

# City of Burlington / 2015 CDBG Application Form

Project Name: Lund Early Childhood Program  
Project Location / Address: 50 Joy Drive, South Burlington, VT 05403  
Applicant Organization / Agency: Lund  
Mailing Address: PO Box 4009, Burlington, VT 05406-4009  
Physical Address: 76 Glen Road, Burlington, VT 05401

Contact: Barbara Rachelson Title: Executive Director E-mail: [barbarar@lundvt.org](mailto:barbarar@lundvt.org)  
Web Address: [www.lundvt.org](http://www.lundvt.org) Phone #: 864-7467 Fax #: 864-1619

EIN #: 03-0179434

DUNS #: 006117089

**CDBG Funding Request: \$ 20,000**

**Check ONE:**             **1 year**        X   **2 years**  
(Equal Access, Health      (Childcare, Early Childhood, Youth  
Development Projects)

## 1. Type of Organization

       Local Government        X   Non-Profit Organization (please provide copy of your  
       For-Profit Organization      IRS 501(c)(3) tax exemption letter)  
       Faith-Based Organization             Institution of Higher Education

2. Conflict of Interest:   X   Please complete and sign attached form.

3. List of Board of Directors:   X   Please attach.

## Certification

To the best of my knowledge and belief, data in this proposal are true and correct.

I have been duly authorized to apply for this funding on behalf of this agency.

I understand that this grant funding is conditioned upon compliance with federal CDBG regulations.

I further certify that no contracts have been awarded, funds committed or construction begun on the proposed program, and that none will be prior to issuance of a Release of Funds by the Program Administrator. In addition, this project is ready to proceed as of July 1, 2015.

  
\_\_\_\_\_  
Signature of Authorized Official

Barbara Rachelson  
\_\_\_\_\_  
Name of Authorized Official

Executive Director  
\_\_\_\_\_  
Title

1/9/15  
\_\_\_\_\_  
Date

## **DEMONSTRATED NEED**

### **1. What is the need/opportunity being addressed by this program/project and how does that contribute to CDBG's national objectives?**

High quality, affordable childcare is essential for young working families yet is very difficult to find. A July 2013 study by Child Care Resources shows the vacancy rate at childcare centers in Chittenden County to be 7% and only 2% at 4 or 5 STAR rated programs. Lund's Early Childhood Program is one of the very few in the county that does not charge a co-pay to families who are receiving the full CCFAP subsidy making our 5 STAR rated program accessible to low and extremely low income families. This ties in to CDBG's national objective to support programs that are beneficial to low to moderate income people. In FY14 84% of the children who attended LECP qualified for the full subsidy and so were able to attend the program at no cost to the family allowing parents to work or pursue educational opportunities.

The positive effect that high-quality childcare, such as that provided by LECP, has on high-risk children has been noted by a number of studies. Harvard University's Center on the Developing Child notes that providing early care to children with these issues can have preventative value. "The basic principles of neuroscience tell us that providing the right conditions for healthy development in early childhood is likely to be more effective than treating problems at a later age" (A Science-Based Framework for Early Childhood Policy, Harvard University). Furthermore, they note that "evidence from program evaluation research supports efforts to enroll children who are living in poverty in high-quality early care and education programs, beginning at age three and in some cases earlier."

The most recent Kindergarten Readiness Survey by the Burlington School District reports that only 44% of children entering Kindergarten are adequately prepared in all five domains assessed. LECP's preschool actively works to provide opportunities for children to learn and practice all 30 of the important skills listed as prerequisite for Kindergarten readiness.

## **PROJECT/PROGRAM DESIGN**

### **1. Describe the program/project activities.**

LECP provides full day, year round care and education to 50 children aged from birth to 5 years. It is accredited and licensed by the State of Vermont and provides a play based curriculum that focuses on maximizing the time of intense brain development in the early years. The majority of the children who attend the program are at high risk of abuse, neglect and school failure. Teachers assess and refer children for additional support services as necessary that will assist them in optimal development. As a core component of Lund's Parent Child Center, families also have access to support services such as education, treatment, home visiting, employment and financial support and concrete supports as well as connection to other community resources to provide help with housing, food, and other basic necessities. Core to the work of the center is the support of children's social and emotional growth, which allows for growth in other areas such as language acquisition.

Lund participates actively in various statewide initiatives to strengthen family functioning; LECP is a Strengthening Families Grantee with the State of Vermont, and uses the Protective factors framework in our approach to support children and families. LECP staff spends considerable time ensuring children and family basic needs, as well as children's developmental needs, are identified and families connected to resources in the community to ensure these needs are met.

