



CITY OF LA CROSSE COMMUNITY ENHANCEMENT GRANT APPLICATION

Please note that previous funding amounts are not a guarantee for continued support and any funding amount may be based on a number of factors including, but not limited to, performance, available City funds, and collaborating efforts by your organization with similar organizations.

Contact Information

Organization

Hope Restores

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Name of contact person

Tashyra Jackson

Proposal Summary

Project Name

Restoring Health & Hope: Community-Based Mental Health and Wellness Project

Total amount of City funds your agency is requesting

\$51,000.00

Will any new jobs be created as a result of the project?

☒ Yes ☐ No

If so, how many?

5

What benefit has your organization provided to the La Crosse community, and specifically to the City, in 2024?

Hope Restores has been instrumental in providing culturally responsive mental health support and wellness programs to underserved populations in La Crosse. Our initiatives have fostered community resilience, reduced mental health stigma, and connected individuals to essential resources, contributing to the overall well-being of the community.

What does your organization have planned for the remainder of 2024 (that is of benefit to La Crosse, and specifically the City)?

For the remainder of the year, Hope Restores will focus on scaling our signature initiative—Restoring Health & Hope: Community-Based Mental Health and Wellness Project—with strategic emphasis on expanding our weekly support groups, deepening community engagement, and addressing key social determinants of health (SDoH) that directly impact the mental wellness and quality of life for La Crosse residents.

We plan to:

Expand our existing support groups, including Brothers Battling Barriers, Women of Melanin, Cycle Breakers (boys youth group), Girls Group, and Little Women of Melanin, ensuring each session is trauma-informed, peer-led, and inclusive of a shared meal to foster belonging and emotional safety.

Launch new targeted outreach campaigns aimed at raising awareness of available services, reducing stigma around mental health, and reaching populations historically underserved by mainstream systems.

Collaborate with local agencies to strengthen referral pathways and resource coordination around critical social determinants of health—including housing insecurity, food access, financial instability, transportation, and culturally appropriate healthcare navigation.

Addressing SDoH is essential to the long-term success of our community-based mental health model. We recognize that an individual's mental health cannot be sustainably improved without simultaneously addressing the external factors that create chronic stress and instability. By helping residents stabilize their basic needs through access to trusted navigators, community health workers, and peer advocates, we empower them to focus on healing, personal growth, and participation in civic life.

This holistic, upstream approach to mental wellness directly benefits the City of La Crosse by:
Reducing strain on emergency and crisis response systems

Supporting healthier, more engaged residents

Promoting public safety and community cohesion

Advancing health equity and long-term cost savings for municipal services

Ultimately, our efforts align with the City's vision of fostering a vibrant, inclusive, and healthy community where every resident has the opportunity to thrive.

What does your organization plan to accomplish with the help of City funding in 2025?

With the support of City funding, Hope Restores will implement the Restoring Health & Hope Community-Based Mental Health project. This initiative is designed to scale our current mental health support services while deepening our commitment to addressing the root causes of poor mental health outcomes in underserved communities.

Specifically, City funding will allow us to:
Launch new trauma-informed mental wellness programs, targeting youth, adults, and families who face systemic barriers to care.

Increase the capacity and impact of our five established weekly support groups, providing consistent access to safe, culturally responsive spaces where participants can process trauma, build resilience, and receive peer and professional support.

Provide meals at every group session, recognizing the importance of nourishment in building community, promoting dignity, and encouraging consistent engagement.

Facilitate intentional community integration opportunities by introducing participants to new local experiences, civic committees, social clubs, and collaborative events throughout the city.

At the heart of this work is our belief that belonging is a foundational pillar of mental wellness. When individuals are actively connected to the social fabric of their city—whether through community forums, cultural events, or collaborative service projects—their sense of purpose, agency, and overall well-being improves significantly. By leveraging City funds, we can create pathways for participants to move from isolation to inclusion, from surviving to thriving—ultimately contributing to a stronger, more connected La Crosse. Our efforts will help reduce disparities, build local leadership, and cultivate a culture of health and hope across neighborhoods.

Organization Details

Legal status of organization Private, Non-Profit	Federal Tax Identification Number 85-3904972
What was your organization's total operating budget for the past year? \$460,000.00	
Has your organization received City funds in the past? <input checked="" type="radio"/> Yes <input type="radio"/> No	If yes, how much has your organization received and how many years has your organization participated in the program? \$10,000 for a fundraiser campaign back in 2022 that was specifically funding for our organization.

