



## **SOURCES OF STRENGTH REQUEST FOR PROPOSAL**

### **A. Introduction**

The Fairbanks Wellness Coalition's purpose is to build community wellness through data-driven prevention programs. Our current focus is to prevent suicide among 15-24 year olds and one of our strategies is to continue implementation of the Sources of Strength program in the Fairbanks North Star Borough. This evidence-based program will build resiliency by developing protective factors in high school students against substance abuse, mental illness, and ultimately suicide.

The Fairbanks Wellness Coalition (FWC) is accepting proposals to implement the Sources of Strength program in the Fairbanks North Star Borough. The maximum amount of funds to be distributed by the coalition will be \$120,000 to one agency for three years of programming. This award is contingent on funding being awarded by the Alaska Department of Health & Social Services.

Deadline for proposals is Friday, September 13, 2019 at midnight. Submit the required proposal documents to Til Beetus, FWC Coordinator, by email: [info@fairbankswellness.org](mailto:info@fairbankswellness.org).

### **B. Eligibility**

Eligible applicants include 501(c)3 nonprofit or equivalent organizations located in the Fairbanks North Star Borough. Equivalent organizations may include tribes, schools, churches, local government agencies and programs.

Ineligible applicants include individuals; for profit, 501(c)4 or (c)6 organizations; organizations not based in the Fairbanks North Star Borough; state and federal government agencies.

### **C. Required Proposal Documents**

There are five documents required as part of this proposal:

1. Agency Questionnaire (Attachment 1)
2. Agency Budget (Attachment 2)
3. Action plan (Attachment 3)
4. Job description or resume of the program manager and agency director
5. A signed W-9



#### **D. Required Scope of Work**

(1) Develop and carry out detailed implementation actions for the Sources of Strength program based on the Fairbanks Wellness Coalition's Suicide Prevention Strategic Plan.

(2) Implement and manage the Sources of Strength program, at a minimum, in two high schools in the Fairbanks North Star Borough during the 2019/2020 school year. At least one of the high schools must be a mainstream (not a school of choice) high school. All costs must be included in the agency budget.

(3) Add two more high schools during the 2020/2021 school year. At least one of the high schools must be a mainstream (not a school of choice) high school. All costs must be included in the agency budget.

(4) As part of implementation and management, recruit community volunteers to serve as adult advisors and with the assistance of the school district, recruit/select students to serve as peer leaders. All costs must be included in the agency budget.

(5) Coordinate with the Fairbanks North Star Borough School District Prevention Manager to de-conflict and build upon the existing Signs of Suicide program in the selected high schools. A signed MOA must be in place by September 30, 2019. Costs must be included in the agency budget.

(6) Collect evaluation data, as directed, through the Sources of Strength program surveys or other evaluation instruments approved by the Fairbanks Wellness Coalition. Coordinate collection and evaluation instruments with the Fairbanks Wellness Coalition Coordinator and the coalition's contractor, Goldstream Group, and the national Sources of Strength program. Turn over collected evaluation data to the Fairbanks Wellness Coalition Coordinator, as directed. Contractor evaluation costs will be paid by the Fairbanks Wellness Coalition. All other costs must be included in the agency budget.

(7) Coordinate with the national Sources of Strength program to obtain implementation guidance and best practices, needed materials, adult advisor and peer leader training, and the training of at least two local trainers. This cost must be included in the agency budget.

(8) Coordinate with the national Sources of Strength program to qualify at least two trainers to train adult advisors and peer leaders for sustainability beyond June 30, 2022. This cost must be included in the agency budget.

(9) Provide quarterly program and financial reports (January 15, 2020, April 15, 2020 and July 15, 2020) to the Fairbanks Wellness Coalition Coordinator in a format approved by the coalition. This cost must be included in the agency budget.

(10) Provide a 10% cash match towards the program. Explain how and when this 10% cash match will be provided to the program in the budget narrative.



## REFERENCES/CONTACTS

FWC Coordinator:

Til Beetus

(907) 888-3430

[info@fairbankswellness.org](mailto:info@fairbankswellness.org)

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

FWC Suicide Prevention Needs Assessment (December 2015); available at [www.fairbankswellness.org](http://www.fairbankswellness.org).

FWC Suicide Prevention Strategic Plan (May 2016-June 2018); available at [www.fairbankswellness.org](http://www.fairbankswellness.org).

National Sources of Strength Program: <https://sourcesofstrength.org>; POC: Scott LoMurray;

[scott@sourcesofstrength.org](mailto:scott@sourcesofstrength.org); 701-471-7183.

Alaska Sources of Strength program contacts:

Hilary Young, Juneau, [hilaryy@jys.org](mailto:hilaryy@jys.org), 907-523-1605

Shawna Hildebrand, Tanana Chiefs Conference, [Shawna.hildebrand@tananachiefs.org](mailto:Shawna.hildebrand@tananachiefs.org).



**ATTACHMENT 1  
AGENCY QUESTIONNAIRE**

Email this questionnaire and required proposal documents to [info@fairbankswellness.org](mailto:info@fairbankswellness.org) no later than September 13, 2019. If you have any questions, please call Til Beetus at (907) 888-3430.

1. Provide the following information.

Agency name:

Agency mailing address:

Agency website:

Point of contact (POC) first and last name:

POC job title:

POC email address:

POC phone number:

2. Is your agency a 501(c)3?

3. If you are an eligible equivalent organization, other than a 501(c)3, explain:

4. How long has your agency been in operation?

5. Describe your agency's mission and how the Sources of Strength program fits with your mission. Limit your answer to 15 lines.

6. Provide a description of your agency and staff experience with the same or a similar program. Limit your answer to 15 lines.

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Printed Name of Agency Executive Director

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Signature of Agency Executive Director



**ATTACHMENT 2  
BUDGET TEMPLATE**

<b>Budget Categories</b>	<b>Oct. 1, 2019 – June 30, 2020</b>	<b>July 1, 2020 – June 30, 2021</b>	<b>July 1, 2021 – June 30, 2022</b>
Salaries/wages			
Other personal services expenses			
Staff Travel			
Facility (include telephone, heating, electric, water/sewer, trash removal costs)			
Supplies (excluding Sources of Strength Materials)			
Equipment			
Sources of Strength Training of Peer Leaders/Adult Advisors			
Sources of Strength Material Costs			
Sources of Strength Train-the-Trainer Costs			
Sources of Strength Trainer Travel Costs			
Other Sources of Strength Program Costs			
<b>Total Costs</b>			

**Budget Narrative:**

Provide a description of the budget to include a short explanation of each line item above. Also include a description of how and when the 10% cash match will be met. Limit narrative to 20 lines.

