

Agency: Commerce, Community and Economic Development**Grants to Named Recipients (AS 37.05.316)****Grant Recipient: Family Centered Services of Alaska****Federal Tax ID: 920129771****Project Title:****Project Type: New Construction and Land Acquisition**

Family Centered Services of Alaska - Youth Activity Center

State Funding Requested: \$175,000**House District: Fairbanks Areawide (1-5)**

One-Time Need

Brief Project Description:

Our proposed project is to construct a 2,768 square foot Youth Activity Center in Fairbanks for children receiving FCSA mental health treatment services, providing unlimited year-round access to a safe, warm and healthy space in which to learn social skills and engage in physical activity.

Funding Plan:

Total Project Cost:	\$346,000
Funding Already Secured:	(\$171,000)
FY2015 State Funding Request:	<u>(\$175,000)</u>
Project Deficit:	\$0

*Funding Details:**Family Centered Services of Alaska Cash Reserves = \$121,000**Alaska Mental Health Trust Grant (2013) = \$50,000**FY 2015 State Capital Funding Request = \$175,000**Total Project Cost = \$346,000*

Additional funding considerations include (i) the cost of land for the project (2 acres), which FCSA has already purchased, and (ii) a completed environmental assessment of the property.

Detailed Project Description and Justification:

Family Centered Services of Alaska (FCSA) provides mental health, behavioral health and substance abuse treatment services to approximately 300 youth per year, ages 5 to 18 that meet Severely Emotionally Disturbed (SED) criteria and may also have co-occurring substance abuse diagnoses. The project will address FCSA's need for an indoor facility with enough space for youth receiving mental health treatment services to participate in physical activities. Access to indoor activity space in Fairbanks is limited, particularly in winter; renting such facilities can be costly and often do not meet FCSA's scheduled time needs. FCSA provides rehabilitation, support and treatment services seven days a week, including evenings, and therefore needs a facility not limited to normal business hours.

This facility will benefit all youth receiving FCSA services in the Fairbanks area by making space available for supervised, healthy interaction through a variety of physical activities that encourage social peer building skills. In addition to physical activity, the youth will benefit emotionally and psychologically. General health and wellness is promoted through physical activities. This facility will provide children with the opportunity to experience healthy, social interactions that support the

development of appropriate individual and group socialization skills/ behaviors.

Physical benefits include maintaining a healthy weight, lower blood pressure and cholesterol, boosts to the immune system, stronger cardiovascular system, bones, muscles and joints, better reflexes and coordination, increased energy levels, better sleep and the release of endorphins.

Emotional and psychological benefits include improved memory, increased ability to concentrate, burning of stress hormones (cortisol), increased emotional stability, increased ability to cope with adversity and/or challenges, decreased anxiety symptoms, improved moods and calming affects due to the release of endorphins.

The requested funding will be used to construct a 2,768 sq. ft. facility composed of a 2,100 sq. ft. activity center, 168 sq. ft. mechanical room and a 500 sq. ft. storage room. The facility will be connected to a heated structure constructed by FCSA in 2011. The dimensions of the activity center will be 42' x 50'. The new facility will be approximately 30 yards from FCSA's main service delivery facility that also houses a day treatment program operated in collaboration with the Fairbanks North Star Borough School District.

Project Timeline:

If funding is secured during the 2014 legislative session, the following timeline will apply:

- 1) Land purchase 2 acres: (completed)
- 2) Fall 2013 complete conceptual drawings; (completed)
- 3) February 2014 Finalize facility drawings, material list and cost estimates;
- 4) April 2014 Prepare contractor bid packages;
- 5) May 2014 select contractors
- 6) June 2014 commence construction;
- 7) September 2014 facility construction completed.

Entity Responsible for the Ongoing Operation and Maintenance of this Project:

Family Centered Services of Alaska

Grant Recipient Contact Information:

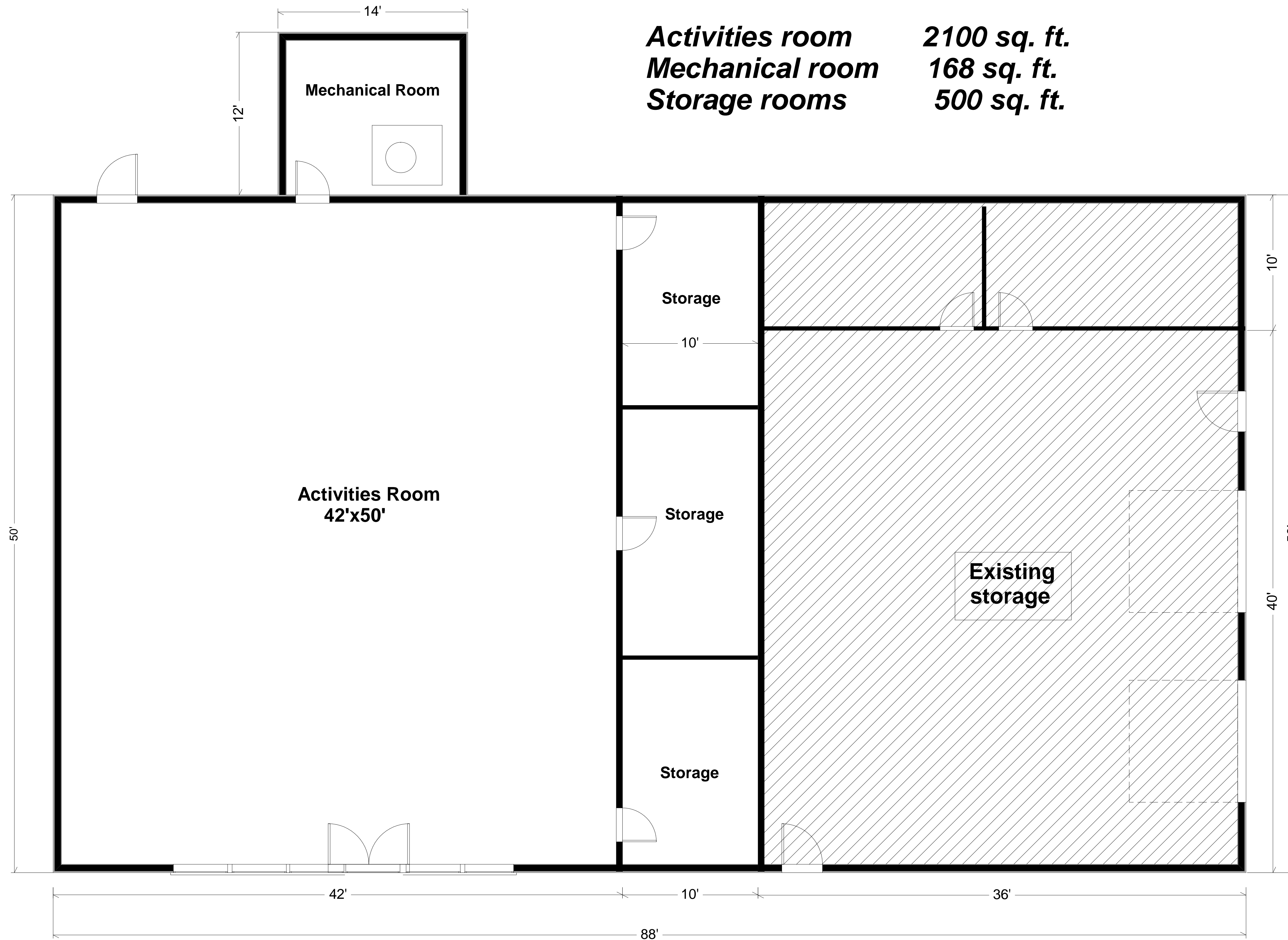
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Has this project been through a public review process at the local level and is it a community priority? Yes No

Family Centered Services of Alaska
Youth Activity Center Budget
Prepared 01/01/2014

Permits City of Fairbanks	\$	2,800
Architectual Drawing	\$	-
Engineering	\$	3,600
Surveying	\$	970
Excavation	\$	33,022
Concrete slab	\$	25,072
Wood framing material	\$	12,853
Wood framing labor	\$	21,329
trusses	\$	13,392
Roofing EDPM	\$	27,822
Siding-metal	\$	19,295
Siding Labor-metal	\$	18,848
Interior wall insulation	\$	8,334
Drywall material	\$	5,280
Drywall labor	\$	11,200
Flooring labor and material	\$	30,603
Electrical	\$	22,770
Plumbing	\$	-
Heating	\$	31,000
doors	\$	5,590
Landscaping/parking	\$	10,370
 <u>Rentals</u>		
Toilet	\$	450
Forklift/manlift	\$	4,800
Temp/construction power/lights	\$	1,800
 <u>Specialties</u>		
Wall covering	\$	4,500
Equipment	\$	1,800
Contingency (9%)	\$	<u>28,500</u>
 Total	\$	 346,000

Family Centered Services of Alaska, Proposed Youth Activity Center



Activities room **2100 sq. ft.**
Mechanical room **168 sq. ft.**
Storage rooms **500 sq. ft.**

