

## Please read the following instructions for completing this online application form:

- Do **not** use the "Back" or "Forward" buttons on your browser. Doing so may cause you to lose your work.
- Use the buttons at the top of the page to navigate between pages. Alternatively, click the "Next Page" button at the bottom of each page to advance to the next page.
- Required fields are marked with a red asterisk (\*).
- We provide suggested word limits for responses to some questions. These are suggestions to convey the amount of detail we need; the system does not cut off responses at the suggested word limits.
- You can save your work by clicking the "Save & Finish Later" button at the bottom of each page. Doing so saves your draft, emails you a copy of your draft, and returns you to your applicant portal. You can return to your application immediately or at a later time via the "In Progress" drop-down in the portal.
- For security reasons, the system allows 60 minutes of inactivity before timing out and will give a warning after 30 minutes of inactivity. To avoid losing work, please be sure to click "Save & Finish Later" if you plan to be away from the application for longer than 60 minutes.
- You can email a copy of your draft to yourself or anyone else at any time by clicking the "Email Draft" button in the upper right-hand corner of each page.
- You will have the opportunity to review the entire application one final time before clicking the "Submit" button at the bottom of the screen.
- After you submit your application, you will receive a confirmation email along with a copy of your submitted application for your records. Please check your spam or junk mail folder if you do not see a confirmation email.
- Please bookmark [this link to the application portal](#) to access saved in-progress and submitted applications at any time.

- If you have questions or issues navigating and completing the online application, please email us at [GrantsAppSupport@mfi.org](mailto:GrantsAppSupport@mfi.org).

## Tips and Tricks:

- You may find it easier to write and edit your responses in a Word Document first and then “cut and paste” the responses into the application fields.
- The online application text fields only allow simple text formatting. Text formatting like bold, italics, and underline are not retained in text pasted from Word into the online application. Bulleted lists, numbered lists, tab indentations, and return carriages are retained.
- If you would like to preview the entire application first, please click the "Printer Friendly Version" button in the upper right-hand corner of this page.
- Add mail@grantapplication.com to your safe senders list to ensure you receive all system communications.

## Organization Information

Organization Type

Government Entity

Does your proposal involve a fiscal sponsorship arrangement?

No

Organization EIN/Tax ID Number

Please enter as XX-XXXXXXX (2 digits, hyphen, 7 digits).

If a fiscal agent is sponsoring the proposed project, please enter the EIN/Tax ID number of the fiscal agent.

74-6001573

Organization's Legal Name



If a fiscal agent is sponsoring the proposed project, please write as "[Fiscal Agent] for [Project Name]."

*Example: ABC Foundation for The XYZ Network*  
City of Laredo Detoxification Department

Doing Business As (if applicable)  
ROOTS Recovery Center

Address  
1300 Chicago St.  
Ste. 101

City  
Laredo

State  
Texas

Zip Code  
78040

Website (Optional)  
<https://www.cityoflaredo.com/departments/detoxification-department>

**Executive Director/President/CEO**

**Name, Title, Email, and Phone are required fields.**

Prefix  
Dr.

First  
Name  
Viviana

Middle  
Name/Initial

Last Name

Martinez

Suffix

Title

Detoxification Director

Email

svmartinez@ci.laredo.tx.us

Best Phone Number

956-857-5120

**Primary Contact for this Grant Application**

(if different from above contact )

**Name, Title, Email, and Phone are required fields. Select "Same as above contact" if applicable.**

Yes Same as above contact

Prefix

Dr.

First

Name

Viviana

Middle

Name/Initial

Last Name

Martinez

Suffix

Title

Detoxification Director

Email

svmartinez@ci.laredo.tx.us

Best Phone Number

956-857-5120

## Board Chair/Board President

Name and Title are required fields.

Prefix

First

Name

Joseph

Middle

Name/Initial

Last Name

Neeb

Suffix

Title

City Manager

Email

jneeb@ci.laredo.tx.us

Best Phone Number

956-791-7398

## Organization Background

This section provides a high-level summary to quickly familiarize us with your organization as a whole.

