CITY OF WEST DES MOINES
CITY COUNCIL MEETING COMMUNICATION

DATE: April 6, 2015

ITEM: Resolution – Approval of Grant Application – Dallas County Foundation Grant - Rape, Aggression, Defense (R.A.D.) Self-Defense Equipment

FINANCIAL IMPACT: Possible grant revenue of $2,400. The total project cost is estimated at $3,317. The City's match of $917 will be covered by the Police Department's Gift Trust Account for Crime Prevention Programs.

BACKGROUND: The Dallas County Foundation provides support for various improvement projects in Dallas County. The mission of the Foundation is to "foster private giving, strengthen service providers, and improve the conditions of the communities and rural areas of greater Dallas County."

Staff has prepared the attached grant application for the purchase of training equipment to be used by both the instructors and participants of the departments Rape, Aggression, Defense (R.A.D.) Self-Defense Training programs conducted through the Police Department. The Police Department implemented the R.A.D. Program in 2014 at the request of residents and citizens from the community looking for a hands-on self-defense program. In addition to the West Des Moines program, it is currently being offered by the cities of Clive, Urbandale, Windsor Heights, Polk City, and Ankeny.

OUTSTANDING ISSUES: None

RECOMMENDATION: That the Council approve the Resolution.

Lead Staff Member: Chief Shaun LaDue

STAFF REVIEWS

Department Director	Shaun E LaDue
Appropriations/Finance	
Legal	
Agenda Acceptance	RTJ

PUBLICATION(S) (if applicable)

Published In	
Dates(s) Published	

SUBCOMMITTEE REVIEW (if applicable)

Committee	N/A		
Date Reviewed			
Recommendation	Yes	No	Split

RESOLUTION OF THE WEST DES MOINES CITY COUNCIL APPROVING THE APPLICATION FOR THE PURPOSE OF RECEIVING A DALLAS COUNTY FOUNDATION GRANT

WHEREAS, the Dallas County Foundation has grant funds available for improvement projects in Dallas County; and

WHEREAS, the City of West Des Moines City Council is supportive of this application; and

WHEREAS, the application from the City of West Des Moines will be submitted to the Dallas County Foundation by the April 13, 2015 deadline;

NOW THEREFORE BE IT RESOLVED by the City Council of the City of West Des Moines that the following Dallas County Foundation Grant Program grant application be approved and submitted to the Dallas County Foundation by the April 13, 2015 application deadline:

PROJECT NAME	REQUEST AMOUNT
Rape, Aggression, Defense (R.A.D.) Self-Defense Program	$2,400

Passed and adopted this 6th day of April, 2015.

Steven K. Gaer, Mayor

Ryan Jacobon, City Clerk

Dallas County Foundation 2015 Grant Application
Part 1-Cover Page

West Des Moines Police Department-R.A.D. Program — 04-02-2015

Project Title — Date Submitted

West Des Moines Police Dept. — City of West Des Moines, IA

Name of organization — Legal name (as listed with IRS)

4200 Mills Civic Parkway — West Des Moines, IA 50265 — 42-60005359

Organization Address — City, State, Zip — Employer Identification Number (EIN)

515-222-3300 — www.wdm.iowa.gov — 170b

Phone — Website — IRS 501(c)(3)(5) or (6) or 170b (indicate which)

Officer Jeff Hartshorn — 515-222-3333 — jeff.hartshorn@wdm.iowa.gov

Name and title of contact person regarding this application — phone — email address

Tim Stiles, Finance Director — 515-222-3611 — tim.stiles@wdm.iowa.gov

Name and title of fiscal agent contact person (if different than above) — phone — email address

4200 Mills Civic Parkway, PO Box 65320, West Des Moines, IA 50265

Physical address of fiscal agent contact (if your organization is neither a IRS 501(c)(3)(5) or (6) or 170b you MUST have a fiscal agent)

$3317.00	$2400.00	$917.00	17,566 in West Des Moines
Total Cost of Project	Total requested from DCF	Total Matching Funds and/or In-Kind Funds	Dallas County population served (est #)

Type of Request (check one) ☐ Capital Based* ☑ Special Project

*Capital Based: The building of or physical improvement of something.

