

HEALTH FIRST INDIANA



Lake County Health Department
2900 West 93rd Ave., Crown Point, IN 46307 | Phone: 219-755-3655

HEALTH FIRST INDIANA GRANT APPLICATION

1. ORGANIZATION

- 1.1. Name of Organization: SAFE Coalition for Human Rights
- 1.2. Contact Name and Title: Dr. Kalyani Gopal, PhD, HSPP, President and Founder
- 1.3. Address: 9335 Calumet Avenue, Suite D, Munster, IN 46321
- 1.4. Phone: 219-513-8508
- 1.5. Fax: 219-513-9825
- 1.6. Email: drgopal@safechr.org
- 1.7. Name of Proposed Program: A Better Way: Wheels for Wellness and Safety
- 1.8. Target Population (ex: at-risk population of Lake County, IN; high school students, teenagers): Mothers with children who have survived sexual assault, abuse, domestic violence, and/or sex trafficking

2. PROGRAM, PURPOSE, AND SCOPE

- 2.1. Name of Proposed Program: A Better Way: Wheels for Wellness and Safety
- 2.2. Program Purpose. The purpose of this grant is to provide access and linkage and support the Grantee's Program, which aims to educate moms who were sexually assaulted, abused, and or sex trafficked on how to create a safe, loving home and ensure access to community support services where their children will experience trust-based interaction and relationships. To this end, the program seeks to purchase an ADA Accessible Van to facilitate rescue operations for victims escaping from their abusers, access and linkage to healthcare, courts, employment and work areas, placement visitations, hospital visits, substance abuse treatment and AA/NA

groups, visits to enrichment activities and vital services for women who were sexually assaulted, abused, and/or trafficked. One of our women returns from nursing work at 2 am, and she walks home but it is far too dangerous, so we pick her up, and the others lack the transportation to interview for potential jobs. Unless they have a job, the State does not provide childcare services. In Northwest Indiana, where over 22,500 victims of human trafficking are estimated statewide, and 1 in 5 girls report sexual assault, safe shelter is just the beginning. Survivors—especially women and children—urgently need consistent, confidential, and trauma-informed transportation to access court hearings, medical care, therapy, substance use programs, enrichment activities, and legal advocacy. Without it, their recovery is stalled before it even begins.

- 2.3. Scope of Program Services: Provide a 1 or 2-sentence summary of services that are within the scope the program and how the services will be provided within the scope of the project [ex: educating on obesity prevention through cooking demonstrations and meal planning.):

This program will provide trauma-informed, ADA-compliant transportation to women and children who are survivors of sexual assault and trafficking. Services include emergency rescues, medical/legal transport, child enrichment activity access, and reentry supports. Most survivors arrive at our shelter with **no vehicle, no driver’s license, and no support system**. Public transportation although available is frightening as they may be followed, unable in some areas, and entirely unsuitable for survivors who are hiding from their traffickers or abusers. When they borrow the car from their abuser, these more than likely having tracking devices. Often, they are forced to obey their abuser, in order to get a ride to pick up their child, buy food, medicine, or go to work. Many survivors must attend court hearings across counties, travel to forensic medical exams or substance abuse meetings and court dates, or enroll children in schools, attend school events, get their ID, WIC, and other basic needs, or participate in job interviews; all of which require travel that is **safe, discreet, confidential, and reliable**.

FINANCIAL TERMS

- 2.4. Consideration. Total Program Amount Requested: \$30,000.00

- 2.5. Breakdown of Total Program Amount Requested.

(Sample Chart: Program Cost Breakdown.)

Item Description	Price	Quantity	Total
ADA Accessible Van (used, 2016) (see email attached)	\$26,000	1	\$ 26,000

Costs attached to used transportation related repairs, upgrades, registration, and purchase order	\$4,000	1	\$4,000
Total Amount			\$30,000.00

2.6. Proposed Schedule of Payments.

(Sample Chart: Payment Schedule.)

Payment #	Due Date	Description	Amount
1	6/1/2025	Single Payment in full	\$30,000

2.7. Payments.

2.7.1. Payment Information:

2.7.1.1. Any payment-related questions or concerns should be directed to _____
 Dr. Gopal, drgopal@safechr.org and 219-730-4624 _____.

2.7.1.2. The check or wire memorandum section must specify **A Better Way: Wheels for Wellness and Safety Program.**

(Providing safe, trauma-informed, and confidential transportation for moms and kids.)

2.7.2. Payments by Check. Payments will be made to “SAFE Coalition for Human Rights” _____
 _____ and mailed to:

SAFE Coalition for Human Rights
 9335 Calumet Avenue, Suite D
 Munster, IN 46321

3. TERMS AND TERMINATION

3.1. Term. This Agreement shall be effective for a period not to exceed 12 months _____
 It shall commence on this June 1, 2025 _____ and shall remain in effect
 through December 31, 2025.

