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Santa Clara Valley Open Space Authority

2020 Urban Grant Program

Deadline: 7/1/2020

Imagine That Ventures **Imagine That Curriculum**

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\$ 39,000.00 Requested

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(Pacific)

Project Contact

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Imagine That Ventures

Take a Chance Ranch
975 Llagas Road
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Executive Director

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Web www.imaginethatventures.org

EIN [81-1594207](http://www.imaginethatventures.org)

Project Description [top](#)

Applicant Type

1. What type of organization is this?

- Public Agency
- School or School District
- 501(c)3 Nonprofit
- Eligible organization acting as Fiscal Sponsor for another organization

2. Does the application include a fiscal sponsor?

If the project includes a fiscal sponsor, the fiscal sponsor must be the applicant.

- YES
- NO

Overview

3. Which type of grant are you requesting?

- Small (\$10,000 - \$39,999)
- Large (\$40,000 - \$250,000)

4. Grant category (check all that apply)

- Environmental Stewardship and Restoration
- Parks, Trails, and Public Access
- Environmental Education
- Urban Agriculture / Food Systems

5. Type of project (check all that apply)

- Capital improvement (Large projects only)
- Planning
- Program

6. Project Location: Address / Neighborhood

What is the physical location of the project? If there is no physical location, please enter "N/A." If the project will be in multiple locations, please list all. Note: project location(s) must be within the Authority's jurisdiction.

Take a Chance Ranch
975 Llagas Road
Morgan Hill, CA 95037

7. Project Location: Open Space Authority District (check all that apply)

A detailed map of the Authority Districts can be found under the Library tab, or online at <https://www.openspaceauthority.org/public-information/board-of-directors.html>.

- Authority District 1
- Authority District 2
- Authority District 3
- Authority District 4
- Authority District 5
- Authority District 6
- Authority District 7

8. Who does the project serve? Please indicate which Open Space Authority Districts are served (check all that apply)

A detailed map of the Authority Districts can be found under the Library tab, or online at <https://www.openspaceauthority.org/public-information/board-of-directors.html>.

- Authority District 1
- Authority District 2
- Authority District 3
- Authority District 4
- Authority District 5
- Authority District 6
- Authority District 7

9. Project Abstract

(Brief, 3-4 sentences)

Imagine That Ventures will create a model for designing and implementing outdoor experiences, including interactive stations and activities, which promote mental and emotional wellness for participants through

immersion and connection with nature.

The curriculum and model will be customizable and transferable for all outdoor spaces. The model empowers individuals and groups to create their own wellness experiences in nature. We will pilot our model at a private ranch in Morgan Hill.

Project Planning (20 points)

10. Describe the proposed project.

Imagine That will create a design model and curriculum materials which we will pilot at Take a Chance Ranch in Morgan Hill. The intent is to promote mental and emotional wellness through interaction with nature and to offer a fully conceptualized model of wellness activities that develop awareness, facilitate growth, and encourage appreciation of the natural environment.

This model will provide a theoretical basis for experiential learning in nature and will target specific goals for mental health, physical wellness, and stress resilience. We will use evidence-based practices, tools, and activities to promote holistic wellness.

Our curriculum will offer the option of semi-permanent installation of a "wellness park" or a portable model that can be used in any outdoor area. The portable model will provide a comprehensive toolkit that consists of wellness prompts facilitation questions and portable props, which allows individuals and groups to engage in mindful activities in any outdoor location. The installation model will be designed to include customizable stations that can be built with zero environmental impact. Stations will provide directions for activities that promote awareness, a healthy mindset, self-care, compassion for others, resilience practices, and an expanded worldview. Exercises will engage the five senses and rotate with the seasons to help participants sync with the natural environment and to offer a diverse experience for returning users.

The overall model specifically trains a deeper level of awareness and informs that nature can be accessed in any outdoor space, including urban environments. Our curriculum allows for these experiences to be self-guided or facilitated. Our model assists others in accessing and connecting with a piece of nature regardless of their environment in order to create a sense of well being and a deeper connection to others and the world around them.

Because this model will be customizable, it will be designed to serve diverse populations in urban, suburban, and rural communities. It will be accessible to individuals and groups and will empower them to create intentional healing spaces in nature and to facilitate wellness experiences for self and others.

