

Anna Schraeder

From: Anna Schraeder
Sent: Monday, May 24, 2021 3:58 PM
To: Jenna Zelinski; David Lakefield (david.lakefield@minotnd.org)
Subject: FW: Online Form Submittal: Application for Funding

From: noreply@civicplus.com <noreply@civicplus.com>
Sent: Monday, May 24, 2021 3:52 PM
To: Anna Schraeder <anna.schraeder@minotnd.org>; Harold Stewart <harold.stewart@minotnd.org>; David Lakefield <david.lakefield@minotnd.org>
Subject: Online Form Submittal: Application for Funding

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Application for Funding

Applicant Organization	The Difference - A Holistic Approach
Address	2201 15th St SW, Suite LL4
City	Minot
State	ND
Zip Code	58701
Contact Person	Shelly Bohl
Daytime Phone	17012635518
E-mail Address	thedifaha@gmail.com
Web Address	thedifaha.org
Grant Request Amount	\$2,000
For what specific purpose would this grant be used?	The Difference – A Holistic Approach is a local nonprofit that takes the innovative approach to address energy healing for survivors who suffer from past trauma. It is difficult to witness the suffering of trauma victims. Many are unable to regain control of their lives; relying on drugs or alcohol to mask the symptoms. Seeing the need for healing for the many survivors in this area led to the development of an agency to bring some

healing to those who are suffering – at no cost to them. What makes this effort so unique is that it is the only project of this kind in the state of North Dakota. This grant would be used to fund the expenses to bring energy healing to victims of trauma in this community (victims who are suffering from the traumas that continue to affect their quality of life), as well as support the general operations of this agency.

Attach a Financial Report

[2021-2022 Budget Approved.xlsx](#)

Identify how volunteerism will play a role in the specific purpose for which the grant would be used.

The Board of Directors is active in volunteering for fundraising and outreach events to inform the public of our services. Past events included the PTSD Awareness Walk, the Veteran's Stand Down, Health Fair, and SOS Spiritual Expo; all events held within the city of Minot.

Attach a narrative describing the organizational goals and objectives.

Quantum physics tells us that everything material is made up of atoms and molecules (including the human body). These atoms and molecules are constantly vibrating, creating a healthy flow of energy. When we suffer trauma such as experiencing a crime inflicting upon us, there is an energy block (dam) put in that flow of energy which will then affect us and the decisions we make in the future (The 'fight or flight' response is one of those responses to create a block.). Until we are able to acknowledge that trauma and are able to release the block, that trauma continues to affect us and ultimately, every aspect of our life.

Energy healing is a type of therapy that stimulates the energy flow in, on, and around the human body to restore balance on all levels. One of the greatest benefits is stress reduction and relaxation, which triggers the body's natural healing abilities. By addressing the energy of our body, we promote better health and greater clarity. The objectives of this agency are to reach trauma victims; to restore them to a peaceful, calm awareness where they are able to think more clearly.

The goals for this project are to reach those who are suffering from past trauma, educate on the effectiveness of holistic/energy healing, and to provide energy healing modalities (techniques) free of charge. Science has proven that energy healing is effective in addressing the trauma stored in our bodies. Survivors no longer need to suffer from the lasting effects of the trauma.

GOALS:

1. Conduct presentations to educate on the effectiveness of energy healing for trauma victims.
 2. Surveys distributed at presentation to gain information on the individual's awareness of holistic healing.
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3. The Director will meet with survivors, complete the necessary intake to collect the statistical data, make referrals to the appropriate energy healing practitioner and pay the cost of up to three sessions for each client.
4. Evaluations will be collected from each participant to monitor progress, evaluate the level of healing achieved and how this experience may have affected the quality of their life.

To achieve the objectives, for which the grant will be used, will single or multi-year funding be required? If multi-year funding is required, please specify the number of years?

