

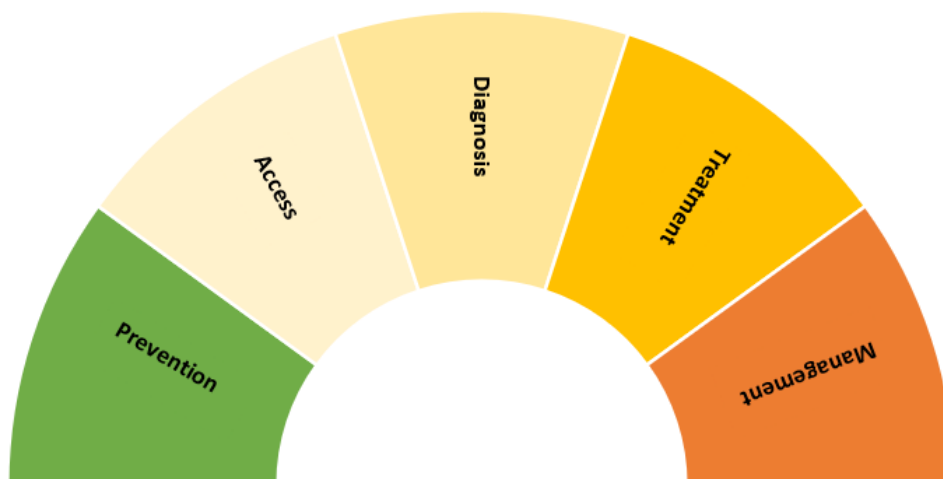
**VIBRANT COMMUNITIES
MENTAL HEALTH
GRANT PROGRAM GUIDELINES**

What is the focus of this year's funding?

For many years, qualitative and quantitative health data has identified mental health as a priority throughout the St. Croix Valley Foundation's (SCVF's) six-county service area (Chisago and Washington counties in MN and Burnett, Polk, St. Croix and Pierce counties in WI). Our local data align with national data which find:

- More than 50% of adults will be diagnosed with a mental illness or disorder at some point in their lifetime.¹
- 1 in 5 Americans will experience a mental illness in a given year.²
- 1 in 5 children, either currently or at some point during their lifetime, have had a seriously debilitating mental illness.³

The Vibrant Communities grant program recognizes that supporting mental health and wellbeing lies on a spectrum from prevention to management. Each stage of the spectrum addresses important aspects in helping people achieve and maintain positive mental health and wellbeing.



¹ Kessler RC, Angermeyer M, Anthony JC, et al. Lifetime prevalence and age-of-onset distributions of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry*. 2007;6(3):168-176.

² Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health. Rockville, MD: Center for Behavioral Health Statistics and Quality. Substance Abuse and Mental Health Services Administration. 2016.

³ Merikangas KR, He J, Burstein M, et al. Lifetime Prevalence of Mental Disorders in US Adolescents: Results from the National Comorbidity Study-Adolescent Supplement (NCS-A). *Journal of the American Academy of Child and Adolescent Psychiatry*. 2010;49(10):980-989. doi:10.1016/j.jaac.2010.05.017.



The Vibrant Communities grant program intends to fund **programs** that address any aspect of the mental health and wellbeing spectrum. To help organizations determine if their programs address the mental health and wellbeing spectrum, please find examples of previously funded programs below.

- **Prevention:** Programs for individuals and/or families who are at **high-risk** for mental health conditions that aim to encourage resiliency, help improve overall mental well-being, and/or address social determinates of health (SDOH). Examples:
 - Mentoring programs that develop positive relationships with at-risk youth.
 - Programs that connect at-risk parents and their children to resources that build resiliency and address social and emotional needs and development.
- **Access:** Programs that help eliminate or reduce barriers to accessing mental health services. Examples:
 - Mental health evaluations offered with interpretational help.
 - Treatments, medications, and services offered to patients at reduced cost.
- **Illness identification / diagnosis:** Programs that help individuals/organizations understand the warning signs of mental health conditions and/or programs that help people living with mental health conditions receive an accurate diagnosis. Examples:
 - Training for individuals to identify mental health crisis and respond appropriately.
 - Training or implementation of new diagnostic assessment tools to support early diagnosis of mental illness.
- **Treatment / Intervention:** Treatment programs vary based on the mental health diagnoses and may include medication, counseling (therapy), and education. Examples:
 - Individual and family counseling and therapy.
 - School-based behavioral health intervention.
- **Management:** Programs that help manage symptoms of diagnosed mental health conditions. Examples:
 - Case and resource management for people living with severe and persistent mental illness.
 - Vocational training and intervention to help people living with mental health conditions obtain and maintain employment.