Though our model can serve any audience, we will focus on those who are most vulnerable to emotional and mental health issues, including groups in recovery for addiction and alcoholism, adolescents, trauma survivors, veterans, and first responders.

Overall, the model will promote an awareness of nature's inherent healing qualities and the link to improved holistic health. Our programs also emphasize nature as the great equalizer, bringing together humans of all walks of life and healing divides in socio-economic differences, gender, and race. As well, the model aims to increase peoples' care for oneself, one another, and to galvanize a commitment to conserve the natural world.

11. Describe key project deliverables and estimated completion dates.

Our curriculum development team will spend approximately 9 months to produce a comprehensive report which will include the following elements:

- Curriculum for portable and installation models of nature-based wellness experiences and activities that promote awareness, healthy mindset, self-care, compassion for others, resilience and stress reduction practices, and an expanded worldview.
- Theoretical and research-based principles for the curriculum
- Design specifications and complete materials list for portable and installation models including descriptions of metal placards, signs, benches, reflection cards, instructional guides.

- Handbook of facilitated and/or self-guided nature activities, facilitation tools, and interactive station descriptions
- Data analysis and summary from research conducted during piloted groups and experiences
- Structure and plan for how to train facilitators in this experiential wellness model
- Outreach plan for empowering groups to create experiential wellness parks in their communities

The following list represents the deliverables for the Grant period:

Background Research: Feb 2021

Curriculum Development: March 2021

Piloting and Data Gathering: May 2021

-Outreach Groups: May 2021

-Facilitating Onsite: May 2021

Data Synthesis and Analysis: June 2021

Data Summary: July 2021

Design Writing: August 2021

Compiling the Full Program and Development Report: September 2021

12. Does this project require permission, permits, or other approvals? If so, please describe the status of these.

No

13. What is the lifetime of this project? If applicable, describe plans for operating and maintaining the project in the future.

As our model for this project is intended to empower others to replicate it, we plan to focus on community outreach and education once our model is ready to scale. A complete project and program handbook will enable Imagine That Ventures to bring this model into groups and communities of all kinds. We will also be equipped to teach facilitators how to lead groups and/or how to develop intentional wellness spaces in their public and private lands, community centers, school, urban and suburban space, or even in their own homes.

14. Describe the project's readiness for implementation.

Imagine That Ventures has a team of uniquely qualified experts who have built collaborative relationships with one another and who have a viable workflow plan with which to develop this project. Our team has been testing this model with the individuals and groups we already access and have had tremendous success. Beginning in 2019, Beth Killough, licensed therapist, and owner of Take a Chance Ranch began contracting with the Open Space Authority on several educational experiences which were precursors to this larger project. Beth Killough and her team of wellness experts and outdoor educators have led groups at Open Space Authority parks and at Take a Chance Ranch using the experiential wellness model.

Project Budget (15 points)

15. Budget Summary - Grant Request

This is a budget summary only; a detailed Project Budget must be submitted using the Documents Upload tab. Please enter dollar amount. Note: after the application is submitted, the software will automatically add a TOTAL.

25250	Grant request: Personnel
2550	Grant request: Contracted Services
10200	Grant request: Supplies / Materials
0	Grant request: Other Direct Costs
1000	Grant request: Indirect Costs
39,000.00	TOTAL

16. Budget Summary - Matching Funds

This is a budget summary only; a detailed Project Budget must be submitted using the Documents Upload tab. Please enter dollar amount. Note: after the application is submitted, the software will automatically add a TOTAL.

\$9,750	Total Matching Funds
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9,750.00	TOTAL
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17. Budget Narrative

Provide a brief budget narrative to explain the expenses listed in each of the budget categories (e.g. Personnel). We are focused on this Grant funding on the creation and development of the curriculum that will be used for our next project, Imagine That Park. The funding will be used for the creation of the program and all the elements necessary to duplicate our vision in as many communities as open to its possibility. The attached Budget Spreadsheet considers the necessary timeline for the Background Research, Curriculum Development, Piloting, and Data Gathering, Data Synthesis and Analysis, a Data Summary, Design Writing, Compiling the Full Program and Development Report, and all Administrative costs for the project. At the end of 9 months, we will have a working program and be able to duplicate its elements through the Open Space Lands and beyond. This is only the beginning of our adventures, and we ask you to "Imagine That."

