AGENDA ITEM or FINAL CONTRACT REVIEW SUBMITTAL FORM

Agenda Item: Acknowledgment of County Manager's Approval to Sub

Action Requested: Other County manager grant application approval

Parties to the Agreement: Rocky Mountain Heath Foundation & Gunnison County

Term Begins: **Term Ends:** **Grant Contract #:**

Summary:

Suicide prevention grant for the Health Coalition of the Gunnison Valley

Fiscal Impact:

Submitted by: Emily Mirza **Submitter's Email Address:** emirza@gunnisoncounty.org

Finance Review: (●) Required ( ) Not Required

Comments:
This is a new request for funds, and would need to be included in budget preparation if approved. No concerns. ln

Reviewed by: GUNCOUNTY1\lNienhueser Discharge Date: 10/16/2018

County Attorney Review: (●) Required ( ) Not Required

Comments:
ok db 10/17/18

Reveiwed by: GUNCOUNTY1\dBaumgarten Discharge Date: 10/17/2018 Certificate of Insurance Required Yes ( ) No (●)

County Manager Review:

Comments:

Reveiwed by: GUNCOUNTY1\mbirnie Discharge Date: 10/17/2018

(●) Consent Agenda ( ) Regular Agenda ( ) Worksession Time Allotted: 0

Agenda Date: 11/6/2018

Revised April 2015

Status Summary

General

Application #:	None
Application Status:	Not Submitted
Cycle Requested:	Q42018

Grantmaker

Grantmaker Organization:	Rocky Mountain Health Foundation
Grantmaker Program:	Application

Grantmaker Program Contact

Full Name:	Kim Lewis
Title:	Grant Manager
Organization Name:	Rocky Mountain Health Foundation
Address 1:	PO Box 400
City:	Grand Junction
State:	CO
ZIP/Postal Code:	81502
Country:	United States
Organization Phone:	970-697-1038
Web:	www.rmhealth.org
Email:	kim@rmhealth.org

Overview

Welcome to the Rocky Mountain Health Foundation (RMHF) online grant application. Thank you for considering us as a prospective partner/funder to further your mission!

At Rocky Mountain Health Foundation, we believe healthy, strong communities are derived from the health and happiness of its citizens in all aspects of their lives—including physical, mental, and emotional health, as well as social well-being. We bring together community resources and services to provide positive programs and initiatives to create healthy communities.

It is anticipated that $1 million will be distributed in 2018 throughout quarterly grant cycles. We will consider one-year funding commitments for general operating and programmatic requests. Organizations may only apply annually.

Applicants must be a 501 (c)(3) nonprofit organization serving in the 22 counties defined in the traditional maps of Colorado's Western Slope.

Before you begin, please review our grant guidelines (live link to "guidelines" http://rmhealth.org/grant-guidelines/).

Prospective grant applicants may inquire with questions to Kim Lewis, Grant Manager, at (970) 697-1038 or kim@rmhealth.org.

If you have any questions using the Common Grant Application site, please email info@commongrantapplication.com

Initial Eligibility Questions

Are you a 501 (c)(3) or County Public Health Department? Or do you have a fiscal sponsor?*:	Yes
Are you in good standing with the Colorado Secretary of State? *:	*Do you have a certificate dated within the past 12 months?* Yes
Do you serve in one of the 22 western slope counties as defined by RMHF's service area? *:	Archuleta, Delta, Dolores, Eagle, Garfield, Grand, Gunnison, Hinsdale, Jackson, La Plata, Lake, Mesa, Moffat, Montezuma, Montrose, Ouray, Pitkin, Rio Blanco, Routt, San Juan, San Miguel and Summit counties. Yes
Does your funding request address a community health needs assessment gap?*:	View the health assessment Yes
Eligibility:	If you answered "No" to any of the above questions then you are not eligible to apply for funding to the Rocky Mountain Health Foundation. To discuss your funding proposal further, contact Kim Lewis, Grant Manager, at 970-697-1038 or kim@rmhealth.org.