Multi-year funding is not required but would be beneficial for the continued healing of this community. The Difference is an ongoing program dedicated to educating and providing healing for trauma victims. We will continue to solicit charitable donations and conduct fundraising events. The statistical data collected through the intakes and evaluations from clients will strengthen our ability to submit local, state, and federal grant applications.

What sector of the population will benefit by the city's contribution?

There is so much pain and suffering in our communities; domestic violence, sexual assaults, veterans suffering from PTSD, child abuse, and crimes perpetrated on innocent people are just a few of the traumas inflicted. Our community provides the necessary intervention for these victims but the fear, sadness, anxiety; all a result of the trauma is still with them – mentally, physically, and emotionally and will continue to affect them. Since trauma can have serious effects on health, behaviors, and relationships, it is important to gain the knowledge, skills, and assistance needed to promote healing, recovery, and wellness.

Trauma begins with an event or experience that overwhelms a person's coping mechanism. It is not limited to suffering violence but includes witnessing violence. This trauma will affect their whole quality of life. Substance dependence and abuse is a common coping strategy of people who have experienced severe emotional trauma. Alcohol and drugs serve to numb the pain so that a person does not have to experience the negative emotions associated with the trauma. Others may develop eating disorders, have difficulty sleeping, anxiety, and/or depression which may lead to suicide.

Too many people are suffering from past traumas, believing there is nothing that can be done; 'they just have to live with it'. Research supports the physical, mental, and emotional benefits that are achieved as a result of energy healing modalities. Over 800 hospitals in this country are utilizing some form of energy therapy. Why then not utilize this feature for those who are suffering as a result of trauma in our community?

Energy healing is a relatively new concept in this part of the state. However, those who have experienced this healing understand the difference this can make in the quality of life, and The Difference is dedicated to bringing the experience to those who are suffering. Many of our clients have suffered for years and are at their wit's end; desperate to just feel better. Our services are open to anyone interested in energy healing so the sector of the population to benefit are all citizens of this community.

What benefit will the program or project provide for the community and specifically the number of individuals in the community?

Trauma causes changes in the brain and a person's nervous system becomes sensitized; changes that affect the functioning of their bodies. Energy healing is based on scientific principles. Quantum physics validates the existence of subtle fields of energy; molecules that are vibrating all the time. When we suffer trauma, there is a 'block' in this vibration that affects our physical, mental, and emotional well-being. Energy healing is a holistic practice that activates the body's subtle energy systems to remove those blocks. By breaking through the energetic blocks, the body's inherent ability to heal itself is stimulated. The Difference informs on the effectiveness of energy healing and provides some healing to the victims. The agency pays the cost for three sessions of energy healing with additional sessions if requested, conducted on a sliding scale. The impact of this initiative has the capacity to make a significant change for survivors; helping them regain purpose to once again become productive members of their community.

This past year COVID made it difficult for us to conduct outreach but we were determined to continue our efforts. The Difference presented at 9 events, informing 98 people of the benefits of energy healing. We also paid the cost of healing sessions for 15 survivors whose traumas included domestic violence, rape, family violence, home invasion, gunshot, death of a child, and PTSD. After each energy healing session, an evaluation was completed by the client. Responses on the evaluations this past year included:

- My anxiety was cleared; I felt a big difference in even just taking a fulfilling deep breath.
- It's hard to explain but I feel calmer and at peace.
- I would recommend these healing services to everyone.
- I am shocked at the change this practitioner was able to affect with just one visit.
- I just discovered energy healing this last year and wish I would have found it a long time ago.

The City of Minot funding will make it possible for this agency

to conduct informational events to educate on the effectiveness of energy healing, to distribute materials that explain how energy healing works, and to provide an appropriate space (our office) each month for conducting additional learning opportunities with survivors and/or interested individuals. We will participate in events to share knowledge of appropriate healing modalities (techniques). This funding will also pay the cost of energy healing sessions by local practitioners for trauma survivors. So far, this calendar year, The Difference has conducted 7 presentations where we reached approximately 150 people educating on the benefits of energy healing. We have paid the cost for 10 energy healing sessions. At this rate, our goal is to educate/inform 500 on the benefits of holistic healing and pay the cost for 30 healing sessions.

