

Navigating Co-Occurring Intellectual and Developmental Disabilities (IDD) and Mental Health (MH) Needs Project Request for Proposals for Sub-Grants

OVERVIEW:

The Arc of the United States has received a \$2.5 million grant from the United Health Foundation to adapt, provide, and promote Mental Health (MH) training across the country to build a system in which providers and caregivers are better equipped to support individuals with co-occurring intellectual and developmental disabilities (IDD) and mental health (MH) needs. A competitive sub-grant program is available exclusively to local and state chapters of The Arc that are in good standing. Approximately 10 chapters will be selected to establish a network of providers that are trained to identify individuals' needs and provide support to navigate the IDD and MH system, which often silos these issues, and recommend best practices for Continuum of Care Plans, including a roadmap of resources when a person with IDD presents with MH needs. Provider agencies and their supportive community of health professionals will know what to do, how to respond, and what resources are available to act preventatively vs reactively. The selected state and/or local chapters will develop, promote, and implement their projects beginning April of 2024.

The IDD and MH project is being implemented with the guidance of The Arc national staff and expert advisors. Their input has guided the Request for Proposal process, and they will continue to provide valuable insight as the project unfolds over the next three years. Chapters will receive training and technical assistance through the National Council on Mental Wellbeing's Mental Health First Aid (MHFA) training and Skills Systems programming.

At the conclusion of the project, an assessment report will be created describing the outcomes achieved by the funded programs with an eye toward future replications of successful multi-disciplinary models.

NUMBER OF GRANTS AND GRANT AMOUNTS:

Ten chapters will be selected to participate in the 3-year grant. Each chapter will receive a total of \$90,000. The amount of the award is for a 3-year period. Grantees will receive installment payments that will be distributed throughout the 3 years.

PROJECT GOALS:

The goal of the project is to become more responsive to the needs of individuals with co-occurring IDD and MH. To reach this goal, we will be funding projects that contribute to two or more of these intermediate goals:

- Positive impact on implementation on current network
- Training
- Community resources and access to resources
- Access to system of care
- Community Engagement

PROJECT ACTIVITIES:

- Identify 2 staff to attend the National Council on Mental Wellbeing (NCMW) train-the-trainer course to become certified Mental Health First Aid (MHFA) trainers.
- Newly trained MHFA trainers will train 200 additional direct support staff, middle/executive leadership, first responders/police and other partners within their community in MHFA.
- Chapter staff will also receive training and access to Skills System, an online platform that offers training and technical assistance for both the direct care professional and the person with IDD. This e-learning platform has modules for people with IDD and support staff to be aware of current emotional status, think through the situation, and take goal-directed actions that align with their values.
- Implement pre/post program assessments of MHFA and Skills System trainings to evaluate participants knowledge about identifying MH needs.
- Work with The Arc US to host/attend focus groups to gather anecdotal data on local needs, opportunities, and skill execution in activities related to helping providers navigate co-occurring IDD & MH needs.
- Develop resources to help direct support staff and people with IDD identify co-occurring MH and IDD needs and supports.
- Track the number of mental health crisis incidents that occur within your chapter or network to see trends and hopefully a decrease in incidents throughout the program with increased training.
- Gather quotes, testimonials and videos to create an online campaign sharing the impact of the trainings, skills/techniques learned, and support through this project and share with The Arc US, program partners, and public.
- Participate in all peer learning community activities, including:
 - In-person kick-off meeting
 - Bi-monthly conference calls

ELIGIBILITY AND FUNDING CRITERIA:

We are searching for chapters representative of rural and urban communities with racial diversity, varying levels of socioeconomic status and systematic structure. The diversity of communities involved in this pilot project will ensure we are positioned to make future recommendations on culturally sensitive best practices. Interested chapters must:

- Be in good standing with The Arc US
- Demonstrate organizational capacity to complete project activities
- Want to further develop their mental health programs, or show need for this program in their community

REPORTING:

All sub-grantees will be required to submit quarterly reports to The Arc of the United States summarizing project activities, budget, and outcomes throughout the 3-year grant period. Templates and reporting deadlines will be provided to all subgrantees.

CONTACT INFORMATION:

For information regarding the grant and sub-grant process please contact:
Sequaya Tasker: Tasker@thearc.org or Kerry Mauger: Mauger@thearc.org

HOW TO APPLY:

The RFP process will open on February 12. Interested chapters can apply by [submitting an RFP online](#). Completed applications are due by end of day on Monday, March 4th. All applicants will be informed of their status by end of March. The RFP questions are listed on the next page for reference.

[APPLY HERE.](#)

Mental Health / IDD Grant Program RFP Application

Please submit the application below online to be considered for The Arc's *Navigating Co-Occurring IDD and Mental Health (MH) Needs* program. This program will kick-off in April of 2024. It is a 3-year grant funded through the United Health Foundation with work culminating in December of 2026. Subgrantees will be awarded \$90,000 (spread throughout the 3-year term) for programmatic work.

Please submit this form online [via this link](#).

Basic Information:

- Chapter Name:
- Address:
- Main POC Name:
- Email Address:
- Phone Number:

Project Details:

- Describe your chapter's capacity to carry out this project. Please include relevant supports and services your chapter (or your network) provides and information about the volume and demographics of those you serve.
- Describe the need for more adequate mental health first aid training in your chapter and community. What barriers or challenges does your chapter or network face in providing adequate support to individuals with IDD and MH needs?
- Chapters will be tasked with training 200 other individuals in your community in the Mental Health First Aid training. These individuals can include chapter and executive staff, caregivers, health professionals, first responders, educators, and other providers. Describe the steps you will take to recruit and connect with different partners/providers in your community to be trained. Please be specific about the partners you plan to collaborate with.
- Grantees will be asked to provide a baseline for the number of mental health incident reports that they have received in the past and to track the number of incidents that occur throughout the program after staff are trained (where applicable). Tell us what systems, methods, and criteria your chapter would utilize to track these types of incidences.
- How will your project address diversity, equity, access, and inclusion to be sure you are serving and training a variety of individuals that are representative of your whole community?

Marketing/Communications Plan:

- Part of this project is to create an online campaign to share program knowledge, findings and mental health resources with your community. Describe your overall plan for this, staff who will be involved, and how you will determine your key messages and effectiveness?
- Please list the social media handles for the channels your chapter utilizes as well as the number of followers you have on each (ex: Facebook, Instagram, X, LinkedIn, YouTube).

- Would you also be able to utilize your website and outreach to local news stations for this project? If so, how many monthly visitors does your website regularly get and what news stations will you target?
- Are there any other online platforms that you could use for this digital information and resource sharing?
 - Yes
 - No

Project Budget:

Grantees will receive \$90,000 for 3 years of project work. These funds will be spread out across the 3 years with \$10,000 being awarded in year 1 (April 1 – Oct 31, 2023) and \$40,000 in years 2 and 3 (Nov 1 – Oct 31). Please complete and attach the budget form template to this email to show how you plan to utilize the grant funds throughout the 3 years.

[Click here to download budget template.](#)