

Kingsburg Tri- County Health Care District Grant Application

Please complete and return documentation and information required under the District Grant Policy, Procedures and Guidelines. **Submit a signed original plus a set of 8 copies using a binder clip.**

Provide the following information for the grant applicant, and well as for all partnering and/or subcontracting entities, if any. **Use a separate page for each item listed on page 2 to fully describe required information.**

Applicant Name City of Kingsburg Police Department

Type of Organization Municipality

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

Subject of Request 100% of Comprehensive Health Exams

Total Amount Requested \$ 68,000 How many People Will Grant Serve? 45

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

Project timeframe 24/25 Lump sum or periodic disbursement? Lump sum

How will grant be recognized by recipient? Advertising/signage

Total Years in business 116 # 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 St

City Kingsburg State CA Zip 93631

E-Mail ahenderson@cityofkingsburg-ca.gov Phone Number 559-897-5821

Project Name: Comprehensive Physical and Mental Health Exams for all Kingsburg Police Department Personnel

Project Overview: Include purpose of the grant request. Describe in detail how the funds will promote health and wellness and further the grant goal of fostering quality health services and programs which benefit the residents of the District.

The City of Kingsburg is requesting funding for a comprehensive physical and mental health exam for all of Kingsburg Police Departments personnel. The Kingsburg Police Department exists to prevent, reduce, and solve crime while also collaborating with the community to improve public safety and enhance the quality of life. While the foundation of public service is to protect others, police personnel are often under greater scrutiny and face intense physical and mental pressure on the job and their lives must also be protected. Furthermore, working for the police department can require intensive hours with no rest despite it being necessary for their ability to serve the community. In order to address the growing demand for increased public safety, the city must actively maintain the health of its personnel to ensure these demands are met.

To improve the quality of life and health for all police personnel, the City of Kingsburg aims to provide full body scans and mandatory mental health checks to identify and prevent health care diseases. Comprehensive health checks will be provided to all full-time employees, also to include reserve officers, chaplains, and other volunteers as determined by the chief of police. Body scans are a non-invasive, early disease detection program that can detect diseases such as vascular, prostate, ovarian, and heart diseases, cancer, and aneurysms. Mental health checks allow the department to understand who has been impacted by psychological traumas like post-traumatic stress disorder, suicide idealization, or depression. Not only does this comprehensive health exam demonstrate to personnel the city cares, but it also demonstrates to the residents of Kingsburg that those who are entrusted with their safety are being taken care of, which builds trust amongst the community. Furthermore, health exams provide an opportunity to raise awareness and promote preventive health care to the community as well.

The partnership between the City of Kingsburg and the Kingsburg Health Care District represents an opportunity to uplift the very individuals protect the community every day. By investing in the long-term health of KPD personnel, the city is ensuring a healthy and prepared workforce that can protect the community. The city and the police department are confident that the initiative will foster a greater sense of community throughout police ranks and lead to a lasting workforce that will stay in the community.

2. Project Cost: Itemized budget with explanation of each itemized cost and the need for such, and supporting documentation, such as actual bids or formal estimates, if any.

The City of Kingsburg is requesting \$68,000 to fund the one-time comprehensive health exams for the Kingsburg Police Department.

Full Body Scans:

- a. Exam: \$1,500
- b. Employees: 40
- c. Cost: \$60,000

Mental Health Checks:

- a. Exam: \$200
- b. Employees: 40
- c. Cost: \$8,000

Total Cost:

- a. \$68,000

3. Partner(s): List all partners (if any), and their financial contributions for this specific project.

1. The City of Kingsburg
2. Kingsburg Tri-County Health Care District
3. Kingsburg Police Department

4. Funding Sources: List all funding sources for the past 5 years.

- General Fund budget from the City of Kingsburg
- Grant funds from the Kingsburg Tri-County Health Care District

5. Community Need: Describe specific needs of the District which your project will meet.

The Kingsburg Police Department provides service to all residents within city bounds and there has been an increase in service in recent years. As a result, personnel are extremely busy, overworked and need access to high-quality healthcare to allow them to maintain their health while also responding to increased volume of calls and greater demands for service. Creating a culture where officers can openly discuss their health is extremely important to destigmatizing health and normalizing treatment.

Police officers face unique work situations and environments that exacerbate their health issues. From sleep disturbances to the physical and mental demands of the job, police personnel experience certain stressors at a greater rate than non-personnel do. Studies published by the National Library of Medicine show that police officers have one of the highest cardiovascular disease health profiles amongst all occupations and that one in every seven officers have depression or PTSD. This is a direct result of the high stress working environment and unique occurrences that officers face in the community. They are also less likely to get six hours of sleep than other occupations. Despite the effects of the job on their health, KPD personnel are still dedicated to serving the community. The city has a responsibility to identify and address these health issues and the body scan creates a pathway to protect personnel.

The Kingsburg Police Department serves a small town in California's central valley. Like many other cities in the central valley, it remains difficult to retain staff, especially first-responders. Urban communities typically have better funded and resourced departments where police personnel can expect greater support for not only their careers, but health too. Small town police departments often lack the funding for competitive salaries, preventing effective recruitment and retention of police personnel. Furthermore, California's rural communities typically lack the healthcare infrastructure that urban communities have preventing personnel from understanding just how to manage their personal health. With a comprehensive health exam, KPD personnel won't have to seek the necessary care for their job elsewhere.

6. Legal Status: Please provide a copy of your W-9, business licenses and certificates, as well as IRS determination letter if you are a nonprofit.

N/A—Public Entity.

7. Contributions: List previous and ongoing community contributions your organization has made within the past 5 years.

The City of Kingsburg (the City) has a long tradition of being a strong community with various activities and opportunities, and the City wants all residents to lead a healthy lifestyle. This includes seeking grant funding when it is necessary to do so in the interest of the community.

Examples of past projects that were completed with the generous assistance of the Kingsburg Tri-County Health Care District include:

- 2022 Senior Center Kitchen Renovation - \$220,728.00
- 2019 Crandell Swim Complex Project - \$434,937.00
- 2019 Athwal Park Improvements Phase I - \$600,000.00

8. Plans: Provide drawings or pictures of the proposed project with footnotes for explanations.

N/A