Project Goals (15 points)

18. Describe the specific problems, issues, or unserved needs the project will address.

Over the past 15 years, a large body of research has concluded that connection with nature has a range of impactful benefits to our physical, mental, and emotional well being. Data support that engagement with nature alleviates depression, decreases social isolation, and reduces stress. Medical and mental health professionals are currently "prescribing" nature-based activities to help people cope more effectively with the stresses of everyday life. This project will design outdoor experiences including interactive stations and activities that actually guide people through their nature experiences with a focus on promoting mental and emotional wellness. Our programs are designed to help the populations more vulnerable to mental illness and for those who need supplemental support. Our curriculum and design model will be customizable for a variety of outdoor spaces, including public parks, trail systems, schools, community centers, urban, suburban, public or private lands. These projects are suitable for individuals and groups of all ages and cultural backgrounds.

This initial phase of the project will be curriculum development focused; however, we will pilot the curriculum during a 4-6 month period so that we can adjust our approach to meet our audience needs. We will facilitate invited groups and hold "open ranch" events to reach a public audience. We will also do community outreach to local groups such as Morgan Hill Unified School District, the Boys and Girls Club, alcohol and addiction support groups, and mental health support groups. Our goal is to reach 100-200 people during this initial development phase. Because of the portable and scalable vision for this project, it has the potential to reach far and wide, as facilitation materials can be accessed remotely and used in any location.

19. How does this project serve the community?

These metrics are required for all projects. Project-specific metrics can be added under Question 20 below. Note: after the application is submitted, the software will automatically add a TOTAL that will not be used.

100-200	Number of people served
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75	Number of youth served (under 18 years)
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1	Number of programs provided
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76.00	TOTAL
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20. In what other ways does the project serve the community? Please list the project-specific goals (both social and environmental).

Please list any additional goals and how they will be measured (e.g. surveys, field measurements, attendance sheets, etc.).

During our curriculum development phase, we will host groups to research our curriculum. We will use attendance sheets and surveys to collect data. In our piloted experiences at the Open Space Authority parks, we found that individuals doing experiential learning in a group setting enhance the experience and help participants to feel more connected to their fellow humans. The project intends to act as a community-building catalyst. Our pilot location, Take a Chance Ranch, is located on Llagas Road in Morgan Hill and is 1.5 miles from downtown Morgan Hill. For the community to have a wellness experience so close to a high concentration of people will provide a service to the community. Additionally, research shows that personal experience with nature increases people's motivation to take care of and conserve the natural world.

Impact (15 points)

21. Describe the lasting impact of the project.

Imagine That Ventures hopes to create a tested model for interactive wellness experiences in nature and to become a standard approach for communities and groups with unlimited reach. Future projects such as Imagine That Park at Take a Chance Ranch will be built and open to the public and to invited and/or scheduled groups for wellness experiences. Our materials and model can be offered to organizations and facilitators who wish to replicate our model with their groups or in their locations.

Community Engagement / Stakeholder Support (10 points)

22. Describe the community support and/or community engagement process.

Please submit letters using the Documents Upload tab.

See Documents

Leadership & Innovation (10 points)

23. Describe how this project employs innovative approaches or encourages collaboration and partnerships.

If there are project partners, please upload partner letters on the Documents Upload tab.

This project intends to create a model that is empowerment-based and aims to be fully portable, customizable, and suitable for virtually any community group or location. Our exercises and activities can be done in the middle of an Open Space Park, on an urban sidewalk, in a school courtyard, outside a medical office building, or in someone's yard. The highly accessible nature of this approach makes it innovative, as well as a safe option for nature experiences during the COVID-19 era.

Organizational Capacity (15 points)

24. Briefly describe the organization and its ability to successfully implement this project. This might include successful past projects, key staff qualifications, financial resources, etc.

If the applicant is a Fiscal Sponsor, please describe both the Fiscal Sponsor and the sponsored organization.

The Imagine That Ventures team consists of licensed mental health professionals, university faculty members, experiential learning experts, outdoor educators, and conservationists.

Beth Killough, MA, MFA, MFT, is a licensed clinical therapist with over twenty years of experience working in the field of mental health, teaching, leadership development, and culture consultation. She has worked at El Camino Hospital and Kaiser Permanente, along with pursuing private practice and equine and nature-based therapies. Beth is trained in trauma therapy and has expertise in working with alcoholism and addiction. She has taught at three major universities and continues to teach cohort programs. Beth founded and owns The Circle Up Experience. This consulting firm has allowed her to create and implement large scale culture and leadership

training initiatives for major organizations, including Santa Clara University, The University of Notre Dame, and Sutter Health.

