

# 2023 Healthy Children & Families Grant Guidelines



## About the Healthy Children & Families Initiative

Thriving children and families are an important component of a healthy, resilient region. The Healthy Children & Families (HCF) Initiative focuses on advancing community resilience through health equity. HCF is committed to increasing quality of life for children and families through expanded access to supportive services, including:

- Connection to direct financial assistance
- Equitable access to affordable and high-quality healthcare, including mental and behavioral health services
- Addressing trauma and increasing access to equity-centered, trauma-informed services for children and families

The Healthy Children & Families Initiative launched in 2022 with a grant focused on supporting the mental and behavioral health of children and families across the county. Through this grant, HCF awarded \$535,000 to 19 nonprofit organizations to support programs serving children and families from historically underrepresented populations.

Additionally, HCF partnered with local community-based organizations to improve economic stability and social determinants of health through increasing access, outreach and education to families for the Child Tax Credit and the Earned Income Tax Credit. Through a collaboration with United Way of San Diego County and members of the San Diego Health and Human Services Community Health Worker Collaborative, more families across the county have access to direct financial support through tax benefits.

## Background

Mental and emotional well-being for children and youth are critical factors that contribute to educational success and lifelong well-being. In 2021, the American Academy of Pediatrics [declared a national emergency](#) in child and adolescent mental health. According to a [survey conducted](#), 66% of students reported that the pandemic negatively affected their mental health and 55% reported not having access to a counselor or therapist in the past year. The pandemic has also exacerbated numerous Adverse Childhood Experiences (ACEs), such as the loss of a family member or loved one, structural racism, and physical and/or emotional abuse at home.

In San Diego, there have been efforts to reduce mental health stigma, yet [many youth remain](#) hesitant to seek support due to cultural or social stigma, shame and guilt. Many children and young adults lack access to important supportive services that promote mental and behavioral well-being. Even in cases where resources are available, there are often barriers to accessing support, such as shared cultural awareness, transportation, scheduling, etc. As we work toward just, equitable and resilient communities, it is imperative to provide accessible mental and behavioral services for the children and families who need support.

## The Funding Opportunity

The total award amount for this grant cycle is expected to total \$500,000. Eligible organizations may request a maximum of \$40,000 per proposal. 501(c)(3) nonprofit organizations are invited to apply through 5:00 p.m. PST, April 7, 2023.

## Grant Goal

This grant supports projects and programs that address mental and behavioral health challenges, while promoting and destigmatizing access to care utilizing culturally responsive and trauma-informed practices for children and youth of all ages and their families.

## Strategies

The following are strategies that support the goal of the HCF grant and will be eligible for funding for the 2023 grant cycle. Organizations will be asked to identify the primary strategy they plan to employ in their application. All applicants are encouraged to address service and support for low-to-moderate-income families, populations that are historically underrepresented, and those negatively impacted by social determinants of health.

- **Mental/behavioral health screening and treatment:** Implement trauma-informed and culturally responsive programs or projects that address Adverse Childhood Experiences (ACEs) or other mental/behavioral challenges for children of all ages, parents and/or caregivers.
- **Outreach and education to increase access to mental health supports:** Ensure that children and families are knowledgeable and have access to high-quality, affordable and culturally responsive mental and behavioral healthcare through outreach, education and navigation efforts.
- **Supportive interventions:** Provide trauma-informed interventions for children, parents, and/or caregivers to support mental and behavioral wellness. Proposals can include, but are not limited to, creative youth development programs, family-centered interventions, peer-to-peer support, coaching and mentoring, or other programs promoting resiliency.

## How To Apply

For 2023, SDF has introduced a new grant application portal to submit your grant application(s).

Whether you have submitted an SDF grant application in previous years or not, all nonprofit applicants are required to create a new user account to submit your 2023 Healthy Children & Families Grant application. After creating your account, click the “Apply” button to access the application. For additional guidance regarding creating a new user account, please [see this tutorial](#). [Register/apply today](#).

**Application Deadline:** Friday, April 7, 2023 at 5:00 p.m. PST

## Application

To review the application questions in advance of creating an account in the grant application portal, you may [view a PDF of the application](#). Please note we will only accept applications submitted through the grant application portal linked above.

## Grant Criteria & Eligibility

Each proposal must be led by a nonprofit with 501(c)(3) public charity status, located in and serving San Diego County. A 501(c)(3) public charity may serve as a fiscal sponsor for another applicant to administer the grant and provide regular financial reporting to San Diego Foundation.

### Eligibility

- Each proposal must be led by a nonprofit with 501(c)(3) public charity status, operating in and serving San Diego County.
- A 501(c)(3) public charity may serve as a fiscal sponsor for another applicant to administer the grant and provide regular financial reporting to SDF.
- Projects must be completed within a 12-month timeline.
- Previous applicants or recipients of Healthy Children & Families funding are eligible to apply.
- San Diego Foundation will not fund endowments, existing obligations/debt, scholarships, or projects that promote religious or political doctrines.
- Projects must work to expand care for low-to-moderate-income communities and/or populations experiencing health disparities or negative social determinants of health.

### Recommendations

- Articulate a strategy for project success
- Show potential for positive outcomes and impact
- Exhibit organizational strength, past performance and strong community partnerships
- Describe how you'll connect authentically with the community you serve

## Timeline

Dates	Milestones
<b>March 7, 2023</b>	Grant Guidelines released
<b>March 22, 2023 - 11:00 a.m. PST</b>	Q&A Webinar ( <a href="#">Register here</a> )
<b>April 7, 2023 - 5:00 p.m. PST</b>	Application period closes
<b>June 2023 (Tentative)</b>	Applicants will be notified

## Q&A Webinar

To answer your questions, we will host an optional virtual Q&A webinar at 11:00 a.m. PST, Wednesday, March 22, 2023. [Please register online.](#)