

Name of Grantee: Arms Wide Open
 Title of Proposed Project: Improving the Health of Individuals with Disabilities Through Engagement in the Performing Arts
 Requested Amount: \$25,000.00
 # of Residents Served: 136
 CHNA Category: Other Priority Area



Introduction

Arms Wide Open enriches the lives of children and adults with special needs by fostering caring social environments and creating opportunities for recreation and participation in the arts. People of all ages, from throughout San Diego County, participate in its programs. AWO programs contributes significantly to the physical, mental, and emotional health of its participants. AWO doesn't deny services to any student based on their disability but adapts classes to help all special needs students gain coordination skills, improve balance, mobility, critical thinking, problem solving, concentration, speech and facilitate creativity as they learn and participate in the arts.

Project Highlights

Arms Wide Open's programs, for people with disabilities of all ages, cultural, and socio-economic backgrounds, directly address the physical, mental, and emotional health of everyone involved. Individuals with disabilities face tremendous barriers to accessing meaningful and enjoyable experiences that enhance their overall health. Everyone involved with Arms Wide Open is physically active, mentally engaged, and emotionally connected. AWO challenges the stereotypes that shape many peoples' views on what people with disabilities can do. By celebrating their talent and giving them the opportunity to shine, AWO is offering its own prescription to better physical, mental, and emotional well-being.

| Prior Funding | Prior Sponsorships |
|---------------|--------------------|
| FY23-24: - | FY23-24: - |
| FY22-23: - | FY22-23: - |
| FY21-22: - | FY21-22: - |
| FY20-21: - | FY20-21: - |
| FY19-20: - | FY19-20: - |



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Improving the Health of Individuals with Disabilities

Title of Proposed Project: Through Engagement in the Performing Arts

Requested Amount: \$25,000.00

of Residents Served: 136

CHNA Category: Other Priority Area

Financial Overview

Total Assets: N/A Simplified

Current Assets: N/A Simplified

Total Liabilities: N/A Simplified

Current Liabilities: N/A Simplified

Current Ratio: N/A Simplified

Total Revenue: N/A Simplified

Operating Cash Flow: N/A Simplified

Cost per Client: \$ 183.82

Budget Data

Total Organization Budget: \$ 713,000

Total Project Budget: \$ 622,680

GHD % of Project Funding: 4%

Grant Funding Allocation:

Teachers \$ 15,000.00

Management \$ -

Consultants \$ -

Equipment \$ -

Food \$ -

Information/Materials \$ -

OTHER

Utilities & Office Exp. \$ -

Professional Services \$ -

Training \$ -

Fundraising \$ -

Payroll tax \$ -

Dues and Subscriptions \$ -

Maintenance and Repairs \$ -

Theatrical Productions \$ 10,000.00

Total \$ 25,000.00

Total Organization Funding Sources

| Source | Amount |
|-------------------------|-------------------|
| Federal | \$ 10,000 |
| State | \$ - |
| City/County | \$ 360,000 |
| Other Government | \$ - |
| Proposed GHD | \$ 25,000 |
| Fees for Service | \$ - |
| Nonprofit Organizations | \$ 50,000 |
| Private Donations | \$ 55,000 |
| Other (list below) | |
| Class Fees | \$ 93,000 |
| Ticket Sales | \$ 90,000 |
| Corp. Contributions | \$ 30,000 |
| | \$ - |
| Total | \$ 713,000 |

| | | |
|-------|---|--------------|
| Title | Arms Wide Open | 07/18/2024 |
| | by Yvonne Rubio in Simplified Grant | id. 47038512 |
| | crpproductions@aol.com | |

| | |
|----------------------------|------------|
| Original Submission | 07/18/2024 |
|----------------------------|------------|

| | |
|-------|-----|
| Score | n/a |
|-------|-----|

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| Organization Information |
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| | |
|----------------------------|----------------|
| Legal Name of Organization | Arms Wide Open |
|----------------------------|----------------|

| | |
|---------|--|
| Address | 237 E Main St El Cajon CA 92020 US 32.79462 -116.95969 |
|---------|--|

| | |
|----------------------|------------------------|
| Organization Website | www.armswideopensd.com |
|----------------------|------------------------|

