

Youth Healing Project

Full Application Packet

The Youth Healing Project is a youth-led community funding effort of the Road Map Project that provides resources and support to small grassroots organizations and young leaders advancing solutions that improve the mental health, connection and wellbeing of young people ages 16-24 in South King County. Partners include King County Reconnect to Opportunity, citiesRISE and the Community Center for Education Results.



Background. In spring 2020, young leaders designed a survey to understand how youth were experiencing the pandemic. The findings, summarized in [In Their Own Words: Young People Describe the Impact of COVID-19](#), show the huge toll the pandemic has taken on young people's mental health, emotional wellbeing and sense of connection. The Youth Healing Project was designed by youth to respond directly to the survey results.

What is the funding for? Grants will support efforts to improve the mental health, connection and wellbeing of young people. We will prioritize creative ideas that center young people and address the negative impacts of COVID-19. Whether youth-led or CBO-led, projects should empower young people as leaders. Funding is flexible and can be used for staffing, youth stipends or incentives, technology, materials and events (following public health precautions).

Who can apply, and for how much money? We have a total of up to \$75,000 to support this effort. Given the disproportionate impact of the COVID crisis on our communities of color, *we will prioritize projects led by and for communities of color.* We will fund a combination of projects led by youth and by grassroots organizations. We have not determined how many grants of each type; we will wait and see what is proposed.

- Young people ages 16 - 24 with a project idea and an organizational sponsor (we can help you find one if necessary) can apply for up to \$5,000
- Small grassroots organizations (prioritizing groups with annual budgets under \$500,000) can apply for up to \$15,000

Organizations should have tax exempt status or be supported by a fiscal sponsor. However, if tax exempt status or fiscal sponsorship is a barrier, please contact nyohalem@ccedresults.org.

Examples of youth-led projects:

- Plan a summer soccer tournament that integrates mental health promotion practices, using funds to rent facilities, provide refreshments, invite guest speakers, and buy gift cards to incentivize participation
- Organize a wellbeing care package project to make and deliver care packages to youth in the neighborhood, including information and resources related to mental health and wellbeing
- Organize weekly hikes that promote wellness, using funds for transportation, incentives and snacks

Examples of CBO projects:

- Hire young leaders to create and run a social media campaign focused on wellness, self-care and destigmatizing mental health
- Develop a series of wellness workshops that are co-led by youth and therapists who share similar backgrounds with the youth served
- Train young people and staff to lead healing circles in the community to address trauma and promote healing

How will projects be selected? A group of youth and young adults representing different backgrounds and communities in Seattle/South King County will review applications and make funding decisions. The values that will guide our review and decision-making include:

- youth voice
- equity and inclusion
- collaboration and partnership
- community involvement
- taking risks and creating opportunities
- the quality and impact of services, not just quantity
- centering the experiences of BIPOC people (Black, Indigenous & People of Color)
- unique, creative and innovative approaches

Important dates:

- Optional information session: April 19, 3:00 - 4:00 - register [here](#)
- Applications due May 7, 5:00 pm
- Funding awards announced the week of May 24, 2021
- Funds available in early June 2021 and should be spent by December 2021
- July - December, 2021 - citiesRISE hosts Young Leaders Network convenings

Support for Youth Grantees. Youth will need a Sponsor Organization to receive their grant. The main role of the sponsor organization is fiscal, receiving funds from CCER (one payment, during June) and making funds available to the youth as needed as they execute the project. Youth who do not have a sponsor can still apply and we will help you find one.

Youth Healing Project youth awards will be part of citiesRISE Youth Challenge Award initiative to identify, mobilize, and support innovative youth-driven work in the service of mental health.

citiesRISE will offer youth awardees training, peer mentoring, and expert guidance to support them and their projects to thrive. Additionally, youth awardees will participate in the citiesRISE Youth Leaders Network, where they will have the opportunity to connect with other passionate young leaders working to create mental health friendly communities around the world. *Youth grantees will receive a \$500 stipend to support their project work and their participation in regular convenings.*

How do I apply? Applications can be submitted online. Links to both the Youth and CBO applications are at www.reopp.org/grant-opportunity/. Or if you prefer, you can email answers to the questions below (either the youth or CBO questions) to nyohalem@ccedresults.org. Please keep answers brief - we want to understand your project but we are not looking for length.

Questions for Young Leaders:

1. Name and pronouns
2. Age
3. Phone
4. Email
5. What is the best way to contact you? (Phone, email, other)
6. Who is your sponsor organization. NOTE: If you don't have one yet that is ok - let us know and we can help you. This is an organization that will hold the funds for you and help you execute your project. It can be a school, community center, youth program, nonprofit, church, etc.
7. Adult contact at sponsor organization?
8. Contact information for adult at sponsor organization (phone or email)
9. Describe your project or idea.
10. Please provide a general timeline of the main activities that will occur between June and December.
11. What do health and wellbeing look like to you?
12. How does the project, idea or activity promote mental health & emotional well-being in youth and the community?
13. What do you hope to achieve with this project and how will you measure success?
14. How much funding do you need in order to achieve your goals, and how will the funds be used? You do not need to provide a detailed budget, just a general description of costs. You can apply for anywhere between \$500 and \$5,000.
15. Tell us about yourself and your community. What different communities do you represent? Who are you working with (are there specific neighborhoods or populations of youth you will focus on)?
16. How has your group been impacted by COVID-19? In what ways has your group been helping others who have also been affected?

Questions for Grassroots CBOs:

1. Legal name of organization
2. Fiscal sponsor (if applicable)
3. Primary contact person for proposal

4. Phone
5. Email
6. Organization's total annual budget for 2020. Note: We will prioritize groups with annual budgets under \$500,000.
7. Tell us about your organization. What is your mission? Which communities do you serve? Which communities do you represent?
8. How has your group been impacted by COVID-19? In what ways has your group been helping others who have also been affected?
9. Describe your project or idea. What are the main activities and general timeline?
10. What do health and wellbeing look like to your organization?
11. How does the project, idea or activity promote mental health & emotional well-being in youth and the community?
12. What do you hope to achieve with this project and how will you measure success?
13. How has youth feedback informed your project/idea/service?
14. How much funding do you need in order to achieve your goals, and how will the funds be used? You do not need to include a detailed budget, just a general description of costs and your plans for use of funds. Organizations can apply for up to \$15,000.

Partners and Roles

[King County Reconnect to Opportunity](#) (ReOpp) helps connect young people ages 16 to 24 who are disconnected from school and work with education, employment, and post-secondary training opportunities. ReOpp youth interns and Peer Connectors are the young leaders driving priorities and decision making in the Youth Healing Project. This team will play a lead role in outreach, funding decisions and project management.

[citiesRISE](#) is a multi-stakeholder initiative committed to transforming mental health globally through local innovation, coalition building, and youth-led action. citiesRISE is challenging cities and communities around the world to become more mental health friendly for young people. citiesRISE is partnering with King County and CCER to launch the Youth Healing Project and to provide support to youth grant awardees. These awards will be part of citiesRISE Youth Challenge Award initiative to identify, mobilize, and support innovative youth-driven work in the service of mental health. citiesRISE will offer youth awardees training, peer mentoring, and expert guidance to support them and their projects to thrive.

[Community Center for Education Results](#) (CCER) is a nonprofit created to serve as the backbone for the Road Map Project, a collective impact effort focused on dramatically improving student success and closing opportunity gaps in South King County, WA. CCER secured funding for the Youth Healing Project from the Aspen Forum for Community Solutions, and is supporting project management, communications, outreach and grant administration.