Increasing Access to Mental Health Services

2025 Montana Opioid Abatement Trust Grants

Intermountain Deaconess Children's Services

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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*

Increasing Access to Mental Health Services

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.

Gallatin 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.

Intermountain Deaconess Children's Services (Intermountain)'s mission is healing through healthy relationships.

Since 1909, Intermountain has evolved to meet the complex needs of children experiencing trauma, neglect, and emotional distress, key risk factors for substance and opioid misuse. Our developmental-relational treatment model promotes healing through healthy relationships, reaching over 1,200 families each year.

Our current services include:
-Therapeutic Education Services (TES): An umbrella for school and community-based programs that provide therapy and mental health support for children and teens, both in and out of the classroom. Programs include
*School-based Outpatient Services (SBOT): Individual, group, and family therapy provided in schools and community settings
*Comprehensive School & Community Treatment (CSCT): In-school support for children with serious emotional disturbances
*Family Empowerment Program (FEP): Therapy and interventions to strengthen resilience, healing, and relationships, with parent participation key to lasting progress
-Outpatient Therapy: In-office or telehealth therapy with additional support services
-Youth Case Management: Coordination of emotional, social, and financial resources
-Occupational Therapy: Addressing motor development, visual integration, social skills, and daily living
-Speech Therapy: Helps children with communication, comprehension, following directions, and swallowing
-Psychiatry: Assessment and medication management with a collaborative approach

-Intensive Residential Services: Comprehensive care for children aged 4-13 with complex behavioral needs

Through early intervention and support, our programs reduce the long-term risks of substance misuse by fostering emotional regulation, resilience, and strong family systems. Many of our clients have experienced ACEs, a major predictor of future substance use disorders.

Our integrated model supports opioid abatement by tackling root causes of vulnerability.

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

Prevention

Exhibit E List of Opioid Remediation Uses

Schedule A - select all that apply

G. PREVENTION PROGRAMS

Exhibit E List of Opioid Remediation Uses

Schedule B - select all that apply

C. CONNECTIONS TO CARE
G. PREVENT MISUSE OF OPIOIDS

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

Intermountain's community programs, including FEP, align with Opioid Remediation Guidelines by delivering early, evidence-based care that strengthens families, supports behavioral health, and lowers future opioid risk.

PREVENTION PROGRAMS
TES programs provide trauma-focused therapy in schools and communities for children at risk of substance use. FEP offers skill-building sessions to help caregivers improve communication, emotional regulation, and coping, key factors in preventing misuse, especially in trauma-affected households.

CONNECTIONS TO CARE

TES providers are strategically located within schools to meet children where they are, assess behavioral health concerns and substance use risks, and connect children and families to appropriate levels of care, working with school teams for collaborative care and support.

PREVENT MISUSE OF OPIOIDS
These programs align with the following opioid remediation strategies:
9-School-based programs: TES provides school-based therapy to children with behavioral health concerns, increasing early access to care, which helps prevent substance misuse.
10-Community-based services: TES provides community-based prevention, education, and intervention to help families reduce conflict manage, crises, and build supportive homes. FEP offers wraparound support for families facing high risks and children with diagnoses that meet Serious Emotional Disturbance criteria.

11-Programs addressing emotional modulation and resilience: FEP teaches resilience, self-regulation, and emotional awareness, skills proven to reduce the risk of future opioid misuse.
12-Greater access to mental health services: TES provides consistent mental health care to address emotional needs and reduce the risk of drug misuse. These programs meet opioid abatement goals while building community capacity to support mental health, strengthen families, and prevent substance use. TES and FEP offer a sustainable prevention-focused response to the opioid crisis in Montana.

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*

$21,339.13

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.

IDCS - FEP Budget.pdf

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.

This budget supports the initial four months of the Family Empowerment Program (FEP) expansion to a new location, targeting children and families impacted by trauma, neglect, and emotional distress, factors closely

tied to increased risk for substance use and opioid misuse. The expansion is designed to gradually build caseloads and clinical capacity while progressing toward financial sustainability through Medicaid billing.

