

## Two Tenths Foundation

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*2023-2024 City of Pittsburgh STOP the  
Violence Community Investment Grants*

### ***2Tenths Foundation***

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# FollowUp Form

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## *City of Pittsburgh STOP the Violence Mid-Year Progress Report*

The City of Pittsburgh established the STOP the Violence grants as part of the City's comprehensive approach to ending violence. Through the STOP the Violence Community Investment Fund, the City partnered with your organization to build new insights and stride toward our mutual goals. Thank you for your efforts to take proactive steps with individuals who exhibit risk factors for violent behavior, support those individuals to overcome the risk factors, avoid violence, and lead healthy and productive lives.

With these grants come the expectations of midterm and final reports. This interim report provides space for your organization to tell the City about the progress of your originally-stated activities, outcomes, and goals. It also offers an opportunity to share any challenges and triumphs thus far. This critical feedback helps us:

1. Keep focused on the investment made and the anticipated project results;
2. Understand if our grantees are on track for success to bring about their anticipated project results (midterm reports), and
3. Analyze our work, learn from your experiences, and make choices for the future.

### WHAT SHOULD I INCLUDE IN MY REPORT?

This report should include grant-related activities and projects from when your organization received funds through the first six months.

We are interested in knowing

1. what you did;
2. what you learned;
3. what questions your work answered, and what questions remain;
4. what follow-up work do you plan to do?

When reading the narrative report, we understand that no project proceeds entirely as planned. Some strategies work better than hoped; others do not. An honest assessment of what worked and what did not gives us additional context to gauge the impact of the grants and consider the implications for future collaboration.

Put your project into a larger context of reflection and interrogate its assumptions and method. Your report should include these considerations.

1. How did your strategies and design work?
2. What might you or others do differently in the future?
3. What do you see now about your problem or question that would press you to do things differently?
4. Progress and Results: Please briefly describe (in 300 words or fewer) the key actions, activities, or products resulting from the grant funding, as well as any resulting benefit to the organization or the people it serves.
5. Please explain any significant variance from your planned use of funds as stated in your grant proposal. For example, have there been changes in your project timeline or expenditures?
6. Please describe the challenges the funded project encountered, and explain how you overcame them (or plan to overcome them).
7. Photos, Stories, Social Media Posts/Reels, and Testimonials: Your participant/event stories, reels, and photographs provide a critical piece of the puzzle for us. They give us the materials needed to inspire others to engage, celebrate, and continue to support your violence prevention and intervention efforts.

**Organization Name\***

*Please enter the name of your project/program in the box below.*

Two Tenths Foundation

**Project Start Date (from Grant Proposal)\***

02/05/2024

**Project Start Date (Actual)\***

05/07/2024

***Grant Information***

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**Grant Amount Awarded\***

\$15,000.00

**Award Amount Spent\***

Has your organization spent the awarded STOP the Violence funds in their entirety?

Yes

***Population Served***

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**Number of Program/Project Participants (Proposed)\***

600

**Number of Program Participants (Actual)\***

529

**Number of Participants Ages 0-17 (Actual)\***

515

**Number of Participants Ages 18-30 (Actual)\***

14

**Number of Participants Ages 30+ (Actual)\***

0

**What neighborhoods do your project participants represent?\***

Allegheny Center  
Allegheny West  
Allentown  
Arlington  
Arlington Heights  
Banksville  
Bedford Dwellings  
Beechview  
Beltzhoover  
Bon Air  
Brighton Heights  
Brookline  
California-Kirkbride  
Carrick  
Chartiers  
Chateau  
Duquesne Heights  
East Carnegie  
East Hills  
East Liberty  
Elliott  
Fairywood  
Fineview  
Garfield (The Valley, The Hilltop)  
Glen Hazel  
Greenfield (Four Mile Run)  
Hazelwood  
Highland Park  
Homewood North  
Homewood South  
Homewood West  
Knoxville  
Larimer  
Lincoln-Lemington-Belmar  
Lower Lawrenceville  
Manchester  
Marshall-Shadeland (also known as Brightwood and Woods Run)/Brunot Island  
Middle Hill  
Morningside  
Mount Oliver  
Mount Washington/Chatham Village  
New Homestead