Contact Info

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First Name*: **(Max. Characters: 20)**	Emily
Last Name*: **(Max. Characters: 30)**	Mirza
Position*: **(Max. Characters: 30)**	Youth Programming Coordinator
Legal Name of Organization *: **(Max. Characters: 100)**	Gunnison County
Preferred/Public Organization Name*: **(Max. Characters: 100)**	Gunnison County - Health Coalition
Mailing Address 1*: **(Max. Characters: 50)**	200 East Virginia Ave.
Mailing Address 2: **(Max. Characters: 50)**	
City*: **(Max. Characters: 50)**	Gunnison
State*:	Colorado
ZIP Code*: **(Max. Characters: 300)**	81230
	Physical Address if different
Physical Address 1: **(Max. Characters: 50)**	
Physical Address 2: **(Max. Characters: 50)**	
City: **(Max. Characters: 50)**	
State:	
ZIP Code: **(Max. Characters: 300)**	
County*:	Gunnison
Phone*: **(Max. Characters: 20)**	970-642-7396
Email Address *: **(Max. Characters: 300)**	emirza@gunnisoncounty.org
Website*:	www.gunnisoncounty.org

(Max. Characters: 255)	

Organization Information

Year Founded (YYYY)*: **(Max. Characters: 4)**	2016
Mission Statement *: **(Max. Characters: 750)**	The mission of the Health Coalition of the Gunnison Valley is to build and maintain a culture that enables a sustainable healthy community for everyone in the Gunnison Valley. We believe that meeting the basic needs of our community members, identifying shared risk and protective factors, encouraging positive youth development and supporting healthcare access for all is critical for the development of a thriving and prosperous community.
Vision Statement*: **(Max. Characters: 750)**	The Health Coalition of the Gunnison Valley uses a social ecological lens in our community work to ensure impact at all levels; societal, community, family, and individual. We believe that it takes a village to have a community that prospers and that by working together we can broaden our reach to ensure that our health efforts are equitable. The health coalition uses an evidenced-based approach to identify community risk and protective factors in order to build upon our existing assets and minimize the impact of our risk factors.
Goals*: **(Max. Characters: 1500)**	Describe the organization's current goals. One of the sub-groups of the Health Coalition is the Health and Wellness Subgroup, which has identified suicides awareness and prevention as a priority. The Health Coalition of Gunnison County takes an upstream-environmental approach to suicide awareness and prevention, we use a social ecological model lens to identify and implement strategies and interventions that decrease risk factors and increase protective factors at varying points along this social ecology. We use a three tiered approach in identifying and implementing interventions at the societal and community level with emphasis on media and stigma reduction, suicide awareness for community members and professionals in the community working in the health and mental health fields. This three tiered approach was designed in order to address the specific culture and needs of our rural/frontier community and is informed by data. The Health Coalition of the Gunnison Valley is true community collaborative. There are representatives at the table from each of the 12 community sectors that are vital to the success of any community-level prevention effort. We have a shared vision and shared funding for our efforts. We use the public health approach to prevention that focuses on increase protective factors and decreasing risk factors.
Mission in Action: **(Max. Characters: 500)**	Tell us your story. The Health Coalition of the Gunnison Valley has been operating as a community collaborative since 2016. It was created out of the Gunnison Valley's One Valley Prosperity Project and our work is included in the Board of County Commissioners strategic plan. The Health Coalition of the Gunnison Valley has absorbed the efforts of the Crisis Coalition that was established in 2015 in response to a rise in youth suicides and concern over the health and wellness of our community members.
501 (c)(3)/County Public Health Dept. EIN*: **(Max. Characters: 11)**	84-6000770
Tax Exemption Status*:	Indicate if your organization is a 501(c)(3) or if you are utilizing a fiscal agent/sponsor fiscal agent/fiscal sponsor
Fiscal Agent/Sponsor Info: **(Max. Characters: 500)**	If using fiscal agent/sponsor, explain.

	The Health Coalition of the Gunnison Valley uses Gunnison County, Department of Health and Human Services - Public Health Division as the fiscal sponsor for this project.

