

YWCA Helena Women Initiating New Growth and Stability (WINGS)

*2025 Montana Opioid Abatement Trust
Grants*

YWCA Helena

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Application Form

Region Selection

To collaborate with someone else on this request, click the blue "Collaborate" button in the top-right corner.

Project Name*

YWCA Helena Women Initiating New Growth and Stability (WINGS)

You may only select one Abatement Region, if you are applying for funding from more than one region you will need to fill out and submit a separate application for each region.

Select Multi County Abatement Region OR Metro Region*

Select the Multi-County Abatement Region **OR** the Metro Region you are requesting grant funds from. Click [HERE](#) for a detailed map of Multi-County Regions and Metro Regions.

Lewis & Clark County Metro Region

Application Overview

About the Organization/Program*

Give a brief description of the Organization/Program/Project. Include the mission statement and the services provided.

The mission of YWCA Helena is to prevent homelessness, provide safe and supportive housing for women and children experiencing homelessness, and provide services that restore hope, self-sufficiency, and happy and healthy lives. Our Women Initiating New Growth and Stability (WINGS) program supports single, pregnant/postpartum and formerly incarcerated, OUD/SUD/MH homeless women in treatment and recovery through an IOP and step-down Aftercare services. Individual and Group/Family OUD/SUD Therapy, Education Groups, Psychosocial Rehabilitation, Co-Occurring Mental Health Treatment, Face-to-Face Crisis Services and Care Coordination, Peer Support Services, along with comprehensive assistance such as transitional housing, and parenting support services. WINGS is an 18–24-month program addressing the complexities of OUD & SUD/MH disorders and the underlying trauma from violence, sexual assault, adverse childhood experiences, and human trafficking, as well as basic life skills, parental coaching, meal planning, health and wellness, budgeting, early infancy, and behavior health education. Individuals are most often referred to the YWCA Helena from inpatient chemical dependency programs, criminal justice systems, community treatment providers, by Medication Assistance Treatment (MAT) providers, or family treatment court.

In an effort to stabilize the family unit and strengthen the bond between mother and child(ren) we provide 18 of our 20 available rooms for children to reside with their mothers, which we believe adds significant value to their recovery. In 2024, YWCA Helena provided 5,851 nights of shelter to 30 single or parenting women. Twenty-seven indigent children lived at the shelter full time with their mother of which 22 were below the age of 12. In 2024 all of the women were indigent, unhoused or insecurely sheltered before coming to the safety of the women's and children's shelter. We maintain a waitlist of 10-12 women.

What category does the program fit into*

Check the category/categories the program fits into. You may select more than one option.

Click [HERE](#) for a list of approved opioid remediation uses

Treatment

Recovery

Exhibit E List of Opioid Remediation Uses

Schedule A - select all that apply

- A. NALOXENE/OTHER FDA-APPROVED DRUG TO REVERSE OPIOID OVERDOSES
- C. PREGNANT & POSTPARTUM WOMEN
- E. EXPANSION OF WARM HAND-OFF PROGRAMS AND RECOVERY SERVICES
- G. PREVENTION PROGRAMS
- I. EVIDENCE-BASED DATA COLLECTION & RESEARCH ANALYZING EFFECTIVENESS OF ABATEMENT STRATEGIES

Exhibit E List of Opioid Remediation Uses

Schedule B - select all that apply

- A. TREAT OPIOID USE DISORDER "OUD"
- B. SUPPORT PEOPLE IN TREATMENT & RECOVERY
- C. CONNECTIONS TO CARE
- D. ADDRESS THE NEEDS OF CRIMINAL JUSTICE-INVOLVED PERSONS
- E. NEEDS OF PREGNANT/PARENTING WOMEN, BABIES W/ NEONATAL ABSTINENCE SYNDROME
- G. PREVENT MISUSE OF OPIOIDS
- H. PREVENT OVERDOSE DEATHS & OTHER HARMS (HARMS REDUCTION)
- J. LEADERSHIP, PLANNING, & COORDINATION
- K. TRAINING

How does the program meet the Opioid Remediation Guidelines*

In detail, describe how the program fits into the approved Opioid Remediation Guidelines selected in the above question.