During the first month of implementation, grant funding will cover 80% of operational costs, with service revenue accounting for the remaining 20%. This ratio reflects the time required for providers to establish a presence in the new location, begin outreach and engagement, and build a clinical caseload. In each subsequent month, service revenue is projected to increase as caseloads grow, reducing reliance on grant funding. By the fourth month, the ratio is reversed, with Medicaid revenue covering 80% of costs and the grant supporting the final 20%.

Grant funds will support personnel costs for one Therapist and one Mental Health Specialist, training, supplies, family incentives, and startup operational expenses necessary to launch services effectively. This phased funding model ensures program stability during the start-up period while positioning the expansion for long-term sustainability through Medicaid billing. The budget reflects a realistic and strategic approach to scaling services while maximizing the impact of opioid abatement resources.

Intermountain is committed to the successful implementation and sustainability of this opioid abatement initiative. We recognize that the total cost of the proposed project exceeds the amount requested through this grant. To ensure full project funding, Intermountain will cost share the balance needed to cover the difference between the grant award and the total project budget. This cost share will be met through organizational resources.

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.

Project Objectives and Overview
This project is focused on preventing opioid use among children and families by expanding access to evidence-informed mental health services and family support programs that build resilience, strengthen protective factors, and address trauma before substance use begins. By embedding care directly within schools and homes, the program delivers early, preventative interventions that reduce risk factors for opioid misuse and promote long-term recovery in communities affected by the opioid crisis.

Program Overview
The Family Empowerment Program (FEP) works with entire families, particularly those impacted by trauma or substance use, to build parenting skills, improve communication, and restore trust. Through weekly skill-building sessions, families learn how to break harmful generational patterns and develop a strong, stable foundation that supports substance use prevention in both children and caregivers.

Program Purpose, Priorities & Objectives

Purpose:

The overarching purpose of this program is to prevent future opioid misuse by addressing root causes and increasing resilience in children and families through early intervention, trauma-informed care, and access to community-based behavioral health services.

To help assess risk and problems related to substance use, the CRAFT Screening Tool, recommended by the American Academy of Pediatrics' Committee on Substance Abuse, is utilized. It is a short clinical assessment tool designed to screen for substance-related risks and problems and helps identify young individuals who are at higher risk for developing substance use disorders.

Priorities:
- Reduce the risk of opioid misuse by targeting its underlying causes: trauma, mental health disorders, and family instability.
- Increase protective factors such as family cohesion, emotional regulation, attachment, and coping skills.
- Provide early access to behavioral health care for children and families at risk.

Objectives:
1. Establish a new team at Saddle Peak Elementary to provide mental health services by the start of the 2025–2026 school year.
2. Increase the number of families enrolled in the Family Empowerment Program to at least 9 by the end of 2025–2026 school year.
3. Expand school-based access to services to serve at least 18 children by the end of the 2025–2026 school year, with the goal of preventing opioid misuse through early and ongoing intervention.

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.

The specific goals for the Family Empowerment Program (FEP) are:
- Children gain coping skills and emotional support that reduce the likelihood of turning to opioids or other substances in the future.
- Families build resilience and stability, reducing the intergenerational transmission of trauma and substance use.
- At-risk children are identified early and supported through accessible mental health care, increasing engagement in school and community life.
- Montana communities see long-term reductions in youth opioid misuse through prevention-based investments.

To meet these goals, FEP integrates trauma-informed mental health services and family-centered support directly into schools and communities, ensuring children and caregivers receive timely, consistent care. Through therapeutic interventions and skill-building sessions, children develop emotional regulation and healthy coping strategies, critical tools for reducing the likelihood of future substance use. Families receive targeted support to strengthen parenting practices, rebuild trust, and foster stable home environments, helping to interrupt cycles of trauma and substance misuse.