### Year Founded

2022

### Mission Statement

The City of Laredo Detoxification Department's (CLDD) mission is to provide a safe place for change, providing a solid foundation leading to better health and improved quality of life.

Approximately how many people does your organization benefit annually?

500

### Organization's Main Programs and Results

- Please provide a **high-level** description of your organization's major programs.
- Please also include any **measurable results** of your major programs.
- Your response should encompass the work of your **entire** organization, not just that of the project for which you are applying for funding.

*Suggested word limit: 500 words*

The City of Laredo Detoxification Department (CLDD) serves Laredo, Texas in Webb County (WC) on the Texas-Mexico border, considered one of the poorest counties in the U.S. With a population of 283,497 (2023) WC suffers from high rates of drug availability due to its proximity to Mexico. WC has been designated a High Intensity Drug Trafficking Area by the Office of National Drug Control Policy (2011). WC suffers from a high incidence of drug use and mental health disorders with limited access to treatment services, with the CLDD being the only detoxification center within 150 miles. Individuals dependent on substances experience great discomfort and pain during the withdrawal process, making it difficult for them to break the cycle of use. Individuals experiencing substance dependency put their health and lives at risk daily. WC saw a 122% increase in overdose deaths in 2023 from 2022. Since the opening of the center in February 2024, the number of overdose deaths has decreased by 70% from 2023 thus far.

The CLDD provides inpatient medically managed withdrawal management and crisis stabilization services to individuals 18 years of age and older impacted by substance use disorders and serious mental health illnesses. The admission process

consists of a comprehensive patient health and bio-psycho-social assessment and lab work allowing the medical team to identify underlying medical issues to treat the entire body. It is known that individuals experiencing substance use disorders have an underlying mental health disorder, for this reason, providing mental health services is at the core of our services.

Services consist of 5 core elements: medical and psychiatric evaluations, medicated assisted therapy (MAT), medical monitoring, intensive counseling, and case management. Patients receive 24-hour care, monitored by medical professionals under the supervision of a physician. MAT is comprised of using pharmacological treatment to safely withdraw from substances and psychotropic medications to treat underlying disorders guided by physical and psychiatric evaluations. Intensive counseling provides one-to-one counseling and group sessions by credentialed counselors to address the physical and psychological effects of the detoxification process. Case management focuses on service coordination for continuity of care post-discharge.

The CLDD framework is focused on the Integrated Behavioral Health (IBH) model to deliver comprehensive healthcare services (primary care and behavioral health), education, and service coordination during episodes of care. IBH integrates primary care and behavioral health care through a collaborative team of providers that together care for the whole person; addressing their needs in a coordinated manner. IBH services facilitate identifying and treating chronic diseases and behavioral health disorders for healthier outcomes. Webb County experiences a large incidence of comorbidities (co-occurring health issues that cross between physical and mental), making IBH a critically needed intervention.

The CLDD seeks to provide inpatient services to 500 individuals annually, with a 90% program completion rate. As a 24/7 Narcan distribution center, the CLDD seeks to distribute 200 Narcan doses per year. The goal of the CLDD is to reduce overdose deaths by 10% from 2023.

### Additional Organizational Accomplishments (Optional)

If there are any additional organizational outcomes or accomplishments that you would like to highlight, you may do so here.

*Suggested word limit: 150 words*

Forty (40) admissions per month; 98% of all patients receive referrals for continuity of care.

Comprehensive lab work has identified 80% of patients with chronic illnesses, thus



commencing or restarting medication regimens for chronic illnesses such as diabetes, cholesterol, high blood pressure, renal and hepatic conditions, and STDs. Leading to an integrated approach to healing the entire body and appropriate service coordination.

Eight-eight (88%) percent program completion rate. Ninety-five (98%) percent of successful follow-up rate within 72 hours of discharge. Follow-up efforts have allowed 95% of discharged patients to be (re)engaged in services through outpatient and inpatient services to meet patient needs for primary, secondary, and tertiary needs.