Please be specific

All OUD/SUD/MH services occur under the YWCA Helena roof, where the individual feels safe and is learning to trust. However, we have an established relationship with psychiatric providers at PureView Medical Clinic and Helena Indian Alliance, both Federally Qualified Health Clinics (FQHC's) should referral services be required. When behavioral health concerns persist in programming or patterns arise in mental health one-on-ones, staff will reach out to partner FQHC's and receive immediate support or a referral for services. YWCA

Helena's relationship with St. Peter's Health, includes the ability to connect in the same manner with a behavioral health provider in the hospital's Behavioral Health Unit. The agency's relationships with community partners have been deployed not only for the women of our house, but often for their children who require referral to Intermountain Children's Services or Shodair Children's Hospital. Pregnant women are prioritized during the intake process and wait list. If no space is available, the clinical staff refer and provide a warm handoff to partner agencies such as Lewis & Clark County, Helena Indian Alliance, or other SUD treatment providers. Upon intake, Peer Supports or Housing Advocates partner with women to begin applying for SNAP, Medicaid, TANF, WIC, SSI/SSDI, affordable housing, affordable childcare, and other resources such as job training/career development, and advanced education. Peer Supports help teach self-advocacy and facilitate successful connections to resources. Approximately 70% of all program participants are parenting children under the age of 18 years, and 30% of those families are involved with MTDPHHS Child & Family Services (CFS). As mother's make strides in their recovery process, we work with CFS to provide supervised visits through our Parenting Center. Lastly, Narcan boxes are available on all levels of the YWCA residence and staff have received training for administering Narcan.

New Program or Existing*

Is the funding intended for a new program or to expand an existing program?

A proposed supplement or expansion to a program.

Fiscal Information

Requested Amount*

\$50,000.00

Program Budget*

How will the funds be allocated? Attach a detailed line item budget breakdown for the program. If the funds are intended for a multi-year program please specify the amount budgeted for each year.

Budget.xlsx

Source of Funding*

Does the program currently receive funding from another source? If yes, please explain in detail. (i.e. amount, funding source, etc.)

Grant funding is intended for the creation or expansion of opioid prevention, treatment, and recovery projects. The money is **NOT** meant to replace or supplant existing funding.

Funding is derived from 70% government grants and 30% private donors/foundation grants such as: Medicaid, MT DPHHS Substance Abuse & Disability, Pregnant and Post Partum Women grant; Montana Board of Crime Control Victims of Crime Act; Montana Community Foundation; Helena Area Community Foundation; Montana Justice Foundation and appeals.

YWCA Helena is requesting \$35,000 in MOAT funding to offset up to 25% of the cost to shelter and provide supportive services not covered by government funding, while concurrently investing up to \$15,000 in

workforce development skills for our addiction professionals and compliance data evaluation coordinator. We are not looking to supplant funding for WINGS since program expenses are covered by Medicaid and government grants. However, the total costs of treatment also includes providing safe shelter, transportation services to the food bank, medical appointments, visits to probation and parole, communal computers, educational needs and acquisition of basic personal clothing/supplies for mother and child(ren) since many arrive without basic necessities. This amounts to roughly \$140,000/year in expenses not covered by government grants.

With rising costs in energy bills, fluctuation of gas prices and steep increases in the cost of essentials/supplies, the average cost of room/supportive services at the YWCA is approx. \$580/month. Residents are expected to pay a modest monthly rental fee once they are gainfully employed. However, in the first 90-days residents must participate wholly in their IOP recovery/therapy and may not work.

Government funding sources do not include workforce training. YWCA Helena has witnessed a change in family status of women served. In 2019, nearly 50% of women we served were single with no children. However, in 2024, 80% of women we served either had custody of their children or were working to reunite with their children. This seems to be a new trend in our services post Covid and creates a need for workforce development to support training on best practices in addressing the needs of criminal justice involved, pregnant or parenting homeless women with OUD and co-occurring SUD/MH.

Do you have a Fiscal Agent*

No

Program Abstract

Program Description*

Describe the objectives of this project. Provide a detailed overview of the program, including its purpose, priorities & objectives, and intended results.

YWCA Helena is state licensed as both a SUD treatment center and a MH center providing transitional (residential) housing and intensive outpatient services and co-occurring treatment for women in recovery with their children. YWCA Helena has served women and their children for over 100 years and is a critical resource for Lewis and Clark County, particularly in response to women and children who have been deeply affected by the Opioid addiction crisis. WINGS therapeutic model of care provides a safe residence for unsheltered women and their children, combined with critical access to OUD recovery programs for women diagnosed with co-occurring SUD/MH disorders. WINGS provided 3,717 hours of clinical outpatient services while 49 children (in and out of residence) benefited from their mothers receiving parenting-focused recovery coaching. In addition to mom's treatment plan, 16 children received mental health services in 2024.