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|---------------------------|---|
| Organization Introduction | Please provide a brief (2-3 sentence) introduction to the organization, and its primary purpose(s). |
|---------------------------|---|

| | |
|---------------------------------------|---|
| Organization Introduction (response): | Arms Wide Open enriches the lives of children and adults with special needs by fostering caring social environments and creating opportunities for recreation and participation in the arts. People of all ages, from throughout San Diego County, participate in its programs. AWO programs contributes significantly to the physical, mental, and emotional health of its participants. AWO doesn't deny services to any student based on their disability but adapts classes to help all special needs students gain coordination skills, improve balance, mobility, critical thinking, problem solving, concentration, speech and facilitate creativity as they learn and participate in the arts. |
|---------------------------------------|---|

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| Applicant Information |
|-----------------------|

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|-------------------------------------|--------------|
| Name (application point of contact) | Yvonne Rubio |
|-------------------------------------|--------------|

| | |
|-----------------|-----------|
| Applicant Title | President |
|-----------------|-----------|

| | |
|-----------------|--------------|
| Applicant Phone | +16195796197 |
|-----------------|--------------|

Are you the agency director? Yes

Organization Brochure

[GHD_-_WHAT_PEOPLE_ARE_SAYING_ABOUT_ARMS_WIDE_OPEN.pdf](#)

Has the organization received grant or sponsorship funding from the Grossmont Healthcare District within the past five years? No

Grant Information

Proposed Project Title Improving the Health of Individuals with Disabilities Through Engagement in the Performing Arts

Project Highlights Please provide below a concise (2-3 sentence) description of the proposed project.

Project Highlights (response): Arms Wide Open's programs, for people with disabilities of all ages, cultural, and socio-economic backgrounds, directly address the physical, mental, and emotional health of everyone involved. Individuals with disabilities face tremendous barriers to accessing meaningful and enjoyable experiences that enhance their overall health. Everyone involved with Arms Wide Open is physically active, mentally engaged, and emotionally connected. AWO challenges the stereotypes that shape many peoples' views on what people with disabilities can do. By celebrating their talent and giving them the opportunity to shine, AWO is offering its own prescription to better physical, mental, and emotional well-being.

Amount of Funds Requested 25000.0

Number of Unduplicated GHD Residents to be Served 136.0

Ages of Population to be Served (select all that apply) Middle childhood (6-11 years)
Adolescent (12-17 years)
Adult (18-65)

Which of GHD's strategic priorities best aligns with your project? (select one) Other Priority Area

Please select one of the health priorities below Intellectual and Developmental Disability

Areas of Impact The Grossmont Healthcare District is home to approximately 520,000 residents, and its boundaries cover a large geographic area of 750 square miles that include most cities and towns frequently referred to as "East County," as well as much of the rural Mountain Empire Region. For the purposes of Board governance, it is divided into five zones. Use the image below or visit the Grossmont Healthcare District Interactive map to identify which zone(s) your project will impact.

| | |
|--|--|
| Which zone(s) of the Grossmont Healthcare District will your project impact? | Zone 1: Santee Zone 2: Spring Valley, Lemon Grove, Mountain Empire communities (Tecate, Potrero, Campo) Zone 3: La Mesa Zone 5: El Cajon, Jamul Zone 4: Lakeside, Harbison-Crest, Alpine, Pine Valley, Tribal communities (Barona and Viejas Reservations) |
|--|--|

| | |
|-------------------|--|
| Project Narrative | Provide below a brief (approximately 500 words) description of the proposed project, addressing the following: Problem statement Target population(s) to be served Description of proposed services Organizational capacity to deliver needed services Anticipated impact of the project on the health and well-being of East County residents |
|-------------------|--|

