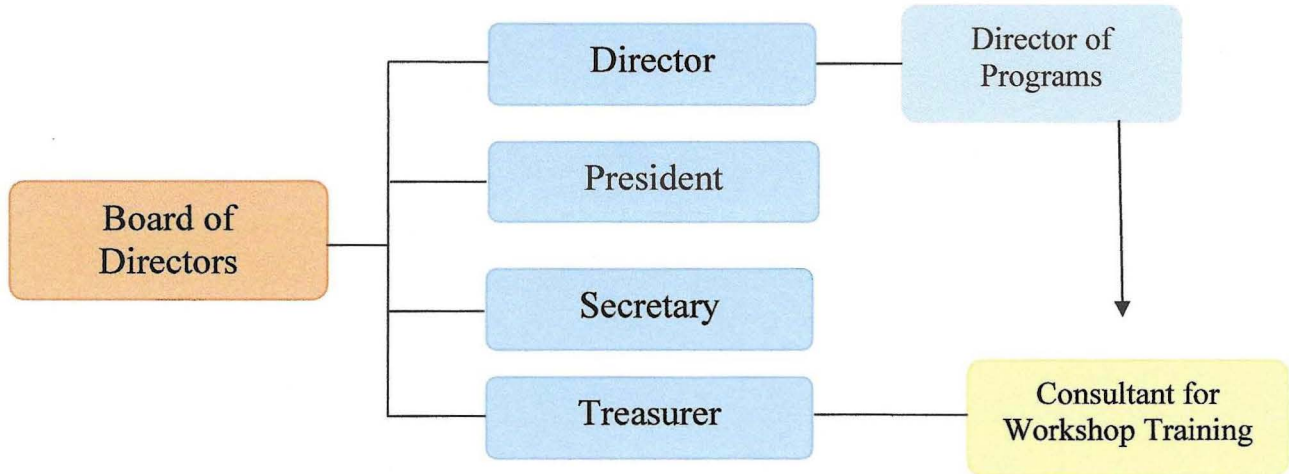
**Consultant for Workshop Training - Bounce Resilience Training LLC** - Founded in 2013 and received approved in Hawaii in 2022, with more than a decade of experience in teaching the art of resilience and bouncing back from adversity. The company created online, interactive audio exercises, in addition to conducting in-person and online training courses to thousands of diverse individuals.

- The Consultant is responsible for the design, development, and teaching of the curriculum at IBOUNCE UP trainings.
  - The curriculum, training material, presentations, handouts and activities provided by the Consultant is evidence-based techniques.
    - According to research, individuals who undergo resilience training experience a decrease in anxiety and depression symptoms and have a lower likelihood of being diagnosed with a mental health disorder.
    - Additionally, those who participate in mental resilience training have a significantly lower rate of substance abuse problems compared to individuals who do not receive such training. (Harms, et al., 2013).
- The Consultant utilizes evaluation surveys to measure participants' knowledge gain, skill development, and overall satisfaction with the training. They maintain accurate records of training sessions, including attendance, evaluation results, and participant feedback.
- Consultant must have a Masters Degree in Psychology, minimum 1 year experience teaching resiliency.

**2. Organization Chart**

The applicant shall illustrate the position of each staff and line of responsibility/supervision. If the request is part of a large, multi-purpose organization, include an organization chart that illustrates the placement of this request.

**IBOUNCE UP Organization Chart**



**3. Compensation**

The applicant shall provide an annual salary range paid by the applicant to the three highest paid officers, directors, or employees of the organization by position title, not employee name.

- Director of Programs: \$25,000 annually

**VII. Other**

**1. Litigation**

The applicant shall disclose any pending litigation to which they are a party, including the disclosure of any outstanding judgement. If applicable, please explain.

IBOUNCE UP is not a party in any pending litigation at this time.

**2. Licensure or Accreditation**

The applicant shall specify any special qualifications, including but not limited to licensure or accreditation that the applicant possesses relevant to this request.

Not applicable

**3. Private Educational Institutions**

*The applicant shall specify whether the grant will be used to support or benefit a sectarian or non-sectarian private educational institution. Please see [Article X, Section 1, of the State Constitution](#) for the relevance of this question.*

Not applicable

**4. Future Sustainability Plan**

*The applicant shall provide a plan for sustaining after fiscal year 2024-25 the activity funded by the grant if the grant of this application is:*

- (a) Received by the applicant for fiscal year 2024-25, but*
- (b) Not received by the applicant thereafter.*

If funding is not awarded, IBOUNCE UP will continue to look for funding.

