

2023 American Rescue Act Plan (ARPA), Douglas County, Colorado Suicide Prevention Grant Application

SECTION ONE ~ GENERAL INFORMATION:

A. Overview

I. American Rescue Plan Act (ARPA)

The Douglas County Board of County Commissioners (Board) is utilizing part of the County's share of American Rescue Plan Act (ARPA) funding to support the various mental health needs of county residents. The American Rescue Plan Act of 2021, passed by the 117th Congress, recognizes,

"New or enhanced State, local, and Tribal government services may be needed to meet behavioral health needs exacerbated by the pandemic and respond to other public health impacts. These services include mental health treatment, substance misuse treatment, other behavioral health services, hotlines or warmlines, crisis intervention, overdose prevention, infectious disease prevention, and services or outreach to promote access to physical or behavioral health primary care and preventative medicine." Additionally, ARPA indicates that, "Given the exacerbation of health disparities during the pandemic and the role of pre-existing social vulnerabilities in driving these disparate outcomes, services to address health disparities are presumed to be responsive to the public health impacts of the pandemic. Specifically, recipients may use payments from the Fiscal Recovery Funds to facilitate access to resources that improve health outcomes, including services that connect residents with health care resources and public assistance programs and build healthier environments."¹

II. Application Summary

Through this application for grant funds, Douglas County Government (County) respectfully requests responses from responsible, qualified non-profits and community-based organizations that serve Douglas County residents for the provision of suicide prevention, intervention and recovery programming. Eligible non-profits, public or private, social or community, will have held 501 (c)(3) tax exempt status for a minimum of one year and, by the nature of the non-profit status, shall not use profit generated to benefit owners or operators. Eligible community-based organizations may also be a public or private non-profit organization or may be a local-level entity that provides services, care or resources to individuals and communities. Community-based organizations must also have been operational for a minimum of one year to be eligible for funding through this grant. Whether a non-profit entity or community-based organization, successful applicants must demonstrate alignment with suicide prevention strategies. Match is not required, but the applicant will have opportunity to identify match and revenue in the Budget and Leveraging Worksheet attachments.

Your review of the Douglas County Mental Health Initiative's (DCMHI) Blueprint for a Community-Based Mental Health Delivery System (Blueprint), the DCMHI's Suicide Prevention Roadmap, and Douglas County Health Department's 2021-2026 Public Health Improvement Plan is encouraged as part of your application process. All documents may be accessed by visiting www.douglas.co.us.

¹ The American Rescue Plan Act of 2021, page 22.

The total amount of funding allocated by the Board for suicide prevention is \$1,500,000 for a three-year period beginning March 2023. The successful applicant will become a subrecipient of Revenue Replacement funds and as such will enter into a subrecipient agreement. To receive and utilize funding, subrecipient contracts must be executed by December 31, 2024, or sooner, and all funding spent by December 31, 2026.

Treasury Guidance (SLFRF Final Rule FAQs) indicate that, “Treasury is not collecting subaward data for projects categorized under Expenditure Category Group 6, “Revenue Replacement.” Treasury has determined that there are no subawards under this eligible use category. Subrecipient acknowledges that these reduced reporting standards are subject to change at the discretion of the US Department of Treasury, and agrees to provide such financial, performance, compliance reporting and/or records in such form as may be requested by the County.

B. Introductory Information:

Douglas County was formed in 1861 as one of the sixteen original Colorado counties. The County covers 844 square miles in the I-25 corridor between Denver and Colorado Springs. A majority of residents live in urban designated areas, such as unincorporated Highlands Ranch, the city of Lone Tree, the city of Castle Pines, and the towns of Castle Rock (county seat), Parker and Larkspur. The County has a population of about 293,521; and since the 2000 census the County population has grown 65%.

The County’s strength, as the centerpiece of the Denver/Colorado Springs Development Corridor, comes from a perfect blend of quality lifestyle and business environment. To preserve the area’s natural environment, 70% of the corridor will retain agricultural, ranching, parks, and open space uses. Recreational facilities include more than 146,000 acres of Pike National Forest, Roxborough and Castlewood Canyon State Parks, Chatfield State Recreation Area, and numerous county, municipal, and local parks, trails, and open spaces. The pioneer spirit and eternal beauty of the mountains, foothills, and plains remain in Douglas County.