Identify the public support for this program or project.

The director of The Difference has shared the information of this agency with community agencies and gained their support in distributing our brochures to the survivors who may benefit from the work we do. This includes the Minot Police Department and Domestic Violence Crisis Center.

Is your organization, or will this program or project be involved in the sharing of facilities, programs, and or staff with other related organizations including other government organizations?

One of our goals is to inform the general public of the benefits of energy healing. We conduct speaking engagements at public events and to other community agencies and/or service clubs. It is in sharing of information that we may reach those who are suffering in silence, unaware of the services available that may bring some peace into their life; at no cost to them.

Would assistance in the area of providing facilities or services in lieu of financial support be effective to achieve the goals of your program or project?

At this time, financial support is what is needed but in the future, we would be interested in sharing a facility with other agencies who encourage and support healing for the many survivors of trauma.

If the City of Minot becomes a participant in your program or project, how should we measure its success?

We have been asked if three energy healing sessions will completely heal the client. Of course not. But the three sessions will help them to begin the healing journey; allowing them to find some peace and to guide them with self-care techniques they may implement. It also brings awareness of the practitioners in this community for further sessions. The meetings held at our office each month further educates on holistic healing modalities and the opportunity to share what each has learned; a support group where each understands the effects of trauma and how to improve their quality of life.

The Difference is required to keep statistical data that aids in tracking the effectiveness/efficiency of the program. This agency will measure the number of clients, the communities involved, the collaborative agencies utilized, healing modalities involved, events conducted, and the number of those in attendance. Surveys will be distributed with the results compiled to monitor accomplishments. The evaluation form utilized by The Difference includes the type of modality (technique) the client experienced, what did not improve, if noticeable healing was experienced and if so, in what capacity, and any additional comments they may have. Past evaluations have shown positive results.

To determine success, confidential records will be maintained. Intake forms will monitor the demographics of those assisted. Client surveys will be utilized to evaluate the effects of the healing sessions. Surveys will also be dispersed at any/all presentations to monitor if the presented materials were informative.

Our success will be determined as to the number of victims who choose to participate in this innovative approach to healing, the results contained in their evaluations and the results of the surveys received at the presentations; to govern the information that was addressed and the response to this approach.

Does your organization work with other programs or organizations working towards the same objectives? (If so, please identify the programs or organizations)

Energy healing is a relatively new concept in this region of the state but is catching on as a reliable healing method for those who have suffered trauma. The Difference currently has a partnership with four (4) local practitioners who provide five (5) different modalities of healing. The modalities include Reiki, Massage Therapy, CranioSacral, Healing Touch, and Spiritual Healing.

How will you incorporate the use of government, the private sector, and volunteerism to meet the objectives of your program or project?

We will continue to conduct outreach to local organizations such as law enforcement and domestic violence agencies. Their support will assist with reaching victims of trauma such as domestic violence and victims of crime. We will also provide educational information on the benefits of energy healing at public events in this community; to reach those who are suffering, as well as family and friends who may know someone in need of our services. Volunteers will play a large part in assisting our fundraising efforts and spreading awareness of this program.

Identify organizations in the community that support your application

The Difference has a partnering collaboration with the Minot Police Department who hand out our brochures to any crime victims they think may benefit from our services. The Difference

for funding-also identify if each of the organizations listed does or does not provide or work towards the same objective.

also works with the Domestic Violence Crisis Center in Minot to assist the victims who have suffered domestic violence, sexual assault, and/or trafficking. Brochures are distributed, and the Victim Advocates make referrals.

There are holistic healing practitioners in the city of Minot who provide energy healing, but The Difference is the only agency in the state of North Dakota to pay the cost of energy healing for trauma victims. For the survivors who participate in this program, we make referrals to the local holistic/energy healing practitioners who then submit the billing to us; allowing victims the opportunity to experience three sessions of energy healing at no cost.

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