

SOMA Community Mental Wellness Grant Application

IMPORTANT DATES TO REMEMBER

APPLICATION DUE

August 12th, 2022

By 5:00 pm

Return completed application emailed as a PDF to:

info@somacommunitycollaborative.org

For more information or assistance contact the Community Action Grants Coordinator
Kalina King at kking@successcenters.org or **415-510-1984**

See website www.sfmohcd.org for more information.



OVERVIEW

Mental wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Typically, a person that fits the definition of mental wellness has a positive sense of well-being and hope, despite daily stressors and challenges. Many people intermix the term mental illness with mental wellness due to a lack of understanding of what mental wellness is. Some people have different beliefs about what mental wellness is and that can have a negative impact on others, especially Black, Indigenous, and people of color (BIPOC) communities. For BIPOC communities to try and maintain a healthy lifestyle, there's a need to bring awareness around mental health and what that looks like. Each person's journey towards mental health wellness will be different, depending on their needs, lifestyle, and personal goals.

Examples of Wellness:



Intellectual Wellness focuses on opening our minds to new ideas and experiences. These ideas and experiences can be applied to our individual pursuits as well as shared with broader groups to contribute to betterment of our communities. This component inspires us all to be lifelong learners.

Emotional Wellness - People who are emotionally well have fewer negative emotions and tend to bounce back from difficulties faster. They are able to maintain positive emotions longer and appreciate the good aspects of their lives more fully.

Occupational Wellness focuses on exploring career options and employment opportunities that you enjoy and encourage personal growth. Our attitude about work is critical to our overall mental wellness. Feeling unhappy or unsatisfied in our occupation can have a significant impact.

Environmental Wellness refers to our relationship with our physical surroundings. It includes interacting with and being respectful of nature. It also focuses on treating other individuals with respect and acceptance.

Financial Wellness supports our overall mental wellbeing. This attribute focuses on managing your personal finances and ensures you are positioned for the future. Effectively managing your finances contributes to reduction in day to day stressors.

Cultural Wellness - The cultural aspect of mental wellness focuses on being aware of what is happening now, in the present, including what is going on inside of you and around you. It includes our values, beliefs, personal ethics and spirituality that define us as a person.

Physical Wellness is a key attribute of mental wellness. Eating, exercise and sleep are all components of physical wellness. Improvement in these areas helps people deal with stressors in their day to day lives, and allows them a more positive perspective.

Social Wellness - Social connections may help protect health and lengthen life. Links to other can have a powerful effect on your health. There are many ways of engaging with others and building positive relationships.

Key Examples of Wellness:

Intellectual: Actively listen and question, share knowledge with others, and explore locally and globally to expand your knowledge and take a class to learn something new

Emotional: Taking care and valuing yourself, setting realistic goals for yourself, recognizing and avoiding burnout, and avoiding perfectionism and self-criticism – allowing yourself to be human

Occupational: Seek new opportunities if you find yourself unfulfilled or unhappy in your current role, strike a balance between work and personal life and take a break from technology that keeps us connected continuously

Environmental: Reduce, reuse and recycle, reduce toxins in your home, engage in outdoor activities and promote diversity and acceptance in our interactions

Financial: Spend less than you make, eliminate debt, establish an emergency savings account for life's unexpected expenses and create a savings plan for known future expenses

Cultural: Quiet your mind, create healthy dreams and aspirations, establish a good foundation of morals and find mindfulness resources in your local community

Social: Build a strong support system, promote positive work or school environment, increase awareness of others, volunteer in your community, and join a group focused on a favorite hobby

As a joint initiative between the Mayor's Office of Housing and Community Development and the SoMa Community Stabilization Fund, Community Action Grants range in size from **\$5,000 to \$10,000**, with projects to be completed by **December 31, 2022**.

Types of Action Grants

1. Community Member-Led Action Grants: 2 or more community members can work with SoMa residents in the design and implementation of projects that address mental wellness.

2. Organization-Led Action Grants: SoMa organizations can design projects that benefit the broader SoMa community. Funds are to host community events or projects focused on improving/promoting and raising awareness around community mental health. These projects are organization-led but require active community engagement and foster cross-cultural and/or intergenerational community building.