By using evidence-informed screening tools like the CRAFT and embedding services within accessible settings, the program identifies at-risk children early and connects them to care that supports emotional wellness, school engagement, and social development. Over time, this prevention-first approach strengthens community capacity and contributes to measurable, long-term reductions in opioid misuse among Montana youth.

Evaluation Method*

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

We will evaluate the effectiveness of the program using a mixed-methods approach that incorporates both quantitative data and qualitative feedback to assess impact and guide continuous improvement, and demonstrate outcomes related to strengthening families.

Quantitative evaluation to measure emotional and behavioral changes in students will include tracking:
- participation rates
- therapy hours provided
- standardized mental health assessments such as the Youth Outcome Questionnaire (YOQ)

We will also monitor engagement in the Family Empowerment Program through attendance records and enrollment metrics.

Qualitative evaluation will be conducted through:
- pre-, mid-, and post-program assessments
- caregiver and student satisfaction surveys at least annually
- feedback from school staff and therapists

These tools will provide insight into participant experiences, caregiver confidence, perceived improvements in student well-being, and the overall effectiveness of service delivery.

Ongoing analysis of this data will allow us to make real-time adjustments to service models, staff training, and engagement strategies to better meet the needs of the communities we serve. This continuous improvement cycle ensures that our programs remain relevant, trauma-informed, and impactful in building resiliency and preventing opioid misuse.

Data Source*

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

To demonstrate we have accomplished our goals, we will collect and analyze the following information:

Participation Data:
- Number of students receiving school-based mental health services.
- Number of therapy hours provided.
- Number of families enrolled in the Family Empowerment Program.
- Attendance rates for weekly family sessions.

Outcome Measures:
- Changes in student mental health and behavior using Youth Outcome Questionnaire (YOQ) scores.
- Improvements in caregiver-reported confidence and parenting skills.
- Increased caregiver engagement in structured family activities.

Satisfaction & Feedback:
- Results from student and caregiver satisfaction surveys.
- Qualitative feedback from therapists and participants on service impact.
- Assessment of perceived improvements in emotional regulation, coping strategies, and family dynamics.

These data points will be used to verify progress toward our core objectives: expanding access to care, building family resilience, and reducing the long-term risk of opioid misuse in children and families through early, preventative intervention.

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.

Awareness of the Family Empowerment Program (FEP) is created through close collaboration with school leadership, counselors, and teachers at Saddle Peak Elementary, who play a central role in identifying and referring students. The school has already begun a referral list and has identified 16 students in need of services, reflecting strong early interest and awareness.

While most referrals come directly from the school, the program also receives referrals from parents, pediatricians, and Child Protective Services (CPS).

This two-tiered awareness strategy through schools and community providers ensures that families, educators, and trusted professionals are actively engaged in identifying and supporting youth who can benefit from the program, helping build resilience and prevent future substance misuse.

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.

IDCS 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

Intermountain's Family Empowerment Program Spring Survey.pdf

Upload #2

Upload #3

Additional Information

Mental, emotional, and behavioral disorders in childhood can cause long-term problems that may affect the health and well-being of children, families, and communities. If left unaddressed, these challenges can lead to poor academic performance, social withdrawal, substance abuse, opioid misuse, and long-term health consequences.

The 2023 Montana Youth Risk Behavior Surveillance System (YRBSS) report reflects that of the participating students:

- Over 31% reported that their mental health was not good most of the time or always in the 30 days prior to the survey
- 26% of students seriously considered suicide, the highest percentage since 1991
- 39% had a drink of alcohol during the past 30 days
- 31% had a binge drinking episode during the past 30 days
- 54% ever used marijuana in their lifetime
- 10% had used methamphetamines in their lifetime
- 15% had used ecstasy in their lifetime
- 28% ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it

The opioid crisis has deeply impacted Montana families, particularly those already facing trauma, mental health challenges, and socioeconomic stress. Through the expansion of services, Intermountain is committed to addressing these root causes of substance use before they take hold by supporting children and families with timely, accessible, and relationship-centered care.