4. PROGRAM WORK PLAN.

4.1. Program Work Plan.

Program Objective.

The purpose of this program is to provide safety in travel for moms and kids with access and linkage to healthcare, courts, rescue transports, placement visitations, hospital transports, visits to enrichment activities, educational exposure, and vital services for women who were sexually assaulted, abused, and/or trafficked. The goal is to provide themselves and their children with the critical safety and access to programs needed to develop confidence, heal from multiple traumas, experience security, and nourishment to

break the cycle of sexual abuse and poverty so they can become successful citizens in our world.

4.1.1. Program Goal(s). [List each goal with the corresponding strategy and activities.]

Goal	Strategy	Activities
Reduce harm and injury by providing trauma-informed services and community networks for sexually assaulted and trafficked women and children in Lake County.	Provide safe, reliable transportation that connects survivors to critical health, legal, and social services.	<ul style="list-style-type: none"> • Purchase and operate a dedicated transport van. • Schedule on-demand rides for survivors to attend court, therapy, medical appointments, and school / work related activities. • Train transport staff in trauma-informed care and safety protocols. • Collaborate with law enforcement, clinics, and local agencies for coordinated referral and pickup.
Support maternal and child health outcomes for survivors of sexual assault and trafficking.	Ensure consistent transportation to prenatal, pediatric, and postpartum care, as well as developmental services for children. Support exposure to positive and healthy activities within the community, and participation with children’s activities	<ul style="list-style-type: none"> • Coordinate medical transport schedules for pregnant and postpartum women. • Offer transportation to WIC appointments, pediatricians, OB/GYN, and My Healthy Baby referrals. • Provide access to safe sleep education and distribute car seats and infant items as needed.
Link survivors to long-term recovery and mental health stabilization services.	Reduce transportation barriers to substance use treatment, behavioral health care, AA/NA sessions.	<ul style="list-style-type: none"> • Establish recurring ride schedules for outpatient recovery and therapy programs. • Ensure privacy and safety in each trip to promote engagement and prevent re-traumatization. • Track referral outcomes and compliance through case management follow-up.

4.2. Scalability. Grantee will expand or restrict the Program Work Plan to further efforts that will result in fulfilling the Purpose and Scope of the Program before modifying Performance.

5. PERFORMANCE: DELIVERABLES, METRICS AND REPORTING.

5.1. Key Performance Indicators (“KPIs”). The Program will provide services that specifically address the KPIs for Core Public Health Services outlined in the Health First Indiana initiative. Program and Scope for Selected Core Service – select at least one KPI that pertains to the program objective in the first column:

#	Name	Scope
	Tobacco and Vaping Prevention and Cessation	Preventing and eliminating risk of disease due to tobacco use and vaping.
X	Trauma and Injury Prevention	Preventing harm due to injury and substance use and facilitating access to trauma care.
	Chronic Disease Prevention	Preventing and reducing chronic diseases such as obesity, diabetes, cardiovascular disease, and cancer.
X	Maternal and Child Health	Services focused on the health and well-being of mothers, children, and families, including prenatal care.
	Fatality Review	Analysis of data and potential causes of child deaths, fetal and infant mortality, and suicide/overdose fatality.
	Lead Case Management and Risk Assessment	Ensuring all children have access to blood lead level testing and appropriate clinical and environmental services if necessary.
	School Health Liaison	Assisting schools with resources to promote whole student health.
x	Access and Linkage to Clinical Care	Facilitating access to essential healthcare services for all members of the community.
	Infectious Disease Prevention and Control	Monitoring and managing the spread of diseases within a community.
	TB Prevention and Case Management	Preventing the spread of tuberculosis and ensuring appropriate access to care and resources for those who have TB.
	Immunizations	Providing vaccinations to children and adults to prevent the spread of infectious diseases.
	Health-Related Areas during Emergencies or Disasters	Planning and coordination for responding to public health emergencies and disasters.
	Vital Records	Providing accurate documentation of births, deaths, stillbirths, fetal deaths, adoptions, and biological parentage.
	Food Protection	Ensuring safety of food at the grower, wholesale, and retail levels.
	Environmental Health	Ensuring the safety of the physical environment to protect public health.

5.2. Metrics and Reporting

5.2.1. Definitions.

- 5.2.1.1. Deliverable: the quantifiable services to be provided at various steps in the Program to keep it on course. The deliverable provides a metric whose value can be tracked for state-level reporting.
- 5.2.1.2. Metric: a standard for measuring the value of the deliverable.
- 5.2.1.3. Value: the number or percentage of the metric that is being measured.