North Point Breeze  
Northview Heights  
Overbrook  
Perry North (also known as Observatory Hill)  
Perry South (also known as Perry Hilltop)  
Point Breeze/Park Place  
Polish Hill  
Saint Clair  
Shadyside  
Sheraden  
South Side Flats/SouthSide Works  
South Side Slopes  
Spring Garden  
Spring Hill–City View  
Squirrel Hill North/Squirrel Hill South  
Stanton Heights  
Swisshelm Park/Duck Hollow  
Troy Hill/Washington's Landing  
Upper Hill  
Upper Lawrenceville  
West End  
West Oakland  
Westwood  
Windgap

### Participant Contact Information\*

Our team maintains a list of complete names, addresses, and contact information for all or almost all of the program participants in the project/initiative.

Yes

### Police Zone Served\*

Zone 1  
Zone 2  
Zone 3  
Zone 4  
Zone 5  
Zone 6

## *Work Conducted*

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### Proposed Project/Program Activities\*

Provide a list of project activities/initiatives from your proposal.

As outlined in our proposal, the project focused on the following activities and initiatives designed to address violence with stress reduction and promote healthier coping mechanisms among youth: Stress Reduction

**Education:** Conducted workshops on understanding stress and its impact on mental and physical health. Provided guidance on recognizing signs of stress and developing strategies to manage it effectively. **Physical Activity Programs:** Organized structured group exercise sessions, including yoga, dance, and team sports, to provide a natural outlet for stress. **Facilitated after-school and weekend fitness programs** tailored to youth facing academic, family, or social challenges. **Skill-Building Activities:** Introduced mindfulness and breathing exercises as daily practices to help youth focus and de-escalate emotional responses. Trained participants in time management and goal-setting to mitigate academic pressure. **Community Engagement:** Partnered with local organizations to create safe, accessible spaces for physical activity. **Violence Prevention Through Physical Activity:** Emphasized the role of exercise as a proactive measure to redirect energy and reduce the likelihood of youth resorting to violent behaviors as coping mechanisms. Conducted peer-led discussions linking physical activity to positive decision-making and emotional regulation.

## Collaborations

Please comment on the collaborations presented in your project proposal. Did you collaborate as anticipated in the proposal?

Circumstances to consider:

- Have roles and responsibilities shifted?
- What unanticipated changes did you experience?
- What impact does the collaboration make on the project and the population served?
- What circumstances would improve collaboration among STOP the Violence grantees?

As anticipated in the proposal, collaboration has been a cornerstone of the project's success. Key partnerships include both national and local organizations addressing similar issues, such as: **National Partnerships:** Next Level Greats (New Jersey): Shared best practices and programmatic strategies for engaging youth through physical activity. **Students Will Achieve Greatness (Eastern PA):** Collaborated on creating resources and workshops to support youth stress reduction initiatives.

**Local Partnerships:** Shadow Student Athlete Development Services: This local partnership has been instrumental in complementing our efforts. By sharing staff, expertise, and resources, we have enhanced the effectiveness of both programs and reached a broader audience.

**Improving Collaboration Among STOP the Violence Grantees.** **Regular Communication:** Establish a formal network of grantees to facilitate consistent sharing of insights, challenges, and best practices. **Resource Sharing:** Develop a centralized platform for pooling resources such as curricula, staff training modules, and funding opportunities.

Through these efforts, we aim to build on the strong foundation of collaboration established with partners like Shadow Student Athlete Development Services, ensuring sustainable and impactful outcomes for the youth we serve.

## Status of Project Plan\*

What activities/events from your proposed project plan have been implemented?

From the proposed project plan, the following activities/events have been successfully implemented:

#### Fitness Activities

Regularly scheduled physical activities, such as team sports, group exercises, and yoga sessions, were conducted to provide natural stress relief and promote physical health among participants.

#### Health and Wellness Education

Workshops and interactive sessions focused on mental health, nutrition, and the importance of maintaining a healthy lifestyle to support overall well-being.

#### Anti-Bullying Campaigns

Initiatives were organized to raise awareness of bullying, teaching youth how to identify, address, and prevent bullying behaviors while fostering a culture of respect and inclusion in schools and communities.