# BUDGET REQUEST BY SOURCE OF FUNDS

Period: July 1, 2024 to June 30, 2025

App

IBOUNCE UP

BUDGET CATEGORIES	Total State Funds Requested (a)	Total Federal Funds Requested (b)	Total County Funds Requested (c)	Total Private/Other Funds Requested (d)
<b>A. PERSONNEL COST</b>				
1. Salaries	25,000			
2. Payroll Taxes & Assessments	750			
3. Fringe Benefits	1,200			
<b>TOTAL PERSONNEL COST</b>	<b>26,950</b>			
<b>B. OTHER CURRENT EXPENSES</b>				
1. Airfare, Inter-Island	-			
2. Insurance - \$42.25/month	507			
3. Lease/Rental of Equipment	-			
4. Lease/Rental of Space	-			
5. Staff Training	1,245			
6. <u>Supplies - \$2024.04</u> Intuit (\$15.68/month) HP instant ink (\$27.99/month) Office Supplies (\$125/month)	2,024			
7. <u>Telecommunication - \$905.57</u> Website (\$32/month) Zoom (\$125.57/year) Phone Number (\$33/month)	905			
11. Utilities	-			
Training Binders - \$23.75/binder X 450 participants yearly	10,688			
Misc Training Supplies - Pens (\$500), Markers(\$40), Easel Flip Chart (\$175)	500			
Consultants - Bounce Resilience LLC (\$60,000) + Curriculum (\$250/class X 30)	67,500			
14. Postage	681			
15				
<b>TOTAL OTHER CURRENT EXPENSES</b>	<b>84,050</b>			
<b>C. EQUIPMENT PURCHASES</b>				
<b>D. MOTOR VEHICLE PURCHASES</b>				
<b>E. CAPITAL</b>				
<b>TOTAL (A+B+C+D+E)</b>	<b>111,000</b>			
<b>SOURCES OF FUNDING</b>		Budget Prepared By:		
(a) Total State Funds Requested	111,000	Lauralee Pierce	619-955-0101	
(b) Total Federal Funds Requested		Name (Please type or print)	Phone	
(c) Total County Funds Requested		<i>Lauralee Pierce</i>	1/19/24	
(d) Total Private/Other Funds Requested		Signature of Authorized Official	Date	
<b>TOTAL BUDGET</b>	<b>111,000</b>	Lauralee Pierce, President		
		Name and Title (Please type or print)		



## BUDGET JUSTIFICATION - EQUIPMENT AND MOTOR VEHICLES

Period: July 1, 2024 to June 30, 2025

Applicant: IBOUNCE UP

DESCRIPTION EQUIPMENT	NO. OF ITEMS	COST PER ITEM	TOTAL COST	TOTAL BUDGETED
not applicable			\$ -	
			\$ -	
			\$ -	
			\$ -	
			\$ -	
<b>TOTAL:</b>				
<b>JUSTIFICATION/COMMENTS:</b>				

DESCRIPTION OF MOTOR VEHICLE	NO. OF VEHICLES	COST PER VEHICLE	TOTAL COST	TOTAL BUDGETED
not applicable			\$ -	
			\$ -	
			\$ -	
			\$ -	
			\$ -	
<b>TOTAL:</b>				
<b>JUSTIFICATION/COMMENTS:</b>				



## BUDGET JUSTIFICATION - CAPITAL PROJECT DETAILS

Period: July 1, 2024 to June 30, 2025

Applicant: IBOUNCE UP

not applicable						
FUNDING AMOUNT REQUESTED						
TOTAL PROJECT COST	ALL SOURCES OF FUNDS RECEIVED IN PRIOR YEARS		STATE FUNDS REQUESTED	OTHER SOURCES OF FUNDS REQUESTED	FUNDING REQUIRED IN SUCCEEDING YEARS	
	FY: 2022-2023	FY: 2023-2024	FY:2024-2025	FY:2024-2025	FY:2025-2026	FY:2026-2027
PLANS						
LAND ACQUISITION						
DESIGN						
CONSTRUCTION						
EQUIPMENT						
<b>TOTAL:</b>						
<b>JUSTIFICATION/COMMENTS:</b>						

**GOVERNMENT CONTRACTS, GRANTS, AND / OR GRANTS IN AID**

Applicant: IBOUNCE UP

Contracts Total: -

	<b>CONTRACT DESCRIPTION</b>	<b>EFFECTIVE DATES</b>	<b>AGENCY</b>	<b>GOVERNMENT ENTITY (U.S./State/Hawaii/ Honolulu/ Kauai/ Maui County)</b>	<b>CONTRACT VALUE</b>
1	not applicable				
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					