5.2.2. Reporting.¹

- 5.2.2.1. Reporting Frequency: _____ MONTHLY
- 5.2.2.2.

CREATING A REPORT WITH METRICS

Based on which Core Service(s)/KPIs selected in Section 6.1 above, please review the sections in Appendix A and add all the metrics that apply in the report below. If you have a deliverable and a corresponding metric that is not listed, please add your own, if it aligns with the scope of the KPI.

1. If the KPI selected in Section 6.1 is: Tobacco and Vaping Prevention and Cessation, choose that KPI from the dropdown under the KPI Column
 2. Then, review the corresponding Metrics from Appendix A (below) and add that to the Metric column.
 3. Continue to fill in the Deliverable and Value columns.
- *Add as many items as necessary for your program.

Monthly Report for: **A Better Way: Wheels for Wellness and Safety**

Item	KPI	Metric	Deliverable	Value
1	Preventing harm due to injury (sexual assault) and substance use by facilitating consistent, confidential, and trauma-informed transportation.	Number of moms and kids provided safe, anonymous transport	Number of moms and kids provided safe, anonymous transport to shelter or trauma-related services.	# Survivors Target: 50 survivors transported annually
2	Maternal and Child Health	Number of moms and kids referred and transported for mental and physical health services	Number of moms and kids transported to clinical appointments (prenatal, pediatric, mental	# of mothers and children Target Value: 100 mothers and children transported annually

¹ Reports are to be sent directly to Michelle Arnold at arnolml@lakecountyin.org.

			health, substance use, etc.).	
3	Access and Linkage to Clinical Care	Number of survivors linked to primary or behavioral, and specialists' health care via transport	Rides provided to hospitals, specialized, and substance abuse recovery services	# of survivors Target Value: 80 survivors connected to care annually
4	Preventing harm due to injury (sexual assault) and substance use by facilitating consistent, confidential, and trauma-informed transportation.	Number of community partners engaged for coordinated response such as WIC, childcare	Partnerships with clinics, courts, and law enforcement for survivor pickup. Rides to work and childcare pickup and drop-offs	# of children Target Value: 40 children served annually
5	Maternal and Child Health	Number of moms and kids provided safe transport to food and basic necessities, educational activities and clinical care	moms and kids transported to educational enrichment programs, community activities or clinical care	# of survivors Target Value: 30 women connected to shelter activities annually

DELIVERABLES AND REPORTING:

Item	Name	Scope	
B.	Trauma and Injury Prevention via Safety	Preventing harm due to injury and substance use and facilitating safe access to trauma care through safe transportation	
	Deliverable	Metric: Equipment	Value
	Purchase of an ADA Compliant Van	<input type="checkbox"/> Other: Purchase of Van	<input type="checkbox"/> Number of moms and kids provided safe, anonymous transport to shelter and activities for victims and interim care/assistance provided

DELIVERABLES AND REPORTING:

Item	Name	Scope
B.	Trauma and Injury Prevention	Preventing harm due to injury and substance use and facilitating access to trauma care.
Deliverable	Metric: Referrals	Value
Partnerships with clinics, courts, and law enforcement for survivor therapy and legal compliance. Rides for survivors to work, and childcare pickup and drop-offs	<input type="checkbox"/> Number of women and children provided safe, anonymous transport to shelter for victims of domestic violence and interim care/assistance provided <input type="checkbox"/> Number of women and children referred for assistance with physical and mental health recovery from domestic violence, sexual assault and trafficking. <input type="checkbox"/> Number of moms and kids who are referred for work and childcare services.	1. # of moms who are connected to community services such as WIC, ID. 2. # of moms who are able to safely travel to and from work and have childcare

DELIVERABLES AND REPORTING:

Item	Name	Scope
C..	Maternal and Child Health	Services focused on the health and well-being of mothers, children, and families, including prenatal care.
Deliverable	Metric: Training	Value # moms and kids
Rides to healthcare and educational services	<input type="checkbox"/> Number of moms and kids educated and/or trained on vehicle passenger safety and seat belt use.	

DELIVERABLES AND REPORTING:

Item	Name	Scope
C.	Maternal and Child Health	Services focused on the health and well-being of mothers, children, and families, including prenatal care.
Deliverable	Metric: Community Assistance	Value
Supportive community services for women needing groups and meetings	<input type="checkbox"/> Number of people referred to substance use disorder treatment/support	Number of People

DELIVERABLES AND REPORTING:

Item	Name	Scope
C.	Maternal and Child Health	Services focused on the health and well-being of mothers, children, and families, including prenatal care.
Deliverable	Metric: Food and Nutrition	Value
Increasing nutrition and food access with rides to food pantries and grocery stores	<input type="checkbox"/> Number of families referred or connected to local food pantries	Number of People

