

Community Foundation

FOR SOUTHEAST MICHIGAN

REPORT

Volume 33 / Issue 1
March 2019

CREATING A VIBRANT REGION



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Community Foundation
 FOR SOUTHEAST MICHIGAN

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For 35 years, the Community Foundation has brought people together to address issues that impact the region’s residents. This is especially true when it comes to health. Southeast Michigan has some of the most renowned health care institutions in the country — yet population health and vitality requires more than hospitals. Health is about having access to resources that contribute to a vibrant life and options when struggling with health challenges. The Community Foundation has a long history of partnering with other foundations, nonprofits, and donors to create solutions that support healthy lives.

In this issue of the *REPORT*, you will read about organizations that help ensure schoolchildren and the elderly have access to locally-grown, nutritious food. You will learn about an effort by Gleaners Community Food Bank to make sure those struggling with diabetes have access to healthy food. You will read about parks and trails that are flourishing in communities across the region’s seven counties. You will also learn about organizations that are coming together to find solutions to the epidemic of addiction, which led to the deaths of nearly 2,000 people in Michigan in 2017.

Some of the programs the Community Foundation supports provide resources for people dealing with diseases such as cancer, autism, or depression. Young breast cancer survivors can take part in an equine therapy program at the Ann Arbor-based Therapeutic Riding nonprofit organization thanks to a Community Foundation grant. Children with cancer and other childhood illnesses can use martial arts to feel empowered and heal from treatment. Young girls going through mental health treatment are getting support from a program that helps them reintegrate into their homes after treatment and teenagers can use text messages or web chats to receive help from a crisis hotline when in distress.

These are just some ways in which the Community Foundation has an impact on the region’s vitality. In all, the Community Foundation invested \$3 million in 2018 and \$55 million since its inception on health and wellness initiatives. We are humbled that our role allows us to engage and connect with stakeholders, experts, and donors to improve the lives of all residents in southeast Michigan.

As always, we are here to help support your philanthropic goals for the region.

Mariam C. Noland
 President

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HEALTHY PEOPLE, HEALTHY REGION

The health of a community is often determined by the social conditions of its residents — where they live, work, and play. It is impacted by social supports such as access to food, education, jobs, health care, recreational activities, and transportation.

As an institution that connects resources, experts, community leaders, donors, and nonprofits, the Community Foundation is positioned to positively impact the factors that affect the region's health and well-being. The Foundation intimately understands the region, supports and executes solutions, measures impact, and influences future initiatives.



The Community Foundation has invested more than \$55 million in health and well-being initiatives and organizations since its inception in 1984, with more than \$3 million in 2018 alone. These investments have addressed social determinants of health such as access to healthy food, and trails and safe spaces for outdoor activity.

With more than 780,000 children and seniors in the region struggling with food insecurity, the Foundation has supported organizations working to improve healthy food access for everyone. Among these organizations is Gleaners Community Food Bank, which received funding to evaluate the impact of making nutritious food available to low-income participants in a diabetes prevention program. Other supported projects include a Groundwork Center for Resilient Communities program to purchase locally grown food. Groundwork's goals include building a strong local food system that keeps money local, promotes health, and preserves farmland. Its largest farm-to-school program, 10 Cents a Meal for School Kids & Farms, provides matching funds for schools to purchase Michigan-grown fruits and vegetables.

The Community Foundation also provides support for improving and maintaining parks throughout the



The Community Foundation supports programs that help improve food access for everyone.



Studies show exposure to nature can counteract depression, improve self-esteem, creativity, and lower child obesity.

region's seven counties. Parks promote healthy lifestyles, decrease crime, and increase interactions — all leading to more vibrant, healthy communities. Access to outdoor spaces and trails is also key to addressing medical conditions such as obesity, diabetes, and heart disease.

The city of Chelsea received support to design improvements to Letts Linear Park, with the goal of providing access to a non-motorized path and linking city parks, an elementary school, and a larger network of trails. The Huron River Watershed Council received funding in 2017 to explore the feasibility of removing an outdated dam at the Peninsular Dam Park in Ypsilanti, in order to reduce blight and revitalize the

area — increasing recreational, economic, and cultural opportunities.

