

2025/2026 Scrubs Camp Grant Proposal Submission

Applicant Information

- Lead organization: Good Care Health System
 - Mailing address: 7865 Main Street
 - City: My Town
 - Zip code: 55555
 - Primary contact person's name: Sandy Johnson
 - Primary contact person's title: Director of Nursing
-

Primary contact person's email address: sandyj@goodcarehs.com

- Primary contact person's phone number: (701) 555-5457
-

The primary contact person also serves as the site coordinator.

- Yes
 - No
-

List the collaborating organizations and facilities (partners).

Please note: you will need a Memorandum of Agreement (MOA) from all of these entities. You do NOT need a MOA from any department or employee that is part of the lead organization.

Good Care Health System (MyTown)
MyTown Public School (MyTown)
NeighborTown Public School (NeighborTown)
MyTown Job Development Authority (MyTown)
NeighborTown Community Hospital (NeighborTown)
Kortz Chiropractic (Shelbyville)
Deerpass Dental (Deerpass)
Knutson Veterinary Services (MyTown)
Rural Vision (NeighborTown)
MyTown EMS (MyTown)
County Public Health (Deerpass)

List the communities involved.

For instance, if multiple communities attend one school, list all of the communities, not just the name of the school or the town where the school is located.

MyTown Public School (includes students from the communities of MyTown, Volkwood, Deerpass, and Hodgens) and NeighborTown Public School (includes students from the communities of NeighborTown, Amwalk, Roanoak, and Shelbyville)

List the legislative districts of all of the communities involved in the camp.

4, 27

Date of camp(s)

Friday, February 6, 2026

Time of camp (ex. 8:30 am – 3:00 pm)

8:15 am – 3:30 pm Central

Physical location of camp. Name of the facility and physical address.

Good Care Health System (7865 Main Street, MyTown, ND 55555)

**Standard camp dollar amount being requested through the grant
(maximum of \$2,500)**

\$2,322

**Optional EMS Rotation dollar amount being requested through the grant
(maximum of \$250, subject to availability)**

\$250

End of Block: Scrubs Camp Proposal

Start of Block: Project Description

Please supply the following project description information.

The goal(s) of the Scrubs Camp.

The goals of the Scrub Camp are to 1) create an interest in the medical field; 2) educate students of job outlook and funding opportunities; and 3) develop relationships with students (protentional future workforce).

The goal of our Scrubs Camp is to create an interest in the medical field through hands-on experiences with local health professionals. Students will be exposed to an array of professions in healthcare, including ones they may not have even known were options.

The camp will also be an opportunity to let students know about their potential for getting a job once they are out of high school/higher education, and also be sure they are aware that there are grant and scholarship opportunities available if they need them to help pay for further education if necessary. There are also programs within Good Care Health System (GCHS) that allows repayment of loans by the facility for specific professions if they commit to working in MyTown for a specified number of years.

By hosting and coordinating a Scrubs Camp, local healthcare entities will have the opportunity to develop relationships with the students that are the future workforce. It also enhances the entities' community involvement programs by supporting our area youth.

These entities will participate in the planning, organizing, providing accommodations of the camp, and/or providing speakers for the camp.

Anticipated number of students attending.

53 (23 enrolled in 9th grade and 30 enrolled in 10th grade)

Grade(s) of students attending the camp

- ☐ 5th (1)
☐ 6th (2)
☐ 7th (3)
☐ 8th (4)
☐ 9th (5)
☐ 10th (6)
☐ 11th (7)
☐ 12th (8)

Describe how the Scrubs Camp will be promoted and any selection process for participants (if applicable).

Note: Each Scrubs Camp will be required to include the CRH logo and Scrubs Camp penguin graphic on all promotional materials.

All students in grades 9 and 10 at both MyTown and NeighborTown Public Schools will be required to attend as part of their courses.

Describe the collaborating organizations and their roles and commitment to the Scrubs Camp. The applicant must identify a minimum of one entity from each of the following: - Local/number of schools in a region – strongly encourage collaboration across a region. - Healthcare facilities (hospital, clinic, long-term care facility, etc.) - Local economic development and/or local job development authorities - Higher education entities (optional) *A signed Memorandum of Agreement (MOA) with each partner delineating their contribution and roles is required to be submitted with your grant application. (Use the template provided online at http://ruralhealth.und.edu/projects/scrubs-program/forms_doc)* You must use the online template MOA and customize it to fit your camp's needs.)

