

Name of Grantee: St. Madeleine Sophie's Training Center
 Title of Proposed Project: SMSC Healthcare Students Volunteer Program
 Requested Amount: \$25,000
 # of Residents Served: 400
 CHNA Category: Aging



Introduction

For 59 years, St. Madeleine Sophie's Center (SMSC) has dedicated itself to educating and empowering individuals with intellectual and developmental disabilities (IDD) to realize their full potential. To accomplish our mission, we provide a variety of quality employment-centered programs and support services to over 400 adults with IDD annually. These include job training and on-the-job support; entrepreneurial skills building; volunteer opportunities; life skills training; behavior modification; leisure/recreational activities; arts and crafts education; specialization programs (e.g., Sign Language, Speech Therapy, Culinary Arts Training, Horticulture, etc.); aquatics, gardening, farm-to-table food services; senior support services; transportation; mobility training; and self-advocacy training.

Project Highlights

People with IDD have immense health and social needs, most of which are attributed to their accelerated aging. Building a workforce of healthcare professionals who are knowledgeable about the unique needs of this population is vital. The program provides 11-15 local health care students annually – nursing students and Occupational Therapy students from the University of San Diego and Point Loma Nazarene University, respectively – with the opportunity to complete their fieldwork at SMSC and learn how to work with people with IDD and aging individuals. Among other benefits, these students enhance our clients' access to hands-on health care.

Prior Funding

FY24-25: 25,000
 FY23-24: 25,000
 FY22-23: 25,000
 FY21-22: 25,000
 FY20-21: 25,000

Prior Sponsorships

FY24-25: -
 FY23-24: -
 FY22-23: 2,350
 FY21-22: -
 FY20-21: -

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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: \$ 62.50

Budget Data

Total Organization Budget: \$ 10,854,100
 Total Project Budget: \$ 25,227
 GHD % of Project Funding: 99%

Grant Funding Allocation:

Staff \$ 610
 Management \$ 20,481
 Consultants \$ -
 Equipment \$ -
 Food \$ -
 Information/Materials \$ -
OTHER \$ -
 Utilities & Office Exp. \$ 773
 Professional Services \$ -
 Training \$ -
 Student Background Check \$ 847
 Orientation Training Software \$ 1,561
 Volunteer Meals \$ 728
 \$ -
 Total \$ 25,000

Total Organization Funding Sources

Source	Amount
Federal	
State	\$ 8,072,200
City/County	\$ -
Other Government	\$ -
Proposed GHD	\$ 25,000
Fees for Service	\$ 351,800
Nonprofit Organizations	\$ -
Private Donations	\$ 1,553,100
Other (list below)	\$ -
Fundraising/Events	\$ 583,000
Foundation/Corp Grants	\$ 269,000
	\$ -
Total	\$ 10,854,100

Title	St. Madeleine Sophie's Training Center	07/19/2025
	by Debra Emerson in Simplified Grant FY25-26	id. 51112419
	demerson@stmsc.org	

Original Submission 07/19/2025

Score	n/a
Organization Information	
Legal Name of Organization	St. Madeleine Sophie's Training Center
Address	2119 E Madison Ave El Cajon CA 92019 US 32.8021 -116.901173
Organization Website	https://stmsc.org/
Organization Introduction	Please provide a brief (2-3 sentence) introduction to the organization, and its primary purpose(s).
Organization Introduction (response):	For 59 years, St. Madeleine Sophie's Center (SMSC) has dedicated itself to educating and empowering individuals with intellectual and developmental disabilities (IDD) to realize their full potential. To accomplish our mission, we provide a variety of quality employment-centered programs and support services to over 400 adults with IDD annually. These include job training and on-the-job support; entrepreneurial skills building; volunteer opportunities; life skills training; behavior modification; leisure/recreational activities; arts and crafts education; specialization programs (e.g., Sign Language, Speech Therapy, Culinary Arts Training, Horticulture, etc.); aquatics, gardening, farm-to-table food services; senior support services; transportation; mobility training; and self-advocacy training.
Applicant Information	
Name (application point of contact)	Debra Emerson
Applicant Title	Chief Executive Officer

Applicant Phone +16194425129

Applicant Email demerson@stmisc.org

Are you the agency director? Yes

Organization Brochure

[Sophies_Gazette_-_July_2025.pdf](#)

Has the organization received grant or sponsorship funding from the Grossmont Healthcare District within the past five years? Yes

Past GHD awards received

FY 20-21
FY 21-22
FY 22-23
FY 23-24
FY 24-25

Grant funding received in FY 20-21 (enter "0" if not applicable) 25000

Sponsorship funding received in FY 20-21 (enter "0" if not applicable) 0

Grant funding received in FY 21-22 (enter "0" if not applicable) 25000

Sponsorship funding received in FY 21-22 (enter "0" if not applicable) 0

Grant funding received in FY 22-23 (enter "0" if not applicable) 25000

Sponsorship funding received in FY 22-23 (enter "0" if not applicable) 0

Grant funding received in FY 23-24 (enter "0" if not applicable) 25000

Sponsorship funding received in FY 23-24 (enter "0" if not applicable) 0

Grant funding received in FY 24-25 (enter "0" if not applicable) 25000

Sponsorship funding received in FY 24-25 (enter "0" if not applicable) 0

Grant Information

Proposed Project Title SMSC Healthcare Students Volunteer Program

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

Project Highlights (response): People with IDD have immense health and social needs, most of which are attributed to their accelerated aging. Building a workforce of healthcare professionals who are knowledgeable about the unique needs of this population is vital. The program provides 11-15 local health care students annually – nursing students and Occupational Therapy students from the University of San Diego and Point Loma Nazarene University, respectively – with the opportunity to complete their fieldwork at SMSC and learn how to work with people with IDD and aging individuals. Among other benefits, these students enhance our clients' access to hands-on health care.