The CLDD serves as a 24/7 Narcan distribution site with 152 Narcan 4 mg doses, a lifesaving medication, distributed within 120 days. Center personnel take advantage of Narcan distribution to educate the community on risk reduction strategies and services available in the community.

Please tell us about your organization's equity journey or approach to diversity, inclusion, and equity.

*Suggested word limit: 150 words*

The CLDD community comes from all walks of life, representing a major diversity in the representation of patients, personnel, and visitors. The CLDD embraces its community, enabling them to make meaningful contributions that strengthen the recovery and positive environment at the center. As such, the center focuses on the equity of its community by ensuring the fair treatment of everyone to ensure that norms, practices, and policies are not predictive of opportunity outcomes.

The CLDD provides DIE training through face-to-face and online training, and feedback to all personnel regardless of position to support and sustain a DIE environment. Providing an array of resources and guidance to support the DIE culture of the organization. Personnel, outreach, and partner recruitment are conducted by including underrepresented groups to increase the employment, contracts, and service provision of historically underrepresented groups.

**Proposal Narrative**

**Proposal Purpose Statement**



Please provide one line describing the purpose of your proposed project by completing this sentence: "If awarded, this grant from The Meadows Foundation will provide funding toward \_\_\_\_."

*Example: Toward support of a new partnership to increase college completion in rural areas.*

*Suggested word limit: 30 words*

Increase admissions from 120 per year to 500 for medically managed withdrawal services and/or crisis stabilization for individuals with a substance dependency 18 years of age and over.

### Problem Statement

What is the social need or issue that your proposed project is trying to address?

Please provide:

- Quantitative and/or qualitative data about the issue(s) you are trying to address, including region-specific or state-specific data, if available and applicable.
- The issue's urgency or timeliness.
- Sources for data cited, as available.
- *Example: Only 64 percent of rural students pursue postsecondary education compared to nearly 70 percent of their urban peers, resulting in lower lifetime earnings and reduced rural economic growth.*

*Suggested word limit: 200 words*

Webb has been designated as a High Intensity Drug Trafficking Area since 2011; as such Webb County has a disproportionate number of substance use disorders, specifically those involving intravenous use. As the number one land port in the country, the Port of Laredo handled approximately 3 million trucks from Mexico in 2023 as per the Bureau of Transportation Statistics (2024). The large volume of truck crossings also signifies a large volume of drugs coming into the country in addition to those making their way through other means such as the river, pedestrian, and private automobile crossings. The rise of Fentanyl availability has made its mark in Webb County along with the continued availability of heroin, cocaine, and pharmaceuticals readily available in Mexico. The drug problem in Webb County is represented in the increase in overdose deaths seen in the past five years; with a 943% increase from 7 deaths in 2018 to 73 in 2023. The CLDD is the only detoxification and dual diagnosis inpatient facility in the area, with the closest center 150 miles away. As one of the poorest communities in Texas, traveling for services is not feasible as individuals lack the financial resources and

support to get there.

## Proposed Project

Please provide:

- The proposed project activities that you will do to address the need(s) or issue(s) described above.
- For projects with sequential or multiple components, please group the project activities in a clear and logical way.
- Also provide information if the proposed project is part of a larger regional or statewide strategy, collaboration, or partnership.

*Suggested word limit: 500 words*

The program shall serve individuals who will benefit from detoxification and/or crisis stabilization services. Individuals may be admitted upon request or as part of a jail and/or hospital diversion program.

The medical team will conduct a face-to-face evaluation, including a history and physical examination of each individual to establish the Axis I diagnosis, assess the level of intoxication or withdrawal potential, and determine the need for treatment and the appropriate level of care.

The evaluation shall identify potential medical and mental health problems and/or diagnoses that warrant further assessment. Individuals shall not be denied admission or discharged from treatment because they are taking prescribed medication or inability to pay.

As part of the program conducts screening for Thyroid, Lipid, CMP, Magnesium, Uric Acid, GGT, Ferritin, Hemoglobin, Tuberculosis (TB), and testing for Human Immunodeficiency Viruses (HIV) antibodies, Hepatitis C, and Sexually Transmitted Diseases (STDs). HIV antibody testing is carried out by an entity approved by the Texas Department of Health. If a patient tests positive, the program shall refer the patient to an appropriate healthcare provider.