Organization Structure

Attach the following documents (check off as you upload each file below)

☒ Concise organization chart showing your agency's major administrative structure

☐ Articles of Incorporation and Bylaws

☒ List of Board of Directors

☒ Current agency budget

☒ Current project activity budget if currently funded

☒ Other financial forms: Form 990, Income Statement, Balance Sheet, et al.

File Upload

2025 Annual Project Budget - Sheet1.pdf	57.45KB
Hope Restores 2023 Tax 990.pdf	130.53KB
Hope Restores Organizational Chart.pdf	48KB
Hope Restores Bylaws New.pdf	76.39KB
Hope Restores 2024 List of Current Members (1).pdf	186.62KB
HopeRestores_AnnualBudget_FY2025_2026.pdf	2.57KB

What is your agency’s primary funding source(s)?

Grants, donations and contracts

What percent of your anticipated total project budget does this City request represent?

10%

What other source(s) of funds could your organization pursue? Does your organization receive similar funding from other municipalities?

Hope Restores is actively pursuing a diversified funding strategy that includes grants from private foundations, healthcare systems, and state agencies, as well as contracts for service delivery to sustain and scale our programming. We are also seeking fee-for-service opportunities through partnerships such as Comprehensive Community Services (CCS) and Community Health Worker contracts.

At this time, Hope Restores does not receive similar funding from other municipalities. The City of La Crosse has been a foundational partner in supporting our community-based approach, and continued investment will help solidify our capacity to deliver high-impact, equity-driven mental health and wellness services to the residents of La Crosse.

Proposal Details

Provide an overview of the program (this pertains only to the activity for which you are seeking funds).

The Restoring Health & Hope project is designed to provide community-based mental health and wellness support through culturally responsive programs. This initiative includes weekly support groups, community healing events, and individual support services aimed at addressing mental health disparities among underserved populations in La Crosse.

Specifically state how the requested funds will be used.

The funds will be allocated towards program facilitation, materials, staffing needs, meal provisions for support group sessions, outreach efforts, and operational costs associated with hosting community events and providing resources to participants.

State the specific local needs and problems that your proposal intends to address.

This project addresses the critical need for accessible mental health services tailored to the cultural contexts of underserved communities in La Crosse. By providing targeted support, we aim to reduce mental health stigma, improve access to care, and enhance overall community well-being.

Persistent challenges impacting the well-being of La Crosse residents—particularly those from marginalized, low-income, and underserved communities. These challenges include:

Escalating Mental Health Concerns:

The La Crosse community continues to experience high rates of anxiety, depression, trauma, and stress—particularly among youth, families of color, and individuals living in economic hardship. Local providers are overwhelmed, with waitlists for therapy exceeding 6 months and autism testing appointments delayed into late 2025 or beyond. Immediate, culturally responsive mental health support is desperately needed.

Lack of Culturally Relevant Services:

Many individuals from historically excluded groups, including African American and BIPOC residents, do not feel seen, heard, or safe in traditional care environments. This leads to mistrust, disengagement, and unmet needs. There is a significant gap in services that affirm cultural identity, lived experience, and trauma resilience—gaps that Hope Restores is uniquely positioned to fill.

Unmet Social Determinants of Health (SDoH):

Housing instability, food insecurity, transportation barriers, and financial stress all contribute to poor mental health outcomes and limited access to care. When these basic needs go unaddressed, individuals are less likely to seek or benefit from traditional mental health services. Wraparound support and community navigation are critical to meaningful healing.

Youth Disconnection and Exposure to Adversity:

Young people in La Crosse—especially youth of color—are experiencing rising levels of stress, isolation, and trauma, with limited access to consistent mentorship or culturally competent guidance. Without early, protective interventions, many youth are at increased risk of long-term mental health and academic struggles.

Community Fragmentation and Mistrust of Systems:

Systemic inequities and generational experiences of marginalization have created a disconnect between many residents and the institutions intended to serve them. Rebuilding trust through community-rooted programming is essential to long-term public health success.

Identify the project target population your proposed program or activity will serve. Include unique characteristics such as: ethnicity/race, age, disability, income level.

This Restoring Health & Hope initiative will primarily serve historically marginalized and underserved populations within the City of La Crosse, with a targeted focus on:

Ethnicity/Race: African American, Black, and other BIPOC (Black, Indigenous, and People of Color) residents who have been disproportionately impacted by systemic inequities and face significant cultural and structural barriers to accessing mental health services. While Hope Restores was founded with a mission to address the unmet needs of African American and other BIPOC (Black, Indigenous, and People of Color) individuals who often face systemic barriers in traditional service systems, our programs are open to and actively welcome all community members regardless of racial or ethnic background. We are committed to building inclusive spaces where every person feels seen, supported, and empowered to participate in their own healing journey.