YWCA Helena housed 30 women and 26 children in 2024. 100% of women housed are living at or below poverty level; 100% have co-occurring SUD/MH; 100% are at risk of homelessness; 87% are justice involved; 70% are mothers; and 47% are women of color. In this same year, 7 women graduated from WINGS; 3 residents achieved reunification with their children; 4 graduates were enrolled in higher education at transition. As women transition into community living, WINGS Aftercare continues to provide peer to peer support, mental health and addictions therapies, educational, and therapeutic groups.

The YWCA Helena faces a unique intersection of non-profit and healthcare compliance requirements. Clinical staff are in need of workforce development training to better understand physical, psychological and pharmacological effects of drug abuse, address trauma symptoms, and increase emotional and physiological regulation for our residents. Our data and evaluation coordinator requires additional training for specific compliance demands within the non-profit sector, as well as the necessary security measures to protect patients' health information, while also fulfilling data reporting obligations for grant funding. Furthermore, these training opportunities would enable the implementation of regular internal audits focused on billing practices, documentation, data management and dissemination.

The measurable goal is to graduate at least 30 women and 26 children from the YWCA programs that provide stability, opportunities and education to help them access the resources that are needed to thrive. We maintain connections with graduates and strive to sustain or increase our 80% sobriety rate years after they leave the shelter. To achieve the goal, we must offset costs for supportive services/shelter not covered by government funding during a time of economic uncertainty, placing financial hardships and potentially jeopardizing the resident commitment to recovery.

Specific Goals*

What are the specific goals of the program? List several goals the program hopes to accomplish and how the program intends to meet these goals.

Overarching Goal: We expect to see lower recidivism rates, decreased instances of re-occurring substance use, increased parent/child reunification, increased opportunities for higher education and employment, increased justice system resolution, and ultimately high levels of safety for the women, children, and families that are served.

Objectives:

- Increase the skills of our clinical staff, over a period of one year, to meet the demands for treatment of OUD and co-occurring SUD/MH disorders and increase industry specific knowledge for our data coordinator in Behave, an electronic records system for tracking housing and clinical records.
 - o Increase workforce retention by providing career development and career advancement opportunities.
 - o Reduce staff turnover, which often results in adverse reactions from residents or loss of historical knowledge for the agency.
- Increase stability of women and children by offsetting a portion of financial barriers related to shelter, transportation, clothing/hygiene (not covered by state/federal/county grants) so they can invest their energy in recovery.

In turn this will benefit residents by:

- Decreasing substance use, depression, symptoms of PTSD
- Increasing self-efficacy, and stabilizing recovery
- Increasing successful and healthy parental unification for healing of the mother and child(ren).
- Increasing number of women & parenting women entering our OUD/SUD/MH program and successfully transitioning out of residency into affordable housing
 - o Ensuring no less than 80% of WINGS graduates sustain a life of healthy sobriety

Evaluation Method*

Describe how you plan to evaluate the effectiveness of the program and what the method for evaluation will be.

We will continue to collect data using the Government Performance and Results Act (GPRA) Client Outcome Measures for Discretionary Programs and Pregnant and Postpartum People (which used to be PPW for women) as an assessment tool to collect quantitative and qualitative data for women in WINGS. We transitioned from Advanced MD to Behave in December of 2023 to track specific data of program participants in IOP/aftercare and transitional housing. More recently we developed our WINGS application from Behave in an effort to streamline the intake process.

1.) Workforce development - We will record the number of trainings provided to clinical and administrative staff (as per the attached spreadsheet). We will also record the number of participants who attended the trainings; total time/length of training; satisfaction with training; pass/fail certifications, continuing education credits attainment as result of training. We will also circle back in three-to-six month intervals from completion of training to see how the knowledge learned is incorporated into our daily operations of program support.

2.) Clinical staff will continue the use of the GPRA and PPP as an assessment tool to collect qualitative data for women in WINGS. The Clinical Director and the Data and Evaluation Coordinator work together to ensure resident demographic data, clinical service encounters/hours, and nights of shelter are entered into our medical records system Behave in a timely manner.

3.) Shelter and supportive services – In addition to tracking measures of successful outcomes of workforce training of staff and alleviating financial stresses of residents, we will assemble monthly actual expenses, to track fluctuations in utility usage, transportation (gas/vehicle repair/cost of goods), and other resident supportive services (not covered by government funding) from our estimate provided in this application.

Data Source*

What information are you going to collect or use to demonstrate you have accomplished your goals?