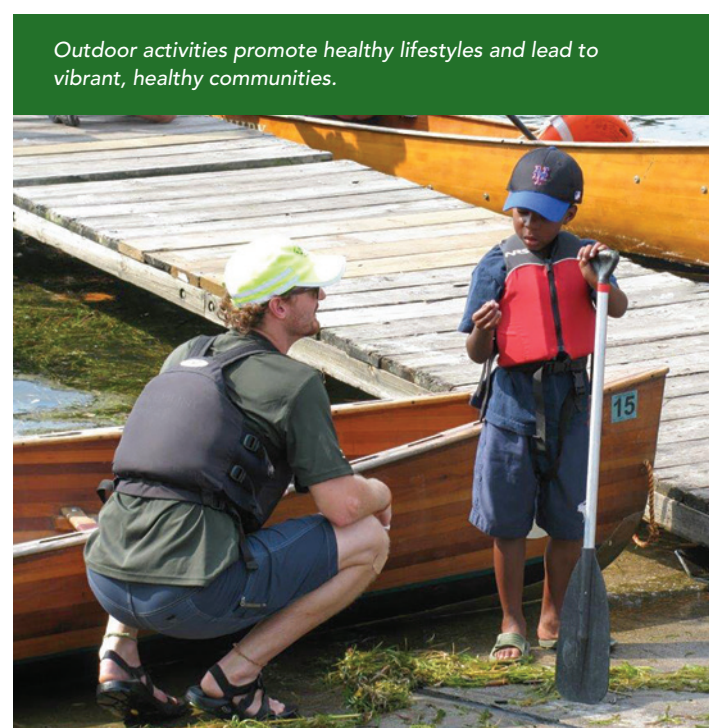
In addition to helping improve access to healthy foods and revitalize parks and trails, the Community Foundation is addressing other important community issues including the opioid crisis in the state and particularly in southeast Michigan.

In 2017, nearly 2,000 people in Michigan — 857 in Wayne and Macomb counties — died from opioid overdoses. In July, the Community Foundation took part in a statewide public and private collaborative that funded the efforts of community organizations working to reduce opioid deaths and providing

resources to improve treatment. The collaboration includes the Michigan Health Endowment Fund, Blue Cross Blue Shield of Michigan, the Blue Cross Blue Shield of Michigan Foundation, the Ethel and James Flinn Foundation, the Superior Health Foundation, and The Jewish Fund.

In December, the State of Michigan joined the effort with a contribution of \$2 million to help expand the group's work. The new effort calls for the use of medication-assisted treatment in hospital emergency rooms, counseling, and a seamless transfer of patients from an emergency room to a physician's care, to avoid a lapse in treatment. Grant recipients will be announced in the spring of 2019.

These are just some examples of how the Community Foundation is working to improve health and wellness throughout the region.



Outdoor activities promote healthy lifestyles and lead to vibrant, healthy communities.

In 2017, nearly 2,000 people died of opioid overdoses in Michigan, 857 in Macomb and Wayne counties.

More people died from drug overdoses than car accidents in Michigan in 2017 alone.

Overdose deaths in Michigan increased 17 times from 1999-2016, from 115 deaths to 1,788 deaths.



WHEN PLAYING HELPS HEALING

Many programs across the region help residents heal from illnesses in ways that promote physical, emotional, and spiritual resilience. One of the programs supported by the Community Foundation is the Southfield-based Kids Kicking Cancer. Founded in 1999 by Rabbi Elimelech Goldberg, the program has received worldwide attention for its work providing children with cancer a sense of power, peace, and purpose using breathing, visualization, relaxation, and martial arts.



Program instructors use martial arts to empower and ease pain. Goldberg, who lost a 2-year-old child to leukemia, directed a camp 20 years ago for children with cancer. A black belt himself, he suggested to a child struggling with treatment that they use a

breathing technique he knew from martial arts. The suggestion took the child's mind off the treatment. Knowing he was on to something, Goldberg launched Kids Kicking Cancer with 10 children at Children's Hospital of Michigan. The program now reaches more than 5,000 children in more than 50 hospitals in Michigan, New York, Boston, Chicago, New Jersey, Milwaukee, Los Angeles, Florida, Italy, Israel, Canada, and South Africa.

