



SLEEP IN HEAVENLY PEACE

NO KID SLEEPS ON THE FLOOR IN OUR TOWN!

1560 Eldridge Ave, Twin Falls ID 83301 | 844-432-BEDS (2337) | www.shpbs.org

Proposal to request funds from Tohono O'odham Nations Arizona Revised Statute 5-601-02 12% gaming

Explain the perceived need and explain how the proposal will address that need:

To our knowledge, there are painfully few options for guardians unable to provide a bed for their child. We conclude that the number of children experiencing bedlessness is a silent epidemic and that the number of children in need far exceeds the availability of beds for the underprivileged. Most agencies, government, state, and non-profit, aim to assist with food, shelter, healthcare, and other essentials. However, no agency is tasked with providing beds for children.

The consequences of poor sleep are significant, especially for very young children. A recent study on home sleeping conditions and sleep quality in preschool children found that sleeping alone in their own bed is associated with better sleep quality. Research shows that children with sleep issues are more likely to have poor performance in school, experience emotional and behavioral problems, and develop obesity and chronic disease later in life.

Sleep in Heavenly Peace, Inc. (SHP) was established in 2012 by Luke Mickelson in Kimberly, Idaho, to fulfill a specific mission—to see that **No Kid Sleeps on the Floor in Our Town!** The charity builds beds for children, ages 3-17, who are sleeping on floors, couches, and other uncomfortable situations without beds. We are an organization of volunteers advocating for and providing a solution to address childhood bedlessness for those children who do not have the luxury of sleeping in a bed. Through the tremendous efforts of volunteers, generous donations, and grants, twin beds (that can be bunked) are built and delivered to these children. Providing a disadvantaged child with a bed is one simple intervention with the potential to make a lasting difference in their lives and community.

SHP has over 250 chapters addressing the needs of bedless children across the country. The AZ-Phoenix Chapter, is led by Chapter President Joe Genovese and a core team of volunteers. Responding to childhood bedlessness in Maricopa County since September 2018, they have provided over 1400 beds to local children previously without one.

Not only do we deliver these beds, fully furnished with new mattresses, sheets, pillows, and a blanket to children in need, but we partner with organizations, churches, businesses, and individuals to build them at events called "Build Days!" SHP volunteers take a pile of wood, and with drills, sanders, and saws, twin bed frames are constructed. Our simple design is easy to follow and takes no woodworking experience to learn. During these Build Days, experienced volunteers show and teach other volunteers the different stages of the construction process. Volunteers learn about our organization, the need in our community and take pride as piles of

lumber are transformed into beds. Following each build day, volunteers help deliver the beds to local families that requested and qualified for one. Build and Delivery Days facilitate community engagement by providing a fun and practical opportunity to volunteer their time.

Describe the population who will benefit from the proposal if approved:

While there are no formal studies that provide an actual number, SHP has analyzed the number of historical bed requests from the areas where we have chapters and has concluded that a conservative estimate is approximately 3% of children, age 3-17, in our communities are sleeping without a bed of their own. Furthermore, children with sub-optimal sleeping conditions are more likely to live in disadvantaged circumstances and experience poverty-related stress, all of which contribute to poor sleep. Within the AZ-Phoenix Chapter service area in Maricopa County, there are too many families living in low-income or transitional housing after fleeing domestic violence or exiting incarceration/treatment centers. The children in these families are too often subjected to sleeping on the floor, which can often be dirt, piles of clothes, or a bug-infested dirty mattress. Of those who may have a mattress, they are often co-sleeping with siblings or guardians; several to a mattress.

When a child gets a good night's sleep, it does more than just allow them to wake up rested. Having a good bed provides a sense of safety and security, so many of the children we serve are in situations where that is not the common thread of their life. By giving them a bed, it gives them ownership of even one small space. Sleep affects health, school work, learning, their ability even to have self-confidence. These beds restore dignity, not only to the children but to the families who are struggling. We aim to help create safe, positive living environments for children and provide families with the resources needed to ensure their children do not have to sleep on the floor.

