



Cost Estimate for Strong Roots Programs

In order to identify the Strong Roots program by its name (Ex. Mom Power) at your site, your group must meet minimum requirements which are included in the Strong Roots Program Starter Package of support. This will allow the first group to run with the support and guidance of the experienced Strong Roots team as well as provide you the training, guidance and direction for the subsequent groups. Below are costs and milestones associated with the Starter Package:

REQUIRED SERVICES

Service	Description of Service	Estimated Cost
3-Day Training	3, 8-hour/days of individualized Strong Roots program Curriculum training with 2 specialized trainers, Pre-training material Parent and Child Team Curriculums Access to videos used in the curriculum Digital versions of all handouts and curriculum materials Training handouts	\$1,000 per participant
Reflective Consultation	1.5 hours for 12 weeks (18 hours) of reflective consultation (Site supervisor expected to attend). May be completed via HIPPA secured video conferencing.	\$2,800 per group
Technical Assistance	Up to 10 hours of support for general troubleshooting around implementation for one group. If additional Technical Assistance hours are needed, \$55/hour will be billed to your organization.	10 hours included in training cost; \$55/hour after
Materials for the Strong Roots Program 10-week Curriculum	All of the materials for one Strong Roots program group. Materials include name tags, pens, markers, activity supplies, handouts, and posters. UM will provide a supply list and the content; sites can create their own package of materials for distribution to participants.	Content included in training cost; site must cover cost of materials

Site refers to the physical location of the training. For the Mom Power and Fraternity of Fathers programs, "group" includes the parent team facilitators and the child team facilitators.

TOTAL ESTIMATED COST with 3-day training, Reflective Consultation, and Technical Assistance

Number of Participants	Estimated Cost
5 participants	\$7,800
10 participants	\$12,800
15 participants	\$17,800
20 participants	\$22,800
25 participants	\$27,800

Minimum of 15 participants for virtual trainings and 20 participants for in-person training; participants can be from different organizations.

ADDITIONAL COSTS, DEPENDANT ON PROGRAM FORMAT

Service	Description of Service	Estimated Cost
Travel to site for Training	Round-trip flight to and from training site, rental car or cab; If within 300 miles, mileage reimbursed at standard government rate Overnight accommodations for trainers. Estimated \$125/night (3 days/2 trainers) Meals reimbursed at U of M per-diem rate of \$28/meal (3 days/2 trainers) *Site coordinates travel with trainers. If UM coordinates travel to site, then there is a 30% indirect cost.	TBD (not applicable if performed in Ann Arbor or virtually)
Space Rental for Training	Location where training is held (site coordinated)	TBD
Meals for the Training	Breakfast and lunch each day for participants and trainers (site coordinated).	TBD

For more information about the Strong Roots Programs, please contact Lynette Biery, Strategic Director, at bieryh@med.umich.edu.

COST ESTIMATE FOR STRONG ROOTS PRINCIPLES AND PRACTICES

Strong Roots (SR) Principles and Practices trainings allow organizations to identify specific needs that are addressed via short, targeted trainings and consultations that quickly infuse the SR concepts and skills necessary to promote resiliency in pregnant women and families with young children. Up to 25 participants allowed.

Service	Description of Service	Estimated Cost
Strong Roots Principles & Practices	Individualized Strong Roots Program curriculum training with 2 specialized trainers, Pre-training material Digital versions of all handouts and curriculum materials Training handouts	\$700/hour or \$4,200/full day

COST ESTIMATE FOR STRONG ROOTS ENCOUNTERS

Strong Roots (SR) Encounters are very short (1 – 1.5 hour) Lunch and Learns, conference presentations, parent café, and consultations that present a specific SR concept that an organization identifies a need, a topic for training and skill building.

Service	Description of Service	Estimated Cost
Strong Roots Encounters	Contact us today to discuss your organization’s needs and how we can set up a program that works for you	Cost is determined based on the needs of your organization

Site refers to the physical location of the training.

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