



# The Florida Senate

## Local Funding Initiative Request

### Fiscal Year 2019-2020

LFIR#: 1321

**1. Title of Project:** Veterans Alternative - Accelerated Wellness Program

**2. Senate Sponsor:** Wilton Simpson

**3. Date of Submission:** 02/05/2019

**4. Project/Program Description:**

Veterans Alternative, Inc. is a nonprofit organization that empowers Veterans by providing effective alternative therapies and community engagement which promotes the development of a more healthy, connected and resilient Veteran population. This is achieved through the five-day Accelerated Wellness Program (AWP), an integrative program which utilizes evidence-based therapies such as Accelerated Resolution Therapy (ART), Integrative Restoration (iRest), adaptive yoga and art and music therapy. Veterans Alternative will host a minimum of 25 AWP's in Fiscal Year 2019-20 and will serve over 100 Florida Veterans.

**5. State Agency to receive requested funds :** Department of Children and Families  
State Agency Contacted? Yes

**6. Amount of the Nonrecurring Request for Fiscal Year 2019-2020**

Type of Funding	Amount
Operations	250,000
Fixed Capital Outlay	
<b>Total State Funds Requested</b>	<b>250,000</b>

**7. Total Project Cost for Fiscal Year 2019-2020 (including matching funds available for this project)**

Type of Funding	Amount	Percent
Total State Funds Requested (from question #6)	250,000	38.46%
Federal	0	0.00%
State (excluding the amount of this request)	0	0.00%
Local	0	0.00%
Other	400,000	61.54%
<b>Total Project Costs for Fiscal Year 2019-2020</b>	<b>650,000</b>	<b>100.0%</b>

**8. Has this project previously received state funding? Yes**

Fiscal Year (yyyy-yy)	Amount		Specific Appropriation #	Vetoed
	Recurring	NonRecurring		
2018-19		250,000	372	No

**9. Is future-year funding likely to be requested? Yes**

a. If yes, indicate non-recurring amount per year. \$250,000



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**10. Details on how the requested state funds will be expended**

Spending Category	Description	Amount
<b>Administrative Costs:</b>		
Executive Director/Project Head Salary and Benefits		
Other Salary and Benefits		
Expense/Equipment/Travel/Supplies/Other	Accelerated Wellness Program for 100+ Florida Veterans.	236,000
Consultants/Contracted Services/Study	Accelerated Wellness Program external program evaluation.	14,000
<b>Operational Costs:</b>		
Salary and Benefits		
Expense/Equipment/Travel/Supplies/Other		
Consultants/Contracted Services/Study		
<b>Fixed Capital Construction/Major Renovation:</b>		
Construction/Renovation/Land/Planning Engineering		
<b>Total State Funds Requested (must equal total from question #6)</b>		<b>250,000</b>

**11. Program Performance:**

**a. What is the specific purpose or goal that will be achieved by the funds requested?**

Veteran Alternative goal is to create a more healthy, connected, and resilient Veteran population through alternative therapies and community engagement. In Fiscal Year 2019-20, Veterans Alternative will host 25 or more Accelerated Wellness Programs that will serve over 100 Florida Veterans.

**b. What are the activities and services that will be provided to meet the intended purpose of these funds?**

The Accelerated Wellness Program (AWP) provides alternative therapies and community engagement to Veterans. Using an integrative approach, the AWP uses evidence-based therapies including ART, iRest, adaptive yoga and art and music therapy. The AWP external evaluation from the last 2 years shows Veterans experience a 46% reduction in post-traumatic stress symptoms, 61% decrease in depression, 55% decrease in anxiety, 42% decrease in perceived stress and more at the conclusion of the week.

**c. What are the direct services to be provided to citizens by the appropriations project?**

Direct services will only be provided to Veterans and their spouses. Services include ART, iRest, adaptive yoga, and music and art therapy.

**d. Who is the target population served by this project? How many individuals are expected to be served?**

100+ Florida Veterans.

**e. What is the expected benefit or outcome of this project? What is the methodology by which this outcome will be measured?**

Veterans who participate in the AWP will experience a reduction in PTSD, Depression, Anxiety, and Perceived Stress and an increase in resiliency and community engagement. Pre- and Post- assessments are conducted as



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part of the program. Results are sent to KMS Research to perform an extensive analysis of the data and produce a comprehensive program evaluation.

- f. **What are the suggested penalties that the contracting agency may consider in addition to its standard penalties for failing to meet deliverables or performance measures provided for in the contract?**

None.

12. **The owner(s) of the facility to receive, directly or indirectly, any fixed capital outlay funding. Include the relationship between the owner(s) of the facility and the entity.**

N/A

13. **Requestor Contact Information:**

- a. **Name:** Brian Anderson
- b. **Organization:** Veterans Alternative, Inc.
- c. **E-mail Address:** Brian@VeteransAlternative.org
- d. **Phone Number:** (727)939-8387

14. **Recipient Contact Information:**

- a. **Organization:** Veterans Alternative, Inc.
- b. **County:** Pasco
- c. **Organization Type:**
  - For Profit
  - Non Profit 501(c) (3)
  - Non Profit 501(c) (4)
  - Local Entity
  - University or College
  - Other (Please specify)
- d. **Contact Name:** Brian Anderson
- e. **E-mail Address:** Brian@VeteransAlternative.org
- f. **Phone Number:** (910)364-5960

15. **Lobbyist Contact Information**

- a. **Name:** None
- b. **Firm Name:** None
- c. **E-mail Address:**
- d. **Phone Number:**