Funding Request

Type of Grant Requested*:	Expand existing program
Amount of Request*: **(Max. Characters: 10)**	Please round up to the nearest thousand. $25,173 USD
Counties to be Served by Grant*:	Gunnison
What % of the funds from the proposed grant will be used in each county? *:	

	Enter %
Archuleta	
Delta	
Dolores	
Eagle	
Garfield	
Grand	
Gunnison	100
Hinsdale	
Jackson	
La Plata	
Lake	
Mesa	
Moffat	
Montezuma	
Montrose	
Ouray	
Pitkin	
Rio Blanco	
Routt	
San Juan	
San Miguel	
Summit	

Outreach Plan: **(Max. Characters: 750)**	If you are serving multiple counties, what does your outreach plan for this project look like? N/A
Name of Project*: **(Max. Characters: 300)**	A Community Approach to Upstream Suicide Prevention
What will the grant funding be used for?: *: **(Max. Characters: 750)**	Funds will be used to help train trainers in three suicide prevention programs, Applied Suicide Intervention Skills Training (ASIST), safeTALK, and Question Persuade Refer (QRP). The trainers will provide the skill-based trainings quarterly to community members and professionals. To reach our Latino community, the QPR trainer will be bilingual. Funds will be used to facilitate Education Dinners on risk factors such as Adverse Childhood Experiences, Toxic Stress, and protective factors. Lastly, funds will also be used to support campaign materials for Sources of Strength (SOS), an upstream suicide prevention program that we are implementing as an environmental strategy. The funds will help integrate the program into the community.
Identified Needs*: **(Max. Characters: 1500)**	To help us understand how your program creates/contributes to a healthier community, provide documentation of a need or gap in your community using data from Kids Count or your Community Health Needs Assessment (CHNA). [Kids Count tracks the well-being of children by providing high-quality data and insights into trends affecting child and family. Hospitals in Colorado are required to complete a Community Health Needs Assessment every three years; public health departments must do so every five. Sometimes local non-profit hospitals and public health departments partner to produce a single community document every three years. Click here to access your your local hospital's or Public Health Department's

community health needs assessment.

Behavioral Health was identified as one of the top three priorities trough the 2016 regional CHNA and the Gunnison Valley Health community health needs assessment. Gunnison County adults indicated in 2014-2016 BRFSS data that 8.2% have 14 or more poor mental health days in a 30 day period and 12% of adults have been diagnosed with a depressive disorder. The ratio of mental health providers in Gunnison is 480:1 while Colorado's is 330:1 (County Health Rankings). In 2017 Gunnison Police Department received 2174 calls related to mental health and substance.
In recent years the county coroner data indicated that we have seen a steady increase in deaths by suicide with 2015 having 3, 2016 jumping to 10, 2017 at 9, and to date 2018 at 7 deaths. The majority of deaths were white males age 24 and older. Toxicology reports indicate that in 36% of completed suicides alcohol was present and in 27% marijuana was present. The data does not indicate if there was overlap. Healthy Kids Colorado data shows there has been a steady increase of Gunnison youth that report being sad or hopeless for 2 weeks in the past 12 months; 21.8% in 2015 to 26.8% in 2017 . Additionally in 2016 13.6% of Gunnison youth reported considering suicide in the last 12 months, 2017 increased to 20.1%.

Through the implementation of this project we will strive to reduce death by suicides and increase help seeking behaviors through education, resource sharing, and stigma reduction related to suicide.

RMHF Focus Area*:

Indicate what RMHF focus area you most-closely align with.

Community-based projects

RMHF's Mission*:
(Max. Characters: 1500)

How does your project align with RMHF's mission?

This project takes an environmental-upstream approach to suicide prevention. We use the social ecological model as a framework to identify and implement strategies that decrease risk factors and increase protective factors. We strive to break barriers related to stigma reduction and access to resources through collaboration with agencies in the private and public sector and the community. Using knowledge from Rural Health literature and community data to guide our work we have identified our community risk and protective factors and are implementing strategies that address the uniqueness of our community. We have an understanding of what community assets currently exist and have been working on awareness and relationship building in order to best leverage those assets. We are implementing an innovative environmental strategy by using the Sources of Strength program as a way to infect the community with hope, help and strength – creating a contagion of positivity. We believe these strategies are directly in-line with the mission of the Rocky Mountain Health Foundation.