### **2. Why is the program/project designed the way it is? Explain why the program activities are the right strategies to use to achieve the intended outcomes.**

LECP uses Creative Curriculum – a research-based and research-proven curriculum resource. Many of the children we serve have experienced significant trauma, and we recognize that our primary focus begins with strengthening children's social and emotional development. The teaching practices included in the Creative Curriculum allow children to develop social/emotional competence and self help skills, as well as offering children the opportunity to explore and experiment safely with materials. As children develop, teachers begin to focus more on

other skill building activities and curricula that address concepts and domains for learning as addressed in the Vermont Early Learning Standards.

To improve early learning practices and to enhance knowledge and skills, Vermont developed the Foundations for Early Learning (FEL) Program. This program enables early childhood professionals and families to better address the social-emotional development and language and literacy needs of young children, including those who may have a developmental delay or special need. To accomplish its goal, FEL draws on the expertise of two nationally recognized programs—the Center on the Social and Emotional Foundations for Early Learning ([www.vanderbilt.edu/csefel/](http://www.vanderbilt.edu/csefel/)) and the Center for Early Literacy Learning ([www.earlyliteracylearning.org](http://www.earlyliteracylearning.org)) to train professionals and educate families throughout Vermont. Lund has been a demonstration site for the FEL program since 2010.

### **3. How will this program/project contribute to the City's anti-poverty strategy?**

One of Burlington's goals in the current strategic plan is to reduce economic barriers by helping low income families to access quality childcare for their children enabling them to enter the workforce. LECP provides this care and is uniquely located inside Lund, an organization with multiple integrated programs and services to help young parents access education, job training, reach up case management, transitional housing and treatment for substance abuse and mental health disorders. The Vermont Kids Count 2005 Data Book notes that: "A mother with just one of these risk factors--being single, a teen parent, or without a high school diploma or GED--is likely to face economic struggles. The combination of all three makes these families the single largest group at risk of poverty." Lund's mission is to help these families overcome economic struggles and break cycles of poverty with their children.

The children served by LECP are some of the most vulnerable children in Vermont. They have typically been exposed to trauma, abuse, and neglect. Without the intervention and support provided by LECP, they are at risk of continuing generational cycles of poverty, school failure, substance abuse and mental health issues, involvement in the correctional system, and becoming young parents themselves. It is far more cost-effective for a community to support these children in receiving a good start in life, than it is to pay the costs of incarceration, drug treatment, and other societal challenges that result from at-risk children slipping through the cracks.

### **4. How do you use community and/or participant input in planning the program design and activities?**

LECP conducts two written parent surveys per year which allows parents to give anonymous feedback about the program and staff members. The teachers and the center director maintain an open door policy to all parental input. Where possible, the curriculum is often directed by the interests of the children in the classrooms. Staff members design activities based on subjects that the children are currently engaged in and weave their teaching objectives into these activities.

Lund also partners with a variety of other agencies serving young children, many of which provide services on-site in our center. These are relationships that invite open relationships and engage staff in frequent discussion and evaluation in order to ensure that the needs of clients are being met in the most effective way and that partners' voices are heard and taken into consideration.

## **PROPOSED OUTCOMES**

### **1. What are the intended outcomes for this project/program? How are people meant to be better off as a result of participating?**

LECP will help at risk Burlington families move out of poverty and will address their basic needs. The program creates economic opportunity by offering affordable and accessible early childhood education to families so parents can work or pursue education and treatment goals.

### **2. List your goals/objectives, activities to implement and expected outcomes (# of units, # of individuals, etc.)**

**GOAL:** To provide high quality early childhood education to Burlington families at risk of abuse, neglect and school failure.

Objective	Activities	Outcomes
Children will receive quality early care and education allowing parents to work or pursue education or treatment goals.	<ul style="list-style-type: none"> <li>Families enroll children in childcare</li> </ul>	55 families
This care and education will help children achieve developmentally appropriate social, emotional and intellectual development.	<ul style="list-style-type: none"> <li>Daily child development programming and indoor/outdoor gross motor activity.</li> </ul>	247 days
	<ul style="list-style-type: none"> <li>Continuous assessment of enrolled children</li> </ul>	75 children
Families' basic needs will be met	<ul style="list-style-type: none"> <li>Daily offering of nutritious meals and snacks</li> </ul>	247 days
	<ul style="list-style-type: none"> <li>Staff to assist families with paperwork to qualify for childcare subsidy</li> </ul>	55 families
	<ul style="list-style-type: none"> <li>Staff assist families with referrals to Lund programs, other community organizations or by attending to immediate needs</li> </ul>	
Children will leave transition from the Preschool ready for Kindergarten as defined by the Burlington School district	<ul style="list-style-type: none"> <li>Continuous assessment of enrolled preschoolers</li> </ul>	20 children
	<ul style="list-style-type: none"> <li>Daily skill building and activities that address Kindergarten readiness domains</li> </ul>	247 days

