



KINGSBURG HEALTHCARE DISTRICT

Kingsburg Healthcare District Grant Application

Please complete and return the documentation and information required under the District Grant Policy, Procedures, and Guidelines. **Submit a signed original plus a set of 7 copies using a binder clip.**

Provide the following information for the grant applicant, as well as for all partnering and/or subcontracting entities, if any.

Applicant Name City of Kingsburg Police Department

Type of Organization Municipality

Legal status of your business (LLP, nonprofit, etc.) Public Entity

Subject of Request Mental Health and Wellness Check-in and Training Program

Total Amount Requested \$ 13,000 How many People Will Grant Serve? 45+

Is this intended as a one-time or ongoing project? One-Time

Project timeframe 26/27 Lump sum or periodic disbursement? Lump sum

How will the grant be recognized by the recipient? Advertising/signage

Total Years in business 118 # of Employees _____ Federal Tax ID # 94-6000353

Business Licenses, Certifications or Registration #: _____

Individual Accountable for Grant Funds:

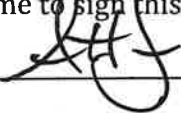
Name Alexander Henderson Title City Manager

Address 1401 Draper

City Kingsburg State CA Zip 93631

E-Mail ahenderson@cityofkingsburg-ca.g Phone Number 559-897-582

By signing below, the undersigned hereby certifies under penalty of perjury that; (1) information contained within this application is true and correct to the best of my personal knowledge, information and reasonable belief; (2) the grant applicant has read and is familiar with all of the District's grant policies, procedures and guidelines; (3) the grant applicant hereby waives each and all claims and right(s), if any exist to, in any form, appeal or otherwise legally challenge each and all decisions of the Kingsburg Healthcare District about this grant application; and (4) the governing body of the grant applicant has duly authorized me to sign this grant application.

Signature  Date 2/26/26

Print Name and Title Alex Henderson, City Manager

The following information is required in relation to the requested grant. Please use separate pages for each numbered item, titling and numbering each page as listed below. If a numbered item has no short response, you may combine them on one page if they are numbered and titled appropriately. We require one (1) signed copy of the grant application, with pages 1-8 completed and attached, and seven (7) additional copies.

1. **Project Overview:** Include the purpose of the grant request. Describe in detail how the funds will provide health and wellness services, as well as further the grant goal of fostering quality health services and programs that benefit the residents of the District.
2. **Project Cost:** Itemized budget with explanation of individual costs and need(s) of such and supporting documentation, such as official bids (which should be for 90 days), if any.
3. **Partner(s):** List all partners (if any) and their financial contributions for this specific project.
4. **Funding Sources:** List all funding sources for the past 5 years.
5. **Community Need:** Describe the specific needs of the district that your project will meet.
6. **Legal Status:** Please provide a copy of your W-9, business licenses, and certificates, as well as an IRS determination letter if you are a nonprofit.
7. **Contributions:** List previous and ongoing community contributions your organization has made within the past 5 years.
8. **Plans:** Provide drawings or pictures of the proposed project with footnotes for explanations.

KTCHCD Grant Submission

1. Project Overview

The City of Kingsburg is requesting funding in the amount of \$13,000 to implement a structured Mental Health and Wellness Check-In and Training Program for Kingsburg Police Department personnel and eligible immediate family members. The purpose of this grant request is to provide proactive, confidential, and professional mental health services designed to strengthen resilience, reduce stress-related impacts, and enhance overall wellness for those who serve the community and those who support them at home.

Police personnel routinely face high-stress incidents, traumatic events, and demanding service expectations. These stressors often extend beyond the workplace and impact family members who absorb secondary stress associated with law enforcement service. Without preventative support systems in place, cumulative stress can affect mental health, job performance, family stability, and overall community service delivery.

Grant funds will provide 120 one-hour confidential sessions with a licensed mental health professional who understands the unique stressors associated with first responders. These sessions will be available to all current and honorably retired department personnel and eligible immediate family members. In addition, funds will support five wellness and resiliency training sessions focused on stress management, trauma response, family communication strategies, resilience building, and healthy coping skills.