In 2017, the Pink Posse was formed to help young breast cancer patients and survivors. Pink Posse is a program of Therapeutic Riding, an Ann Arbor-based nonprofit organization that offers therapeutic horseback riding to those with a variety of diagnoses such as autism spectrum disorder, cerebral palsy, and Parkinson's disease. The organization received a grant from the Community Foundation to launch Pink Posse, which is designed to support young women with breast cancer.

More than 8,000 Michigan residents were diagnosed with new cases of breast cancer in 2017. Breast cancer occurs less frequently in women under 40, but that patient population has specific needs and challenges. Young women affected by breast cancer may face childbirth complications, difficulty supporting young families, and employment challenges while coping with the disease and treatment. Participants in Pink Posse learn horsemanship and grooming skills, and improve their physical strength and capacity, which are often compromised as a part of cancer treatment. The program also helps participants with anxiety management skills and developing a support network. Therapeutic Riding serves residents from Washtenaw, Wayne, Jackson, Oakland, Monroe, and Saginaw counties.

Programs such as Kids Kicking Cancer and Pink Posse are open to the community at large and help improve the lives of residents of southeast Michigan.



HELPING TEENS THRIVE

While adolescents are generally healthy, mental health and substance abuse issues can greatly impact their lives and future employment, relationships, and overall well-being. Michigan teens ranked above the national average for depression symptoms and suicidal thoughts, according to the U.S. Department of Health and Human Services. The Community Foundation has a long history of supporting the growth and development of young people and youth-focused organizations.



In 2017, for example, Vista Maria, a Dearborn Heights residential treatment center for girls, launched the Intensive Aftercare Program to help girls transition to their home environments after receiving mental health treatment. The effort was funded by a grant from the Community Foundation's Detroit Auto Dealers Association Charitable Foundation Fund. Girls graduating from Vista Maria's treatment program often struggle when they return to unsupportive environments where they may not have the resources

to stay in touch with Vista Maria staff. These and other factors frequently contribute to girls often returning to treatment instead of successfully reintegrating into their homes.

The goal of Vista Maria's Intensive Aftercare Program is to reverse this trend, focusing on strengthening the relationship between the girls, their families, therapists, and program staff. In its first year, the program provided 67 girls with services such as mental health counseling and educational and employment support. Early numbers show more girls stayed in school, obtained jobs, and remained arrest-free after the program was implemented.

Another Community Foundation-funded effort addressing teen mental health is one that expanded a crisis text messaging and online chat helpline at the 24-hour crisis services agency Common Ground in Oakland County. Common Ground reaches more than 80,000 individuals per year with suicidal thoughts, depression, and issues resulting from dating/domestic violence and human trafficking. The crisis helpline's goal is to lower anxiety related to crisis.

Common Ground began providing crisis support through web chats in 2012 and through text messaging in 2013. The Community Foundation recently funded a request to help expand its hours in order to reach more young people who prefer receiving counseling online or via text. Common Ground's research shows its reach will increase to 15,000 text and chat messages with the expansion of this program. The service was expanded from 4–10 p.m. Monday through Friday to 4 p.m. to 2 a.m. daily, including holidays and weekends.

The Community Foundation is proud to support organizations such as Vista Maria and Common Ground, which are having a positive impact on teens in our region.

HEAD START GRANTS TO BOOST TEACHER RECRUITMENT AND RETENTION

Eight organizations in three southeast Michigan counties received \$1.1 million from the Community Foundation's Head Start Innovation Fund in its third round of grantmaking. The grants are supporting Detroit-based organizations as they compete for federal Head Start funds for Detroit-based agencies and for teacher recruitment and retention in the tri-county Head Start programs.

