



National Service in North Dakota



MEETING COMMUNITY NEEDS IN NORTH DAKOTA

More than 5,900 people of all ages and backgrounds are helping to meet local needs, strengthen communities, and increase civic engagement through national service in North Dakota. Serving at more than 310 locations throughout the state, these citizens tutor and mentor children, support veterans and military families, provide health services, restore the environment, respond to disasters, increase economic opportunity, and recruit and manage volunteers.

This year, the Corporation for National and Community Service (CNCS) will commit more than \$3,250,000 to support North Dakota communities through national service initiatives. CNCS invests in cost-effective community solutions--working hand in hand with local partners to improve lives, expand economic opportunity, and engage citizens in solving problems in their communities. Serving in many of the state's most impoverished communities, CNCS provides vital support to schools, food banks, homeless shelters, community health clinics, youth centers, veterans service facilities, and other nonprofit and faith-based organizations at a time of growing demand for services. Through a unique public-private partnership, this federal investment will leverage an additional \$2,130,000 in other resources to strengthen community impact, build local support, and increase return on taxpayer dollars.

AmeriCorps: This year AmeriCorps will provide more than 190 individuals the opportunity to provide intensive, results-driven service to meet education, environmental, health, economic, and other pressing needs in communities across North Dakota. Most AmeriCorps grant funding goes to the North Dakota State Commission on National and Community Service, which in turn awards grants to nonprofit groups to respond to local needs. Most of the remainder of the grant funding is distributed by CNCS directly to multi-state and national organizations through a competitive grants process. Other individuals serve through AmeriCorps VISTA, whose members help bring individuals and communities out of poverty by serving full-time to fight illiteracy, improve health services, create businesses, and increase housing opportunities, and AmeriCorps NCCC (National Civilian Community Corps), a 10-month, full time residential program for men and women between the ages of 18 and 24. In exchange for their service, AmeriCorps members earn an education award that can be used to pay for college or to pay back qualified student loans. Since 1994, more than 1,700 North Dakota residents have served more than 1.9 million hours and have qualified for Segal AmeriCorps Education Awards totaling more than \$4,240,000.

Senior Corps: More than 5,700 seniors in North Dakota contribute their time and talents in one of three Senior Corps programs. Foster Grandparents serve one-on-one as tutors and mentors to more than 2,700 young people who have special needs. Senior Companions help more than 720 homebound seniors and other adults maintain independence in their own homes. RSVP volunteers conduct safety patrols, renovate homes, protect the environment, tutor and mentor youth, respond to natural disasters, and provide other services through more than 200 groups across North Dakota.

The Corporation for National and Community Service is a federal agency that improves lives, strengthens communities, and fosters civic engagement through service and volunteering. CNCS annually engages more than five million Americans in service to meet local needs through Senior Corps, AmeriCorps, and national days of service; improves communities through the Social Innovation Fund, and leads President Obama's national call to service initiative, United We Serve. To learn more visit NationalService.gov or Serve.gov or call 202-606-5000 or TTY 1-800-833-3722.

North Dakota At a Glance

AmeriCorps	Projects	Service Locations	Participants ¹	Education Scholarships ²	Program Funding ³
AmeriCorps National	1	3	-	\$1,493	-
AmeriCorps State Competitive	1	8	41	\$82,256	\$189,149
AmeriCorps State Formula	6	16	126	\$295,213	\$599,562
AmeriCorps Tribes/Territories	1	2	22	\$75,535	\$260,910
AmeriCorps VISTA	1	5	2	\$11,290	\$32,540
AMERICORPS TOTAL (Current Projects Only)	10	34	191	\$465,787	\$1,082,161
Senior Corps	Projects	Service Locations	Participants	Education Scholarships	Program Funding
Foster Grandparent Program	2	45	175	-	\$602,565
RSVP	3	202	5,474	-	\$671,335
Senior Companion Program	1	36	110	-	\$317,349
SENIOR CORPS TOTAL (Current Projects Only)	6	283	5,759	-	\$1,591,249
Other Funding	Projects	Service Locations	Participants	Education Scholarships	Program Funding
State Commission Operations Support	1	-	-	-	\$112,700
OTHER FUNDING TOTAL (Current Projects Only)	1	-	-	-	\$112,700
PROGRAM TOTALS	17	317 ⁴	5,950	\$465,787	\$2,786,110
TOTAL CNCS FUNDING (including Segal AmeriCorps Education Awards)					\$3,251,897
TOTAL LOCAL PROGRAM SUPPORT (Non-CNCS Resources)					\$2,133,355 ⁵
TOTAL CNCS FUNDING + TOTAL LOCAL PROGRAM SUPPORT					\$5,385,252

