

**Rotary International
Rotary District 5400**

Rotary Foundation District Grant Final Report

Deadline for submission: May 15th (do not use this form for progress reports*, but follow the instructions at the end of this form)

Must be typed and filed electronically on: <http://www.matchinggrants.org/district/>

Grant Information (to be completed by Project Contact Person)

1. District Grant # (check website for #): D-3298 Name of Club: Pocatello Centennial Rotary
2. Name of District Grant: Get a Grip for a Solid Life
3. Briefly describe your project (who did what, when and where did project activities take place?) in 100 words or less. The professional skills of the Pocatello Centennial Rotary Club team developed a workbook, lesson plans and facilitated instructional delivery based on Rotarian Heather Murray's book, Think Get a Grip and principles of cognitive behavioral therapy, to help young employees and their supervisors. The learning promoted self-awareness and emotional intelligence by teaching participants to "read" their emotions and distinguish healthy from unhealthy feelings along with helping understand how distorted perceptions and thoughts contribute to painful feelings, inappropriate actions or self-injury. Activities occurred in greater Pocatello during the 2020-2021 year.
4. In one brief sentence: who were the beneficiaries of the grant activities and how many of them were there? Project participants were community leaders, employees and students who became more aware of mental health challenges and solutions not requiring professional counseling. About 50 people were touched by this project.
5. How many Rotarians participated in the project? 5 Rotarians were the project team leaders. 20 Centennial Club members helped network participants. Team leaders piloted Get a Grip lesson plans for five teams, which expanded to more teams at Idaho State University, businesses and others. Rotarians coordinated evaluations, helped revise materials, and developed media and social media publicity to expand the project.
6. If a cooperating organization(s) other than the beneficiary was involved, what was its role?
7. FINANCIAL SUMMARY (add rows as needed)

List all sources of revenue , including in-kind donations	
District Grant Funds	\$1,150.00
Primary Club contribution	\$790.63
TOTAL (unlikely to match exactly your grant application)	\$1,940.62

List all expenditures , including donated materials and supplies	
Think Get a Grip books, workbooks	\$623.01
Journal supplies, Zoom subscription & office expenses	\$166.42
Ph.D Psychologist project materials review & evaluation	\$200.00
Revised Grip Book & lessons as stipend for participants (in lieu of face-to-face hospitality and cash reward)	\$951.20
TOTAL (must match exactly the revenue amount above and correspond to the receipts you have uploaded)	\$1,940.62

--	--

Check the following:

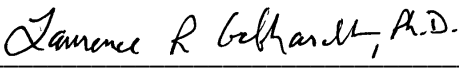
XX I have uploaded receipts for goods purchased equally what is itemized in the expenditures above.

XX I have uploaded a copy of the club check(s) to a third party if the uploaded receipts and/or invoices are in its name. (Accountant Quickbooks check payment record)

 I will upload this report when I have completed it.

My hand-written or digital signature below certifies that the project was implemented as proposed in my application for a grant. It attests that all funds were spent in compliance with the guidelines of the Terms and Conditions for Rotary Foundation grants.

Name of project contact person (typed): Laurence P. Gebhardt, Ph.D. Date: April 28, 2021

Signature: 

*Progress reports are to be entered in the history log. Be brief and answer only the following questions in this order: 1. Has the project started? If so, when? And if not, when do you anticipate it to start? 2. If it has started, what is the % of completion? 3. Do you anticipate a reduction in the overall budget in excess of 20%? If yes, please explain why. 4. When do you expect the project to be finished?