Since 2013, the Head Start Innovation Fund has promoted innovative program models and collaborative partnerships that increase the quality of Head Start programs and improve overall outcomes for vulnerable children and their families. Nearly 9,000 young children and their families are enrolled in local Head Start agencies in Wayne, Oakland, and Macomb counties.

The Innovation Fund provides competitive grants for programs and partnerships that improve the quality of Head Start services and outcomes for system-wide needs. The fund also supports oversight of a monthly learning campaign, comprehensive data collection, and the provision of collaborative access to shared resources, such as quality training.



Funders for this round of grants include the Colina Foundation, the Community Foundation for Southeast Michigan, the Max M. & Marjorie S. Fisher Foundation, The Jewish Fund, The Kresge Foundation, the McGregor Fund, the PNC Bank Foundation, the Skillman Foundation, and the Ralph C. Wilson, Jr. Foundation.

To read more about the grants, visit CFSEM.org/headstart.

Eight organizations in southeast Michigan received \$1.1 million to improve the quality of Head Start programs, as well as the outcomes for vulnerable children and families.



THE NEUTRAL ZONE HELPS LGBT TEENS TELL THEIR STORIES



LGBT youth were able to participate in a digital storytelling project with The Neutral Zone in Ann Arbor.

For lesbian, gay, bisexual, and transgender (LGBT) teens, acceptance can be challenging. A sense of community is critical to their well-being. A recent Community Foundation HOPE Fund grant to The Neutral Zone in Ann Arbor supported an opportunity for LGBT youth to tell and share their stories. Established in 1994, The HOPE Fund was created to strengthen organizations and projects that support LGBT individuals and families in southeast Michigan.

The Neutral Zone's program promotes acceptance through storytelling and builds community among LGBT teens and Gay Straight Alliances (GSAs) throughout southeast Michigan. GSAs are middle- and high-school student-run organizations that provide safe places for students to meet, support each other, and talk about issues related to sexual orientation, gender identity, and expression.

The Neutral Zone partnered with the Michigan Organization for Adolescent and Sexual Health (MOASH) on this digital storytelling project, with the goal of sharing stories widely with GSAs both in the area and statewide.

A videographer from The Neutral Zone traveled with MOASH coaches to participating GSAs to capture student stories on video. In addition, a toolkit was created to support leadership training and provide dialogue strategies for students to use at their schools to continue participating in storytelling opportunities. The toolkit was distributed to all participating GSAs and is also available to anyone in Michigan who would like to use it to support teens across the state. The toolkit can be downloaded here: CFSEM.org/storytelling.

MORE THAN \$11 MILLION IN GRANTS ANNOUNCED

The Community Foundation for Southeast Michigan announced \$11 million in grants in late 2018 to organizations and initiatives primarily within southeast Michigan's seven counties. These bring the Community Foundation's grants to more than \$87 million for the full 2018 year. Grants supported the arts, education, health, and housing and human services.

Recent awards included grants to the Anton Arts Center in Mount Clemens for its Art in Complex Community Change program; to the Downtown

Detroit Partnership to support the Detroit Experience Factory's pilot Community Experience Program; to the Legacy Land Conservancy in Ann Arbor to promote conservation and increase donor, volunteer, and community engagement; and to the National Park Foundation for youth fishing clinics at the River Raisin National Battlefield Park in Monroe.

A list of grants is available on the Community Foundation's website at CFSEM.org/11million.

DETROIT RESIDENTS SHAPE LOCAL NEWS WITH JOURNALISM FUND GRANTS

Nine journalism projects representing collaborations among 18 southeast Michigan organizations have been awarded grants totaling \$333,952 from the Detroit Journalism Engagement Fund to promote quality journalism and ensure local reporting meets community information needs.

The Journalism Fund was launched in 2017 as a partnership between the John S. and James L. Knight Foundation, the Ford Foundation, and the Community Foundation for Southeast Michigan. It has provided \$650,000 since its inception. The Journalism Fund supports innovative approaches to local reporting and community engagement.