Notes: The data shown represents a snapshot in time. CNCS project sites, participants, and funding change throughout the year, so the data may not reflect current conditions.

- This figure represents the number of awarded positions available to be filled in the 2014 - 2015 program year. For AmeriCorps VISTA, this represents the actual number of VISTA members in active service.
- This figure represents the maximum potential value of Segal AmeriCorps Education Awards that can be earned by AmeriCorps members serving in North Dakota. The award can be used in any state to pay for college, graduate school, vocational training, or to pay back student loans. The education award total is included in total CNCS funding.
- AmeriCorps National figures may include national programs headquartered in the state and/or operating sites of national programs that are headquartered in other states. Funding reflects the estimated proportionate share of the national grant associated with operating sites in this report. Some national organizations do not report operating site data, or it was not available at time of publishing, so figures may not reflect current conditions.
- The service location total may contain multiple counts of unique locations where multiple CNCS programs are operating.
- As part of its public-private partnership approach, CNCS requires grantees to leverage additional resources to strengthen community impact and increase the return on the federal investment. This figure reflects non-CNCS cash and in-kind resources that CNCS grantees and project sponsors have committed to raise to support their programming activities across the state.



Since 1994, more than 1,700 North Dakota residents have served more than 1.9 million hours and have qualified for Segal AmeriCorps Education Awards totaling more than \$4,240,000.

AmeriCorps State

The North Dakota Reading Corps (NDRC) is a regional initiative that combines the people power of AmeriCorps with the science of how children learn to read. The goal is to help every child become a successful reader by the end of 3rd grade. AmeriCorps members are trained for NDRC on the literacy interventions, assessments, and progress monitoring tools used. NDRC is a partnership supported by the South East Education Cooperative, Missouri River Education Cooperative, North Dakota State Commission on Community and National Service, The United Way of Cass Clay, the Fargo, West Fargo, Jamestown, Bismarck, and Mandan School Districts. Elementary Reading Corps members work one on one with kindergarten through 3rd grade students that are below their target for grade level reading. Reading Corps members work with each child 20 minutes a day five days a week. Each member is paired with an on-site coach at the school that they serve in. This individual is a reading or student strategy specialist that will provide support day to day.

AmeriCorps VISTA

Family HealthCare, a comprehensive, primary care clinic “for anyone in need in the Fargo area,” has tapped the AmeriCorps VISTA program to integrate wellness and lifestyle medicine into its medical and dental care services. In the project’s first, the VISTA enhanced the clinic’s capacity to provide diabetes and nutrition lifestyle consultations to 371 patients and helped 210 patients access the clinic’s health coaches in the lifestyle fitness center. This fall the VISTA teamed up with the lifestyle medicine coordinator to pilot a lifestyle medicine clinic model that features integrated patient visits. In this model, the patient sees a pharmacist, dietitian, health coach, and medical provider in one visit, rather than having to make repeated, disjointed trips to the clinic..

The AmeriCorps VISTA project managed by Lutheran Social Services helps immigrants and refugees adapt to life in America. The VISTA develops cultural orientation curriculum for weekly classes, organizes social opportunities and volunteer activities for refugees, and develops cultural orientation materials on subjects including financial literacy and domestic violence. The VISTA also organizes materials and opportunities for community volunteers to engage in activities with refugees. The VISTA created a multi-layered, financial literacy course to instruct individuals with limited English proficiency on how to balance a check book, understand opening an account, taking out small loans, etc. The material is packaged in a manner that allows a volunteer to teach the course in the client’s home.