Project Focus Area (check as many as apply)

☐ Arts and Culture ☐ Youth Development ☑ Education

☐ Health and Human Services ☐ Community Improvement ☐ Recreation and Environment

In no more than three sentences describe your organization.

The West Des Moines Police Department is a public service entity providing law enforcement services and protection to the businesses and residents from the community. The department provides Crime Prevention Programs throughout the community through their Community Response Unit including self-protection and self-defense classes.

In no more than three sentences describe the project for which you are requesting funds.

The West Des Moines Police Department has provided self-awareness and self-protection programs to the community for over twenty-five years. In 2014, the department enhanced the personal safety programs by adding the Rape, Aggression, Defense (R.A.D.) Systems. The new program provides the opportunity for the students to become involved in more hands-on defense training requiring additional needs for equipment for both the instructors and students.

Part II
Grant Application Form

1.) Describe the proposed project in detail, including your goals and objectives. Discuss the community need for the project, the benefits for the community as a result of the project and the community support of the project. Include the target population and the expected number of people you will serve.

The fact is, crime does occur in every community! Residents, citizens, and other visitors to our community should realize that the potential for them to be a victim of a crime is real. If may be lower than other communities throughout the country, but it is a reality! In 2014, the West Des Moines Police department responded to 841 domestic related calls, 188 assaults, and 131 fights in addition to other criminal activity. These types of incidents are reminders that even in West Des Moines, crime is prevalent. These types of incidents bring concerns to our residents regarding their safety and the need for some type of self-protection or self-defense training.

The West Des Moines Police Department has provided self-awareness and self-protection programs to the community for over twenty-five years. These programs included awareness, prevention, risk reduction, and avoidance as key elements to personal safety. Another large component of the personal safety program is the opportunity to participate in basic hands-on defense training.

There has been an increase of request over the last few years for more hands-on self-defense training opportunities to be provided to our residents. Other law enforcement agencies in the metropolitan area have also observed the same increase in requests. Because of these requests, several of the area agencies to include: West Des Moines, Urbandale, Clive, Windsor Heights, Polk City, and Ankeny Police Departments have supported and trained police officers in the Rape, Aggression, Defense (R.A.D.) Self-Defense System. This nationally recognized self-defense program founded in 1989 has provided training to create over 9500 certified instructors throughout the United States.

The program involves twelve hours of self-defense training over four nights or weekends, usually three hours per session. During this training, participants begin by learning avoidance and risk reduction strategies, crime prevention and awareness, postures for self-defense, and using their personal weapons to defend themselves. The participants will then move onto learning and practicing various striking and kicking techniques which require specialized equipment. The final session is designed to allow the participants the opportunity to demonstrate what they have learned by participating in simulated assault scenarios. Both the students and instructors wear specialized safety equipment which provides additional protection from the various strikes, kicks, and other defensive maneuvers performed during the session.

In 2014, our second officer was certified through R.A.D. and the department than choose to begin implementing the program within our community. The department began and has been using equipment borrowed from other surrounding law enforcement agencies to accomplish our task. Since the overall demand for the program is very high in all of the communities, it is now time for our department to obtain their own self-defense training equipment. Our goal is to purchase the necessary self-defense training equipment for our department to provide this service to our community of 64,030 residents, which includes 17,566 from Dallas County. With this purchase, we can increase and enhance our R.A.D. program to more community groups, businesses, and citizens and hope to train on average over 100 residents per year with the equipment lasting many years.

2.) Outline other resources or partners identified to assist with the project, and other funding applied for or secured for the project.

The Rape, Aggression, Defense (R.A.D.) System requires certified instructors in order to teach the program. In addition to our own two instructors, others certified instructor from other local law enforcement agencies share in the trainings. We foresee the need for additional instructors within our own agency. Since classes are offered my various west-side law enforcement agencies, the coordinators work together in the planning of each of their sessions to avoid duplication. The recent demand for the program has required coordinators to send their overflow of requests to some of the other agencies.