The program shall provide monitoring to manage each patient's physical withdrawal symptoms. Monitoring shall be conducted at a frequency consistent with the level of severity of the patient's withdrawal symptoms, the substance(s) from which the patient is withdrawing, and/or the level of intoxication of the patient. Upon admission, each patient's treatment shall be based on a treatment plan developed from the patient's comprehensive assessment (patient-centered

treatment plan).

More intensive monitoring will be implemented for patients with a history of severe withdrawal symptoms (e.g., a history of auditory and/or visual hallucinations, delirium tremors, seizures, uncontrolled vomiting/dehydration, psychosis, inability to tolerate withdrawal symptoms, self-harming attempts), or the presence of current severe withdrawal symptoms and/or co-occurring disorders (medical, psychiatric and/or substance).

Medication shall be available to manage withdrawal/intoxication from all classes of abusable drugs.

Patients who are not currently experiencing withdrawal but meet the DSM-5 criteria for substance dependence may be admitted for crisis stabilization. All patients with a history of indication of a mental health illness will be provided with a psychiatric evaluation conducted by a psychiatric nurse practitioner.

In addition to the management of withdrawal and intoxicated states, the detoxification program shall provide services, including counseling, designed to:

1. assess the patient's readiness for change;
2. offer general and individualized information on substance use and dependency;
3. enhance patient motivation;
4. engage the patient in treatment; and
5. include a detoxification plan that contains the goals of successful and safe detoxification as well as transfer to another intensity of treatment.

Upon admission, each patient's treatment shall be based on a treatment plan developed from the patient's comprehensive assessment (patient-centered treatment plan). Furthermore, case management services are provided to link patients to resources to meet their needs upon discharge from the center. Case managers will also conduct follow-up calls/visits post-discharge to ensure patient compliance with entering the appropriate residential or outpatient programs to support recovery and other patient needs.

## **Defining Success**



What would "success" look like for your proposed project in the short-term, by the end of a one-year grant period?

*Suggested word limit: 50 words*

Conduct 500 admissions for medically managed withdrawal services and/or crisis stabilization for individuals with a substance dependency 18 years of age and over to reduce overdose deaths by 10% from 2023.

What would "success" look like for your proposed project in the long-term? (if applicable)

*Suggested word limit: 50 words*

Reduce the overdose deaths by 75% from 2023 within the next five years.

## Proposal Details

### Program Area

Primary Program Area: Your proposed project is primarily in which of the following program areas?

Health-Mental Health (emotional wellness, disorders, addiction, crisis, etc)

Secondary Program Area (optional)

Health-Health Care Services

Approximately how many people do you estimate this project will benefit during the 1-year grant period?

500

## Project Goals

Please provide measurable, time-bound goals for your proposed project. Goals are what you hope to achieve through your proposed project. You are required to provide at least three goals and have the option to provide up to five. Please ensure that at least two of your goals can be achieved within a 1-year grant period. More guidance is provided below.

### Goal 1 (Required)

*Character limit: 256 characters*

- Output Goal: Conduct 500 admissions for detoxification and/or crisis stabilization by September 30th, 2025.
- Outcome Goal: Reduce overdose deaths by 10% from



2023 by September 30th 2025.

## Goal 2 (Required)

*Character limit: 256 characters*

• Output Goal: Provide community resource packet to 100% of admitted patients during the intake process by September 30th, 2025. • Outcome Goal: Increase patient knowledge of available resources in the community by September 30th, 2025.

## Goal 3 (Required)

*Character limit: 256 characters*

• Output Goal: Conduct discharged follow-up at 3 days, 7 days, and 30 days post-discharge by September 30th, 2025. • Outcome Goal: Increase compliance rates for entering either residential or outpatient services from 25% to 45% by September 30th, 2025.

