

Youth Creating Change: Healthy Living through Civic Engagement

Mini-Grant Opportunity for Spring 2020 REQUEST FOR PROPOSALS AND MINI-GRANT APPLICATION

The Community Collaborative for Child Health (“the Collaborative”) with generous support from St. David’s Foundation is pleased to announce an opportunity for youth, schools and youth-based organizations to apply for a mini-grant in support of this year’s annual theme: **Youth Creating Change: Healthy Living through Civic Engagement**.

Youth-driven civic engagement empowers children and teens to proactively evaluate their community’s resources and challenges, problem-solve to address those needs, and connect with professionals and organizations in a way that encourages collaboration and builds social capital.¹ Opportunities to enhance educational and professional pathways through civic involvement vary by social class, race, and ethnicity. Young people who are more positively connected to their schools and communities have a stronger sense of community and experience better health and social outcomes,² including less substance abuse,^{2,5} less exposure to bullying and aggressive behavior,⁵ better mental and emotional health,³ and even increased physical activity.⁴

The aim of the Youth Creating Change: Healthy Living through Civic Engagement mini-grant opportunity is to support initiatives by Central Texas youth and organizations that promote the empowerment of young people who seek to improve the fitness, nutrition, social-emotional well-being and other positive health outcomes in their communities and schools. With this mini-grant, the Collaborative will provide support and encouragement for individual youth, groups of youth, school groups or clubs, teachers, out-of-school-time educators, faith-based leaders, community organizations, and other community leaders.

Specific goals of the initiative are to foster youth-led initiatives that:

- Promote positive health outcomes through civic engagement
- Create leadership opportunities for children and youth that inspire involvement in healthy school and community activities. Support efforts toward healthy living with a focus on physical activity, nutrition, social-emotional well-being, and behaviors supporting positive health outcomes

The Collaborative is offering 10-15 awards between \$150-\$500 to support new initiatives or current projects, programs, events or trainings. Funding for the mini-grants is made possible by St. David’s Foundation.

Example projects that can foster civic responsibility and generate pride when working on behalf of the community may include but are not limited to:

Promoting youth civic engagement, including issue advocacy, volunteerism, and commitment to health equity

- A civics club coordinates a letter-writing campaign to local or state official about a special interest or issue that impacts community health.
- A partnership with an organization or charity to encourage youth to volunteer on a regular basis, or creating a service learning project that is more long term such as:
 - Revamp a community park by planting trees, building picnic tables, repainting items and/or repairing fences.

- Organize youth to volunteer directly with a population to meet their needs (e.g. at a senior center, nursing home, or homeless shelter).
- Initiate a composting or recycling program to educate neighbors about sustainability and waste elimination.
- Creation of [student-centered](#) diversity programming to promote inclusion of diverse, commonly underrepresented groups. Students might lead the committees and work together to organize events devoted to equity and inclusion, including International Nights, School Assemblies, Annual Diversity Symposium, “Dine and Discuss”, LGBTQ support workshop, etc.
- Student-led campaign to support or advocate for improved conditions to support the health of refugees and/or immigrants arriving to their community. Examples include a drive to collect supplies needed by a local non-profit organization, a letter writing campaign, sister-school partnership to learn more about each other’s communities, among other examples.

Supporting efforts to build healthy habits, relationships and community involvement

- A group of students initiate a 5K fun run or race to promote physical activity and encourage youth and families to participate as a community.
- A youth group implements an anti-vaping campaign in a school setting to promote choices that support positive health.
- A school implements a program like “[No One Eats Alone](https://www.nooneeatsalone.org/)” and “[Know Your Classmates](https://www.knowyourclassmates.org/)” to build healthy relationships and promote inclusion and a positive school environment. The focus is placed on community activism and youth-led social exercises. See [Beyond Differences](https://www.beyonddifferences.org/) for information on their national campaigns for these initiatives.
- Students fundraise to make free, healthy snacks available in the front offices of schools, community centers, faith-based organizations, or after-school programs for any students, teachers, or parents.

