



healthy minds/healthy campuses

a community of practice to promote campus mental health

Campus Capacity Grants

Healthy Minds/Healthy Campuses' Campus Capacity Grants program is funded by the BC Ministry of Health. This program has been developed to support BC post-secondary institutions in building capacity and encouraging innovation in campus mental health promotion and the reduction of risky substance use. Each grant will provide stimulus funding to encourage institutions to convene diverse and cross-sectoral representation to achieve some shift in campus culture relative to mental health or substance use in particular. In keeping with the work of our Community of Practice, these grants also provide an opportunity for grantees to be connected to a broader community of students, campus professionals, faculty and administrators, all interested in cultivating mentally healthier campus communities.

Funding provided by



We are looking for applications that propose unique, innovative and creative projects that fall into the broad domain of promoting campus mental wellness, including healthy relationships with psychoactive substances. We anticipate that a diverse range of projects will receive funding.

Application Criteria

Each project should attempt to use ideas drawn from the socio-ecological model of mental health promotion. You can learn more about this particular model by referring to the references listed at the end of this section. Applications must include an explanation of how the project will provide a mechanism for at least two different campus constituencies (e.g. students, campus professionals, faculty, administrators) to plan and implement the activities collaboratively. These grants are designed to stimulate capacity development, not provide full funding. To be eligible, project budgets must include 100% matched funding (e.g. in-kind contributions via staff time, financial contributions) from the applicant's institution. Applicants must also be willing to share details of their projects and associated outcomes with the broader Healthy Minds/Healthy Campuses Community of Practice. This will help stimulate dialogue, learning and the exchange of ideas at a provincial level.

This grant program will award up to a maximum of \$3000 in matched funds per campus. Project progress updates must be submitted by June 30, 2012. Projects must be completed, finalized and reported upon by December 15, 2012. Fifty percent of the grant amount will be disbursed by March 1, 2012 and the remaining 50% will be disbursed on receipt of the progress update, due June 30, 2012. Healthy Minds/Healthy Campuses encourages applications from all interested post-secondary institutions in British Columbia. Exemplary projects will be selected for presentation at the Healthy Minds/Healthy Campuses Summit 2012.

Timeline

January 3 - February 15: Applications due

March 1: Successful applications notified and first payment (50% of total grant) disbursed

June 30: Mid-project update due and second payment (50% of total grant) disbursed

October/November: Select projects presented at Healthy Minds/Healthy Campuses Summit 2012

December 15: Projected completed and final report due

How do you want to change your campus? Here are a few ideas:

- Create a community coalition on your campus
- Tackle alcohol use on campus
- Address competition
- Collaboratively create assessment and wayfinding tools for faculty
- Evaluate and implement wellness policies for on-campus residences

How to Apply

1. Download the Capacity Development Grants Application Form to your desktop. Please complete the application form electronically. You will need an up-to-date version of Adobe Reader to do this. You can download Adobe Reader by navigating to www.get.adobe.com/reader
2. Please submit your completed application form to hnhcgrants2011@gmail.com
3. Proposals will be accepted and reviewed on a rolling basis between January 3, 2012 and February 15, 2012. Preference will be given to early submissions. All grantees will be notified by March 1, 2012
4. If you have any questions about the application process or this grants program, please contact Jonny Morris, Acting Director of Mental Health Promotion (CMHA BC), at jonny.morris@cmha.bc.ca

Evaluation Criteria

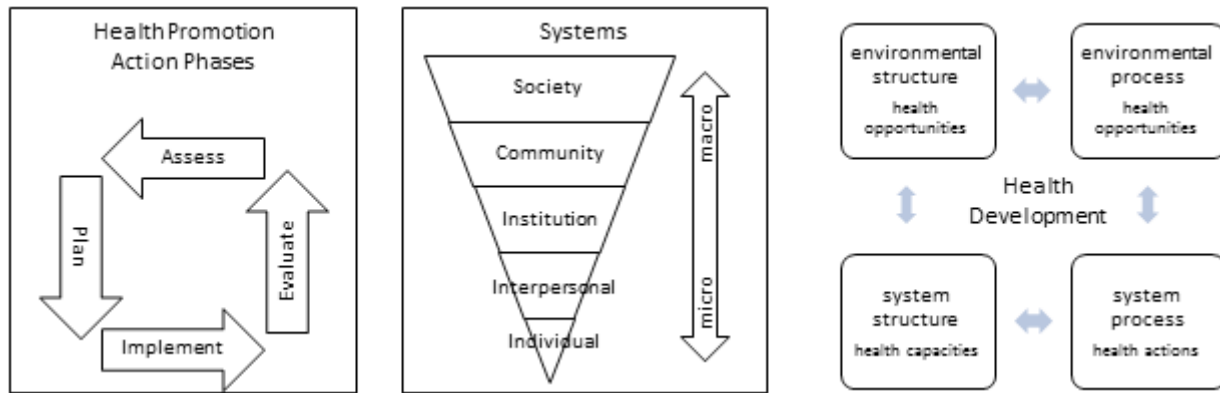
Applications will be evaluated by representatives from CMHA BC Division, the Centre for Addictions Research of BC and the HM/HC Community of Practice. The following evaluation criteria will be used to judge applications:

1. The project's application of ideas drawn from the socio-ecological model for mental health promotion
2. The project's capacity to develop and enhance a mechanism for at least two different campus constituencies to collaboratively plan/implement the proposed activities
3. The level of institutional in-kind or financial support
4. The project's uniqueness, innovation and creativity
5. The clarity and feasibility of the project
6. The project must adhere to budget guidelines

Good luck!