| | |
|------------------------------|---|
| Project Narrative (response) | <p>Problem Statement and Population Served:</p> <p>Since its founding in 2010, AWO has offered programming that intersects the performing arts and health and well-being. AWO serves 300+ individuals with autism, Down Syndrome, Cerebral Palsy, and other developmental and physical challenges. Many people with disabilities have few opportunities – or encouragement – for taking part in any physical activity or developing close friendships. They are at risk of many physical conditions, including obesity, diabetes, and heart disease. They are at risk of depression, anxiety, and loneliness. AWO addresses these through classes and performance opportunities that require significant physical activity (no one sits still when learning to dance or drum!) and that foster social interaction and long-lasting friendships. For WO students (many of whom take several weekly classes) the impact on their well-being – physical, mental, and emotional – can be dramatic.</p> |
|------------------------------|---|

“When we remember the WHO’s definition of health, which states that health is more than merely the absence of disease and infirmity, but the attainment of the highest level of physical, mental and social well-being, then the value of the arts becomes apparent.” Christopher Bailey. World Health Organization Arts & Health Lead

Proposed Services:

AWO offers a wide range of classes (e.g. Musical Theatre, Hip Hop, Tap, Percussion, Voice) at its El Cajon studio (six days a week). Programs provide an outlet for inventiveness, creativity, and socialization that helps remove barriers to learning and other risk factors that may jeopardize their chances for success and fulfillment. AWO's *Stars on Stage* performance initiative has two core programs – *Rising Stars* (all participants with special needs) and *Inspire*, its newest program that includes both people with and

without special needs, offering mentoring opportunities and the chance to learn from others.

GHD funds will support teaching artists for classes and rehearsals and production costs for two musicals: Shrek (October 2024) and Grease (Spring 2025).

Organizational Capacity:

In 2008, the owners of Arts in Motion, a for-profit performing arts studio, began offering a free class for people with special needs to give them the opportunity to participate in the performing arts. Its popularity was overwhelming, and in 2010, Arms Wide Open became a non-profit organization.

AWO is thrilled to report that in spite of being a small non-profit, still relatively unknown in San Diego, the quality and importance of its programs has been nationally recognized. AWO has received several grants from the California Arts Council, and in 2023 AWO was awarded a \$25,000 NBC Comcast Community Impact grant, just one of 81 in the country! Quite an accomplishment! And AWO was awarded its second grant from the NEA and its third from the Prebys Foundation to support program expansion (\$40,000 of budgeted revenue restricted for 2025).

Anticipated Impact:

AWO will continue to have a positive impact on the health and well-being of East County residents by:

- Providing people with disabilities an outlet for creativity and social opportunities;
- Giving these individuals tools they need to improve their physical, mental, and emotional health;
- Showcasing the talents of people with disabilities and helping erase the stigma so frequently associated with people with disabilities;
- Enhancing the region's cultural offerings so that people with disabilities have the opportunity to participate in artistically excellent experiences, and as a result improve their physical, mental, and emotional health.

Measurable Project Goals

In addition to the number of unduplicated GHD residents to be served, please briefly describe below 2-3 measurable goals that the project aims to achieve. If awarded, you will be asked to provide quarterly updates on your progress toward these goals, so please be sure that they are specific, measurable, and achievable within the project timeframe.

Project Goal #1

AWO will offer a minimum of 20 different weekly performing arts classes (e.g. tap, musical theatre, percussion, hip hop) at its El Cajon studio, teach two classes in North County, and begin to teach at a second "satellite" (location TBD)..

| | |
|---|---|
| Project Goal #2 | AWO will produce a minimum of two musical showcases featuring its Musical Theatre students performing for family and friends. These performances will take place in AWO's large studio in El Cajon. |
| Project Goal #3 | AWO will present two major musical productions in a large theatre. "Shrek" will feature its Rising Stars, a cast of 80+ individuals with special needs. "Grease" will feature Inspire cast members, people both with/without disabilities, at Sonrise Church in Santee.. |
| Project Budget and Organization Funding Sources | Please use the forms below to provide: 1) Project Budget: The project's total budget, including requested GHD funding as well as other funding that is available to support the project 2) All Budget Sources: The organization's total budget for the current fiscal year and all major sources of revenue. (Required of applicants with an annual operating budget of over \$500,000.) For budget preparation purposes, Excel versions of the budget forms are available here: 1) Project Budget, 2) All Budget Sources. Please note that you will need to transfer the information into the form(s) below, taking care to avoid the use of special characters, and value errors. |

