

Youth Healing Project



Info Session Agenda

- **Welcome & introductions**
- **Purpose**
- **Values**
- **Background**
- **Who can apply?**
- **How to apply**
- **Grant amounts**
- **Support for youth grantees**
- **Q/A**

Project Purpose

The Youth Healing Project is a youth-led community funding effort that provides resources and support to small grassroots organizations and young leaders advancing youth-led solutions that improve the mental health, connection and wellbeing of young people ages 16-24 in South King County, WA.

Project and Team Values

We value...

1. youth voice
2. equity and inclusion
3. respect and honesty
4. collaboration and partnership
5. community involvement
6. taking risks and creating opportunities
7. the *quality and impact* of services, not just quantity
8. experiences of BIPOC people
9. unique, creative and innovative approaches

Project Background

- **In spring 2020, young leaders from CCER, King County and Soar designed a survey to understand how youth were experiencing the pandemic.**
- **The findings showed that the pandemic has taken a huge toll 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.**

Recommendations from *In their Own Words*

1. Remember that communities of color are disproportionately impacted by two pandemics, COVID-19 and systemic racism, and that racial trauma and anti-Blackness are real.
2. Create opportunities for young people to contribute their expertise and skills and be actively involved in pandemic response at the program, school, college, district and community levels.
3. Connect youth and their families to accessible mental health resources, supports and services and actively work to undo the stigma surrounding mental health.
4. Make virtual spaces and tools available and accessible for youth to connect with one another about their experiences, ideas, stories, coping strategies and more.
5. Use social media to engage with young people, disseminate health and mental health information, and provide relevant resources & support.
6. Prioritize building connections and deepening trust among staff and youth, because relationships and social-emotional wellbeing are key to learning.
7. Find ways to acknowledge important milestones and future aspirations while prioritizing health and safety. Validate new learning happening in areas like resilience, creativity, reflection, organization and technology.

Who can apply?

- Young people ages 16 - 24 with a project idea and an organizational sponsor (we can help you find one if necessary)
- Small grassroots organizations (prioritizing groups with annual budgets under \$500,000)
- *Organizations should have tax exempt status or be supported by a fiscal sponsor. However, if this is a barrier, contact us.*
- *Given the disproportionate impact of the COVID crisis on our communities of color, we will prioritize projects led by and for communities of color.*

Grant Amounts

- Young people ages 16 - 24 can apply for up to \$5,000
- Small grassroots organizations can apply for up to \$15,000
- Make sure the amount you ask for fits with your project.

Also - youth whose projects are selected will also receive a \$500 stipend (paid in June and September) to acknowledge their time and work and for participating in regular group meetings and workshops.

How to apply

reopp.org/grant-opportunity/

Two ways to apply:

- Google form
- Email

Project examples

- Non-traditional approaches to mental health are encouraged
- Examples for youth and CBO projects in application materials
- What does a mental health-friendly community look and feel like to you?