GRANT ELIGIBILITY

- Have a 501(c)(3) nonprofit organization or are fiscally sponsored groups, organizations, collectives, or individuals
- You must live or work within the SoMa Stabilization boundaries
- Present and produce projects that serve and/or are in the SoMa community within the following;
 - A community event, informational session, ongoing workshops, etc. *Note: Think outside the box*
- One grant per organization will be rewarded
- Projects must have at least 3 working members that are committed to completing the project

GRANT GUIDELINES

- Create a project that engages the SoMa community
- We encourage projects that demonstrate equity, inclusion, and diversity
 - Universal cultural consciousness and expression
- Expenses included in the grant budget must be incurred by **December 19th, 2022**. Receipts are due by **December 21st, 2022**.
- Grantees must conduct a short informational and planning session with the Community Action Grant Coordinator and submit appropriate documentation and reporting requirements upon completion of the project.
- Grantees are **expected and strongly encouraged** to attend SoMa Community Collaborative monthly meetings as often as possible.

Grants **cannot pay for:**

1. Stipends for agency staff time
2. Rental of office space
3. Political activities (campaigns and candidates)
4. Equipment (copy machine, adult bicycles, furniture, computers, etc.)
5. Professional development for agency staff
6. Expenses without verifiable receipts and/or invoice statements without supporting documents
7. Funds used to subsidize existing agency activities

PROJECT SELECTION

- This is a panel of community members who will review and rank projects according to how well they meet the four goals of **community empowerment/advocacy, community cohesion, community building, history and heritage, and resident stability**.
- In order to submit a ranking as part of the project selection, groups must demonstrate regular participation in the monthly SoMa CC meetings.
- Each SoMa CC organization will have one ranking submission regardless of the number of representatives present.
- Ultimately, the decision-making process is guided by those in attendance at the SCC meeting dedicated to application selection. In prior years, the criteria used in the decision-making process were:
 - a. **Is the SoMa community the center of the project (i.e. seniors, low-income households, families, etc.)**
 - b. **Was there a strong concept and project plan provided**
 - c. **Did they provide an effective project budget with documentation (if needed)**
 - d. **Does the project follow the guidelines listed above**

TECHNICAL ASSISTANCE

Technical assistance will provide projects during the application phase and planning phase to help solidify the vision as well as provide feedback around the activity and budget details. Additional assistance will be provided on an as-needed basis throughout the grant term. Contact Kalina King at kking@successcenters.org or 415-510-1984 for technical assistance.

REPORTING REQUIREMENTS

- Original receipts for all expenses
- Copies of participant sign-in sheets
- Pictures of the final project and of project implementation, where relevant
- Copies of fliers and other outreach materials
- End-of-project final report to reflect on the impact of this effort once the project is finished

FUNDING AND TIMELINE

COMMUNITY ACTION GRANT APPLICATION RELEASED	July 20th, 2022
PROJECT APPLICATION DUE	August 12th, 2022 @ 5:00 pm
PROJECT PROPOSAL SELECTION	August 18th, 2022 @ 10:00 am
GRANTEE ANNOUNCEMENT	August 19th, 2022
GRANT IMPLEMENTATION	January 1st, 2022
GRANT END DATE	December 31st, 2022

****Please note, failure to follow timeline and reporting requirements may result in ineligibility for future Community Action Grant opportunities****

3. Which of the following goals will your project directly support? (*check boxes*)

- Community Empowerment & Advocacy
- Community Cohesion & Community Building
- History & Heritage
- Resident Stability

4. Please explain in one or two sentences how your project will support the goals you have checked above:

5. What additional support might you need to successfully implement your project?

6. What is your timeline for this project? Dates of milestones, etc. *Note: All grant expenses included in the project budget must be incurred by December 2022.*

7. Are you able to complete this project with partial funding?

- No
- Yes

8. If yes, what amount would you need to complete the project? \$_____

III. Project Budget

Please use the table below to summarize your project's expenses. The total budget outlined below must equal the total dollar amount requested in this application. A maximum of \$10,000 may be requested.

Expense Type	Description/Purpose	Amount
<i>Example: Supplies</i>	<i>Chairs, pencils, paper, highlighters</i>	<i>\$400</i>
Supplies		
Facilities/Space		
Transportation		
Contracted labor/honorarium		
Food		
Stipends		
Other		
TOTAL EXPENSES:		

What is the approximate total budget of this project? \$_____

Please retain all receipts associated with the project budget and submit them with a payment request.

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IV. Agreements

- I agree to participate in a short informational and planning session with the Community Action Grant Coordinator.
- I agree to submit monthly email updates on the status of this project to the Community Action Grant Coordinator.
- I agree to inform the Community Action Grant Coordinator if I encounter challenges in executing this agreement or any delays to the intended project.
- I agree to identify the SoMa Community Action Grant award in all promotional materials and media promoting this funded project.

Signature

Date