YWCA Helena will use the information collected through GPRA, Behave, and PPP for data management and performance monitoring methods to further refine our approach when working with women and young children. This data is also used to assess needs in programming and analyzed to assess additional needs within the community.

We are fortunate to already have experience with these systems and can pull relevant records. IOP participants are required to attend nine unique events per week including five morning circles, two IOP group therapy sessions and two individual therapy SUD/MH sessions. This is required until the client prepares a presentation to justify their intentions to move to Aftercare, which requires two morning circles, one Aftercare-based group therapy session and two individual therapy sessions.

Behave medical records system allows YWCA Helena to track the number of encounters /residents IOP attendance in required weekly individual and group therapy, parental coaching (as applicable) and helps identify any unusual trends such as absenteeism adversely affecting completion hours. Prior to March 2025, we had a fillable PDF for applications. More recently we created an online application which allows Behave to retrieve demographic info, interview notes, clinical hours/services and program deliverables from intake to transitioning out of residence and aftercare support hours.

Awareness*

How do you plan to create awareness of this program? Briefly describe what action the program plans to take to create awareness in the community.

The YWCA Helena is committed to sharing best practices and continues to be innovative and informed while addressing the opioid addiction crisis in our state. Data collection is not only a requirement for the majority of

our funding sources, but a necessary component to the YWCA Helena mission of preventing homelessness, by providing safe and supportive housing for women and children experiencing homelessness. Assessments deemed women and children the most vulnerable population across Montana, which drives our vision to deliver services that restore hope, self-sufficiency, so those we serve may achieve happy and healthy lives. Reports are also pulled to quantify rates of success infused with personal stories of success such as our public facing annual Impact report. Impact 2024 was most recently distributed to over 5,000 persons/donors on our mailing list and an electronic copy is hosted on our website, Reports | YWCA Helena (<https://ywcahelena.org/reports>) along with former years reporting. We also provide reports when asked by federal, state, county/city grantors, and Board members.

With MOAT funding in support of training, our clinical staff will achieve certifications and/or credentialing, which will be added to the Team page of our website to bolster individual and team qualifications in support of YWCA Helena's evidence-based WINGS treatment program for OUD, and co-occurring SUD/MH disorders in homeless, single, pregnant, post-partum, justice involved women. In addition to parental coaching to retain/reunify women with their children and life skills to transition from homelessness to self-sufficiency.

With MOAT funding covering 25% of room/board coupled with supportive services, it allows us to utilize private donor funds to continue much needed improvements to our 100+ year old residence for residents and for reconfiguring space for treatment of trauma for children and families who are affected by family member's OUD/SUD/MH.

Additional Documents

Tax Exempt Organization*

By clicking this box you are confirming the applying organization is a tax exempt organization.

Yes

Tax Exempt Determination Letter*

Please upload a copy of the Organization 501(C)(3) Tax Exempt Determination Letter.

IRS Determination Letter.pdf

Use this section to upload or explain any additional information regarding the program/organization. ie. a detailed budget projection, program/organization history, etc.

Upload #1

MOAT Workforce Training Needs 2025.xlsx

Upload #2

Upload #3

Additional Information

File Attachment Summary

Applicant File Uploads

- Budget.xlsx
- IRS Determination Letter.pdf
- MOAT Workforce Training Needs 2025.xlsx

Montana Opioid Abatement Trust (MOAT)

YWCA Helena WINGS Program

Item Description	Actual	FY26	FY27
Cost to Shelter/Room & Board	\$ 140,000.00	\$ 35,000.00	\$ 35,000.00
Average expenses not covered by medicaid or government grants			
Utilities - anticipated increase with installation of a/c window units this summer Internet/communications - shared computer library for residents Water/Sewer/Sanitation Transportation - bus passes/gas cards and emergency repair costs Personal hygiene, bedding, clothing, bathroom linens, laundry essentials, cleaning supplies			
Item Description	Actual	FY26	FY27
Professional Development	200*	\$ 15,000.00	\$ 15,000.00
See workforce training needs worksheet			
Training - majority of funding allotted for training/CEU's Books - modest amount for physical books as most training is online Travel - only one training requires a week long attendance in person			
Total Request		\$50,000	\$50,000
*So far in FY25, we have only had two persons attend a training with Riverstone Health for \$100 each reimbursed by the MT Dept of Labor Incumbent Worker Training (IWT) grant. IWT does not cover trainings if they include Continuing Ed credits.			