Project Budget Form. DO NOT USE SPECIAL CHARACTERS (EX: \$, %, ",")

[GHD Project Budget form 5.15.24.xlsx](#)

Is your organization's annual operating budget greater than \$500,000? Yes

All Budget Sources Form. (Required of organizations with an annual operating budget of over \$500,000.) DO NOT USE SPECIAL CHARACTERS (EX: \$, %, ",")

[GHD All Budget Sources form 5.15.24.xlsx](#)

I confirm the information provided above is accurate and there are no #VALUE errors above. checked

Attestation and Digital Signature

Applicant Name Yvonne Rubio

I understand entering my name above will serve as my digital signature on this grant application. checked

You have finished completing the application.

Before finalizing and submitting your application, please review all your materials and answers, ensuring that all attachments are correct and up-to-date. You will receive an email confirmation once your application has been successfully submitted, and will be able to review your submission. To ensure you receive communication related to your application, safelist the @submittable.com email address. Please check your email to confirm receipt. If you do not receive a confirmation email, consider the following: Check the junk/spam filters for your email account. Ensure that you have submitted the application and that it is not still saved as a draft. Failure to receive the confirmation email may result in missing other important information. To complete and submit your application, click the "Submit" button below. Please note that once you submit, you will not be able to make changes to your application unless requested and approved by District staff.

WHAT PEOPLE ARE SAYING ABOUT ARMS WIDE OPEN...

“Katherine has been taking Musical Theatre and Hip Hop for several years, and now she is able to take classes twice a week because of the new Escondido location. AWO is the favorite part of her week and if she could, she would take class five days a week! She’s lost 50 pounds. She has made friends and feels like she is an important part of a group of people who value her. Kate has Down Syndrome and has a pretty active life, but she has grown so much from her interaction with the AWO “family”, and it really is a family. Unlike many programs for people with disabilities, AWO expects a great deal of everyone and as a result they give their best.” Katherine’s mom

"We became involved with AWO because we saw the amazing things the program was doing for Michael and for so many other wonderful people with disabilities. We watched as our son, who had been essentially nonverbal, made more progress than we had ever dared to hope for. He went from being nonverbal to being able to sing, dance and act in a professional theatre with a 500-member audience looking on. We attribute this remarkable growth to the many people who have invested in him through the years, but especially to the support, world-class instruction and compassion that he receives at AWO." Sean R. Mercadante, Lt Col, USAF (Ret.)

“ARMS WIDE OPEN. A place where there are no limitations and "YOU CAN DO IT" is repeated often. A place where dreams are encouraged and a path to reach them is made...An amazing place where your ABILITIES are seen and you get nonstop smiles, high fives, pats on the back and applause at the beginning, middle and end of every class. A place that accepts you with "arms wide open"...
Jessica's mom

“Renee has grown in every area of development as a result of her experiences through AWO. Her behavior, communication skills, gross motor, and social skills have improved exponentially. She now has a group of real friends, birthday parties, sleepovers, and outings to attend! She always has some healthy and enriching activity to participate in. Chris Rubio promotes a sense of purpose and inclusion for these young adults. He presents them with endless opportunities to be engaged and have fun. The productions are absolutely amazing, but it is the process that makes the difference. Students work toward a common goal for months at a time. The feedback from community members is pure joy. People relish the fact that our participants possess such talent and shine when given the chance. We cannot say enough positive things about Arms Wide Open. The caring staff, the classes and the productions are absolutely wonderful. Debbie and Dennis Imming

