



April 19, 2015

Ms. Donna Jerry
Green Mountain Care Board
89 Main Street
Montpelier, VT 05620

Dear Donna,

Per our recent phone conversation, attached please find our completed Letter of Intent Form and associated spreadsheet. Because the proposed project represents our first ongoing operational initiative, the spreadsheet contains pro forma expenditure projections for operating costs over the next three years, but no current or historical expenditures. The Equipment Costs and HIT Costs worksheets in the spreadsheet are not relevant to our project and thus, were left blank.

As noted in the CON Form, the name of the project is the "Inner Fire Day Program," and activities will be conducted at our residence and place of business at Grace Brook Farm, 26 Parker Road, in Brookline, Vermont. I am both the Facility/Entity Administrator and Principal Contact Person. Inner Fire, Inc. is a 501(c)(3) non-profit corporation, incorporated in the State of Vermont in September of 2012.

The mission of Inner Fire is to be a proactive, healing community offering a choice for people to recover from debilitating and traumatic life challenges without the use of psychotropic medications. We will do this by providing the opportunity to engage in a structured program of:

- Proactive and empowering therapies which harmonize the relationship between the body, the soul and the spirit;
- Intentional work in gardens, woods, kitchen and household;
- Group counseling and peer led sessions encouraging self-expression and compassionate listening

Eventually, we will be applying to become a Therapeutic Community Residence in Vermont, but until we have raised sufficient funds to build a new facility, we will be offering a more limited "Day Program," in which no more than five clients will participate. The Day Program will offer the same therapeutic environment and components developed for the more expansive Inner Fire program, but will be offered only during the hours of 8AM to 8PM.

With respect to the Summary Project Description information requested in section E of the CON Form, I have provided responses to the relevant sections below.

1) Location of the proposed project:

Grace Brook Farm, 26 Parker Road, Brookline VT 05345-9793

- 2) **Services to be expanded, added, replaced, reduced:**
The Inner Fire Day Program will be the first ongoing offering developed by Inner Fire, Inc.. We expect this more limited program to transition into a larger Therapeutic Community Residence (TCR) program when we have completed all necessary fund-raising, permitting, construction and licensing to operate a TCR. Until then, all Day Program activities will occur on the property of Grace Brook Farm in Brookline.
- 3) **Description of the proposed service area:** See above response #2. Grace Brook Farm is the residence of Beatrice Birch and Tom Kavet and the office and therapeutic services location for Inner Fire, Inc.. It has a large working kitchen, office and meeting spaces, appropriate working spaces for both individual and group therapies and bountiful gardens and woods for outdoor activities.
- 4) **Detailed description of any equipment to be purchased and /or replaced:** No major equipment purchases will be needed to launch the Day Program. We will utilize existing Inner Fire equipment and perhaps purchase some manual gardening and forestry tools to supplement our existing inventory.
- 5) **Number of square feet of any construction:** No new construction or renovation will be necessary for the Day Program.
- 6) **Total project cost:** Per the Project and Operating Cost worksheet in the CON spreadsheet, operating costs will total approximately \$650,000 per year, in 2015 dollars.
- 7) **How the project will be financed:** The project will be primarily financed by fees paid by project participants, with additional support provided by donations to Inner Fire and other private funding. No debt is expected to be incurred in connection with the launch and operation of this program, nor is it reliant on any public funding or support.
- 8) **The need for the Project (with supporting data):** The demand for Inner Fire services has arisen out of the desperate need of many individuals who are unable to tolerate the negative side effects of psychotropic medications so widely in use today. We have been contacted by hundreds of individuals and/or their families throughout the nation seeking alternatives to the debilitating effects of these medications. We would be happy to provide statistical data on this rapidly growing market segment and the enormous social and economic costs associated with lifetime psychotropic drug use, upon request by the Green Mountain Care Board.
- 9) **Objective to be achieved by implementation of the proposed project:** At Inner Fire, our objective is to support individuals age eighteen or older to recover from debilitating and traumatic life experiences, which often lead to addiction and mental health challenges, without medication so that they can digest and work through their challenges and return to productive and fulfilling lives with their families and communities.
- 10) **Anticipated impact on health care costs, access and quality:** Vast potential public benefits to both health care costs and outcomes are possible via treatment modalities such as those offered by Inner Fire. The current pharmaceutical-centered treatment model leaves some asymptomatic in the short run, but in the longer-run, many are unable to work, with a lifetime dependence upon Social Security Disability Insurance payments, and addictions to expensive and often dangerous psychotropic medications that increasingly find their way into our streets and schools. The public costs associated with these

outcomes and the loss of meaningful lives for many is tragic. Alternative healing approaches such as those offered by Inner Fire can be both less expensive in the long run and more efficacious.

- 11) **Estimated beginning and completion date:** July 2015 is our intended starting date for the Day Program. We expect to develop the larger Inner Fire TCR within two to three years.

Please let me know if there is any further information you need in support of this application and evaluation process. I would be happy to converse on the phone at any time and/or meet with you or others in person, at your convenience.

With thanks for your kind assistance in this process,

Sincerely,



Beatrice W. Birch
President, Board of Directors
Inner Fire, Inc.