How may the grant funding be used?

Program funding may be used to develop, enhance, or expand the capacity of programs, services, or organizations to provide mental health supports. Eligible expenses may include staffing, training, therapeutic services and programs, and operational costs related to enhancing or adding capacity to health organizations, programs, or services to support individuals facing mental health challenges.

What types of requests are ineligible?

- Individuals (i.e., to pay for individuals to receive treatment or medications, to pay for individuals to attend training programs/classes).
- General public health prevention, surveillance, or promotion efforts (i.e., marketing campaigns to raise awareness, surveys for population/community surveillance on prevalence, programs that promote general health and wellness).
- Capital requests (i.e., equipment, buildings, etc.).

What is the SCVF-AFFILIATE collaboration?

The SCVF is collaborating with our [ten Affiliates](#) to offer this region-wide grant program (Amery Area Community Foundation, Chisago Lakes Area Community Foundation, Hudson Community Foundation, Lower St. Croix Valley Community Foundation, New Richmond Area Community Foundation, Northwest Alliance Community Foundation, Prescott Foundation, River Falls Community Foundation, Somerset Community Foundation, and Stillwater Area Community Foundation). On the application, applicants must describe the mental health projects they are implementing in at least **one** of those participating Affiliate communities, indicate which specific community/ies they serve, and outline the anticipated impact in the community/ies.

What is the grant range?

- Affiliate Community Grants: \$500 to \$6,000
- Multi-Affiliate Grants: \$500 to \$10,000

What organizations are eligible to apply for funding?

- Applicant must provide programming/services in at least one of the ten participating affiliate communities.
- Applicants must be a 501(c)(3) nonprofit organization, partner with an eligible fiscal agent, or be a governmental entity, tribal entity, educational or religious organization defined as tax exempt.

What criteria are used to assess applications?

- The organization is equipped to deliver Mental Health programming.
- There is strong rationale for the proposed work.
- Project details are thorough, and the scope is appropriate.
- The desired outcomes are defined and realistic.
- There is a compelling case for how the proposed activities will benefit participants and produce intended outcomes.

How does an organization apply?

- To access the application visit: [SCVF's Online Application Portal](#)
- Tips:
 - For editing ease, the narrative section *maximum character count* is substantial; however, the review panel appreciates **concise** applications.
 - Applicants may begin the application process, save their work, and login to their account at a later time to complete and submit the application.
 - Following application submission, the applicant may download a copy of the completed application.

What is the application timeline?

- Application Live: **Mid-February**
- Application Due: **Late March**
- Notifications: **May**
- Grant funds must be expended within one year from the date of the award

Who should we contact with additional questions?

- Please contact [Angie Pilgrim](#) with any questions about the Vibrant Communities grant program.

Definition of key terms

- **Mental Health:**

- The [Centers for Disease Control and Prevention](#) (CDC) provides the following definition of mental health – “Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of [physical, mental, and social well-being](#).”

- **Behavioral Health**

- The [American Medical Association](#) defines behavioral health as encompassing both mental health and substance use disorders, which can be experienced individual or co-occurring.

- **Social Determinants of Health (SDOH)**

- [Healthy People 2030](#) defines SDOH as the “conditions in the environments where people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning and quality of life outcomes and risks.”
- There are five SDOH domains:
 - Economic stability
 - Education access and quality
 - Health Care access and quality
 - Neighborhood and built environment
 - Social and community context

- **Social and emotional health**

- Is defined as an individual’s ability to understand and manage their emotions and to form social connections and relationships with others around them.

- **Resiliency**

- The [American Psychological Association](#) defines resiliency as – “the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.”
- This includes:
 - the ways in which individuals view and engage with the world
 - the availability and quality of social resources
 - specific coping strategies