

HEALTHY KIDS IN MIND AND BODY PROJECT

MINI-GRANT OPPORTUNITY

Deadline: 4:00 pm ET, May 17, 2024

Grant Funding Available: Multiple grants of \$1,000 to \$5,000; Total of \$30,000 to be awarded

Introduction

United Way of the Wabash Valley pursues a long-term bold goal for the community of moving 10,000 households out of financial struggles and into stability. In the United Way service area (Clay, Parke, Sullivan, Vermillion and Vigo Counties in Indiana and Clark County in Illinois) more than 33,000 households are considered to be asset-limited, income-constrained, and employed, or ALICE (see www.uwv.org/ALICE). The UWWV Community Health Impact Council (UWWV CH) will impact the ALICE population by investing in programs and initiatives that promote healthy behaviors for all ages and support initiatives to improve access to healthcare and healthcare insurance. The UWWV CH believes that families who are medically uninsured or underinsured may not be receiving the holistic health care necessary to ensure healthy development of their children or adequate health services for the parents. Healthy minds and bodies are necessary for all ages to successfully navigate through the struggles and challenges of life every day.

Through this grant opportunity, the UWWV CH is collaborating with the Youth Success Impact Council (UWWV YS) in encouraging applicants to propose projects that will address the overall health of area youth. In particular, they are looking for projects that will improve the mental, behavioral, and physical health and well-being of children ages 6 to 18 (K-12).

Recent studies describe the rise in the numbers of young people across the country who are experiencing anxiety, depression, loneliness, stress, and aggression. According to a US Surgeon General's report, in 2021, 4 in 10 students (42%) felt sad or hopeless, and almost one-third (29%) experienced poor mental health. Afterschool and summer programs play an essential role in supporting the healthy development of young people, serving as a safe space that fosters belonging, develops supportive relationships with peers and adult mentors, encourages healthy behaviors, and helps young people build and cultivate the skills necessary to navigate through the struggles and challenges they may come up against in life.

Program Offering

The UWWV CH and YS councils are seeking proposals for innovative programs that address the overall health of the youth participants. Programs may be conducted during the school year, summer 2025, or other out-of-school time. Proposed projects can take a variety of approaches to addressing the overall health of students with a more holistic approach. Priority will be given to programs that show the following attributes:

- Program serves youth in outlying counties: Clay, Parke, Sullivan, and Vermillion counties in Indiana, and Clark County in Illinois.
- Programs form collaborations/partnerships among organizations.
- Physical exercise is integrated with one or more of the following: social/emotional well-being, mental health, life skills, and food and nutrition.

Program Funding Available

The UWWV CH and YS Impact Councils have made available a total of \$30,000 in funding to be provided to eligible qualifying applicants. Applicants may apply for \$1,000 to \$5,000 to be expended by August 31, 2025.

Program Eligibility and Application Criteria

The following groups within the UWWV service area (Clay, Parke, Sullivan, Vermillion and Vigo counties in Indiana and Clark County in Illinois) are invited to submit proposals:

- Youth-serving organizations, school organizations, and/or civic organizations
 - Businesses,
 - Local government entities (e.g. Parks Department)
 - Faith-based organizations, committees/groups and/or ministries
 - Non-profit health services organizations
- If counseling/therapy/life skills services are proposed, evidence that a licensed or certified counselor is performing the services must be provided.
 - Services must be conducted in person. Virtual sessions will not be funded.

Expected Program Outcomes

The UWWV Community Health and Youth Success Impact Councils have joined their resources to attain a long-term objective to increase youth success with education and support for equitable access and engagement with quality physical and mental health services and wellness resources to nurture healthy lifestyles that will empower them to achieve future success. Through the Healthy Kids in Mind and Body Project the Impact Councils expect to advance the following objectives:

- Projects will empower youth to attain a well-balanced healthy lifestyle both physically and mentally.
- Projects will provide youth with the knowledge and resources that will help them cope with life's pressures successfully.
- Empowering youth with the tools and resources for healthy lifestyles at young ages will lead to a healthier community in the future.

Submitted applications must:

- Identify a specific student population this project will serve.
- Discuss the problem/need the project will address.
- Discuss the ideal number of participants for a successful project. How will participants be recruited?
- How will project team overcome barriers such as transportation or agency membership fees that may prevent youth from participating in project? (Project funds may be used to overcome barriers.)
- Describe the project in detail. Who will be leading the project? Where will it be held? When will it take place? How many sessions will be conducted?
- How will success be measured? What skills/tools will participants retain at the end of the project?
- Provide a detailed, itemized budget (example budget included in application).
- Provide a letter of commitment from any partnering organization in the proposed project.

How to Apply

Please go to <https://uwwv.org/for-non-profits/funding/> and complete the application form by 4:00 pm ET on May 17, 2024.

Link to budget template <https://uwwv.org/storage/2024/03/Mini-Grant-Budget-Template-2.xlsx>