IRS Department of the Treasury
Internal Revenue Service

P.O. Box 2508
Cincinnati OH 45201

In reply refer to: 0248319411
June 01, 2009 LTR 4168C E0
81-0235416 000000 00 000
00018278
BODC: TE

YOUNG WOMENS CHRISTIAN ASSN
501 N PARK AVE
HELENA MT 59601-2703

30047

Employer Identification Number: 81-0235416
Person to Contact: Laura Botkin
Toll Free Telephone Number: 1-877-829-5500

Dear Taxpayer:

This is in response to your request of May 20, 2009, regarding your tax-exempt status.

Our records indicate that a determination letter was issued in May 1948, that recognized you as exempt from Federal income tax, and discloses that you are currently exempt under section 501(c)(3) of the Internal Revenue Code.

Our records also indicate you are not a private foundation within the meaning of section 509(a) of the Code because you are described in section 509(a)(2).

Donors may deduct contributions to you as provided in section 170 of the Code. Bequests, legacies, devises, transfers, or gifts to you or for your use are deductible for Federal estate and gift tax purposes if they meet the applicable provisions of sections 2055, 2106, and 2522 of the Code.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely yours,

Michele M. Sullivan, Oper. Mgr.
Accounts Management Operations I

Workforce Retention - Need for Training			
First, Last Name	Current Credentials	Training name	Name of Training Facility, University or Individual Trainer
Jesse Heide	LCSW	Pharmacology of Psychoactive Substances	Center for Addiction Studies and Research
Jesse Heide	LCSW	Addressing the Specific Needs of Women in Substance Abuse Treatment	Center for Addiction Studies and Research
Jesse Heide	LCSW	MT LAC 30-Hour Gambling/Gaming Disorder Assessment and Counseling Training	Center for Addiction Studies and Research
Jesse Heide	LCSW	Drug and Alcohol Awareness Class	Course for Drugs and Alcohol
Jesse Heide	LCSW	MT LAC 60-Hour Chemical Dependency Assessment and Patient Placement Training	Center for Addiction Studies and Research
Jesse Heide	LCSW	Proposal Writing Bootcamp	Candid Learning
Paige Sutherland	Data & Evaluation coordinator	Excel Specialization	Coursera (Annual Membership)
Paige Sutherland	Data & Evaluation coordinator	Healthcare Law Specialization	
Paige Sutherland	Data & Evaluation coordinator	Medical Billing and Coding Fundamentals Specialization	
Paige Sutherland	Data & Evaluation coordinator	Complete Healthcare Compliance Manual	Book
Mel Griffin	LCSW, LAC	Implicit Psychotherapy	Abi Blakeslee, MFT PhD
Rachel, Mel, Annie and Jesse	LCSW, LAC	Internal Family Systems	IFS Institute \$1,500/person x 4 and \$150/person for books x 4
Nancy Asiata Reynolds	ACLC	Assessment, Diagnosis, of Co-Occurring Disorders	NAADAC
Nancy Asiata Reynolds	ACLC	Internal Family Systems	IFS Institute

[illegible]

ning: Montana Opioid Abatement Trust (MOAT)

duration to complete	Need for training	CEU's &/or Credentials	cost of training	cost of books
45hrs	Understand physical, psychological and pharmacological effects of drug abuse	CEUs	\$ 275.00	\$ -
30hrs	To learn more re the specific challenges faced by women in recovery	CEUs	\$ 195.00	\$ -
30hrs	To meet requirement for my LAC	CEU/LAC	\$ 240.00	\$ -
16hrs	To meet requirement for my LAC	CEU/LAC	\$ 80.00	\$ -
60hrs	To meet requirement for my LAC	CEU/LAC	\$ 480.00	\$ -
2hrs	To learn more about grants	Unknown	\$ 650.00	
	Work towards Certified Healthcare Compliance certificate	CHC	\$ 399.00	
12hrs		CHC		\$ 435.00
4x4 days in person	Understand how to work with implicit memory as a pathway to reinstate secure attachment, address trauma symptoms, and increase emotional and physiological regulation in clients	unsure, APA does not currently recognize somatic approaches	\$ 1,500.00	\$ -
90 hours	Understand how to use parts work to support long-term healing in clients	CEUs	\$ 6,000.00	\$ 600.00
18hours	Get more experience with Assessing and diagnosis of Co-Occuring Disorders	CEU, Certificate	\$ 150.00	
90 hours	Learn how to implement IFS work with clients to help their healing.	CEU	\$ 1,500.00	\$ 150.00

[illegible]

estimated travel
\$ -
\$ -
\$ -
\$ -
\$ -
\$ 1,000.00
\$ -
\$ -

Travel/per diem/lodging
in Bozeman

[illegible]