## **IMPACT/EVALUATION**

- 1. How do you assess whether/how program participants are better off? Describe how you assess project/program outcomes; your description should include: what type of data, the method/tool for collecting the data, from whom you collect data, and when it is collected. [UWCC]**

The center uses Teaching Strategies Gold (TS Gold), a tool designed for teachers in Early education classrooms to make assessments that are reliable and can easily compare children to developmentally appropriate standards. Assessments are used for the purpose of tracking children's development as they move through the program; teachers compare results to VELs to ensure that children are entering kindergarten with the requisite skills and experiences that are needed to be successful. Children's assessments and examples of their work are collected in an online portfolio that can be accessed by parents as well as by all staff members.

- 2. How successful has the project/program been during the most recent reporting year for your CDBG project? For non-CDBG participants – just report on your achievements from the previous year.**

Last fiscal year, 76 children from 54 families attended Lund's Early Childhood Education program. 47% of these children were residents of Burlington at that time. 84% of the children were living in poverty and qualified for full childcare subsidy and 71% of them were from single parent female headed households. All children made progress towards appropriate social, emotional and intellectual development.

All eligible families were assisted with paperwork needed to qualify for childcare subsidies and all families in need regularly met with staff members for help ensuring basic needs were met.

Two children were eligible to transition from the preschool to Kindergarten due to the program only having been in operation for a year. One of these children was considered developmentally ready for Kindergarten and the other benefited from additional supports as she joined the public school system.

**3. How does this data reflect beneficial outcomes of this project/program? Has this impacted your program planning at all? [UWCC]**

The data reflects that children are thriving at LECP and that attendance at the program is beneficial to their growth and family stability. The data reflects the nascent nature of the preschool program which only opened at Lund in October 2012. There is now a Head Start teacher in the preschool classroom and 10 of the 16 spots are reserved for Head Start eligible children. We also have a recently formed partnership with HowardCenter to provide onsite therapeutic childcare services. This will inform the outcomes for this year.

**EXPERIENCE/ORGANIZATIONAL CAPACITY**

**1. What is your agency's mission, and how do the proposed activities fit with your mission?**

The mission of Lund is to help children thrive by empowering families to break cycles of poverty, addiction & abuse. Lund offers hope and opportunity to families through education, treatment, family support and adoption. LECP fits perfectly into this mission as research has proven that quality early childhood education is absolutely crucial in forming a foundation for success in kindergarten and beyond. Having reliable, consistent and high quality childcare allows young mothers to address their own challenges and make positive steps towards success for themselves and their children.

**2. Please describe any indications of program quality, such as staff qualifications and/or training, adherence to best practices or standards, feedback from other programs or organizations you partner with, etc.**

- Lund has operated high quality, therapeutic childcare since the early 1980's. The program is rated at 5 STARS in the state's SStep Ahead Recognition System and consistently receives positive feedback from community partners.
- Of our 10 staff members, 2 have Bachelor's in Child Development, 5 have Bachelor's in Elementary Education, 2 have Associate's degrees in Child Development and one is actively working towards the same, 2 have Master's in related fields, 3 have Bachelor's in related fields and 1 has an associate's degree in a related field.
- Lund was invited to participate as one of two pilot sites to implement the Multi Tier System of Support model by the Agency of Education and Child Development Division
- All Lund staff members are required to pursue staff individual development goals every year and are supported in doing so. LECP staff members are encouraged to attend discipline related trainings and seminars in order to support their activities in the classroom.

**3. What steps has your organization/board taken in the past year to become more culturally competent?**

Lund has included cultural competency in our new strategic plan and have engaged an outside expert to assist us in assessing our agency and implementing training for staff to become more culturally competent.

**4. Have you received Federal or State grant funds in the past three years?  Yes  No**

**5. Were the activities funded by these sources successfully completed?  Yes  No  N/A**

If No, please explain:

**PROPOSED LOW INCOME & MODERATE INCOME BENEFICIARIES/COMMITMENT TO DIVERSITY**

**1. Will the program target a specific (solely) group of people? If so, check ONE below:**

Abused Children  
 Battered Spouses

Elderly (62 years +)  
 Homeless Persons

People with AIDS  
 Illiterate Adults

\_\_\_\_ People with Severe Disabilities

2. For your proposed project, please estimate how the Burlington residents will break out into the following income categories during the total grant period.