The three-member Board of County Commissioners serves as the legislative, policy-making, and administrative body governing the unincorporated area of the County. The commissioners are elected at large from one of three geographical districts and serve staggered four-year terms (term-limited to two terms). Detailed information regarding Douglas County Government and its finances can be found in the Annual Budget Book and/or the Comprehensive Annual Financial Report.

There are five incorporated municipalities fully contained within the boundaries of Douglas County: Castle Rock, Castle Pines, Larkspur, Lone Tree, and Parker. Each has its own mayor and provides services in cooperation with Douglas County. Additionally, there are two municipalities partially contained within Douglas County, the cities of Aurora and Littleton.

The DCMHI was established in 2014 by the Board of Douglas County Commissioners and county leaders to address unmet behavioral health (mental health, substance use) needs in Douglas County. The DCMHI is a community-based partnership of over [40 organizational partners](#) facilitated by Douglas County with active and continuous participation by local and regional organizations.

The DCMHI envisions a community-based mental health delivery system that is person and family centered, promotes health and prevention, and meets the continuum of mental health and substance use needs in Douglas County. DCMHI is committed to a system of care that offers a broad network of providers, is adaptable and innovative in meeting individual needs, can be sustained and is data driven and grounded in continuous performance improvement. DCMHI values collaboration and engagement with community partners.

The Douglas County Health Department (DCHC), established in 2021, provides core public health services, as required by the State of Colorado, including environmental health, vital records, emergency preparedness and response, disease surveillance and maternal, child, adolescent and family health. According to the 2021 Community Health Assessment (CHA), “Based on assessment of all primary and secondary data sources at the county and subcounty level, trends analysis, and comparison to Colorado...” behavioral health and injury prevention were identified in the top three health priorities of focus for DCHD’s 2021-2026 Public Health Improvement Plan (PHIP). Both health priority areas have goals, objectives and outcomes associated with mental health promotion and suicide prevention.

Together, DCMHI and DCHD approach suicide prevention as a joint venture, leveraging the position and partnerships of each entity to successfully reach 2026 benchmarks for behavioral health and injury prevention in the DCMHI’s long term plan and the PHIP.

C. Scope of Services/Explanation of Project:

Douglas County respectfully requests responses from responsible, qualified non-profits and community-based organizations for the provision of suicide prevention, intervention and recovery programming. The total amount of funding available through the County is \$1,500,000 for a three-year period beginning March 2023. Funding awards for grantees will be determined by the strength of the application and the intended number of residents to be served during the grant period.

Douglas County and the DCMHI recognize the importance of a comprehensive, strategic and targeted approach to suicide prevention. Mental health promotion and prevention, intervention and recovery all play an important role in impacting risk factors associated with poor mental health outcomes and suicide. In 2021, the Douglas County Arapahoe/Douglas Suicide Prevention Alliance (DASPA) merged with DCMHI as the two groups share a dedication to improving mental health outcomes for people in Douglas County. As part of DASPA’s transition to DCMHI, an interim committee developed the Suicide Prevention Roadmap (Roadmap) which defined subpopulations with higher risk factors associated with suicide and high mortality rates, as well as priority protective factors and specific programming that is evidence-based, researched informed and/or a promising practice for suicide prevention.

As a result of the analysis that produced the Roadmap, and with the desire to align this research with community-based programming, four priority populations have been identified for this grant. Proposals may be submitted for any target population, however, those that address one of the following priority populations will be given additional points.

I. Middle Aged Men

Nationally, statewide, and in Douglas County, middle aged men represent the single largest group in number who die by suicide. Because men tend to use more lethal means, they are more likely than women to die following a suicide attempt. Middle aged men have been disproportionately impacted by suicide for decades yet prevention and intervention strategies that successfully reach this population are few and far in between. Stigma is a barrier among this population, suggesting sociocultural factors that impact one's attitude towards mental health, help seeking (i.e., the belief that it is a sign of weakness or not OK to ask for help), and recognizing and addressing issues as they arise. Therefore, Douglas County is interested in proactive approaches that engage middle aged men.