GUIDELINES

- ALL fields on the mini-grant application must be completed for the request to be considered.
- Organizations serving all socioeconomic backgrounds are welcome to apply. Priority consideration may be given to organizations serving economically disadvantaged populations.
- Projects should show a connection between civic engagement and positive health outcomes.
- Projects must have an identified adult facilitator/leader to oversee the project.
- Pre-K through 12th schools, student clubs, after-school programs, youth nonprofit organizations, school wellness teams, and other youth-based groups are encouraged to apply.
- Projects must be completed between January and May 16, 2020.
- Awardees are asked to document their design and implementation process with photos, videos, copies of any materials, and/or a short write-up of lessons learned and highlights of the project. The Collaborative will send further details to each grantee
- Awardees are asked to participate in an engaging spring Summit sponsored by the Community Collaborative for Child Health on Saturday, May 16, 2020 (venue and time to be confirmed). The Summit provides an opportunity to foster relationships, build community and co-learn about community health promotion and civic engagement among Collaborative members, grantees, and the broader community . Grantees are asked to share their best practices, lessons learned and outcomes from their mini-grant project or activity. A template will be provided to share information.
- Awardees will be asked to complete an end-of-project questionnaire which may include an impact statement and sharing of best practices and lessons learned in order to promote co-learning and action around promoting healthy living, civic engagement, and connectedness to community.

ELIGIBLE APPLICANTS

This is a competitive award program targeting youth-led initiatives supported by schools, out-of-school-time clubs or groups and non-profit 501(c)3 youth organizations located in the following counties: Bastrop, Hays, Travis, and Williamson.

APPLICATION PROCESS & KEY DATES

1. Application Format: Applicants must submit the attached application that includes:

- Contact information
- Project details
- Target audience
- Project team
- Partnerships
- Amount of money requested and a brief budget
- Showcasing/dissemination of project
- Confirmation statement

2. Applications are due Tuesday, December 3rd, 2019.

3. Applications can be completed and filled out below and mailed or emailed to:
Sarah McConnon, Collaborative Secretary - Email: sarah.mcconnon@uth.tmc.edu
Michael & Susan Dell Center for Healthy Living,
The University of Texas Health Science Center School of Public Health in Austin
1705 Guadalupe, Suite 200
Austin, Texas 78701

4. Notification of Award: Applicants will be notified of awards by December 20, 2019. If you have any questions, please contact Sarah McConnon at sarah.mcconnon@uth.tmc.edu.

References

1. Flanagan C, & Levine P. Civic engagement & the transition to adulthood. *Future of Children* 2010; 20: 159-179.
2. Elfassi Y, Braun-Lwensohn O, Krumer-Nevo M, Sagy S. Community sense of coherence among adolescents as related to their involvement in risk behaviors. *J Community Psychology* 2015;
3. Marraccini, M. E., & Brier, Z. M. F. School connectedness and suicidal thoughts and behaviors: A systematic meta-analysis. *School Psychology Quarterly* 2017; 32(1), 5-21.
4. Weatherson KA, O'Neill M, Lau EY, et al. The Protective Effects of School Connectedness on Substance Use and Physical Activity. *Journal of Adolescent Health* 2018; 1-8.
5. Reaves S, McMahon SD, Duffy SN, Ruiz L. The test of time: a meta-analytic review of the relation between school climate and problem behavior. *Aggression and violent behavior* 2018; 39: 100-108.



COMMUNITY COLLABORATIVE
for CHILD HEALTH



MICHAEL & SUSAN DELL
CENTER *for* HEALTHY LIVING

Youth Creating Change: Healthy Living through Civic Engagement

Mini-Grant Opportunity for Spring 2020

-APPLICATION FORM-

Instructions: Please fill out the information below and email or mail form by Tuesday, December 3rd to:

Sarah McConnon, Collaborative Secretary

Michael & Susan Dell Center for Healthy Living

The University of Texas Health Science Center School of Public Health in Austin

1705 Guadalupe St, Suite 200 Austin, Texas 78701

EMAIL: sarah.mcconnon@uth.tmc.edu

**Note: ALL FIELDS MUST BE COMPLETED!*

CONTACT INFORMATION

Name and address of Organization / School / Afterschool Program applying for funds:

Location and address of where project will take place (if different from above):

School District (applicable to school-based applicants):

Name of Lead Contact Person for Project:

Position:

Email & Phone of Lead Contact Person: Email:

Phone:

Name of Secondary Contact Person for Project:

Position:

Email & Phone of Secondary Contact Person: Email:

Phone:

PROJECT DETAILS

1. Provide a description of your school community or organization. (Suggested length: 2-3 sentences)
2. Description of Activity or Project: Please briefly describe the activity or project, the materials involved, and the timeline for implementing the project. (Suggested length: ½ page to 1 page max). Use this link to view past examples of mini-grant projects: <http://go.uth.edu/NatureUpsters>
Your description should include:
 - a. How the project provides opportunities for youth to play key roles in projects and activities that promote physical activity, nutrition, social-emotional well-being, and behaviors supporting positive health outcomes in their schools and communities
 - b. A plan to document the impact of the project on youth based on their participation and leadership in the project and on the target audience (i.e., testimonials from youth, journal for reflection, reflection circles, survey)
3. Target Audience: State the grade levels/ages of the children/youth involved and why these students are the focus of your project/activity.

