CITIES**RISE**

Chennai

YOUTH CHALLENGE AWARD

Calling young leaders!

Request for YOUR IDEAS About
Making CHENNAI a Better Place
for Young People

Issue Date: October 21, 2019

Submission Deadline: November 24, 2019

A. INTRODUCTION

Who is citiesRISE?

citiesRISE is a global action platform committed to transforming the state of mental health policy and practice for young people globally, leveraging city systems and youth leadership for change. citiesRISE envisions a world in which cities enable young people to grow up, develop resilience, and lead productive lives by mainstreaming mental health across sectors. Our goal is to reach 1 billion young people with services and information by 2030 to turn the tide on depression, addiction and suicide through evidence-based interventions and community experience.

citiesRISE is working in four countries (India, Kenya, Colombia, United States) with a set of first 5 cities: Chennai (India), Nairobi (Kenya), Seattle and Sacramento, (US), and Bogotá (Colombia). In each location citiesRISE is jointly designing interventions with youth and their communities that will address supply (e.g., the scale of services and support available for early intervention) and demand (e.g., awareness, help-seeking behavior) for services as well as relevant societal factors. Visit our website and the video we launched in 2018 on World Mental Health Day.

Learnings from our work in Chennai:
Based on the feedback from the convening of the landscape assessment and stakeholder engagements in Chennai, we have heard the following priorities and areas of interest:

- Young people need to be involved in the decision-making process and leadership, and have the right to decide on the options that they need and choose what works best for them, especially from young people with lived experience.
- There is a need to move away from the medical approach and explore a variety of solutions outside healthcare as well to tackle mental health issues, since it faces the danger of looking at mental health in isolation, without the effect of its intersectionality with caste, color, gender, sexuality, disability etc., and the influence of other sectors such as education, arts, urban design,media, etc.
- There is a need to approach mental health keeping in mind different diverse identities of individuals and their intersectionality such as Dalit groups, LGBTIQA+ community, persons with disabilities, among others.

How can you contribute to improving the mental health of Chennai youth?

Youth Challenge Award Chennai
citiesRISE is launching a Youth Challenge Award (YCA) to support emerging young leaders and youth-focused organizations focused on **improving mental health for and with young people** in Chennai. **We are looking for project submissions that are largely designed and implemented by youth (age 15-35) and that address one or more of these four areas:**
1. **Removing stigma from the narrative around mental health so that it is valued**
2. **Increasing access to care and support for everyone**
3. **Building social connectedness**
4. **Creating environments that support mental health and well-being**

Who can apply?

Individuals, groups of young people, and/or organizations that support youth are welcome to apply. If you are an individual or a group without a formal organization and are selected as an awardee, we will work with you to identify an organization to support your project. We accept any and all questions during the open submission period. **Please reach out to Brindaa Lakshmi at brindaa@cities-rise.org for support with submitting your application.**

B. LET'S GET TO WORK!

What's the deal?

The youth leader(s) who receive the challenge award will work closely with the citiesRISE team to refine, implement, and evaluate the initiative. The award winner(s) will receive one year of funding ($2,000-$10,000 USD) along with other capacity-building and networking support so that they can make their ideas a reality. Beyond the Youth Challenge Award, citiesRISE has a growing network of young people passionate about transforming mental health in their community and globally. Every young person who applies is invited to join and support a youth network being established in Chennai and participate at the national and global level activities that connects youth in participating cities from Colombia, Kenya, the United States, and more countries in the future.

How will projects be chosen for an award?

A group of people, including youth, who will be reviewing applications will award a certain number of points for each section. The total points that can be earned is 40. The proposals with the highest total number of points will receive an award. Reviewers will assign points to each section based on how well the question is answered. Below are how the points will be distributed:

Section 1:	Who are you?	10 points
Section 2:	What is your project/idea?	20 points
Section 3:	Why do you think this project will be successful?	10 points
	TOTAL:	**40 POINTS**

Projects will be assessed based on the following criteria:

• Direct alignment with citiesRISE' goals: Extent to which the project aligns with one or more of the four areas mentioned in page 2.
• Feasibility and Effectiveness: Degree to which impact can be tracked and measured, and the ability of the applicant to meet project deadlines.
• Youth Leadership: Capacity of youth leaders to deliver, accounting for both time commitment and ability to co-design with other young people or partners. Degree to which the solution engages larger cohorts of youth in civic engagement and contributes to youth-led workforce development for mental health.
• Reach: Potential to reach young people in Chennai and to scale across India, reach a large number of young people, and engage with diverse stakeholders.
• Bonus Criteria: Local Resources - Extent to which the solution harnesses local resources and/or builds upon the strengths of the youth in the community.

Invitation to Join the Youth Network
All youth who submit an application will be invited to participate in a youth network in Chennai supported by citiesRISE. **Regardless if you are selected or not, we will invite you to be a part of our network!** You will help shape the network, gain leadership and advocacy skills, and work to make change in the mental health systems that impact youth.