II. Older Adults

According to the National Council on Aging, older adults (65+) represent 12% of the national population and 18% of suicide deaths. Older adults tend to plan suicide more carefully, are likely to die by suicide due to using more lethal means and, even if they do not die following an attempt, are less likely to recovery from the effects of an attempt. Among people who attempt suicide, one in four older adults (25%) will die; this is compared to one in 200 youth (0.5%) who represent roughly 25% of the American population. In July 2021, persons over 65 represented 13.2% of the Douglas County population and 22% of suicides. Adults 75 years and older had the highest rate of suicide in Douglas County at 34.53 per 100,000 residents, surpassing even middle-aged adults. While the rate of older adults (65-74 years old) dying by suicide has remained relatively stable in Douglas County over the last 10 years, the rate among those 75 and older has increased from 20.80 in 2012 to 34.53 per 100,000 residents in 2021.

III. Youth and Young Adults - High School and Transition Aged: 14 – 24 years old

Youth and young adults, particularly those at points of transition from entering high school to independent life beyond 18, are exposed to greater opportunity as well as responsibility and challenges that they may not yet be emotionally or cognitively prepared to manage. This period of significant physical, mental and emotional development is critical for developing resiliency and instilling protective factors that will promote mental and emotional well-being throughout life. Fifty percent of people who develop a mental health condition first experience the onset of symptoms at age 14, and 75% experience symptom onset by age 24. The 2021 Douglas County Community Health Assessment identified suicide as the leading cause of death for adolescents 15 to 24 years old. The suicide death rate among Douglas County adolescents between 15 and 19 years of age has increased since 2018 and now surpasses the state rate.

IV. Prenatal and Postpartum Families

Pregnancy Related Depression and/or Anxiety is the most common complication of pregnancy impacting anywhere from 12 – 14% of birthing people. The 2018 Colorado Health eMoms cohort of Douglas County mothers three-to-four-months post-partum reported higher levels of anxiety than Adams and Arapahoe Counties as well as the State and had an elevated EPDS-3A score indicating possible anxiety disorder (not used to diagnose this cohort). Douglas County mothers were less likely to talk or receive

information about depression at prenatal visits compared to the state at large, Adams and Arapahoe Counties, but were on par with the state in receiving this information post-partum and at well baby visits. Douglas County mothers had the highest percentage of depression during pregnancy at 15.6% compared to Colorado (11.8%), Adams (5.1%) and Arapahoe (11.8%) counties. The Colorado Health eMoms 2020 COVID-19 Survey also found that Douglas County mothers felt more anxious than usual during the pandemic (51.3%) compared to mothers across the state (49.4%), Adams (42%) and Arapahoe (34.9%) Counties. Forty seven percent of mothers who were surveyed in early 2021 and gave birth between 2018 and 2020 indicated mental health had gotten worse, and less than half of the 37% of mothers who wanted mental healthcare could get it.

Section 2 ~ Organizational and Proposal Details:

D. General Requirements:

Eligible applicants for this grant include any non-profit or community-based organization serving Douglas County residents with ample evidence to support the need for such services among the applicant's target population(s). Eligible non-profits will have held 501 (c)(3) tax exempt status as a public or private, social or community organization for a minimum of one year and, by the nature of the non-profit status, shall not use profit generated to benefit owners or operators. Eligible community-based organizations may also be a public or private non-profit organization, may be a local-level entity and shall have been in operation for a minimum of one year. Eligible community-based organizations must provide services, care and resources to individuals and communities which, for the purpose of this grant, must be aligned with suicide prevention strategies. Proposals should not supplant existing resources. Douglas County seeks proposals that demonstrate innovation and/or expansion of a service that is successful.

The first round of funding distribution is anticipated to begin by March 2023. The successful applicant will become a Subrecipient of Revenue Replacement funds and as such will enter into a Subrecipient Agreement. To receive and utilize funding, subrecipient contracts must be executed by December 31, 2024, or sooner, and all funding spent by December 31, 2026. Match is not required, but the applicant will have opportunity to identify match and revenue in the Budget and Leveraging Worksheet attachments.