Service / Activity	Unduplicated Total # of Burlington HH / Persons to be Served	# Extremely Low-Income	# Low-Income	# Moderate-Income	# Above Moderate-Income
High quality year round early childhood care and education	38 families	35	2	1	

3. a. Who is the project/program designed to benefit? Describe the project/program’s target population, citing (if relevant) specific age, gender, income, community/location or other characteristic of the people this program is intended to serve. [UWCC]

71% of LECP families served last year were headed by single mothers with substance abuse and mental health issues. 84% of program families were living in poverty and qualified for the State childcare subsidy. These are the families most in need of support to provide their young children with the vital early education and brain development needed to thrive. Their children suffer from or are at risk of issues that threaten their ability to thrive and realize their potential. The majority of children attending LECP are parented by single mothers who, in addition to being low-income, are working with other programs at Lund to develop strategies to manage addiction and mental health issues while strengthening their capacity to parent. These women are usually between the ages of twelve and twenty eight and are typically extremely low-income and all qualify for public assistance. Most do not have their high school diploma or GED; some are enrolled in Lund’s alternative high school program. Many are clients of the Lund’s Residential and Community Treatment Program; who all either have a substance abuse and / or mental health diagnosis.

b. How do you select and reach your target population?

Lund maintains an extensive waiting list for spots at the Early Childhood Program, currently holds 82 families. Clients at our residential facility get priority for spots when they open at the program. If there are no eligible residential clients when a spot opens up, priority goes to whoever has been waiting longest. It is not uncommon for families to wait up to 18 months for a spot to open up. It is not necessary for Lund to conduct aggressive outreach to find program participants, however openings are always posted on the Bright Futures website. Income level is determined upon referral to determine qualification for subsidy. The program retains 11 spots for private pay clients. Tuition rates for private pay families are very comparable to similarly rated programs and again do not cover the full cost of the program.

4. Describe the steps you take to make the project/program accessible, inclusive and culturally appropriate for the target population. [UWCC]

- LECP complies with the STARS and Strengthening Families criteria around accessibility, inclusivity and cultural appropriateness.
- Lund is committed to keeping the percentage of extremely low income or low income families to between 75 and 85% of participants ensuring that our program remains accessible to those who need it most.
- LECP’s ethnic diversity last year was 76% white, 12% African American or Black, and 12% other.

## BUDGET/FINANCIAL FEASIBILITY

1. **Budget Narrative: Provide a clear description of what you will do with CDBG's investment in the program. How will you spend the money? Give specific details. [UWCC]**

The CDBG grant will subsidize the costs of the Program Coordinator for Lund's Early Childhood Program.

2. **If you plan to pay for staff with CDBG funding, describe what they do in relation to the specific service(s) / activity(ies) in your Project/Program Design.**

Specific Service / Activity	Position/Title	Work Related to CDBG-Funded Activity	# of Hours per Week spent on this Specific Service / Activity	% of Hours per Week spent on this Specific Service / Activity to be paid with CDBG
All activities/service at program	Childcare Coordinator	Oversee Early Childhood Education Program	40	30%

3. **Program/Project Budget**

Line Item	CDBG Funds	Other	Total
<b>Salaries and Benefits</b>	\$20,000	\$580,296	\$600,296
<b>Occupancy</b>	\$ -	\$113,477	\$113,477
<b>Other</b>	\$	\$157,392	\$157,392

**Total Program Cost :**

**\$871,165**

4. **Funding Sources\***

	Project		Agency	
	Current (FY15)	Projected	Current	Projected
CDBG	\$ -	\$ 20,000	\$ -	\$ 20,000
<b>State</b>				
VT DCF	\$417,813	\$417,813	\$417,813	\$417,813
VT State Nutrition Program	\$30,666	\$30,666	\$30,666	\$30,666
Parent Child Center Grant	\$52,000	\$52,000	\$52,000	\$52,000
Early Education Initiative grant	\$30,000	\$30,000	\$30,000	\$30,000
Other state grants/contracts	-	-	\$6,268,305	\$6,268,305
<b>Federal</b>				
SAMSHA grant	\$64,213	\$85,998	\$396,825	\$524,000
Head Start funds	\$13,700	\$13,700	\$13,700	\$13,700
United Way	\$36,000	\$36,000	\$100,000	\$100,000
Individual, corporate and foundation support	\$ -	\$ -	\$850,000	\$850,000
Program Income	\$126,958	\$126,958	\$298,708	\$298,708

Other				
School district funding	\$9,260	\$9,260	\$9,260	\$9,260
Staff lunches and McAuley Sq Rent	\$ -	\$ -	\$29,489	\$29,489
<b>Total</b>	<b>\$ 780,090</b>	<b>\$ 821,965</b>	<b>\$ 8,496,336</b>	<b>\$ 8,643,511</b>

\*Level funding given for most projected budget line due to the majority being government funding. No information given for FY17 but no significant changes anticipated to programs or funding sources.