AmeriCorps NCCC

An AmeriCorps NCCC team served with the U.S. Fish and Wildlife Service during the spring of 2014. The team served with the J. Clark Salyer Wildlife Refuge, which was established in 1935 as a refuge and breeding ground for migratory birds and other wildlife. J. Clark Salyer is the largest and most diverse of North Dakota’s national wildlife refuges. It is comprised of 58,700 acres. During their service the team, conducted prescribed burns. By conducting prescribed burns, the land is able to be cleared of invasive species, while also creating more space and nutrients for natural prairie species to thrive. The team was able to burn 1,333 acres, which restored and revitalized native prairie. Corps members also removed several thousands of feet of fencing that interfered with the natural beauty of the refuge as well as animal trails throughout the property. The team repaired and repainted 35 picnic tables and cleared 33 miles of trail of debris. The U.S. Fish and Wildlife Service’s Souris River Basin Complex first became an AmeriCorps NCCC project sponsor in 2011.

The Nature Conservancy’s (TNC) mission is to conserve the lands and waters on which all life depends. During the spring of 2014, an AmeriCorps NCCC team helped TNC Cross Ranch advance their mission by completing prescribed burns, building fences, and trail restoration. The team completed 835 acres of prescribed burns to manage invasive species threatening the prairie habitat. Livestock grazing by Bison is another tool used to manage invasive species. The team constructed and repaired 3 miles of barbed wire fencing on the property to help keep the bison contained. As another part of habitat restoration, the team planted 132 trees and placed protective equipment around 4,000 plants. Corps members worked on 3.5 miles of trail clearing and widening on the preserve, making it easier for ATVs and UTVs to navigate. The team served with the Cross Ranch State Park, where they worked on various projects to enhance the quality of the park; using chainsaws to remove trees and turn them into bundles of firewood and planting 57 trees throughout the park. In addition, Corps member worked on playground rehabilitation at Cross Ranch State Park by placing protective ground cover.

Senior Corps Foster Grandparent Program

Head Start of North Dakota serves more than 3,300 low-income children and their families annually. Head Start staff have identified children needing extra assistance with specific delays and/or disabilities. Under supervision of classroom teachers, Foster Grandparents from the North Dakota State University Foster Grandparent Program assist these children in order to improve their individual skill development and educational needs by engaging them in one-on-one activities designed by Head Start staff. Without this additional intervention, the identified children would not acquire the skills necessary to be successful in school.

Senior Corps RSVP

In the 2013-2014 program year, 176 RSVP volunteers serving with North Dakota State University RSVP taught Bone Builders classes at 58 sites around the state. Bone Builders is a weights-based exercise program designed to address osteoporosis risk, especially the bone fractures that so often lead to the loss of independent living. More than 1,000 individuals participated in RSVP-led classes. In a survey of participants, 88 percent reported increased energy/mobility, 80 percent reported improved balance, 45 percent reported lowered blood pressure, and 76 percent reported a more rewarding social life. Additionally, some participants voluntarily shared the results of bone scans conducted by a health provider before and after participating in Bone Builders classes for at least 50 percent of the time for one year. Of the 33 participants who fit this criteria and had bone scans done, no participants experienced a loss in bone density.