The proposal submitted must be complete and in the format outlined in sections E and F below. Failure to provide all required information or any significant deviation from this format may be cause for rejection of the proposal. All proposals become property of the County. All proposals shall meet, at a minimum, all criteria outlined in sections E and F below. The respondent should not withhold or omit any information from their written response as oral presentation is not an intended part of this process. The County will not reimburse respondents for any costs associated with the preparation and submission of their proposals. The County reserves the right to request any non-profit or community-based organization submitting a proposal to clarify its proposal or to supply additional information necessary to assist in the County's selection.

E. Minimum Requirements to be included in the applicant’s response:

Respondents shall meet all the following minimum requirements. Please provide a brief response to each item indicating ability, or inability, to meet the requirements.

I. Able to Conduct Business

- a) Contractor must be legally able to continuously perform work in Colorado.
- b) Contractor must be able to continuously meet the County’s insurance requirements.
- c) Contractor may not be suspended or disbarred from receiving federal funds.
- d) Contractor must not have any conflicts of interest deemed unacceptable solely by the County.

F. Mandatory requirements to be Included in Applicant’s Response:

Respondents shall meet all the following mandatory requirements. Responses should be compiled in the order outlined below. Failure to provide all required information or any significant deviation from this format may cause for rejection of the proposal. The numbers in parenthesis following each section indicate the maximum number of points an applicant may receive.

I. Organization Information (5)

- a) Provide the name and address of your organization.
- b) What history does your organization have doing business in Colorado and in Douglas County, Colorado?
- c) What is your organization’s mission/vision?
- d) Provide an org chart.
- e) Provide a list of current Board members, if applicable.
- f) Identify the program(s) and type(s) of service(s) your organization offers to Douglas County residents. (For example, training, therapeutic services, peer support, mentoring).
- g) Provide the number of Douglas County residents served by your organization in 2022 and the anticipated number of residents you expect to serve each year through this proposal.
- h) Provide a brief description (name, title, qualifications) of the key personnel supporting this project.

II. Geographic Area and Demographics (5)

- a) Describe the geographic area within Douglas County that your program will serve/target and why.
- b) Describe the population your program will serve/target and why.

III. Scope of Work/Strategy (10)

- a) Provide a detailed description of the project you are proposing and how your organization will utilize funding to support this project.
- b) What level of impact will your approach take (prevention, assessment and identification, intervention, recovery)?
- c) What data supports a need or gap in the community, the target population for your program/strategy and your approach?
- d) What evidence-based support does your approach have? Please provide additional supporting documents and information that supports why you have selected this target population, why you have taken this specific approach, and how your approach aligns with any current evidence and/or research.

- e) Explain any collaborative elements and partners associated with your proposal. How many total agencies will be partnering with you on this project? Provide names and descriptions of collaborative partners associated with the proposal and how they strengthen the project.
- f) Describe how your proposal aligns with the DCMHI Suicide Prevention Roadmap and/or the DCMHI Blueprint, and Douglas County Health Department 2021 – 2026 Public Health Improvement Plan. Visit douglas.co.us to access these documents.
- g) Describe the status of the program/approach. Will grant funds be used toward an existing program (over a year into implementation), a program launched within the last year, or a new program?
- h) How does your organization and project proposal support diversity, equity and inclusion?

IV. Timeline and Workplan (10)

- a) Provide an outline for the project timeline, including dates and corresponding milestones, if applicable.
- b) Identify the primary goals and objectives of your proposal.
- c) Define expected outcomes and the metrics you will use to measure success. How will you evaluate your program at the end of year one and each subsequent year for which you are requesting funding?
 1. The 2021 – 2026 Douglas County Public Health Improvement Plan prioritizes behavioral health and injury prevention which includes suicide prevention. Please indicate if your proposal will impact any of the following indicators and, if so, how you intend to measure progress. This is not a requirement and if the program/approach does not address the following indicators it will not negatively impact the applicants score.
 2. Increase the proportion of adolescents and adults who understand the importance of regular screening for depression, anxiety or substance use disorders during a primary care office visit.
 3. By 2026, increase the percent of Douglas County residents who report that, in the past 12 months, they talked with a mental health provider about their own mental health (ages 5 and older) by 5%.
 4. By 2026, decrease the percentage of Douglas County residents who needed mental health care or counseling services but did not get it at that time during the past 12 months (ages 5 and older) by 5%.
- d) Describe the organization’s ability to comply with the requirements for reporting.