Scope of Work*:
(Max. Characters: 3500)

Provide a scope of work that includes a clear strategy to implement and manage the proposed project. Include the issue and/or opportunity addressed, goals and objectives, activities, and timeline. Explain why the organization is approaching the issue and/or opportunity in this way

The coalition is taking an upstream approach to suicide prevention through the three tiered strategic plan; media and stigma reduction, community education, and provider education. Upstream efforts will begin with educational dinners for parents, youth serving professionals, and community members about the health outcomes and lifelong social and emotional impact of risk factors such as Adverse Childhood Experiences (ACEs) and Toxic Stress. We will also address how to build protective factors, the importance of connections with trusting adults and the SOS program, and the impact of positive childhood experiences. Research has shown that ACEs are linked to suicide attempts later in life and positive social connections are a key protective factor. The coalition will collaborate with the Gunnison/Hinsdale Early

Childhood Council, Gunnison County Substance Abuse Prevention Project (GCSAPP), and the Gunnison Watershed RE1J School District to reach parents of children prenatal through grade 12 to hold four educational dinners in the north and south end of the valley for up to 80 individuals at each session.

In response to recent losses and an overwhelming request for suicide prevention trainings, the health coalition intends to send local professionals to “train the trainer” trainings for ASIST, safeTALK, and QPR. The trainings will be offered at three levels, QPR for community members, safeTALK for community members and people in the helping professions, and ASIST for professionals. All the trainings will be provided quarterly. Local trainers will allow the coalition to provide sustainability and respond quickly to the needs of the community. In addition, a bilingual individual will be trained to facilitate QPR for Latino community. The coalition will partner with the Gunnison County Multicultural Resource Office to reach this population. Being informed by Rural Health literature, the coalition has incorporated a strategy into the three-tiered approach is to equip “first responders” - bar tenders, hairdressers, barbers, dispensaries, and liquor stores with skills through trainings to identify community members in crisis and connect them to resources. Being informed by data, our community sees the potential for these individuals to potentially be the first to notice or respond when someone is in need. In addition to the quarterly offerings, efforts will be made to facilitate trainings at targeted worksites.

The coalition supports the efforts of GCSAPP, Gunnison Watershed REJ1 School District, and Western Colorado University in implementing SOS in our community, which began in response to youth suicides. We define this an environmental strategy; specifically targeting youth 9-25 and indirectly reaching community members. In the past three years, SOS has been implemented at the Gunnison middle school and high school and at Western Colorado University (which is the first University in Colorado to be trained). SOS is an evidenced-based program that trains peer leaders to promote help seeking behaviors and encourage help-seeking behaviors through connections between peers and trusted adults. The coalition will help implement SOS in the community through valley wide campaigns that spread the message of hope, help, and strength. Campaigns aim to help individuals identify and rely on their sources of strength and reach out for support. The funds allocated to SOS will be utilized to help achieve this goal.

Goals & Outcomes*:
(Max. Characters: 3500)

What impact are you going to make and how will you track your efforts? Explain your goals and objectives, and why the organization is approaching the issue and/or opportunity in this way. Refer to methods, instruments and procedures (surveys, interviews, tests, logs, etc.) for collecting data, and your process for analyzing the data.

The overarching goal is to increase help seeking behaviors and to ultimately reduce the number of deaths by suicide in Gunnison County.

To support this effort we will train local trainers in three levels of suicide prevention trainings in order to increase awareness and education across multiple levels of the community.Through the parent/community education sessions the coalition will increase education on risk factors that may lead to suicide and signs of suicide. Through education with parents, community members, and professionals, we can increase understanding and knowledge of community resources in order to be connectors for individuals in need. In addition, education will help spread awareness and reduce stigma related to suicidal ideations, help seeking behaviors, and open communication. We will aim to increase our reach to vulnerable populations through training nontraditional partners such as bartenders and hairdressers. Sources of Strength has already been implemented in Gunnison middle school, Gunnison high school and Western State Colorado University. Additionally, we have begun providing mini trainings on Sources of Strength to community organizations that provide services to youth, the court system, physical health, and behavioral health. The coalition will track the number of trainers trained, trainings offered and parent