The lead applicant, Good Care Health System (GCHS), will coordinate the camp (reach out to potential speakers, arrange logistics, create student waivers, submit grant materials, etc.). GCHS will also select presenters from their facility to present and order all supplies needed for all of the presenters.

They will work with several partners, including MyTown Public School and NeighborTown Public School. Each school will be responsible for disseminating and collecting all Camp waivers, chaperoning students at the camp, and providing transportation from the schools to GCHS and back to the schools. MyTown Job Development Authority will assist with promotion of the camp and to provide information to attendees regarding job opportunities in the area and the key reasons why rural North Dakota is a great place to live and be employed.

Additional partners will include the dental facility, vision clinic, and chiropractor clinic from nearby towns and the local veterinarian. These presenters will submit their supply order (if applicable) to GCHS and will provide passionate presenters for the dental and chiropractor sessions.

Please upload the signed MOAs. You may combine them into one document and upload them all together or if you have them as individually saved documents, four separate uploads are available below. If you have more than four separate MOAs, please email any additional ones to nicole.threadgold@und.edu.

If you are unable to upload the MOAs right now, please email them to nicole.threadgold@und.edu by the grant deadline.

MOUsForScrubsCamp.pdf

Please upload the signed MOAs

Please upload the signed MOAs

Please upload the signed MOAs. If you have more than four MOAs to upload, please email any additional ones to nicole.threadgold@und.edu.

Describe if the initiative being applied for is new or an expansion of a current project.

While GCHS has collaborated with MyTown and NeighborTown Public Schools to participate in career fairs in the past, this full-day Scrubs Camp is a new endeavor. We have also worked with our local job development, but only as a means of asking them to promote the jobs available and not on any organized projects. This will also be a new partnership for GCHS and Kortz Chiropractic, Deerpass Dental, Knutson Veterinary Services, and Rural Vision. We are looking forward to these new partnerships and hope to find additional ways to collaborate even after the Camp. Finally, we have worked with MyTown EMS and County Public Health on several occasions for demonstrations at the schools, CPR training, and community activities, but this will be the first time that we have worked together for recruitment purposes.

Using the Scrubs Camp agenda (sample online) that you have created, describe the *innovative and interactive* activities that will be used to make your Scrubs Camp unique and exciting for students. Scrubs Camps must be multi-professional. The camp must be a minimum of five hours long. Please include five minutes at the beginning of the camp in their timeline/schedule to introduce the Center for Rural Health (CRH) staff who will share a brief overview of the respective programs.

This Scrubs Camp is seven hours long with students being introduced to, at minimum, 12 professions throughout the day. The sessions will be filled with a diversity of speakers promoting several different health careers. Each speaker will be asked to give students the opportunity to participate in a hands-on activity related to their profession. An example of one session is that the nurse practitioner will demonstrate suturing on a sausage and all of the students will practice suturing on sausages as well. Each speaker will be limited to approximately a ten-minute oral presentation time (what schooling is required, opportunities in the profession, etc.) and 20 minutes of hands-on activities to ensure a diversity of health careers are presented to the attendees. Students will be encouraged to ask questions throughout all sessions

Agenda Description

8:10 – 8:25 am: *Arrive to School* – Check students in – give bracelet to any student that cannot be photographed/video recorded. Distribute Scrubs shirt and backpack. Separate students into groups.

8:25 – 8:55 am: *Welcome and Camp Instructions* – welcome students, give an overview of the Scrubs Camp, introduce CRH and/or AHEC staff in attendance and allow five minutes to introduce their programs.

9:00 am – 2:55 pm: *25 minute hands-on rotations with five minute breaks between each session to walk to the next session.*

- Nursing Sarah Campbell, RN, MPH (works for County Public Health) and nursing students (from the local College of Nursing) will teach the students how to give injections to oranges and suture a “wounded” sausage.
- Optometry Dr. Zohn (local optometrist from Rural Dental); use tools to look in eyes and they will examine dissected eyeballs.
- Veterinary Medicine Dr. Knutson (local veterinarian); students will learn how to immobilize a leg injury on a stuffed dog and how to dress and care for wounds.
- Mental Health Jamie Smith, RN/LPN from dementia care unit; view a human brain, complete a brain puzzle.