What happens if my idea is chosen?
Awardee(s) will be expected to commit at least 10-12 hours a month to develop and implement their project with support from citiesRISE staff and partners. Awardee(s) will work with citiesRISE team members to develop a full project plan including implementation details, budget and monitoring before projects begin.

How does it work?

The award process has two stages:

Stage 1

- **October 21, 2019**   Release of Youth Challenge Award announcement
- **November 24, 2019, 11:59 pm** Deadline for submitting an application
- **January, 2020**   Announcement of awardees

Stage 2
- Awardees will work closely with citiesRISE staff to develop in-depth project plans.
- citiesRISE and the awardee will co-develop core components of the project that will operate for one full year. Support from citiesRISE includes:
    - technical assistance and sustainability planning
    - leadership capacity-building
    - networking with local and global leaders including youth in Nairobi, Sacramento, Seattle, and Bogotá

How do I apply?
- Log on to http://cities-rise.org/ycachennai/
- Download the application. Application will be available in both English and Tamil. Applying with either application is sufficient.
- Complete the application. You can fill it out on your computer or you can submit a hand-written application.
- Email the filled out application to ycasubmissions@cities-rise.org and **submit by November 24 at 11:59 IST**. Please use "Chennai YCA" in the subject line when submitting. In the case of a handwritten application, scan it or photograph it and mail it to the above email. Please ensure that the images are clear if photographed.

The proposed idea must **address one or more of the four areas listed on page 2.**
Any and all ideas are welcome. Below are some *suggestions* that may inspire your thinking and how we think they could fit into our work:

citiesRISE PRIORITY AREAS	Removing stigma from the narrative around mental health so that it is valued	Increasing access to care and support for everyone	Building social connectedness	Creating environments that support mental health and well-being
Examples *Note: These are only suggestions. It's ok if you want to do something different that addresses stigma. Many projects will fall into more than one of the four listed areas above, and that's ok too!*	Programs with education, prevention, promotion, (self-) expression (Story-telling, multimedia, arts, music),	Various forms of (self-) expression (Story-telling, multimedia, arts, music), information dissemination, early identification focus	Ideas that address caste equity, cultural appropriateness, homeless youth, and/or the LGBTIQA+ community, persons with disabilities	Ideas that combine different fields or sectors (e.g. music and counseling or education and health or support group meetings or participatory conversations) Engagement of young people and policy stakeholders in the development of planning and implementation

C. TIME TO APPLY

What do I need to do?

STEP 1 – REVIEW THE ANNOUNCEMENT: Review this ENTIRE document carefully.
STEP 2 – COMPLETE THE BASIC INFORMATION: Fill out the cover sheet that is part of the application guide.
STEP 3 – WRITE YOUR APPLICATION: Write a narrative that includes all the information requested below. **Please use 11-point font or larger and single space your document**.

Section 1. Who are you? **(1 page maximum)**
Please answer Section 1 EITHER as an individual / group OR an organization.

Individual/Group History (if you do not have an organization or are applying **without** a host organization): Individual/group History (if you do not have an organization)
- Name of individual, gender, and age
- Background (education/work experience/lived experience)
- What's the purpose behind your idea?
- Describe what you are currently doing (studying, working, etc.)
- Provide information on any awards, successes and relevant impact statistics

OR

Organization History - (please include information on your organization here)
- Mission statement of organization
- Background of the team implementing the project
- What's the purpose behind your idea?
- Describe your organization's current programs and services
- Provide information on any awards, successes and relevant impact statistics

Section 2. What is your project/idea? **(2 pages maximum)**
- Describe the proposed project, including the stage (idea, proof of concept or implementation).
- What is the specific problem the proposed project addresses and focus area(s) (listed on page 2) the project/idea targets?
- Describe the target setting (e.g. schools, colleges, informal settlements) and the target population (e.g. specific marginalized communities, students,) and how the project will benefit them.
- What are the core activities you envision for the project?
- What are some short-term and long-term outcomes for the project, and at which level (individual or community)?
- What is the amount of award money you are seeking and how will it be used to support the project?

Section 3. Why do you think this project will be successful? **(1 page maximum)**
- Describe why your approach is practical.
- Why is now the right time for this project (i.e. relevant policy, infrastructure)?
- What makes you believe the project will be effective [scale and impact] and can be implemented in the time proposed?
- How have you incorporated intersectionality in your project?

Section 4. What is the most critical support you are looking for? **(1 page maximum)**
- This question will not be evaluated and is meant for us to understand the kind of capacity building support the applicant will benefit most from and tailor partnerships accordingly.

STEP 4 – SUBMIT YOUR APPLICATION: Submit your application before **November 24, 2019 at 11:59 PM IST via email to YCAsubmissions@cities-rise.org.** Make sure to include "Chennai YCA" in the subject line of your email.

D. HOW DO I GET MORE INFORMATION?

If you are interested in the project and would like our help with your application/submission, please contact **Brindaa Lakshmi at brindaa@cities-rise.org** for assistance.