## Proposed Outcomes\*

**Improved Stress Management:** Youth participants will demonstrate measurable reductions in stress levels, as assessed through surveys and feedback.

**Increased Physical Activity Engagement:** Participants will report higher levels of consistent engagement in physical activities, leading to improved physical health and mental well-being.

**Enhanced Social Skills:** Through group activities and anti-bullying initiatives, participants will develop stronger interpersonal skills and exhibit more respectful peer interactions.

**Reduction in Violent Behaviors:** With the implementation of violence prevention measures, a decrease in incidents of aggression and violence among participants is anticipated. **Improved Academic Performance:** By addressing stressors and teaching time management, participants are expected to show improved focus and academic outcomes. Family-inclusive events and resources will lead to stronger familial support systems, benefiting youth emotionally and academically.

## Progress\*

Please provide an overview of the project achievements/highlights to date. Provide any appropriate data supporting your statements.

Engaged over 500 youth in regular physical activity sessions, exceeding our initial target by 60%.

Maintained an 85% attendance rate across all program activities.

**Stress Reduction Outcomes:** 70% of participants reported reduced stress levels based on post-program surveys. 80% of parents noted improvements in their children's ability to manage stress and emotional regulation. **Behavioral Improvements:** Recorded a 35% decrease in incidents of aggression or violence among program participants compared to baseline data.

**Community Impact:** Successfully partnered with three local organizations, expanding access to safe and supportive spaces for youth.

By providing youth with tools to address stress through physical activity, we created a foundation for healthier lifestyles, improved emotional resilience, and a safer community environment.

## Do you believe that your project or program impacted violence?\*

Do you believe that your project or program contributed to violence prevention or violence intervention rates in the communities served?

Yes

## What has this project done to reduce or prevent violence?\*

1. Describe your actual outcomes.
2. Describe the impact of your project.

This project has directly contributed to reducing and preventing violence among youth through: Engaged over 529 participants in consistent physical activities, allowing them to channel energy into positive behaviors rather than aggression or violence. Improved Emotional Regulation: 70% of youth reported improved ability to manage emotions and de-escalate conflicts without resorting to violence, based on post-program assessments. Reduction in Violent Incidents: A 35% reduction in reported violence-related incidents among participants was observed compared to baseline data collected prior to program implementation. Enhanced Peer Relationships: Peer-led activities and anti-bullying initiatives led to 75% of youth reporting better relationships with peers, fostering a safer and more supportive social environment. Strengthened Community Support: Partnerships with local organizations and family-inclusive events have created a community-based safety net, increasing parental involvement by 40% and reducing the likelihood of youth engaging in negative behaviors. Youth Development: Participants have demonstrated significant growth in stress management, social skills, and conflict resolution capabilities. Community Safety: By reducing youth aggression and promoting positive peer interactions, the program has contributed to a safer environment for all community members.

## Learning and Adapting

Are there any changes to any aspect of your proposed plan? If "Yes", please explain.\*

N/A

## Challenges

Describe any ongoing challenges.

## Budget

### Current Budget Overview\*

1. Click here to download the Budget Reporting Form.
2. Complete the form.
3. Upload the completed form. [https://www.grantinterface.com/Documents/Download/f17c57b0-f6cc-4be9-a9d5-2dce30b11bcbhttps://docs.google.com/document/d/1jM3sEoOobpMJQUc8W-irhCr\\_7KXZVtRM/edit?usp=sharing&oid=101637342679599276330&rtpof=true&sd=true](https://www.grantinterface.com/Documents/Download/f17c57b0-f6cc-4be9-a9d5-2dce30b11bcbhttps://docs.google.com/document/d/1jM3sEoOobpMJQUc8W-irhCr_7KXZVtRM/edit?usp=sharing&oid=101637342679599276330&rtpof=true&sd=true)

T.A.V. BUDGET 2tenths.xlsx

## Share Your Story

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For services supported in whole or in part by your **STOP the Violence** grant, share a story about a client (without sharing any personally-identifying information), service, or community initiative that could be shared with other stakeholders.

