



Minigrant 2015

The following proposals are being recommended for funding, for a total amount of \$15,000:

Barnstable County Department of Health and Environment, \$5,000

To support Barnstable County Department of Health and Environment, in partnership with members of the Cape Cod Hoarding Task Force, to expand its "Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding" services to address hoarding disorder. This will include three 15 session workshops, 1:1 in-home sorting and discarding assistance by a certified hoarding specialist to 24 individuals who have completed the first 6 sessions of the "Buried in Treasures" curriculum, and hoarding intervention training offered to 50 in-home service providers and community members.

Barnstable Senior Center, \$2,000

To support free meditation sessions available for any adult in the Cape Cod community. The sessions will be led by a trained facilitator and be one hour in duration, and will be held once a week. Each session will last six weeks and eight sessions will be offered over the course of the year. As a result of this experience, people will learn simple techniques which will benefit their health and well being for their entire lives. Participants will gain simple tools to help them cope with stress and anxiety, manage chronic pain and illness more effectively and improve sleep.

Calmer Choice, \$2,500

To support its universal primary prevention program to six classrooms at Stony Brook Elementary School, benefiting over 150 First and Second grade students and their teachers. Students will receive a total of 16 one-half hour sessions (2 sessions per week for 8 weeks) with sessions taking place in their own classroom. Students will learn practices to help them stay focused, make better choices, and have greater compassion and empathy for themselves and others. This program integrates social emotional learning, mindful-awareness training, and current brain neuroscience with health promotion and wellness education delivered to an entire classroom. Parent and teacher workshops will be offered to facilitate an understanding of mindfulness practices, encouraging their use in and out of the classroom.

Health Imperatives, \$2,500

To support the Hyannis Family Planning Colposcopy Initiative, with the goal to improve, streamline, and strengthen the spectrum of care offered to low-income and disenfranchised women and adolescents in Greater Barnstable. In addition to offering pregnancy testing, cancer screenings, and sexually transmitted infection testing at the Hyannis Family Planning clinic, colposcopy services for abnormal Pap exam results will also be included. Gaps for these

procedures have been identified across the region and Health Imperatives is seeking to increase access to these necessary and potentially life-saving exams.

Sight Loss Services, \$3,000

To support special outreach to the Aquinnah Wampanoag by working with their services on a direct basis. Sight Loss will partner with the Aquinnah Health Service and the Human Services office of the tribe. Sight Loss will begin with the Tribal Services but also go on to expand services to Martha's Vineyard residents with eye disease and vision loss as a whole. Sight Loss will plan regular visits, speaker meetings and presentations, and provide consultations with experts on eye disease to enable the residents of the Vineyard to live safely and healthily.

Not for Distribution