Amy Hublou is a Licensed Marriage and Family Therapist (LFMT) with a Master of Arts degree in Clinical Psychology from Pepperdine University. Amy is an innovative and eclectic professional who has been utilizing creative and alternative treatment modalities, including Ecotherapy and Equine Assisted Psychotherapy practices for the past 20 years.

Amy is trained in Trauma-Focused Therapy, Mindfulness-Based Stress Reduction, Emotional Freedom Technique, Ecotherapy, Constellation Therapy, and Equine Assisted Psychotherapy.

Amy is the Co-Founder and lead facilitator of Gallop Ventures, which offers programs ranging from leadership and team-building experiences to personal development workshops to deeper awareness and learning through Equine Assisted Psychotherapy.

As well, Amy owns and operates JEM Family Farms, a therapeutic care farming program offering a farm ecosystem that invites individuals, families, and groups to participate in authentic farming practices for therapeutic benefit.

David Hott, Director of Operations for Imagine That Park is an adventure-loving outdoor experience facilitator who uses Mother Nature as a catalyst to provide fun and creative connections to the outdoors. A certified Wilderness First Responder who has backpacked thousands of miles of the Backcountry Wilderness and specializes in creating "off the grid" adventures within Yosemite National Park.

David is the Founder of Walk in the Woods, his wilderness adventure company. He helps to facilitate nature-based experiences that nourish and develop the relationship between his participants and our Nature Family.

David is Results-driven management professional with vast experience maximizing profit potential for large-scale businesses through innovative leadership, market research, and identification of new business opportunities. He brings his passion for service to his role as Director of Operations for Loaves and Fishes Family Kitchen in San Jose as he helps to nourish underserved communities.

BONUS POINTS: Underserved Communities (10 points)

25. Describe how the project addresses open space needs for sensitive populations such as residents of park-poor neighborhoods, underserved or disadvantaged communities, youth, seniors, persons with disabilities, or is located within a Deep Engagement Community (DEC).

This question is optional; please answer if applicable, otherwise enter "N/A." A map of the DECs can be found by clicking on "Apply" at <https://www.openspaceauthority.org/urban>.

This concept will be made portable and customizable so that nature-based wellness experiences can be offered to people in any location. We intend for our pilot park to be Imagine That Park at Take a Chance Ranch, which is located off Llagas Road in Morgan Hill. The ranch is 1.5 miles from downtown Morgan Hill and it is easily accessible from the Morgan Hill Cultural Center, the senior center, and Morgan Hill Unified Schools. The ranch is approximately 2.5 miles from DEC #6 and can be made available to residents in that area during our open park days and/or during invited group hours. In addition, our programs are designed to serve those challenged with mental health issues or vulnerable to mental health issues. Our outreach will target support groups for alcohol and addiction, first responders, trauma survivors, aging seniors, and adolescents.

BONUS POINTS: Community Building (10 points)

26. Describe how this project actively encourages community building by engaging or accommodating local residents in novel and creative ways.

This question is optional; please answer if applicable, otherwise enter "N/A."

N/A

BONUS POINTS: Climate Resilience (5 points)

27. How does this project enhance and/or raise awareness about climate resilience?

This question is optional; please answer if applicable, otherwise enter "N/A."

N/A

Documents Upload [top](#)

Documents Requested *

Financial Statement

Project Budget

[download template](#)

Fiscal Sponsorship Agreement

[download template](#)

Site Control Documentation

[download template](#)

CEQA Compliance Certification Form

[download template](#)

Letters of Support

Project Partner Letters

Maps and Site Plans

Photographs

Other

Required? Attached Documents *

✓

[Financial Stement Document](#)

[Financial Statement Document- Tax Document](#)

✓

[Imagine that Budget](#)

[Land Tenure Form-Project permission](#)

[Letter of Support](#)

[Letter of Support](#)

[Letter of Support](#)

[Ariial Site Photo of location of property](#)

[Project Photo](#)

[Raw Photo pre-Imagine that park](#)

[Project overview- one page document](#)

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