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Through the support of the STOP the Violence grant, our program has made meaningful changes in the lives of youth and their communities. One story, in particular, highlights the transformative power of our initiatives, illustrating how a combination of mentorship, physical activities, and emotional support can redirect a young person's path toward positive outcomes.

### The Situation

A 16-year-old participant, who we will call "Jordan," joined our program after being referred by a school counselor. Jordan had been struggling with anger management issues stemming from a challenging home environment and academic pressures. These stressors had begun to manifest as conflicts with peers, both in school and within the community, raising concerns about their well-being and future. Upon joining the program, Jordan participated in the following activities supported by the STOP the Violence grant:

One-on-One Mentorship: Jordan was paired with a mentor who provided consistent guidance, helping to build trust and encourage open communication. Weekly meetings focused on goal setting, emotional regulation strategies, and personal growth. Physical Activities: Jordan joined team sports and fitness sessions, which provided a positive outlet for pent-up energy and emotions. Participation in these activities helped Jordan develop teamwork skills and a sense of belonging.

## Photos and Digital Clips

Please attach any photos or videos illustrating your work.

## Verification

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### Name of Organizational Representative Completing Report\*

Dewayne Brown

### Title of Organizational Representative\*

President/CEO

**Authorization\***

By entering your signature information above and clicking "*I agree.*" you certify that: I certify, to the best of my knowledge, that all information included in this report is correct. The tax-exempt status of this organization (*or fiscal sponsor organization*) is still in effect.

I agree.

**Date of Submission\***

12/31/2024

## File Attachment Summary

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### *Applicant File Uploads*

- T.A.V. BUDGET 2tenths.xlsx

Grantee Name 2Tenths Foundation

Project or Program Name T.A.V. (Train Against Violence)

Grant amount requested:

Approximate funding expected from other sources:

AMOUNT	STATUS	SOURCE
45,000	Requested	Essential Foundation
0	Requested	
23,788	Received	Individual Donation
50,000	Requested	Poise Foundation

Total

118,788

Proposed Project / Program Budget

Salaries (2)  
Employee benefits, payroll taxes, etc. (3)  
Funding to other organizations (4)  
Other Professional Services (4)  
Travel, Conferences & Meetings (5)  
Insurance  
Materials  
[other expense]  
Indirect Costs / Overhead (7)

Start: 01/08/2024 End: 12/32/2024		Total
75,000	75,000	
12,000	12,000	
	0	
21,785	21,785	
5,000	5,000	
2,500	2,500	
2503	2503	
	0	
	0	
118,788	118,788	
		0

Total Project/Program Budget (should match total in row 17 above)

#### Additional Instructions:

- (1) Include an estimate of funding expected from other sources. If the YWCA support is a portion of a larger project/program, all line item details should represent total costs, not just the requested grant amount.
- (2) Please provide projected salary for those working on the project or program, if applicable.  
*We do not require confidential salary info.*
- (3) You may add these expenses into the salary line item but please ensure these associated staff costs are included
- (4) Please include amounts for fiscally-sponsored organization costs and/or other professional services (i.e. consulting, contractors, 1099s)  
*Please also explain in the proposal narrative.*
- (5) Please include costs for travel or other key meetings or conferences as part of this project / program
- (6) If needed, please add significant categories of direct costs to your project / program that are not already included in this template.
- (7) Indirect costs or overhead typically includes occupancy (rent, utilities, etc.), IT and equipment; as well as a proportion of key staff in organization functions. (finance, HR, development, etc)

**Grantee Name** ABC

**Project Name** For the good of the planet and its people

**Grant amount requested:**

500,000

**Project funding expected from other sources:**

**Total**

AMOUNT	STATUS	SOURCE
140,000	Committed	DEF Foundation
640,000		

**Proposed Project Budget**

Salaries (1)

Employee benefits, payroll taxes, etc

Re-grants to other organizations (2)

Other Professional Services (2)

Travel, Conferences & Meetings (2)

Advertising/Media/Communications

Indirect Costs / Overhead

Total Project Budget (total should tie to total funding above)

Start: 1/1/24 End: 12/31/24 Year 1	Total
200,000	200,000
50,000	50,000
100,000	100,000
100,000	100,000
25,000	25,000
10,000	10,000
155,000	155,000
640,000	640,000