**5. Of the total project cost, what percentage will be financed with CDBG?**

$$\frac{\$ \underline{\$20,000}}{\text{CDBG Funding}} \div \frac{\$ \underline{\$871,165}}{\text{Total Program/Project Costs}} = \underline{2.3} \% \text{ Percentage}$$

**6. Of the total project cost, what would be the total cost per person?**

$$\frac{\$ \underline{\$871,165}}{\text{Total Program/Project Cost}} \div \frac{\underline{75}}{\text{\# Proposed Beneficiaries}} = \underline{\$ 11,615.50} \text{ Cost Per Person}$$

**7. Why should CDBG resources, as opposed to other sources of funding, be used for this project?**

Lund’s Early Childhood Program continues to operate at a deficit with our current funding sources. The State subsidy and private pay fees cover 64% of the operating expenses. Additional grants and United Way funding cover another 28% of the operating expenses. CDBG resources would help cover the funding gap and continue to provide quality early education and care to families living in poverty in Burlington.

**8. Describe your use of community resources, including volunteers. Include any resources not listed in your budget. Will CDBG be used to leverage other resources?**

Local businesses and organizations, such as Seventh Generation, Ronald McDonald House Charities and Dealer.com, have been asked to fund out of budget projects to enhance the program. Lund relies heavily on volunteers from the community. Annually Lund has the support of between 350-400 volunteers actively participating in our Board and Board Committees, in our Community Events and in delivering services through our Programs.

**9. If your organization has experienced any significant changes in funding levels during the past year, please explain.**

In September 2014, Lund was awarded a 3 year grant from The Substance Abuse and Mental Health Services Administration for \$1,572,000. These funds support Lund’s Residential Treatment program with \$86,000 allocated annually to the Early Childhood Program for 2 teachers.

**10. What cost-cutting measures has your organization implemented recently?**

Lund continues to manage its expenses with a focus on cost-cutting measures. We also engage in constant discussion with our state partners to ensure that we are being adequately compensated for services provided.

**COLLABORATION/EFFICIENCY**

**1. Share specific examples of how your agency collaborates with other programs or agencies to address the needs of the people you serve.**

Lund has a newly formed partnership with the HowardCenter to provide therapeutic childcare services in the preschool classroom. Lund also partners with Champlain Valley Headstart and has a Headstart teacher who also

works inside the preschool classroom. These two partnerships enhance the strength of the program by ensuring that there are adequate resources to provide comprehensive, wraparound developmentally appropriate mental health and social/emotional support to all enrolled children. This extremely important in Kindergarten readiness. This year has seen partnerships with various cultural organizations including Start with the Arts and independent local musicians to bring artistic, musical and literacy activities into the classrooms. We also partner with SSTA to ensure that clients struggling with transportation can get their children to the program.

**2. Describe your agency's efforts at becoming more efficient in achieving your outcomes or managing your project/program.**

As previously mentioned, Lund is in the final stages of implementing a new data collection and analysis tool that will greatly increase efficiency in achieving outcomes and managing the program.

**3. What other agencies provide similar services or programs? [UWCC]**

There are other high quality early childhood programs in Burlington but very few that serve such a high percentage of at risk children. Lund is one of the very few programs in Burlington that does not charge a co-pay to families receiving the full childcare subsidy.

**SUSTAINABILITY**

**1. How will this project have a long-term benefit to the City of Burlington? If this project ends, will that benefit continue?**

Investing in early childhood programs has long been shown to be more cost effective than paying for the increased need for social services later in life for children who do not attend high quality early childhood programs. One recent studied documented as much as a \$17 return to society on every dollar invested in early childhood programs for at risk children. This return comes mostly from the continued reduction in male crime. (Rolnick and Grunewald, *Early Childhood Development: Economic Development with a High Public Return*, 2003). The benefits of early childhood education are clear in the moment and also have important positive long term economic and social implication for the community.

**2. If CDBG funding ends, will the project be able to continue?**

Yes, if CDBG funding were to dry up, Lund would continue providing our Early Childhood Program services. This Program is integral to our array of integrated services to the community. There is a huge need for a program such as LECP's in terms of accessibility, availability and affordability for families in Burlington. Lund has the necessary partnerships to ensure sustained service delivery. CDBG funding is however crucial to our service delivery, providing Lund with 'buy in' from our largest town constituency; supporting our services to the Burlington community