- EMS Caleb Lewis, EMT (MyTown EMS) and three other EMTs; students will learn how to intubate a patient and strap someone to a backboard and tour the ambulance.
- Physical/Occupational Therapy Craig Peterson and Janet Simmons (PT and OT from the local hospital); students will put weights on one arm and one leg and dress themselves using tools common in aiding patients who have had a stroke. They will also be hooked up to an ultrasound machine and feel how that works to contract muscles for therapy. Other activities include completing an obstacle course and tracing an object while looking into a mirror.
- Radiology Kelly Kennedy (radiology tech) will show images of X-rays and CTs and the kids will “diagnose” what is wrong with each image. She will also demonstrate using an ultrasound on various body parts of the students.
- Chiropractic Care Dr. Sarah Kortz (local chiropractor); use some of the tools and positions used.
- Nurse Practitioner Rachel Johnson, FNP; students will learn proper techniques for suturing wounds. They will practice this on sausages.
- Dentistry Jeremy Cook, DDS (local dentist from Deerpaw Dental) and hygienist; students will see images of what bad dental care can lead to. They will chew a disclosing tab to show the “gunk” on their teeth and then receive a toothbrush and toothpaste to go brush their teeth.

9:55 – 10:10 am: Break: Healthy Morning Snack

11:35 am – 12:00 pm: Healthy Lunch

1:25 – 1:40 pm: Break: Healthy Afternoon Snack

2:55 – 3:15 pm: Wrap-up (have students complete evaluations), dismissal

Upload your planned agenda.

ScrubsCampAgenda.docx

Describe how you will engage and/or inform parents regarding health career opportunities available to their children (i.e. PTO/PTA presentations, handouts, brochure, and/or a separate parent session prior to or during the camp).

A letter will be sent to the parents of the 9th and 10th grade classes to inform them of the purpose and goals of the Scrubs Camp. Along with the letter, information will be attached regarding the health career clusters and the need for healthcare workers in the state of North Dakota. The letter will include the Scrubs Camp waivers that the parents need to sign and return to the schools. An overview of what the Scrubs Camp is, when it will be, and

what the goals are will be presented to MyTown Public School and NeighborTown Public School consumers via the school newsletter and the local newspaper, the MyTown Gazette. The Gazette is also invited to attend on the day of the camp to write a story/take pictures of the students that have waivers.

Describe the process and criteria you will use to solicit and select the appropriate speakers.

Good Care Health System will be solicited first to provide speakers as we are the project lead. The other speakers will come from other providers in the community and surrounding area (EMS, veterinarian, dentist, chiropractor). A diverse panel of careers will be promoted including healthcare practitioner occupations, technical occupations, and healthcare support occupations that North Dakota employment projects will have an increase in job opportunities over the next ten years. All selected speakers will be upbeat and have a passion for their job.

Q34 If applicable, include lessons learned from past Scrubs Camps or other health career related activities.

Since we haven't held a camp before, we don't have lessons learned from there, but from listening to lessons learned on the Scrubs Camp technical assistance call and our own experience with career fairs, it is crucial that we keep the kids busy and engaged in activities.

End of Block: Project Description

Start of Block: Budget and Budget Narrative

Budget and Budget Narrative

Provide a line-item budget and explain in the narrative (budget narrative) how the funds (standard camp maximum of \$2,500, and optional EMS rotation maximum of \$250) will be used. Include in-kind funds in your budget. If you include miscellaneous expenses, include an explanation of what will be included in that line item.

The line-item budget lists costs associated with the proposed budget. The budget narrative is where you describe in detail how the funds requested for each line item will be spent and how the amount was determined. Use your best judgment when projecting expenses.

****All Scrubs Camps are required to provide a Scrubs Camp shirt to each participant which must be distributed in time to be worn during the camp. You may also provide scrub shirts to presenters/volunteers/camp staff. The lead applicant will submit the number and sizes to the Center for Rural Health who will order, purchase, and arrange for delivery the morning of the camp (or they may be picked up from the Center for Rural Health by the grantee prior to the camp). The required order form (online) must be received no later than three weeks prior to the date of the camp.***

Standard Allowable Expenses

Site coordinator for program (up to \$1000)
Transportation
Supplies/session expenses
Food – *healthy* food choices must be selected.
Duplicating
Advertising

Non-Allowable Expenses

Payment to a higher education institution
Bricks and mortar
Computers/laptops/LCDs
Indirect costs
Door prizes
Facility equipment (ex. exercise equipment)
Items used for direct patient care
Additional shirts - *Scrubs T-shirts will be provided at no cost to the grantee*

EMS Rotation (optional) Allowable Expenses

CPR training items
Tourniquets
Stop the bleed supplies
Opioid training
Preparedness training
Phlebotomy arms

Line-item budget

Upload the line-item budget. The line-item budget lists costs associated with the proposed budget. Include in-kind funds in your budget.