Additionally, please provide the following demographic information for children in the target audience:

- a. Children on Free or Reduced Lunch _____%
- b. Males _____% Females _____%
- c. African American _____% Asian _____% White _____% Hispanic _____% Other _____%

4. Project Team: Describe the project team (adults and youth involved), estimated number of youth leaders, adult leaders, and number of students who will carry out the project, and names of youth and adult leaders and how they were selected. (Suggested length: 1 paragraph or less.)

5. Partnership(s): Describe any partnerships with other organizations that will be initiated or further developed through this project. (Suggested length: 1 paragraph or less.)

6. Amount of money requested: Please indicate below the award amount requested (\$150, \$250 or \$500). Complete the itemized budget table below and provide a brief description of how funds will be used. (Suggested length for budget narrative: 1 paragraph or less).

- a. \$150 \$250 \$500 Other \$ _____

b. Itemized budget

Item	Amount
	\$
	\$
	\$
	\$
TOTAL	\$

c. Briefly describe how the expenses listed above support your project.

In an effort to support as many projects as possible, mini-grants lower than the amount requested have been awarded in the past (e.g., an applicant requested \$300 but was awarded \$150). To help us learn as much as possible about your project, please answer the following questions:

		Circle the most appropriate response:		
d.	Will the project be implemented without the funding requested?	Yes	Partially	No
e.	If awarded, how much of the project would be funded by the mini-grant?	100%	About 50%	Less than 50%
f.	If full funding for your project is not available, would partial funding still be helpful?	Yes	No	
g.	Is the project ongoing or is this a new initiative?	Ongoing	New initiative	
h.	Is the project sustainable and/or are any of the materials reusable? (Reusable materials include books, curriculum, etc. Non-reusable materials include incentives/giveaways, staff salary, food for events, etc.)	All supplies purchased can be used again	Some of the supplies purchased can be used again	None of the supplies purchased can be used again and/or funding for a one-time event.

Additional comments:

7. Showcasing/Dissemination of Project: Please describe how the Youth Creating Change: Healthy Living through Civic Engagement project/activity will be shared with parents and other stakeholders (e.g., via an event, social media, promotional video, blog posts, posters, etc.). (Suggested length: 1 paragraph or less).

8. Confirmation Statement: Please confirm that the school or organization’s leadership is in agreement with the proposed project and that a project representative can be available to participate in the annual Summit on Saturday, May 16, 2020 to share highlights of the project with other awardees:

Yes, the principal or appropriate organizational leader where the activity or project will take place is aware of and supports the proposed project.

Yes, a representative from our project team will be available to attend the Summit on Saturday, May 18, 2019 in Austin, Texas to share your experience with the project.

Yes, I would like assistance and technical support from ‘The Collaborative’ with this activity or project. Please contact me at _____.

Thank you for your efforts to promote healthy living and civic engagement by encouraging your young people to get involved and become examples for other youth in Central Texas.

About the Community Collaborative for Child Health:

The Community Collaborative for Child Health is a volunteer group of community leaders whose purpose is to cultivate healthy initiatives to grow youth wellness in central Texas. Hosted by the Michael & Susan Dell Center for Healthy Living at the UTHealth School of Public Health-Austin, the Collaborative is comprised of community leaders who represent a range of stakeholders, including community-based organizations, school districts, research institutions, the faith community, and parents. Since 2011, the Collaborative has granted funds to over 50 schools and organizations in Central Texas who have led efforts to advance child health in their communities. We are grateful for generous support from St. David's Foundation for our mini-grant initiative and summit for the 2019-20 year. We also recognize the generosity of the Michael & Susan Dell Foundation its support with the establishment of the Collaborative and for hosting the Collaborative within the Michael & Susan Dell Center for Healthy Living.

