



PrairieCare Fund

Support for youth mental health



2024-2025
Mental Health Grant Application

Mission

To transform lives by fostering mental health and well-being among youth and families.

Vision

To evolve the thinking about mental health and well-being.

How does a district or school qualify for funding?

Minnesota schools **committed to supporting youth mental health** are eligible to apply. Schools not identified as public must submit their most recent form 990, operational budget for the last fiscal year, and be in good standing with the state.

School Name and Mailing Address

| | | | |
|---------------------------------|----------|-------|----------|
| Name of School | District | | |
| Street Address | City | State | ZIP Code |
| Link to School/District Website | | | |

Project Lead and Grant Implementation Team

| | | | | |
|--------------|---------------|-------|-------|--------------|
| Project Lead | Last | First | Title | Phone Number |
| | Email Address | | | |
| Team Member | Last | First | Title | Phone Number |
| | Email Address | | | |
| Team Member | Last | First | Title | Phone Number |
| | Email Address | | | |
| Team Member | Last | First | Title | Phone Number |
| | Email Address | | | |

To ensure a fair and unbiased review process, this page will be removed from the application before being scored by the grant committee. Please do your best to refrain from using school identifiable information such as school name, logos, or city/area names in the following pages of the application.

Project Title

Project Title:

Funding

Estimated project cost:

Requested amount of funding for this project:

School Demographics

Number of students within your school(s):

Provide details on your staff to student ratio:

Number of students that will be impacted by this grant award:

Number of staff that will be impacted by this grant award:

Number of families that will be impacted by this grant award (if applicable):

Percentage of English Language Learners:

Percentage of homelessness within your school(s):

Percentage of each race/ethnicity within your school(s):

Percentage of students with free and reduced lunch:

Project Overview

Describe the need this project is intended to meet:

Provide a 5 to 7 sentence overview on the proposed project:

Project Overview (continued)

Provide what your goals are with this project:

Describe your anticipated reach. Number of students/staff this project impacts and the longevity of that impact:

Implementation Plan

Are you partnering with any other organizations or schools to implement this project? If so, please describe:

Provide a timeline of the grant activities and major milestones within the project:

Please describe in detail your implementation plan as it relates to your timeline:

Evaluation Plan

List at least 3 measurable criteria that you will use to measure your success:

How will you gather data to measure success:

Sustainability

After the grant is implemented, what will be your plans to continue the important work:

Budget Proposal

Are you seeking additional funding from the state or other resources? If yes, please describe:

In detail, please itemize the costs of your proposed budget (i.e. 100 books @ \$10 each = \$1,000):

Project Focus

Using the provided list of mental health funding strategies found on page 9, please indicate the primary focus of your project and how it relates to PrairieCare Fund's mission. If you opt for option 9, please provide a description of your unique strategy:

Mental Health Funding Strategies

Option 1: School mental health foundational components

- Build or expand a school mental health team or collaborative with broad stakeholder engagement.
- Complete an assessment such as the national [SHAPE](#) assessment; identify goals and priorities.

Option 2: School climate and connectedness

- Assess the school climate with students, staff, and caregivers; identify goals, implement improvements.
- Provide Positive Behavior Interventions Supports (PBIS with fidelity).
- Expand culturally responsive and/or trauma-sensitive practices.
- Implement circle training, restorative practices, and/or alternatives to exclusionary discipline practices.

Option 3: Social and emotional learning (SEL)

- Assess and implement SEL with the [adoption of universal, evidence-based programs](#) (CASEL).
- With a current SEL program: a). increase fidelity, b). provide ongoing implementation support to staff, or c) ensure practices align with the vision and goals and is culturally and linguistically responsive to students.
- Expand SEL resources to families and into homes.

Option 4: Mental health literacy

- Expand mental health education earlier into the elementary and/or middle school curriculum; plan and collaborate on a K-12 scope and sequence of mental health literacy.
- Provide professional development and training: examples may include trauma-informed practices, Youth or teen Mental Health First Aid, QPR training, Kognito-suicide prevention, ACEs, practical classroom-based interventions.

Option 5: Mental health disparities are targeted

- Expand culturally responsive and trauma-sensitive policies and practices.
- Review and eliminate discriminatory discipline policies and practices that further erode BIPOC and LGBTQ youth's sense of acceptance and belonging at school.
- Improve the overall quality of health and services through targeted training, assessments, and evaluation.
- Expand mental health information and resources in numerous ways in a variety of languages.
- Improve safety and inclusion practices for LGBTQIA+ and BIPOC.

Option 6: Basic wellness needs of youth or employees

- Increase the frequency of daily or weekly practices of stress reduction, mindfulness, or gratitude.
- Increase positive peer relationships and strategies for deeper social connections.
- Increase opportunities for daily movement: classroom activity breaks, Yoga Calm, expansion of rec activities.
- Involve those at most risk in clubs, recreation activities, and/or volunteering.

Option 7: Parent/caregiver education and engagement (in sustainable ways)

- Expand mental health literacy.
- Train key staff to assist as cultural liaisons and school system navigators for mental health.
- Give parents the skills to talk with their child about mental well-being; reduce stigma.

Option 8: Employee mental well-being

- Survey staff about their needs and recommendations for social and emotional well-being; implement ideas.
- Target stress reduction and workload modifications specific to school administrators and leaders.
- Provide resources for staff to increase their resilience and stress management skills.
- Find ways to increase employee connectedness and decrease isolation.

Option 9: Propose a strategy to meet your school community needs.

Project Focus

I certify that my answers are true and complete to the best of my knowledge.

I understand that false or misleading information in my application may result in disqualifying my application.

I certify that I am an authorized representative.

Project Lead Signature: _____ Date: _____

Principle/Superintendent
Signature: _____ Date: _____

We encourage you to submit any letters of support from school leadership in backing the implementation and need of this project. Please include that as an attachment in your emailed application submission.

Next Steps

Congratulations! You have taken one step closer to providing a mental health resource for your community. Whether you are a recipient or not, this is a big moment for you. So, take some time to reflect on the work you put into this proposal!

- Proposals are open for submission starting January 1st, 2024 and will close on Monday, February 26th, 2024 at 5pm. Please email them to grants@prairiecarefund.org.
- Should you need to make any revisions to your proposal after you submit it, please email us at grants@prairiecarefund.org with a subject line of "Revised Proposal".
- Proposals will be reviewed and scored by our grant committee during the months of March and April 2024. If clarifications are needed on your proposal, we will communicate with you during that time.
- All applicants will receive a notification from PrairieCare Fund by the end of May 2024 with either an approval or declination of your project proposal.