This program directly supports the Kingsburg Tri-County Health Care District's mission of fostering quality health services and programs that benefit residents of the District.

2. Project Cost

Confidential Mental Health Sessions

- 120 one-hour sessions annually
- Cost per session: \$100
- Subtotal: \$12,000

Wellness and Resiliency Training Sessions

- 5 training sessions annually
- Cost per training session: \$200
- Subtotal: \$1,000

Total Project Cost: \$13,000

3. Partner(s)

- City of Kingsburg.
- Kingsburg Tri-County Health Care District.
- Kingsburg Police Department.

4. Funding Sources (Past 5 Years)

- General Fund allocations from the City of Kingsburg
- Grant funding from the Kingsburg Tri-County Health Care District

5. Community Need

The Kingsburg Police Department serves all residents within city limits and responds to a wide range of calls for service, including violent incidents, domestic disturbances, traffic collisions, mental health crises, and other high-stress events. As service demands continue to increase, so do the physical and psychological demands placed on first responders. Law enforcement professionals experience repeated exposure to trauma, irregular sleep cycles due to shift work, critical incident stress, and heightened scrutiny, all of which contribute to elevated rates of anxiety, depression, burnout, cardiovascular strain, and post-traumatic stress symptoms.

Studies consistently demonstrate that first responders face higher rates of stress-related health concerns compared to many other professions. Without structured and accessible mental health support, these cumulative stressors can negatively affect not only the individual officer but also their family unit and the broader community they serve. Officers often carry the emotional weight of their work home, and spouses and children frequently absorb secondary stress associated with the inherent risks and unpredictability of the profession. Family strain can lead to decreased resilience, emotional fatigue, and reduced overall well-being within the household.

Kingsburg is a close-knit community that relies on stable, experienced public safety personnel. As a smaller city in California's Central Valley, access to specialized mental health resources tailored specifically to first responders and their families can be limited. Preventative mental health services designed for law enforcement professionals are not always readily available locally, and stigma may discourage individuals from seeking assistance independently. A structured and department-supported program removes barriers to access and normalizes proactive care.

This project provides early identification and prevention of stress-related mental health concerns before they escalate into crisis situations. It supports family wellness, strengthens officer resilience, promotes workforce sustainability, and enhances public trust. When first responders are healthy, supported, and resilient, the entire community benefits through

improved service delivery, stronger community engagement, and long-term public safety stability.

6. Legal Status

N/A -Public Entity

7. Contributions (Past 5 Years)

The City of Kingsburg has partnered with the Kingsburg Tri-County Health Care District on multiple community health initiatives. Funding provided from 2023–2025 includes:

- 2025
Senior Center Hot Meal Program – \$55,000
- 2024
Senior Center Hot Meal Program – \$55,000
Comprehensive Health Exams for Kingsburg Police Department Officers – \$68,000
- 2023
Public Health & Playground Safety Updates – \$72,623

In addition, prior projects completed with District support include the 2022 Senior Center Kitchen Renovation (\$220,728), the 2019 Crandell Swim Complex Project (\$434,937), and the 2019 Athwal Park Improvements Phase I (\$600,000).

8. Plans

This project is service-based and does not involve construction or facility modifications.



February 27, 2026

Provider: Dr. Jana Price-Sharps, CA Psy17911

Licensed Psychologist

jprice-sharps@cfiforensics.com

jcopdoc@aol.com preferred

Cell: (559) 908-4162

Fax: (559) 485-1624

Service Summary

A. Services:

a. Wellness Appointments

a. One time a year, individual appointments by phone or Zoom.

b. 1 hour per person (annually)-\$100/hr-for 30 people (including reserves, chaplains, and officers)

c. Examples of Topics:

i. Sleep

ii. Anxiety Reduction

iii. Communication at work

iv. Communication at home versus work

v. General coping strategies

vi. Dealing with and healing from bad calls/traumatic events

d. Resiliency Training for Line Personnel

1. 5 trainings-2 hours each \$200 each training (no cap on participants)

e. Other Psychological Services (as needed) Including: Individual Crisis Services \$100/hr