ScrubsCampBudgetSpreadsheet.xls

Budget Narrative

Explain in the budget narrative how the funds (standard camp maximum of \$2,500, optional EMS rotation maximum of \$250) that has been pieced out in your line-item budget will be used. Include in-kind funds in your budget. If you include miscellaneous expenses, include explanation of what will be included in that line item. The budget narrative is where you describe in detail how the funds requested for each line item will be spent and how the amount was determined. Use your best judgment when projecting expenses.

The coordinator will be given the allowable amount for planning, coordinating, supervising, and travel. The travel will be to the schools to let the kids/instructors know what to expect at the camp and also to go to the various providers to recruit speakers.

As required, we are providing healthy meals and snacks throughout the camp for the 53 students and 18 volunteers, for a total of 71 people. The morning snack will be \$2.50 per person and afternoon snack is \$2 per person. Lunch will be \$5.95 per person and that includes beverages. We are requesting reimbursement for the morning and afternoon snacks and lunch.

We will use the NeighborTown Public School (NPS) bus for transportation to the healthcare facility reimbursing NPS for fuel and giving the driver a \$100 stipend. Because the distance for MyTown to transport students to and from the school is so minimal, they will be providing that service at no charge.

Program expenses will include supply costs for the speakers to use for their hands-on activities; some of the supplies have been donated and those amounts have been noted as in-kind. Also included as an in-kind expense are the speakers' stipends. All speakers have agreed to donate their time for this event. We are approximating their time at \$50 per hour per speaker for the twelve lead presenters; this only takes into account one speaker per profession, however, most sessions will have multiple presenters.

Supplies and communication costs will be come from the grant budget and in-kind donations from Good Care Health System, MyTown Job Development Authority, and the Public Schools. Scrubs Camp participants will receive a backpack filled with health education materials, promotional materials, and a book about health careers for their future reference. Postage will be paid by the school using their bulk mail rate while GHCS will use their copier and paper for any necessary copies to be made. A "Thank You" ad will be placed in the local paper recognizing all of the speakers and healthcare entities that helped make Scrubs Camp a success! We are requesting a grant in the amount of \$2,322, \$1,574 provided in-kind, resulting in a total cost of the camp being \$3,896.

.....

End of Block: Budget and Budget Narrative

Start of Block: Sustainability

Sustainability

Grants are considered seed funding. Please describe the plan for supporting future Scrubs Camps in your community if and when the R-COOL-Health Scrubs Camp grant funds are not available.

Our plan is to use this grant as a pilot project. Based on the success of the camp, we will solicit additional funding and support from local foundations and businesses. To solicit these businesses and foundations we will work with the MyTown Job Development Authority. It is also our intent to speak with the administrators of the health facilities and schools to see if they would be willing to donate supplies for future camps and also snacks/meals for the day.

End of Block: Sustainability

Start of Block: Evaluation/Tracking

Each Scrubs Camp is required to submit the following completed forms and final report within three weeks following the camp. Please confirm that you will complete and submit the required forms/information and final report by the required deadlines by checking the boxes below.

- ☐ Typed roster of participants and contact information using the required spreadsheet (online). All information must be completed including the student ID numbers.
- ☐ R-COOL-Health Scrubs Camp Student Evaluation Forms. Sections A and C on the sample evaluation must be asked on each camp's evaluations in the format that is shown. Send to CRH a minimum of three weeks prior to the camp so that CRH can create it in Qualtrics online survey software and send you a QR code and web link to use if you'd like.
- ☐ R-COOL-Health Scrubs Camp Presenter Evaluation Forms. Send to CRH a minimum of 3 weeks prior to the camp so that CRH can create it in Qualtrics online survey software and send you a QR code and web link to use if you'd like.
- ☐ Photo/Video waivers. (If there are any students who are not to be photographed/recorded, notify the onsite CRH staff immediately prior to the start of the Camp so that they are aware of who to avoid in photos/videos).
- ☐ Online final report.

***Please Note* Reimbursement will be processed upon receipt of all required documents. Incomplete reporting, documentation of expenses, etc., will result in delay/cancellation of reimbursement. Be sure to check the website to make sure you are using the most current forms, as changes are made periodically.**

End of Block: Evaluation/Tracking