## Goal 4

*Character limit: 256 characters*

• Output Goal: Engage patients in services during treatment episode by September 30th, 2025. • Outcome Goal: Reduce the number of patients leaving against medical advice (AMA) by 10% by September 30th, 2025.

## Goal 5

*Character limit: 256 characters*

### Guidance for Writing Goals

- Goals should be set for the **linchpin** activities and results that you **want to accomplish by a certain time** in order for your project to be successful.
- You can set goals for the **processes or activities (outputs)** of your proposed project.

*Example: "Provide wraparound services to 200 students (up from 180 students last year) in our district who are experiencing homelessness by July 31, 2020."*

- You can set goals for the **changes or improvements (outcomes)** that you aim to result from your project.

*Example: "A 20% point increase (from 60% to 80%) in percent of participants achieving housing stabilization within 30 days of initial visit, by August 30, 2021."*

- For each goal, please include:
  - The **quantity** or number that you are trying to accomplish (i.e. X %, X number of).

- A **date or time frame** by which you hope to achieve the goal.
- A **baseline** whenever relevant and available. Baselines provide context for your goals and are commonly previous years' amounts or other benchmarks that helped you determine how high to set your goals.
- You will have the opportunity to work with The Meadows Foundation staff to edit and refine these goals later in the review process.
- Please also feel free to contact us at [WebGrants3003@mfi.org](mailto:WebGrants3003@mfi.org) for additional assistance.

### Additional Examples of Goals, by Program Area

*Note: These are only examples for illustration purposes. Please write goals that are specific to your proposed project.*

#### Education/Social Services:

- Output Goal: Provide wraparound services to 200 students (up from 180 students last year) in our district who are experiencing homelessness, by July 31, 2020
- Outcome Goal: A 20% point increase (from 60% to 80%) in percent of participants achieving housing stabilization within 30 days of initial visit, by August 30, 2021

#### Environment

- Output Goal: Replant 40,000 thornscrub trees in 400 acres by June 30, 2019
- Outcome Goal: Reduce annual stormwater runoff by 10 million gallons by June 30, 2020

#### Health/Mental Health

- Output Goal: Provide follow-up to 100% of monthly referred patients within 5 days after the first patient encounter by September 2020
- Outcome Goal: Increase compliance rates for mental health treatment plans from 66% to 76% by September 2021

#### Animal welfare

- Output Goal: Establish baseline diversion data on calls by Summer 2021
- Outcome Goal: Exceed 90% live release rate through adoption, foster care, or transfer to rescue programs at the city shelter by Fall 2021

### **Budget**

Dollar Amount Requested (\$)

3000000.00

Date Payment is Needed (Optional)

10/1/2024

Total Projected **Operating Budget (\$)**

4505645.00

Total Projected **Project Budget (\$)**

If your project budget is the same as your operating budget, please enter the same number as above.

4505645.00

Projected Project Budget

- Please download, complete, and upload the **Project Budget Template**: [Click Here to Download the Project Budget Template](#).
- For **capital** project proposals, [Click Here to Download the Capital Budget Template](#) instead.
- If your project budget is the **same** as your organizational operating budget, please use the [Operating Budget Template](#) instead.
- If you're using the project or capital budget templates, you do not need to upload an operating budget at this time. We will ask for more details later if needed.
- Be sure to click the Upload button after you choose your file.

[The Meadows Foundation-Operating Budget FY25.xlsx](#)



**City of Laredo - Detoxification**  
**Organizational Operating Budget (Projected)**  
**Fiscal Year 10/01/2024-09/30/2025**

**REVENUES**

ARPA	\$ 1,505,645
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<b>TOTAL REVENUES</b>	<b><u>\$ 1,505,645</u></b>
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Salaries and Benefits	\$ 2,596,375
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Travel	25,000
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Materials/Supplies/Publications	259,004
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Contractual Services	1,450,031
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Pharmaceuticals/Medical Supplies	127,768
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Marketing	31,467
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Building/Utilities	16,000
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<b>TOTAL EXPENSES</b>	<b><u>\$ 4,505,645</u></b>
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