Supporting Statement on Inclusion:

The Restoring Health & Hope is a belief in community-wide well-being. Our youth and resilience programs, community healing events, and wellness navigation services are designed to serve the entire La Crosse community. While we bring a culturally grounded lens to our work, we intentionally create programs that reflect the diverse identities, experiences, and needs of all residents—because true health equity cannot be achieved unless everyone has access to meaningful support, regardless of race, age, income, or ability.

Age: Programming is designed to reach a broad age spectrum, with specific focus areas for:

Youth (ages 9–17): through mentorship, peer support groups, and resilience-building programs.

Young Adults (ages 18–30): many of whom are navigating trauma, identity formation, and early career/life transitions.

Adults and Parents (ages 30–55): particularly those balancing family responsibilities while managing unaddressed mental health needs.

Community Elders (55+): many of whom are experiencing social isolation or are caretakers within multigenerational households.

Disability: Our programming is inclusive of individuals with mental health conditions, learning differences, and those on the autism spectrum. We also support families who are in the process of seeking assessments and services for neurodiverse children but are experiencing long wait times for formal diagnoses.

Income Level: The majority of participants served fall within low- to moderate-income brackets, many of whom are uninsured, underinsured, or experiencing economic instability. Services are provided at no cost to remove financial barriers to care.

Describe methods used to measure success in achieving objectives and specifically meeting needs of the target population.

Hope Restores uses a multi-faceted evaluation framework to measure success in achieving program objectives and ensuring the specific needs of our target population are being met. Our evaluation process combines quantitative data collection, qualitative feedback, and culturally responsive performance indicators.

Key methods include:

Pre- and post-program surveys to assess changes in participants' mental health awareness, coping strategies, social connectedness, and overall well-being.

Attendance tracking and engagement data to measure consistency of participation in support groups, community healing events, and youth programming.

Client satisfaction surveys and narrative feedback to capture personal stories, highlight lived experiences, and inform program improvements.

CHW navigation tracking forms to monitor service referrals, access to external resources, and follow-up outcomes related to housing, healthcare, transportation, and other social determinants of health.

Partnership reporting and collaborative outcomes with local schools, healthcare providers, and service agencies to evaluate the broader impact and community reach of the initiative.

Ongoing staff reflection and community input loops to assess cultural responsiveness, identify gaps, and ensure programming remains aligned with the evolving needs of the populations we serve.

All data is reviewed on a quarterly basis to inform continuous improvement efforts and guide strategic decisions. Our ultimate measure of success is not only participant growth, but also community trust, improved access to care, and long-term reductions in the disparities that negatively impact mental health in our community.

If more than one agency within the La Crosse area deals with similar problems or clients that you have identified, describe how your agency coordinates tasks and responsibility with these other agencies and how duplication of services will be avoided.

Hope Restores is deeply embedded within the La Crosse community and takes a collaborative, relationship-centered approach to service delivery. We recognize that multiple agencies in the region address mental health, youth development, and social service needs. However, our unique value lies in our ability to build trust through culturally grounded, community-rooted engagement—particularly with populations that have historically been underserved or disconnected from traditional systems. Rather than compete, we strive to complement the work of our partners. By focusing on trust, cultural relevance, and immediate access, Hope Restores serves as a vital part of the broader ecosystem of care in La Crosse.

To avoid duplication and ensure effective coordination, we:

Maintain active partnerships with healthcare systems such as Gundersen Health and Mayo Clinic Health System, serving as a bridge between marginalized community members and clinical care providers through Community Health Worker (CHW) navigation.

Coordinate regularly with local nonprofits and public agencies including La Crosse County Human Services, school districts, and grassroots organizations to align services, make warm referrals, and participate in shared case conferencing when appropriate.

Serve as a trusted access point for individuals who may be reluctant to engage with mainstream providers, offering immediate support while connecting them to specialized services when necessary.

Participate in local coalitions and networks, such as the Alliance to HEAL, the Human Rights Commission, and Community Health Improvement Plan (CHIP) workgroups, to stay informed on community priorities and collaborate on systems-level strategies.

Fill critical service gaps, particularly in culturally responsive, trauma-informed mental health support, by offering services and engagement strategies that are not duplicated elsewhere in the community.