YOUTH CHALLENGE Award

Calling all Youth!

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

Issue Date: October 1, 2019
Submission Deadline: November 1, 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. Check our website and the video we launched in 2018 on World Mental Health Day.

What do we mean by "mental health"?

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

citiesRISE's definition of mental health extends to a range of factors that impact the life journey of young people. These range from structural influences like housing, justice, and education to social influences like culture, gender, and race. We want to know how young people are navigating the world we live and what works best for supporting and caring for diverse young people.

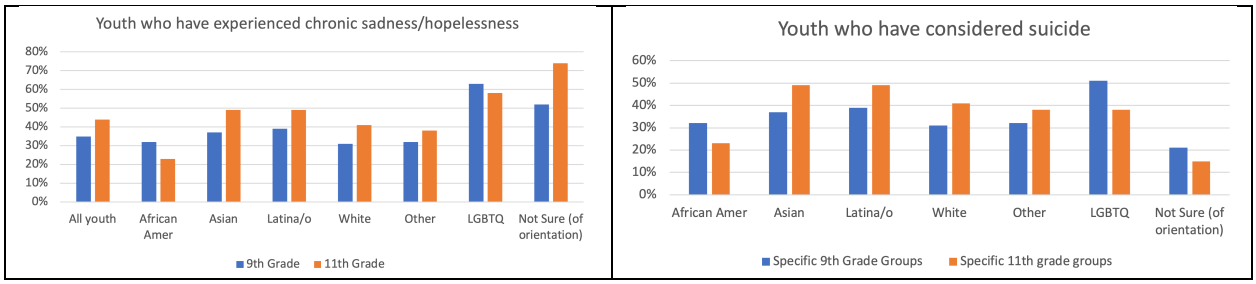
How are we going to make things better for Sacramento youth?

Youth Challenge Award Sacramento

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 Sacramento. **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; and**
4. **Creating environments that support mental health and well-being.**

According to the 2017-18 Healthy Kids survey for the Sacramento Unified School District, they found that over one-third (34%) of 9th graders and 40% of 11th graders experienced chronic sadness/hopelessness. Rates for youth of color were higher when we dig deeper. Additionally, they observed that LGBTQ youth "not sure" about their sexual orientation had, on average, double the rates of chronic sadness/hopelessness amongst their peers.



Data source: 2017-18 Healthy Kids Survey for Sacramento School District

They also looked at youth who considered suicide, and the numbers show more than one out of five 9th graders (23%) and 11th graders (22%) considered suicide. Specific groups of youth are contemplating suicide more often than others.

citiesRISE held listening sessions with the Sacramento Youth Advocates, a group of youth leaders who have lived experience and provide youth voice in planning and policymaking by the County of Sacramento when it comes to mental health and with other youth advocates in the area. From these sessions, several themes emerged that might provide some ideas of what could be (but not required) included in the proposal:

- Addressing social justice and racial inequality
- Opportunities for self-expression including music
- Building a sense of hope
- Making connections to one's identity and/or community
- Addressing the need for role models and increased awareness about resources
- Creating a sense of safety such as reducing the fears around immigration status of oneself or one's family
- Ensuring cultural appropriateness
- Reaching out to specific populations such as homeless youth and the LGBTQ+ community

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 Greg Garcia at **greg@cities-rise.org** for support on your submission 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) 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 Sacramento and participate at the global level activities that connects youth in participating cities from Colombia, Kenya, India, 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 amount of 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**

Invitation to Join the Youth Network

All youth who submit an application will be invited to participate in a youth network in Sacramento 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 1, 2019** — Release of Youth Challenge Award announcement
- **Oct 15 & Oct 16, 2019** — Workshop for interested applicants
  4 - 7 pm
  10/15 at Liberty Towers (5132 Elkhorn Blvd.)
  10/16 at Fruitridge Community Collaborative (4525 44th St.)
  (Workshop is recommended, but not mandatory; attend one if interested)
- **November 1, 2019, 5 pm** — Deadline for submitting an application
- **December 1, 2019** — 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, Chennai, Seattle, and Bogotá.

How do I apply?

The application is below and must be **submitted by November 1, 2019 at 5 p.m PST.** The proposed idea must **address one or more of the four areas listed on page 2.**

Keep in mind that we are looking for projects with the following components:

- Youth define their own vision, goals, objectives, programs, and desired outcomes [must include young people's lived experience.]
- Youth views prevail and allow for "thinking outside of the box."
- Youth articulate how meaningful, real, and measurable change for public good can be achieved.
- Youth incorporate elements of social justice, self-expression and/or music into the proposed activities.

Any and all ideas are welcomed. 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 like a story-telling project 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, and early identification focus	Story-telling, multimedia, arts, music, and other forms of (self-) expression and healing	Ideas that address racial equity, cultural appropriateness, homeless youth, and/or the LGBTQ+ community	Ideas that combine different fields or sectors (e.g. music and counseling or education and health) 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 – ATTEND AN INFORMATIONAL WORKSHOP
STEP 3 – COMPLETE A COVER SHEET: Fill out the cover sheet that is part of the application guide.
STEP 4 – WRITE YOUR NARRATIVE: 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? (2 pages 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)

- Description of youth involved in the project/idea and the individual's or group's experience or "lived experience"
- Description of what you or the group currently do that can have an impact on mental health?
- Purpose behind your idea
- Information on any awards, successes and relevant impact statistics

Organization History - (please include information on your organization here)

- Mission statement of organization
- Brief history of organization including years of operation
- Description of organization's current programs and services
- Information on any awards, successes and relevant impact statistics

Section 2. What is your project/idea? (2 pages maximum)

- Purpose of project/idea, including information about which focus area(s) (listed on page 2) the project/idea targets
- Description of the youth whom the project/idea will target
- Main activities of project/idea and the reason(s) the activities are "youth-friendly"
- List of how money will be used to support the project (amounts not required)
- Description of how activities will impact the participants and of how these youth will be different in 10 years

Section 3. Why do you think this project will be successful? (2 pages maximum)

- What is the feasibility of success? Describe why your approach is practical.
- Why is now the right time for this project (i.e. relevant policy, leadership, infrastructure)?
- What makes you believe the project will be effective and can implemented in the time proposed?

STEP 5 – SUBMIT AN APPLICATION: Submit your cover sheet and narrative (see below) via email to YCAsubmissions@cities-rise.org prior to the deadline. **Make sure to include "Sacramento YCA" in the subject line of your email.**

D. WHEN IS THE DEADLINE?

Application must be submitted by email to YCASubmissions@cities-rise.org by **November 1, 2019 at 5 pm PST**. Please make sure to include "Sacramento YCA" in the email subject line.

E. HOW DO I GET MORE INFORMATION?

If you are interested in the project or would like our help with your application/submission, please contact Greg Garcia greg@cities-rise.org for assistance or attend one of the YCA information sessions:

North Sacramento YCA Session: Tuesday, October 15, 4-7pm	**South Sacramento YCA Session: Wednesday, October 16, 4-7pm**
Liberty Towers 5132 Elkhorn Blvd Sacramento, CA 95842 https://www.eventbrite.com/e/74473587505	Fruitridge Community Collaborative 4625 44th Street Sacramento, CA 95820 https://www.eventbrite.com/e/74476618571