Led by a range of journalism organizations and community nonprofits, funded projects focus on highlighting the stories of Detroit residents from all backgrounds while creating more options for them to shape the local information landscape. The projects range from a race and justice reporting initiative that highlights issues affecting communities of color to workshops that advance citizen journalism. The projects work to promote a better future for Detroit, driven by and in partnership with residents, expanding the capacity and impact of those working to create positive change.

For more information, visit CFSEM.org/journalism.



The Detroit Journalism Engagement Fund supports projects that promote quality journalism and ensure local reporting meets community information needs.

INCREASING 2020 CENSUS PARTICIPATION

Every 10 years, the United States has the responsibility of counting its population. The census is vital for several reasons: to illustrate and address local needs, for businesses to connect with customers, and for governments to equitably distribute funds to improve roads, schools, and communities.

For every person not counted, Michigan stands to lose an estimated \$1,800 a year in federal support. In addition to funding, Michigan may lose a congressional seat and electoral votes, which means less representation for the state.

Governments, nonprofits, and businesses routinely mobilize to help ensure complete and accurate census counts. The 2020 Census is different because it will be conducted primarily online, which may lead to even greater undercounts of populations that cannot readily access the internet.

To help ensure a complete and accurate count, the Community Foundation is launching Southeast Michigan Counts. Support from the Michigan Nonprofit Association's statewide Nonprofit Complete Count Campaign and from the Ballmer

Group will allow the Community Foundation to promote the census and civic participation throughout the region.

The Community Foundation is well-suited to support census efforts in southeast Michigan. With a history of convening regional stakeholders to solve community issues and an understanding of organizations with well-established community relationships, the Community Foundation will be a resource and advocate for census participation.

As part of Southeast Michigan Counts, small grants will be available to organizations working to improve participation among historically undercounted populations. Grant guidelines and applications can be found at CFSEM.org/census.

An inaccurate count can lead to more than a decade of underrepresentation and underinvestment in southeast Michigan communities. The Community Foundation, together with its partners, is committed to achieving a complete and accurate count of residents in the region.

MAXIMIZE GIVING THROUGH A DONOR ADVISED FUND

A Community Foundation donor advised fund can help you support charitable causes you care about in southeast Michigan and around the country. It is also a great way to simplify your charitable giving. You can make gifts to a donor advised fund, get an immediate tax benefit, and then recommend grants from the fund over time. Gifts of appreciated securities or other unique assets can be added to the fund, and the fund can help you with planning around large income events such as bonuses or other similar one-time events.

We do the work

Foundation staff can leverage our network and expertise to connect you with the community and the causes you would like to support. We vet the nonprofits, write the checks, and handle the paperwork.

A cost-effective alternative to creating a private foundation

A donor advised fund is a great alternative to creating a private foundation. The Community Foundation

handles the investments and grants from the fund, while streamlining expenses and reporting — including the elimination of the excise tax and eliminating the need for a separate tax return.

This allows you to easily manage your charitable giving without the burden and expense of a private foundation.

Involve the next generation

A donor advised fund is a powerful tool for engaging the next generation in your family by working together to develop philanthropic goals. Family members can serve as advisors to the fund.

Call the Community Foundation at 313.961.6675 or visit CFSEM.org/DAF to learn more and to establish a donor advised fund.



IN MEMORIAM

The Community Foundation was sad to learn of the passing of Alfred R. Glancy III in January. Al was a Founding Trustee of the Community Foundation, and served as vice chair and a member of the Executive and Governance committees, as well as the Detroit Auto Dealers Association Committee.

He was also a spirited contributor to Community Foundation conversations and decisions, and a trusted advisor. His leadership will be missed.

Community Foundation

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The Community Foundation for Southeast Michigan is here to permanently support our region.

We promote and facilitate permanent change in the seven counties of Wayne, Oakland, Macomb, Monroe, Washtenaw, Livingston and St. Clair, and we help donors invest in organizations they care about nationwide.

We do this by:

- Making strategic investments in programs and organizations that benefit the region
- Equipping organizations and the public with knowledge and information that will lead to positive change
- Building endowment — community capital — to meet our region's needs today and tomorrow, and
- Providing expert assistance to donors and their advisors in their charitable planning.