

I Can Do It! Program

The Missouri Department of Health and Senior Services (DHSS), in partnership with the Missouri Department of Elementary and Secondary Education (DESE) is offering \$1,000 stipends through Letters of Agreement (LOA) to approximately 26 schools to implement the ICDI! Program. Funding is available for a maximum of three schools per district. The goal of the mini-grant is to help launch the program in Missouri, generate increased interest in participation, ensure schools have the equipment necessary to best support their students with disabilities to engage in physical activity, and enable DHSS and DESE to capture success stories to assist in recruiting additional schools.

Schools should use the funds to address one or more of the three common implementation barriers noted below:

Common Barrier	I Can Do It Solution
Limited availability of accessible environments to be active (e.g., adapted or inclusive sport, recreation, and/or physical activity-based facilities and programs)	Establish ICDI sites which offer opportunities for individuals with a disability to participate in adapted or inclusive physical and healthy eating activities
Lack of resources in support of physical activity and healthy eating habits	Provide ICDI and health-related resources, as well as technical assistance to leaders working to improve the lives of individuals with a disability
Lack of social support (family member or friend) for pursuing physical activity involvement and healthy eating	Foster individual mentee-mentor relationships through weekly ICDI sessions and encourage involvement of family, friends, and/or caregivers outside of weekly sessions

Award Information:

DHSS will award funding on a first come, first serve basis until all of the funds are expended. Priority will be given to schools that have over 60% free/reduced price lunch enrollment. Schools awarded will submit supporting documentation with their invoices to ensure they use funds as described in their proposal.

Timeline for award notification and program implementation:

Date	Task
February 28, 2020 5:00 p.m.	Proposals for ICDI! Program submitted to Kathy Craig, DHSS
March 6, 2020	All proposals will be reviewed and scored
March 17, 2020	Districts will be notified of award and Letters of Agreement will be mailed to participating schools
April 3, 2020	Signed Letters of Agreement to be returned to DHSS
April-May 2020	Implement ICDI! Program in selected schools. Schools will run at least one 8-week ICDI session.
May 2020	Plan and conduct celebration for ICDI! participants (could incorporate into existing end-of-school-year awards ceremonies)
May 28, 2020	All invoices to be turned into Kathy Craig, DHSS

[I Can Do It! Mini Grant Application \(Click Here\)](#)

For questions about your proposal, please contact Kathy Craig at 573-522-2820 or Kathy.craig@health.mo.gov.