

Grant Name	Physical and Mental Wellness for At-Risk Children
Mission/Project Summary	The Word of God teaches we are fearfully and wonderfully made in body, mind, and spirit, and instructs us to faithfully care for our whole selves as temples for the Holy Spirit. Through this project, the women of the Rocky Mountain District will care for the physical, mental, and spiritual well-being of children at Dakota Boys and Girls Ranch, support the Christ-centered care children receive, and provide a safe space for children to heal and become their best selves.
Project Description and Details	<p><b>Situation:</b> Wellness programming is critical for children in residential treatment, providing a holistic approach to healing, development, and long-term success. While much of the Ranch’s wellness programming focuses on physical health, activities also support the social, mental, and spiritual health of our kids. Wellness programming includes physical recreation activities such as biking, kickball, basketball, soccer, volleyball, ultimate frisbee, trips to local gyms, and more. Our wellness specialists also teach our kids how to enjoy leisure activities like board and card games, arts and crafts, and trips to the zoo, park, science center, or movie theater. We introduce children to healthy living habits that will benefit them while they are in our care and when they return to their home communities.</p> <p>Wellness activities improve outcomes for the children at the Ranch, as they experience increased self-esteem and self-worth, better relationships with peers and caregivers, improved emotion regulation and coping skills, and greater engagement in therapy, school, spiritual life activities, and other treatment programming.</p> <p><b>Specific Activities:</b> A mission grant from the Rocky Mountain District LWML will support critical Wellness Programming at Dakota Boys and Girls Ranch. Funds will be used to construct a bike path on our Minot campus. As we do not currently have a dedicated bike path on campus, the only option is for kids and staff to ride around the parking lots and other areas of campus where cars typically drive. The new bike path will give kids a safe place to enjoy the benefits of physical activity.</p> <p>In addition to the path construction, mission grant funds will also purchase a bike storage shed that will be situated close to the path for convenient, covered storage. Our current bike storage building is located across the county road, so for ease, accessibility, and safety, the bikes are kept outside and subject to the elements during the summer.</p>
The recipient must be affiliated with one of the following. Please select the one that applies to this request:	<b>Registered Service Organization (RSO)</b>
Amount requested:	\$5,000
Project Goals and Objectives	The goal of this mission grant is to improve treatment outcomes, and support the physical, mental, and spiritual well-being of children at Dakota Boys and Girls Ranch through robust wellness programming. By awarding this proposal, the women of the Rocky Mountain District will provide a safe, wellness-focused space for children at the Ranch to heal, build healthy habits, and become their best selves. Something as simple as a bike ride with

peers or staff can be an opportunity to share God’s love with the children we serve.

Budget Outline and Financial Plan

Dennis Grocott, Facilities Director, will oversee the overall implementation of the proposal. He will be assisted by the Facilities Maintenance team for the project’s physical needs. Fiscal services for the grant’s administration and record keeping will be managed by Sheila Miller, Vice President of Finance, Facilities, and Technology.

Description	Expenses	Pending Income	Secured Income
Bike path construction	\$83,438.25		
Bike storage shed	\$12,000.00		
Total expenses	\$95,438.25		

Kansas District LWML	\$5,000		
South Dakota District LWML	\$4,000		
North Dakota District LWML	\$4,000		
Oregon District LWML	\$6,000		
Iowa East District LWML	\$4,000		
Central Illinois District LWML	\$7,000		
Washington-Alaska District LWML	\$4,000		
Michigan District LWML	\$10,000		
BNSF Railway Foundation	\$10,000		
Rocky Mountain District LWML	\$5,000		
Total pending income	\$59,000		

Minot Community Endowment Fund		\$2,500	
Total secured income		\$2,500	

Additional Comments or Information

Founded in 1952, Dakota Boys and Girls Ranch, a Registered Service Organization of The Lutheran Church—Missouri Synod, gives children, ages 10-17, who have experienced significant trauma a safe place to live, learn, and heal. Our mission is to help at-risk children and their families succeed in the name of Christ. Our holistic approach to caring for children includes meeting their physical, spiritual, emotional, and mental health needs through wraparound services, including individual psychiatric therapy, therapy groups, and family therapy; wellness and independent living activities; spiritual life programming; equine-assisted therapy; on-campus education; and more. We weave trauma-informed care into every aspect of treatment to ensure the Ranch is a safe, reliable, and trustworthy place for kids.

Everything we do at the Ranch is Christ-centered and built on the foundation of our Christian faith. Children at the Ranch hear the Gospel and learn of Christ's love for them through chapel services, spiritual life groups, individual mentoring with our Chaplain and Deaconesses, and daily interactions with Ranch employees. We bring Christ's presence to our work by showing up, being fully present, and surrounding our children with an atmosphere of faith.



**The mission of Dakota Boys and Girls Ranch is to help at-risk children and their families succeed in the name of Christ.**



**The Ranch is called to give each child the chance to meet Jesus, learn about Him, and discover how His love, grace, and peace can help them find and become their best selves.**



**By partnering with Dakota Boys and Girls Ranch, the women of the LWML will support the physical, mental, social, and spiritual well-being of children at Dakota Boys and Girls Ranch.**



**At the Ranch, real ministry happens where children learn to see the world differently, feel the love of God through those who care for them, and begin to look to the future with hope.**