FEP integrates both group and individual parent skill-building sessions, creating opportunities for caregivers to learn evidence-informed strategies that reduce household stress, strengthen emotional connections, and foster healthy communication. Simultaneously, children engage in parallel sessions to build emotional regulation, self-advocacy, and resilience. Families then come together through weekly or biweekly family engagement activities to practice and reinforce these new skills as a team.

To support this connection and encourage participation, Intermountain provides families with small incentives, such as a grocery gift cards to shop and prepare a meal together while highlighting each other's strengths, or a local restaurant gift card where parents can practice positive behavior planning in public settings. These shared experiences foster a sense of unity, celebrate progress, and create natural opportunities for growth and bonding.

Beyond skill-building, FEP is about creating lasting change. Parents often share how they feel seen, understood, and supported for the first time, particularly those raising children with Serious Emotional Disturbance. Children notice when their caregivers become calmer, more present, and more emotionally available. One child shared with his therapist how meaningful it was that his father opened up about suicidal ideation after attending a FEP session, showing how the program fosters trust and communication. Another parent, who had participated in past parenting classes, said that FEP was the first time she felt like she was part of a group that truly understood her family's needs.

Rooted in Intermountain's Developmental/Relational Model, FEP helps caregivers understand child development and the power of secure attachment, attunement, and repetitive relational support. As families begin to heal and grow together, we see natural supports and positive trajectories take shape, breaking cycles of dysfunction and substance misuse before they begin.

By investing in programs like TES and FEP, this grant will help lay the foundation for stronger, healthier communities and a future where Montana's children are more connected, more resilient, and less likely to fall into the grips of opioid addiction.

File Attachment Summary

Applicant File Uploads

- IDCS - FEP Budget.pdf
- IDCS IRS Determination Letter.pdf
- Intermountain's Family Empowerment Program Spring Survey.pdf

Increasing Access to Mental Health Services Budget

Family Empowerment Program

Revenue	
Service Revenue	$38,374.40
Montana Opioid Abatement Trust Grant	$21,339.13
Intermountain Cost Sharing	$1,388.90
Total Revenue	$61,102.43

Expenses	
Salaries	$31,333.32
Benefits	$10,653.32
Overhead	$10,966.68
Training	$2,432.17
Supplies	$1,816.94
Family Incentives	$3,900.00
Total Expenses	$61,102.43
Projected Gain/Loss	$0.00

IRS Department of the Treasury
Internal Revenue Service
P.O. Box 2508, Room 4010
Cincinnati OH 45201

In reply refer to: 4077383720
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BODC: TE

INTERMOUNTAIN DEACONESS CHILDRENS
SERVICES
% BARBARA WALSH
3240 DREDGE DR
HELENA MT 59602-0548

059531

Employer ID number: 81-0231775
Form 990 required: Yes

Dear Taxpayer:

We're responding to your request dated Nov. 15, 2018, about your tax-exempt status.

We issued you a determination letter in January 1947, recognizing you as tax-exempt under Internal Revenue Code (IRC) Section 501(c)(3).

We also show you're not a private foundation as defined under IRC Section 509(a) because you're described in IRC Sections 509(a)(1) and 170(b)(1)(A)(vi).

Donors can deduct contributions they make to you as provided in IRC Section 170. You're also qualified to receive tax deductible bequests, legacies, devises, transfers, or gifts under IRC Sections 2055, 2106, and 2522.

In the heading of this letter, we indicated whether you must file an annual information return. If you're required to file a return, you must file one of the following by the 15th day of the 5th month after the end of your annual accounting period:

- Form 990, Return of Organization Exempt From Income Tax
- Form 990EZ, Short Form Return of Organization Exempt From Income Tax
- Form 990-N, Electronic Notice (e-Postcard) for Tax-Exempt Organizations Not Required to File Form 990 or Form 990-EZ
- Form 990-PF, Return of Private Foundation or Section 4947(a)(1) Trust Treated as Private Foundation

According to IRC Section 6033(j), if you don't file a required annual information return or notice for 3 consecutive years, we'll revoke your tax-exempt status on the due date of the 3rd required return or notice.