	education dinners provided, number of individuals in attendance at trainings and dinners, and the population served by attendees and/or work sector of attendees. We will administer pre-post surveys in order to assess the effectiveness of the training sessions. By March 2019, the Health Coalition will have three people trained as trainers in ASIST, SafeTALK, and QPR. This will be measured by certificates of completion. One trainer will be bi-lingual and will be trained in QPR. By December 2019, the Health Coalition will have hosted four QPR, ASIST and SafeTALK trainings for Gunnison County community members. Sign-in sheets will be collected in order to track the number of participants and we will collect the appropriate evaluation forms for each training. We will also collect qualitative data regarding the trainings. By December 2019, the Health Coalition will have held four education dinners in collaboration with the school district, the Early Childhood Council and GCSAPP to educate. SOS aims to train peer leaders to foster positive connections, and identify and rely on their sources of strength. Sources of strength can include positive friends, mentors, healthy activities, family, spirituality, and more. The university SOS peer leaders will be responsible for creating and implementing three campaigns on campus and in the community. By December 2019, the Health Coalition will have helped with the integration of SOS into the community. Campaigns will be implemented in March, May, and September. GCSAPP will track this as part of their Communities that Care data.
Significant Interactions*: **(Max. Characters: 1500)**	For program requests, describe the organization's most significant interactions and efforts with other organizationspartners. The coalition is a collaboration of key partners with a shared vision to sustain a stable and healthy community. Key partners for this specific effort include Gunnison County Government, Gunnison Valley Hospital (GVH), Center for Mental Health (CMH), law enforcement, Gunnison County Substance Abuse Prevention Project (GCSAPP), Gunnison/Early Childhood Council (ECC), American Foundation for Suicide Prevention Gunnison Chapter, Gunnison Valley Mentors, Gunnison Watershed REJ1 School District, the City of Gunnison, Western Colorado University (WCU), and local youth. Collaboration with the agencies and groups listed above has allowed the Health and Wellness subgroup of the coalition to use the social ecological model as a framework for developing the three-tiered approach to upstream suicide prevention. Key stakeholders help to share the media campaign, promote trainings to reach community members, professionals, and non-traditional partners, and connect with youth serving agencies and schools to support Sources of Strength. Having youth engaged as part of this initiative plays an essential role in changing the social norms of help seeking behaviors, which is at the heart of all of our strategies.
Volunteer Support*: **(Max. Characters: 100)**	Indicate total number of volunteers involved with your organization and how many volunteer hours are donated annually. NA
Total number to be served with this project*: **(Max. Characters: 100)**	16939
Describe the target population to be served for this project*:	The coalition strives to reach all Gunnison County residents through the three tiered approach. We recognize the gap in services for our 18-40 population. We aim to

(Max. Characters: 500)	reach this population with Sources of Strength being implemented at the University and throughout the community, with targeted education at bars. The community has seen losses for white males age 24 and older. Through education with nontraditional partners we hope to connect these individuals to resources and increase help seeking.
	Demographic Directions: Totals for each section (gender, ethnicity and age) MUST equal total number to be served for this project. The total field will automatically total when you click Save on the page.
Gender*:	Males: 9164 Females: 7775 Not Reported: Total: 16939
Ethnicity*:	White: 14739 Hispanic: 1524 Asian-American: 169 African-American: 84 Native American: 423 Other: Not Reported: Total: 16939
Age*:	Age 0-4 (infant): Age 5-14 (child): Age 15-18 (teen): Age 19-34 (young adult): Age 35-54 (adult): Age 55-70 (senior): Age 71 + (elderly): Not Reported: Total: 0
Fees paid by clients*:	None
Amount: **(Max. Characters: 10)**	
Explanation: **(Max. Characters: 300)**	Explanation (optional).
How else can we help: **(Max. Characters: 500)**	Are there other ways (besides financial investment) that RMHF can support your program? Rural areas of Colorado are often not considered "statistically significant". State Legislators, grantors, and other policy makers/influencers need to know that our numbers may not be large but our need is. We are a frontier community isolated from others by mountain passes and harsh weather conditions. We are a community of ranchers, professionals, service workers, immigrants, university students, families, and a resort community where people come to play and party. Our needs are significant.

Financial Information

Program Budget

You must submit a program budget and narrative using the RMHF template. (You will upload the budget and narrative in the "required documents" section of the application.) This is a required document and available for download here.