Budget of the requested funds:

Build and delivery days are scheduled as funding allows, and the number of children we serve is directly correlated to the donations and grants we receive. A \$10,025.60 grant award would enable the AZ-Phoenix Chapter to purchase the materials to build and provide 40 fully furnished beds, to youth ages 3-17 in need of them throughout Glendale, AZ. At an approximate cost of \$250 per bed there is no amount too large or small that would not go to good use furnishing a bed for a child.



Chapter Program/Project Expense

Materials List per Bed

		# of Beds to be Built:	40	
Quantity	Item	Estimated Individual Cost	Total / Bed	
80	2"x6"x10' Pine Wood	\$16.00	\$1,280.00	
80	2"x4"x10' Pine Wood	\$13.00	\$1,040.00	
60	2"x4"x8' Pine Wood	\$12.00	\$720.00	
40	1"x4"x10' Pine Wood	\$10.00	\$400.00	
200	1"x4"x8' Pine Wood	\$6.00	\$1,200.00	
80	1"x2"x6' Pine Wood	\$3.00	\$240.00	
1600	1 ½" Wood Screws	\$0.05	\$80.00	
320	¼" Flat Washers	\$0.13	\$41.60	
320	5/16" x 5" Lag Screws	\$0.70	\$224.00	
40	Twin Size Mattress 75"	\$77.00	\$3,080.00	
40	Standard Pillow	\$5.00	\$200.00	
40	Standard Pillowcase	\$3.00	\$120.00	
40	Standard Flat Sheet	\$5.00	\$200.00	
40	Standard Fitted Sheet	\$5.00	\$200.00	
40	Twin Size Comforter	\$25.00	\$1,000.00	
Total Materials Cost			\$10,025.60	

Other funding requests:

No other funding requests have been made related to this proposal.

Prior funding from the Tohono O'odham Nation or other Arizona Tribes:

Neither Sleep in Heavenly Peace, Inc. nor any of its chapters has received funding from the Tohono O'odham Nation or other Arizona tribes.

Contacts:

Donna Kent, Faith-Based Liason, donna.kent@shpbeds.org, 11019 E Juan Tabo Rd, Scottsdale, AZ 5255, 480 586 5211, Fax – N/A

Joe Genovese, AZ-Phoenix Chapter President, joe.genovese@shpbeds.org, 11019 E Juan Tabo Rd, Scottsdale, AZ 5255, 480-544-3498, Fax – N/A

Jan Spackman, SHP-Grants Program Manager, grants@shpbeds.org, 1560 Eldridge Avenue, Twin Falls, ID 83301, 208-914-0937, Fax-N/A

Priority Area Child Advocacy:

In today's society, the nature of the economy and technology is such that we all live with a never-ending cycle of optimization. Value is created and mostly accrues to senior corporate managers as well as shareholders. Amongst those less economically fortunate, many challenged to get by on minimum wages; things are harder. There can be almost no hope for people in the lowest income segments of society. One of their challenges is not being able to provide a bed for their children; a common household item taken for granted by many, there are children sleeping on the floor every night. SHP is a charitable organization built to scale, to attract resources from within our communities, and repeatedly address one targeted problem.

Understanding that something as simple as a soft, warm bed can directly impact a child's overall mental and physical health isn't enough. Our goal is to provide beds to children in need and bring awareness to the emerging issue of child bedlessness in "our town" through our days of service, building, and delivering the beds we make. The more awareness we can provide the communities we serve through our continued efforts and community partners, the more support we can gather to fulfill our mission and advocate to see that No Kid Sleeps on the Floor in Our Town!

If funding is awarded for these projects, Ms. Kristen Krey, City Grants Program Manager for the City of Glendale has indicated the city will serve as a pass through fiduciary based on pending approval via resolution by the City Council.