“In AWO Daniel has been challenged physically, cognitively, and socially and has learned leadership skills and many life lessons. Arms Wide Open has become family to both Daniel and myself where we share our closest friendships and have grown greatly as we interact with this beautiful community. When Daniel was younger, he had a busy life, but not much of a social life or close friends. Now in AWO, Daniel feels accepted and respected and has a social life most only dream of: friends to work and perform with, to enjoy parties and social activities with and to share life with. We are so grateful for all of the challenges, rewards, fun and love we have found in Arms Wide Open.” Patty (Daniel’s mom)

AND WHY THEY ARE SAYING IT!

GREAT CLASSES!



IN-STUDIO RECITALS



Annie, 2024

FUN REHEARSALS



INSPIRE - rehearsing *Newsies* in the AWO Studio
AMAZING PRODUCTIONS!



***Wizard of Oz* 2023 (Rising Stars)**



***Newsies* 2024 (INSPIRE)**

THE BEST FRIENDSHIPS!



And please take a look at The Zevely Zone...air date May 10, 2024 (Opening Night)

<https://www.cbs8.com/article/news/local/zevely-zone/arms-wide-open-newsies-the-musical-santee/509-ec9d3b51-9405-4457-8702-9197461deef1>

Total Grant Amount Requested

25000 -

-

| PERSONNEL | Grossmont Healthcare District Project Funding | Other Funding Available for Project | Total Project Budget |
|---|--|--|-----------------------------|
| Staff (non-management) - List Position | - | - | - |
| Teaching Artists | 15000 | 50000 | 65000 |
| Clerical Support | | 40000 | 40000 |
| Choreographer | | 2000 | 2000 |
| | | | 0 |
| | | | 0 |
| Total Staff Salary and Benefits | 15000 | 92000 | 107000 |
| Management - List Position(s) | - | - | - |
| Artistic Director/Lead Teaching Artist | | 75000 | 75000 |
| Finance Director | | 50000 | 50000 |
| | | | 0 |
| | | | 0 |
| | | | 0 |
| Total Management Salary & Benefits | 0 | 125000 | 125000 |
| Consultant Fees | | 12000 | 12000 |
| TOTAL PERSONNEL | 15000 | 229000 | 244000 |
| - | - | - | - |
| OTHER EXPENSES | Grossmont Healthcare District Funding | Other Funding Available for Project | Total Project Budget |
| Telephone | | 5300 | 5300 |
| Postage | | 1200 | 1200 |
| Office Supplies | | 4800 | 4800 |
| Equipment | | 13000 | 13000 |
| Printing/Duplicating | | 1000 | 1000 |
| Information/Materials | | 3000 | 3000 |
| Professional Services | | 14000 | 14000 |
| Travel | | 4000 | 4000 |
| Rent | | 90000 | 90000 |
| Utilities | | 16000 | 16000 |
| Insurance | | 12800 | 12800 |
| Training | | 500 | 500 |
| Project Food /Packaging Costs | | | 0 |
| Miscellaneous - List | - | - | - |
| Fundraising | | 14600 | 14600 |
| Payroll tax | | 12000 | 12000 |
| Dues and Subscriptions | | 600 | 600 |
| Maintenance and Repairs | | 8200 | 8200 |
| Theatrical Productions | 10000 | 167680 | 177680 |
| TOTAL OTHER EXPENSE | 10000 | 368680 | 378680 |
| TOTAL PROJECT EXPENSES | 25000 | 597680 | 622680 |

| FUNDING SOURCE | Total Organization Budget |
|-------------------------|----------------------------------|
| Federal | 10,000 |
| State | |
| City/County | 360,000 |
| Other Government | |
| Proposed GHD | 25,000 |
| Fees for Service | |
| Nonprofit Organizations | 50,000 |
| Private Donations | 55,000 |
| Other (list below) | |
| Class Fees | 93,000 |
| Ticket Sales | 90,000 |
| Corporate Contributions | 30,000 |
| Total | 713,000 |