Amount of Funds Requested 25000

Number of Unduplicated GHD Residents to be Served 400

Ages of Population to be Served (select all that apply) Adult (18-65) Seniors (65+)

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

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, El Cajon - Bostonia
Zone 5: El Cajon, Jamul

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)

-Problem statement: Due to their pre-existing neurological, functional, and physical impairments, individuals with IDD experience a high rate of medical, functional, and psychosocial issues at about 20-25 years sooner compared to aging individuals without disabilities. They also experience dementia, Alzheimer's, and other chronic diseases at a much younger age than people without IDD (Vanier, 2019). Approximately 1 in 5 SMSC clients are "senior citizens" with increased needs for health and medical services.

A recent survey found that 50% of physicians and nurses do not feel confident in their ability to care for individuals with disabilities (Lee and Diaz et al., 2024). Including disability education for healthcare students will better prepare them to feel confident in their ability to care for individuals with disabilities.

-Target population: The program serves two populations --

1) SMSC's clients who are individuals with IDD (autism, fetal alcohol syndrome, Down syndrome, spina bifida, epilepsy, cerebral palsy, etc.), 18 years or older; approximately 75 seniors 65+; 100% low-income; and 75% live in East San Diego County (120 from El Cajon alone); and

2) Nursing and Occupational Therapy students from the University of San Diego (USD) and Point Loma Nazarene University (PLNU).

-Proposed services: The program was launched in 2018 in partnership with USD and added PLNU in 2023. Under the supervision of faculty and as part of their matriculation requirement, 11-15 students annually receive 6 months of training on how to provide primary care and rehabilitative care for people with IDD. The curriculum includes the following activities:

- Students volunteer in a variety of SMSC programs and client support groups on campus. This allows them to work with a variety of our clients with different disabilities. The goal is for them to learn how to interact and

listen to clients with IDD to be better equipped to serve them in their professions.

- Students observe clients while working in support groups and provide suggestions on how SMSC staff can better support our clients, including health education, fine motor skill building, balancing techniques, etc.
- Nursing students complete their tenure in the program by conducting a 'project' of benefit to our clients, based on their year-long assessment. This can include health fairs, field trips for clients to tour USD or visit a fire station to learn about fire safety.

-Organizational capacity: Since its founding, SMSC has been providing a full spectrum of day programs and support services for people with IDD – initially serving preschool children and transitioning to serving adults in 1972. Our programs continue to receive the highest service rating from the Commission on Accreditation for Rehabilitation Facilities. Approximately 70% of SMSC's workforce development activities are funded by the San Diego Regional Center. SMSC employs 110 staff members and maintains a volunteer pool of over 48 individuals.

-Anticipated impact: As a result of the program participants will 1) increase access to health care monitoring; 2) increase access to hands-on basic patient care; 3) increase access to health education; 4) increase access to care coordination and goal planning toward improved health outcomes; and increased health care workforce skilled in serving people with IDD. Students will 1) increase knowledge, experience, and skills in serving people with IDD; 2) increase confidence in serving people with IDD; and 3) reach academic matriculation.

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 report back on your achievement of these goals, so please be sure that they are specific, measurable, and achievable within the project timeframe.
Project Goal #1	By December 31, 2026, provide 400+ SMSC students with hands-on basic health care services and support to improve their health outcomes.
Project Goal #2	By December 31, 2026, provide 11-15 Nursing and Occupational Therapy students from USD and PLNU with hands-on training in the provision of health care and support services for people with IDD.
Project Goal #3	By December 31, 2026, increase the number of healthcare and social service students in San Diego County who express confidence, proficiency, and competency in serving people with IDD.

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 Debra Emerson

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.

Total Grant Amount Requested

PERSONNEL	Grossmont Healthcare District Project Funding	Other Funding Available for Project	Total Project Budget
Staff (non-management) - List Position	-	-	-
HR Generalist	329		329
Payroll Admin./HR Asst.	281		281
			0
			0
			0
Total Staff Salary and Benefits	610	0	610
Management - List Position(s)	-	-	-
Program Managers	19574		19574
Health & Safety Manager	119		119
Assitant Program Director	788		788
			0
			0
Total Management Salary & Benefits	20481	0	20481
Consultant Fees			0
TOTAL PERSONNEL	21091	0	21091
-	-	-	-
OTHER EXPENSES	Grossmont Healthcare District Funding	Other Funding Available for Project	Total Project Budget
Telephone			0
Postage			0
Office Supplies	773	227	1000
Equipment			0
Printing/Duplicating			0
Information/Materials			0
Professional Services			0
Travel			0
Rent			0
Utilities			0
Insurance			0
Training			0
Project Food /Packaging Costs			0
Miscellaneous - List	-	-	-
Student Background Check	847		847
Orientation Training Software	1561		1561
Volunteer Meals	728		728
			0
			0
TOTAL OTHER EXPENSE	3909	227	4136
TOTAL PROJECT EXPENSES	25000	227	25227

Grant Request Must Match GHD Total

FUNDING SOURCE	Total Organization Budget
Federal	
State	8,072,200
City/County	
Other Government	
Proposed GHD	25,000
Fees for Service	351,800
Nonprofit Organizations	
Private Donations	1,553,100
Other (list below)	
Fundraising/Special Events	583,000
Foundation and Corporate Gr.	269,000
	10,854,100