Senior Corps Senior Companion Program

The Lutheran Social Services of North Dakota Senior Companion program is providing in-home care and companionship to older adults. Senior Companions also provide respite care or temporary relief for the caregiver, allowing the caregiver time to attend to their own needs thus improving the quality of life of both the caregiver and recipient. When nursing home placement can be delayed, it brings a better quality of life for the client and a significant savings to the individual, family, and taxpayers. A total of 116 Senior Companions served 78,099 hours providing support to 726 clients with daily activities, in recuperating from a hospital stay, and respite for caregivers. Of these, 616 clients remained in their homes 12 months after a Senior Companion, an estimated cost savings of more than \$53 million. Lutheran Social Services Senior Companions published a one-of-a-kind cookbook full of favorite recipes submitted by our beloved senior volunteers, clients and program supporters. The cookbooks were sold with the proceeds going to fund transportation expenses for volunteers

AmeriCorps in North Dakota



AMERICORPS TOTALS	PARTICIPANTS	PROGRAMS/PROJECTS
CURRENT (as of March 12, 2015)	191	10
COMPLETED (within last 12 months)	119	5

Primary City	Program/Project Name Sponsor Organization	Number of Participants	Program Type
Bismarck	Crisis Intervention (Current) Bismarck Law Enforcement Chaplaincy	5	AmeriCorps State Formula
Bismarck	Youthworks At-Risk Youth Workers (Current) YouthWorks	27	AmeriCorps State Formula
Bottineau	SCA North Dakota (Current) Student Conservation Association, Inc.	-	AmeriCorps National
Cooperstown	Kidz Count AmeriCorps Program (Current) Cooperstown Community Activities	14	AmeriCorps State Formula
Fargo	American Red Cross ND Preparedness & Response Corps (Completed) American Red Cross - Minn-Kota Region	4	AmeriCorps State Formula
Fargo	North Dakota Reading Corps (Current) West Fargo Public School District	41	AmeriCorps State Competitive
Fargo	North Dakota State University-Distance& Continuing Education (Current) North Dakota State University	2	AmeriCorps VISTA
Fargo	RSVP+ North Dakota (Current) North Dakota State University	9	AmeriCorps State Formula
Fargo	YMCA of Cass and Clay Counties AmeriCorps (Current) YMCA of Cass and Clay County	63	AmeriCorps State Formula
Fort Yates	GED Project (Current) Sitting Bull College	22	AmeriCorps Indian Tribes
Grand Forks	CSI: Grand Forks (Current) Housing Authority of the City of Grand Forks	8	AmeriCorps State Formula
Grand Forks	North Dakota (Completed) Conservation Corps Minnesota and Iowa	1	AmeriCorps National
Hensler	The Nature Conservancy - Cross Ranch (May 8 - June 12, 2014) The Nature Conservancy- Cross Ranch	10	AmeriCorps NCCC In-State Projects
Minot	ND - Minot State University (Completed) University of Denver (Colorado Seminary)	95	AmeriCorps National
Upham	Souris River Basin Complex (May 8 - June 12, 2014) U.S. Fish and Wildlife Service - Western North Dakota / Souris River Basin	9	AmeriCorps NCCC In-State Projects

Notes: If there are programs with identical names in separate entries, they are different grants to the same organization. If no members are shown, either the grant is for planning or technical assistance, or enrollment data was not available at the time of printing.
The city column refers to the location of the sponsor organization. AmeriCorps members may be serving in other locations than the city listed.

Senior Corps in North Dakota



SENIOR CORPS TOTALS	PARTICIPANTS	PROGRAMS
CURRENT (as of March 12, 2015)	5,759	6
COMPLETED (within last 12 months)	225	1

Primary City	Program Name Sponsor Organization	Number of Participants	Program Type
Devils Lake	Lake Region RSVP (Completed) Devils Lake Public Schools	225	RSVP
Devils Lake	RSVP Lake Region (Current) North Dakota State University	250	RSVP
Fargo	NDSU FGP (Current) North Dakota State University	92	Foster Grandparent Program
Fargo	NDSU RSVP (Current) North Dakota State University	2,612	RSVP
Fargo	NDSU RSVP2 (Current) North Dakota State University	2,612	RSVP
Grand Forks	Red River Valley FGP (Current) Northeast Human Service Center	83	Foster Grandparent Program
Minot	LSS Senior Companions (Current) Lutheran Social Services ND	110	Senior Companion Program

Note: The city column refers to the location of sponsor organization. Volunteers may be serving in other locations than the city listed.