We have already secured $917.00 dollars, 27.7% of the funded project, through our Crime Prevention Gift Trust Account which includes donations from local businesses and residents supporting our Crime Prevention and Safety efforts within the City of West Des Moines. The R.A.D. Program is promoted throughout the community in a variety of different social medias to include: the City website, City E-Newsletter, Facebook, Twitter, newspapers, brochures, and from those who have the opportunity to participate in the program.

3.) In the first question you describe the project goals and objectives. How will you measure the impact of the project and if the goals and objectives were reached?

Our goal is to enhance and increase the opportunity for citizens to participate in our R.A.D. Program. We hope to measure the need for the program by the number of persons who participate in our program as well as those referred to other agencies because of the overflow of participants. Every participant is required to complete an evaluation form regarding their participation in the program.

We feel that by offering the program and providing the opportunity for residents to participate, will help them deal with the issue of the fear of crime and being a victim. Those who have already attended have reported feeling more empowered regarding their safety, awareness, and the ability to protect themselves should an altercation arise.

4.) What is your timeline for this project. (Funds will not be available until October of the grant year and must be expended and the post evaluation submitted within 18 months.)

We will continue to promote and provide the self-defense program as equipment is available from other law enforcement agencies. Within two weeks after receiving grant funding, we will order the necessary R.A.D. training equipment to include an aggressor suit, six participant suits, and four striking pads for our department to be self-sufficient. By having our own equipment, will assist us with providing additional training opportunities within our community.

The department will then add the Dallas County Foundation logo to our brochures and training documents reflecting where the department received the necessary funding for the equipment. A "Project Evaluation Report" will be completed with 18 months of the receipt of the grant funds.

5.) Project Budget. Please itemize the items needed to complete the project and their costs. Also show the source and amount of the funds used to cover the costs. This should include the amount of your request from the Dallas County Foundation as well as other funders. (See sample budget in the instructions.)

WDMPD Rape, Aggression, Defense (R.A.D.) Program

Item	Cost	Matching Funds	Requested Funds from DCF
Sim Equipment Package	$2,900	$750	$2,150
4 Impact Target Pads	$200	$50	$150
Shipping	$217	$217	.00
Totals:	$3,317	$917	$2,400

We have already secured $917.00 dollars, 27.7% of the funded project, through our Crime Prevention Gift Trust Account which includes donations from local businesses and residents supporting our Crime Prevention and Safety efforts within the City of West Des Moines.

Part III
Board Approval

Board Approval from Applicant Organization:

We approve submission of this grant request and certify that the purpose of this request is charitable and that monies received from the Dallas County Foundation will be used solely for the project stated in this application.

_____ _____

Signature of Board Chairman Date

_____

Print name of Board Chairman

Part IV
Attachments

Following the instructions, place the required attachments in the order given.

Please submit ***One*** original and ***FIVE*** copies of the completed application by **mail** to:

Dallas County Foundation
Attn: Cheryl Semerad
P.O. Box 46
Adel, IA 50003

Or you may ***drop off completed*** applications at:

Lincoln Savings Bank
805 Main ST
Adel, IA 50003

The Application deadline for the **2015 grant cycle is 5 p.m., Monday, April 13, 2015.**
Completed Applications must be received by the April 13, 2015 deadline.

Grant applicants will be notified of approval or denial by July 31. Funds will be available by October. Project Evaluation must be submitted to Cheryl Semerad at address above within 18 months of the date that funds are received. If your organization is chosen to receive a DCF grant, a completed Project Evaluation Form must be submitted on your project BEFORE a new grant application will be accepted.

2015 DCF Grant: Attachment I

April 1, 2015

Dallas County Foundation
Attn: Cheryl Semerad
P.O. Box 46
Adel, IA 50003

RE: Federal IRS Tax-Exempt Status Letter

To Whom It May Concern;

The City of West Des Moines and its various departments are defined as tax-exempt due to the City's status as a political subdivision of the State of Iowa. Thus, the Federal Internal Revenue Service has not been asked to issue, nor has it issued, a Tax-Exempt Status Letter specific to our organization.