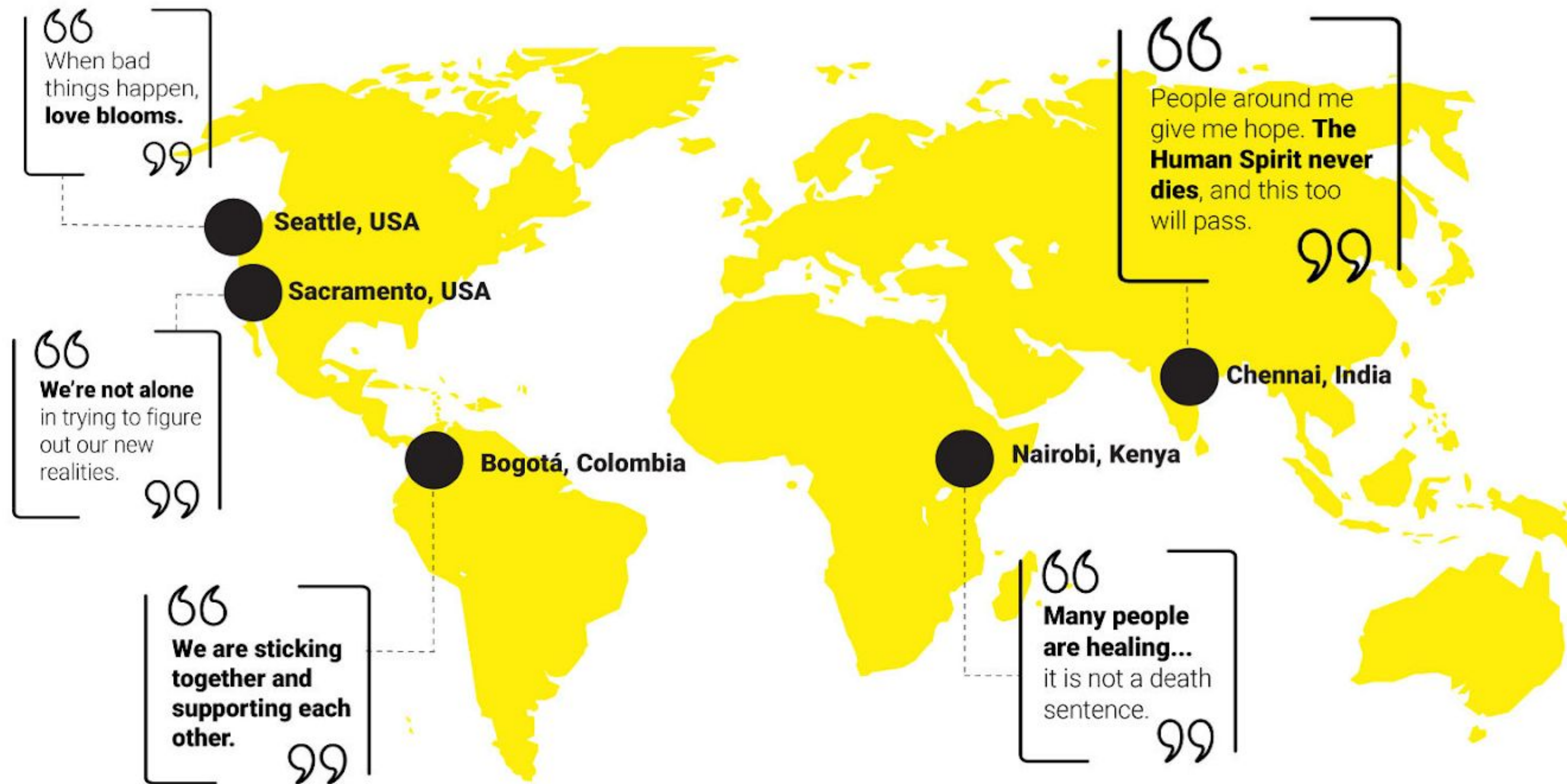
Support For Youth Healing Project Youth Awardees

- **Trainings and Workshops**
 - Project Delivery
 - Community Outreach and Promotion
 - Budgeting
 - Capacity Building
- **Consultation and Support**
 - Peer-to-peer support
 - Connections with community leaders
 - Group and Individual Check-Ins
- **Connections to supportive networks**
 - Connections to local and global youth leaders

citiesRISE Youth Leadership Network

- **Connection**
 - Young leaders to each other
 - Young leaders to resources
 - Young leaders to opportunities/changemakers
- **Action**
 - Collective action locally and globally
- **Transformation**
 - In ourselves and our communities!

	April 9 April 23 4 - 5 pm PST via Zoom	Create mental health friendly spaces with young people leading the way
SEATTLE YOUTH LEADERS NETWORK		CITIESRISE
Design and implement community-based projects that promote mental health, social justice, and community empowerment		YOUNG LEADERS AGES 16-25 FROM KING COUNTY



Questions?