V. Sustainability (10)

- a) Please describe the long-term vision for the project. Will the program continue to be available to Douglas County residents after grant funds are expended?

VI. Financials (5)

- a) What is your organization's fiscal year start and end date?
- b) Complete the attached Leveraging Form and identify other funding streams you will be leveraging specifically for this proposal, if applicable, including federal, state, local, foundation, in-kind, and any other funding sources that may apply.
- c) Does your proposal require full funding to proceed? If not, what is the minimum amount required?

VII. Expenses/Budget (5)

- a) Are you applying for one year or multiple years?

- b) Provide a full and complete budget or accounting of all proposed services that includes the following, as relevant:
 - 1. Personnel and Fringe
 - 2. Direct Care, Direct Services
 - 3. Travel
 - 4. Supplies
 - 5. Operating Expenses
 - 6. Indirect - All administrative and overhead costs, e.g., space, hardware/technology and cyber security, not to exceed 10% of the total budget.
- c) A full 12 months' costs once services begin, and any changes in costs in Year 2 and 3 (if they are different than Year 1).

G. References

All responses shall include a list of three (3) Letters of Support, with a minimum of one (1) being partner or client in Douglas County. All Letters of Support shall include name, title, address, telephone number, fax number (if applicable), and e-mail address for the entity or individual which you are currently serving/collaborating with or have in the past served/collaborated with on a same or similar contract or agreement. The failure to include Letters of Support and/or the inability to contact the named individuals shall be ample cause for rejection of the proposal.

H. Time Requirements:

The following schedule is as estimate, and subject to change:

January 11, 2023	Grant application advertised and available
January 19, 2023	Deadline for submission of questions
February 1, 2023	Distribution of questions/responses
February 24, 2023	Application due date
February 27 – March 8, 2023	Review of Applications
March 9 – 14, 2023	Final Selection and Notice of Intent to Award
March 14 – April 18, 2023	Contracting and Contract Start Date

I. Questions/Inquiries/Addendum:

All questions related to this application must be directed to the attention County staff supporting the Douglas County Mental Health Initiative (DCMHI), DCMHI@douglas.co.us and Laura Ciancone, Douglas County Mental Health Initiative Coordinator, 4400 Castleton Court, Castle Rock, CO 80109, 720-520-2497, lciancone@douglas.co.us. All questions must be in writing and responses will be shared with all potential respondents, as appropriate.

Questions will be received until the close of business on January 19, 2023. Responses to all questions will be posted on the Microsoft Teams Channel being used to collect and manage applications no later than close of business on January 26, 2023.

If it becomes necessary to revise any part of this application or if additional data is necessary to enable an exact interpretation of the provisions of this request, an addendum will be issued. It is the

responsibility of the respondent to ensure that they have received all addendums prior to submitting their application response.

J. Submission Instructions

Douglas County will utilize Microsoft Teams to manage the application and review process for the Suicide Prevention Grant. Interested applicants shall contact DCMHI@douglas.co.us and the Douglas County Mental Health Initiative Coordinator, Laura Ciancone, lciancone@douglas.co.us, and provide the following information:

1. A summary of your project concept
2. The estimate dollar amount you intend to apply for
3. Name and email address of a single point of contact

When this information is received, the County will create a private Teams channel using the single point of contact's email address. You will use this channel to upload all required documentation.

Attachments:

- **Workplan**
- **Project budget**
- **Leveraging Worksheet**

Please also include:

- **W-9 Form**
- **Tax Exempt Certificate, if applicable.**
- **Organizational Budget or Financial Statement (Revenues and Expenses) for the Previous Calendar or Fiscal Year.**
- **Organizational Balance Sheet for the Previous Calendar or Fiscal Year.**
- **990 Form**
- **Attach a copy of your most recent audit, if applicable.**
- **Optional supporting documentation, if needed.**