We trust that this letter provides adequate documentation and will satisfy the requirement of the application to provide the letter referenced above.

Sincerely,

Tim Stiles
Finance Director
City of West Des Moines

2015 DCF Grant: Attachment II

City of West Des Moines

Elected Officials – City Council

Steven K. Gaer	Mayor	Term Expires 12/31/17
Kevin Trevillyan	Councilmember, Ward I	Term Expires 12/31/17
John Mickelson	Councilmember, Ward II	Term Expires 12/31/15
Russ Trimble	Councilmember, Ward III	Term Expires 12/31/17
Rick Messerschmidt	Councilmember, At Large	Term Expires 12/31/17
Jim Sandager	Councilmember, At Large	Term Expires 12/31/15

Appointed City Officials

Tom Hadden, City Manager

Richard J. Scieszinski, City Attorney

Ryan Jacobson, City Clerk

Why RAD?

Has established the standard for female self-defense programs

Offers no-nonsense, practical techniques of defense

Provides realistic and dynamic hands on training

R.A.D. is for women only ages 13 and up

Cost is only $25 with a free lifetime return policy

Classes are only 3 hours a night for 4 nights

Classes are offered in small groups by certified instructors

Provides students with a comprehensive reference manual

R.A.D. classes are held periodically throughout the year at the West Des Moines Law Enforcement Center located at
250 Mills Civic Pkwy
West Des Moines, IA 50265

For more information on R.A.D. contact Officer Billy Taylor at
515-222-3328 or
william.taylor@wdm.iowa.gov

"like" us on facebook

West Des Moines Police Department

R.A.D. RAPE AGGRESSION DEFENSE SYSTEMS ®

R.A.D. Systems of Self Defense

"TO DEVELOP AND ENHANCE THE OPTIONS OF SELF DEFENSE, SO THEY MAY BECOME VIABLE CONSIDERATIONS TO THE WOMAN WHO IS ATTACKED"

What is R.A.D.?

The **Rape Aggression Defense Systems** is a program of realistic, self-defense tactics and techniques. The R.A.D. systems is a comprehensive course for women that begins with **awareness, prevention, risk reduction and avoidance,** while progressing on to the basics of hands-on defense training. R.A.D. is **not a martial arts program.** Our course is taught by certified R.A.D. instructors and provide you with a reference manual. This manual outlines the entire physical defense program for reference and continuous personal growth. The R.A.D. Systems of Physical Defense is currently being taught in many locations. The growing, wide-spread acceptance of this system is primarily due to the **ease, simplicity and effectiveness** of the tactics, solid research, legal defensibility and unique teaching methodology.

The Rape Aggression Defense Systems is dedicated to teaching woman defensive concepts and techniques against various types of assault, by utilizing **easy, effective and proven self-defense/martial arts tactics**. Our system of realistic defense will provide a woman with the knowledge to make an educated decision about resistance.

Could you defend yourself in a physical confrontation?

Comments received from attendees of recent RAD classes!

"I learned so much in the past 4 nights! I cannot thank you enough for the useful information!!"

"I feel more ready to defend myself if the situation arises. Thank you."

Course Description

Hours 1-3

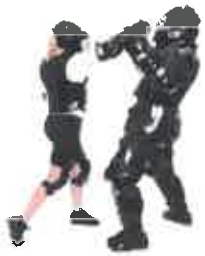
Students will be shown and involved in a discussion on risk reduction strategies, date rape, and the use of weapons. Discussion will also focus on developing the defensive mindset, postures of self-defense, and using personal weapons against vulnerable locations on attacker's body.

Hours 4-6

Students now become involved in learning basic striking and kicking techniques. Students will have opportunity to practice through repetition and usage of padding equipment held by certified instructors.

Hours 7-9

Students will learn how to piece movements together and learn how to defend themselves in close quarter situations. They will also learn ground defense techniques.

Hours 10-12

On the final night, students will have the opportunity to participate in simulated assault scenarios with RAD instructors in a safe environment monitored by instructors. Students will be wearing protective gear specially designed for this training. Simulations are optional, but highly encouraged.