You can get IRS forms or publications you need from our website at www.irs.gov/forms-pubs or by calling 800-TAX-FORM (800-829-3676).

If you have questions, call 877-829-5500 between 8 a.m. and 5 p.m.,

IRS Department of the Treasury
Internal Revenue Service
P.O. Box 2508, Room 4010
Cincinnati OH 45201

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INTERMOUNTAIN DEACONESS CHILDRENS
SERVICES
% BARBARA WALSH
3240 DREDGE DR
HELENA MT 59602-0548

59531

CUT OUT AND RETURN THE VOUCHER IMMEDIATELY BELOW IF YOU ONLY HAVE AN INQUIRY.
DO NOT USE IF YOU ARE MAKING A PAYMENT.

CUT OUT AND RETURN THE VOUCHER AT THE BOTTOM OF THIS PAGE IF YOU ARE MAKING A PAYMENT, EVEN IF YOU ALSO HAVE AN INQUIRY.

The IRS address must appear in the window.
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Use for inquiries only
Letter Number: LTR4168C
Letter Date : 2019-03-04
Tax Period : 000000

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INTERMOUNTAIN DEACONESS CHILDRENS
SERVICES
% BARBARA WALSH
3240 DREDGE DR
HELENA MT 59602-0548

INTERNAL REVENUE SERVICE
P.O. Box 2508, Room 4010
Cincinnati OH 45201

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The IRS address must appear in the window.
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3240 DREDGE DR
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INTERNAL REVENUE SERVICE

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Hope & Healing

intermountain
Caring Solutions • Strong Families • Healthy Communities

We are a nationally recognized nonprofit providing Hope & Healing to children, youth, and families in need.

Intermountain's Family Empowerment Program Spring Survey

95% agreed: I have learned new skills to support my child.
85% agreed: My relationship with my child has improved.
100% agreed: I appreciate the support the group format provides.
95% agreed: The suggested family activities are an important part of the program.

** ** ** **

95% said they are likely to recommend the Family Empowerment Program to a friend.

** ** ** **

What did you like most about the Family Empowerment Program?

- Encouragement and support.
- The new outlook on situations and the brain storming for solutions.
- Helping me learn new skills to help parent my kid, & different ways to adress them! Also getting to spend time together & do things has made our relationship more better.
- Being able to speak with other parents in the same stressful boat as me. Not feeling alone or judged.
- Hands on support.

How could the program be improved?

- Snacks
- NA this program is wonderful nothing to improve!
- I think it’s pretty awesome the way it is.
- I'm satisfied with the program, no suggestion at this time.
- Recording the video for people who miss it so they can watch it and comment on it for a make up session. Also it would be nice to have some of the information for future events when or if that issue might be more relevant as kids grow or situations change.
- Going back to Teams or another program that isn't Zoom to use online.
- I think it is awesome the team is great full of great insights.

Any additional comments?

- Thank you for offering and providing this opportunity for families.
- You all are doing an amazing job!! Keep up the wonderful work and support!!
- I look forward to our meetings, even if I don't speak at them. I am listening and taking everything in, so thank you ladies!
- Our kid was in foster care so a lot of this stuff echoes the required foster care training. All good reminders, but not much new or terribly important with where our relationship is currently.
- Thank you for everything, also I can’t be more thankful for this program! My son is surrounded with support & love!

20 participants completed the Intermountain's Family Empowerment Program Spring Survey resulting in a 4.89 out of 5-star rating.

500 S. Lamborn ▪ Helena, MT 59601 ▪ (406) 457-4804 ▪ intermountain.org