Type		Name	Size	Updated
General Information 1		Budget Form.xlsx	399,583	9/26/2018 5:03:13 pm

Notes

Fiscal Year Begins (MM/DD/YYYY)*: (Max. Characters: 10)	01/01/2019
Fiscal Year Ends (MM/DD/YYYY)*: (Max. Characters: 10)	12/31/2019
Percentage of Program Budget*: (Max. Characters: 10)	What percentage of your program budget does the amount requested from RMHF represent? 38%
Percentage of Operating Budget: (Max. Characters: 10)	What percentage of your overall operating budget does the amount requested from RMHF represent?
Financial Efficiency Performance Ratios*:	RMHF is interested in learning more about your organization's financial health. Charity Navigator and GuideStar recommend reviewing these four primary ratios to assess financial efficiencies. Use your most recent 990. For each of the ratios, divide the top number by the bottom number. Type N/A if not relevant for your organization.
Current ratio*:	Determines the current assets for every $1 of current liabilities. *=Current Assets/Current Liabilities - Page 1, line 20, column 2/Page 1, line 21, column 2*

Current assets	NA
Current liabilities	NA
Ratio	NA

Management efficiency*:	Determines the percentage of expenses spent on administration and fundraising. *=General & Admin + Fundraising Expenses/Total Expenses - Page 10, line 25, Column C + Page 10, line 25, Column D/Page 10, Column A, line 25*

General administrative & fundraising expenses	NA
Total expenses	NA
Ratio	NA

Fundraising efficiency*:

Determines how much is spent on raising a dollar.

=Total contributed income (Support)/Total fundraising expenses - Page 1, Column 2, Line 8 = Page 10, Column D, Line 25/Page 10, Column D, Line 25

Total contributed income & fundraising expenses	NA
Total fundraising expenses	NA
Ratio	NA

Charitable program focus*:

Determines the percentage of total funds directed to programmatic efforts.

=Total Program Expenses/Total Expenses - Page 10, Column B, Line 25/Page 10, Column A, Line 25

Total program expenses	NA
Total expenses	NA
Ratio	NA

Required Attachments

Upload Documents Below

1. 501 (c)(3) or IRS federal tax-exempt status letter, dated within the last five years
2. Certificate of Good Standing from the Colorado Secretary of State (dated within one year)
3. Budget and budget narrative (template provided in financial section of application)
4. Most recent 990

Type		Name	Size	Updated
501 (c)(3) or IRS federal tax-exempt status letter *		IRS Letter RE tax status. pdf	97,610	10/11/2018 4:15:15 pm
Notes				
Certificate of Good Standing *				
Notes				
Budget and budget narrative (template provided) *				
Notes				
Most recent 990 *				
Notes				

Optional Attachments

** IMPORTANT ** Here is a list of allowable file attachments:
https://www.commongrantapplication.com/manual/pub/pub_manual2508.php

Upload Documents Below

1. Other 1 Optional/additional supporting documents.
2. Other 2 Optional/additional supporting documents.
3. Other 3 Optional/additional supporting documents.

Type		Name	Size	Updated
Other 1		Conceptualization - Healt h Coalition - Suicide Pre vention .pdf	216,206	10/11/2018 4:19:33 pm
Notes				
Other 2				
Notes				
Other 3				
Notes				

Rocky Mountain Health Foundation
Grant Application Budget

Organization Name:	Gunnison County			
Proposal Title:	A Communiy Approach to Upstream Suicide Prevention			
Proposal Revenue	**Total Project Budget**			**Notes**
Rocky Mountain Health Foundation request				
Government Grants	$ 25,400.00	Communities That Care & City of Gunnison		
Foundation Grants	$ 5,000.00	El Pomar		
Individual Support				
Corporate Support				
Special Events				
Earned Revenue				
Subctractor Grant	$ 10,000.00	Center for Mental Health Funding		
Contract Revenue				
In-kind / Other	$ 5,250.00	Coaltion members & SOS Trainrs time		
Total Revenue	$ 45,650.00			
Proposal Expenses	**Total Project Budget**	**Request to RMHF**		
Direct Costs *(each item to be detailed in budget narrative)*				
General Operating				
Program/Project				
Personnel	$ 17,000.00	$ 5,500.00		
Programming/Project Costs	$ 47,840.00	$ 18,940.00		
Administrative costs related to program				
Capital	$ -			
Total Direct Costs	$ 64,840.00	$ 24,440.00		
Other Costs *(each item to be detailed in budget narrative)*				
Consultants	$ -			
Fiscal Sponsor's Fee (if applicable)	$ -			
Indirect Costs (if applicable)				
Total Other Costs	$ 733.20	$ 733.20	3% of RMHF Request	
GRAND TOTAL COSTS	$ 65,573.20	$ 25,173.20		