Useful References

1. Centre for Addictions Research of BC. (2011). *Promoting positive mental health through a socio-ecological approach*. Retrieved from www.heretohelp.bc.ca/campus/carbc-resource1.

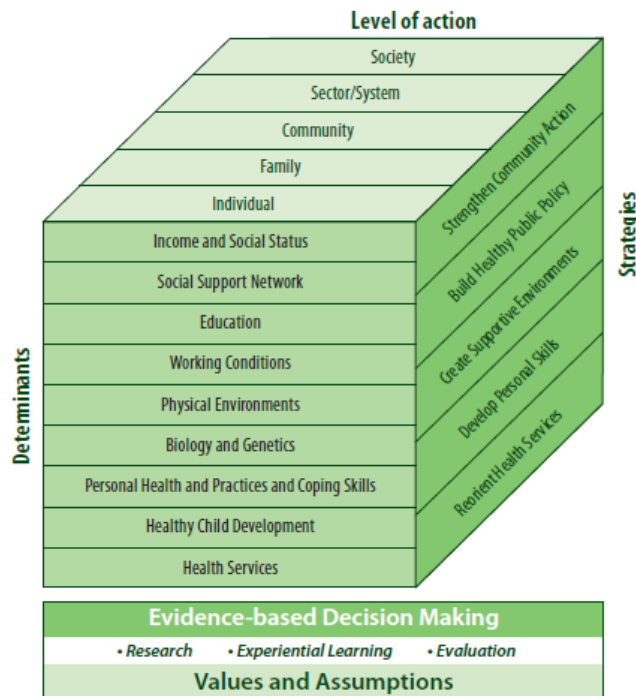


In this model, health development will:

- View environmental factors in and around a campus as opportunities for action to implement healthy policy and facilitate positive individual choices
- Support building of capacity for healthy system improvement and personal behavioural change
- Engage in actions to strengthen a community and to promote healthy individual behaviour

2. World Health Organization. (2005). *Promoting mental health: Concepts, emerging evidence, practice*. Retrieved from www.who.int/mental_health/evidence/MH_Promotion_Book.pdf (pp. 149-151).

Figure 12.1
The scope of health promotion



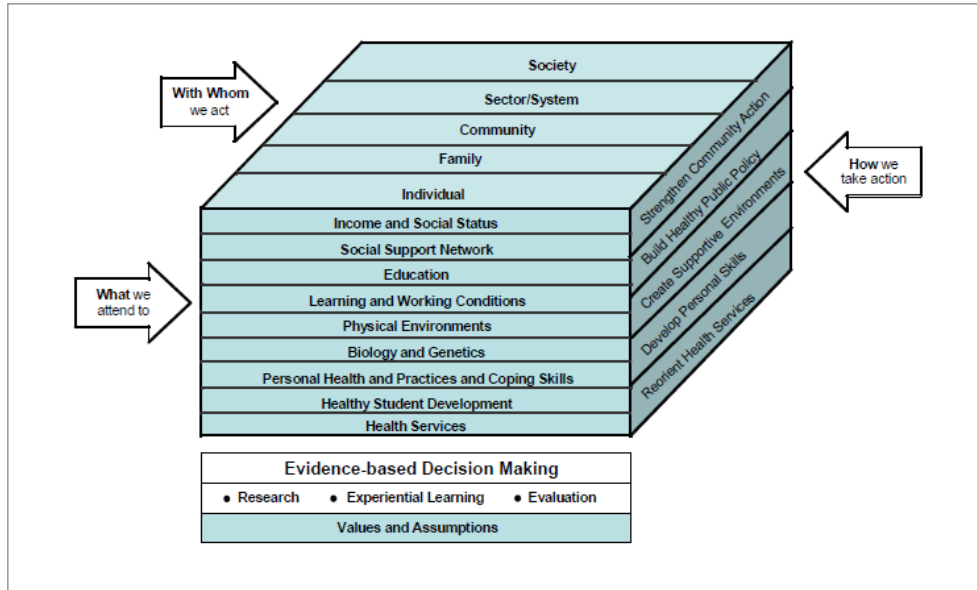
Adapted from: Evans & Stoddart, 2003.

3. Patterson, P. and Kline, T. (2008). *Report on Post-Secondary Institutions as Healthy Settings. The Pivotal Role of Student Services*. Victoria, BC: Health and Learning Knowledge Centre.

Patterson and Kline (2008) propose these modifications to the above model in a campus community:

Campus Population Health Promotion Model (Patterson & Kline, 2008)

(adapted from Population Health Model, 2002)



Available in: CCL Health and Learning Knowledge Centre: Young Adults Working Group (YAWG). (2009). *Sustaining Student Health: Healthy Students, Healthy Campus Settings. Report on the Outcomes and Recommendations from the National Policy Roundtable*. Retrieved from www.accc.ca/ftp/pubs/studies/200908HLKCSustainingStudentHealth.pdf.

4. State Government of Victoria. (2010). *Using policy to promote mental health and wellbeing: An introduction for policy makers*. Retrieved from www.docs.health.vic.gov.au/docs/doc/Using-policy-to-promote-mental-health-and-wellbeing:-An-introduction-for-policy-makers.



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Healthy Minds/Healthy Campuses Campus Capacity Development Grants 2011

Application Form

Before you begin, please read the Campus Grants backgrounder on the front page of this form. Then answer the questions below and fill out the budget worksheet provided in this form.

A. Organization Information

Date of submission: _____

Name of post-secondary institution: _____

Web address: _____

Address: _____

City: _____

Postal code: _____

B. Contact Information

Primary contact for this project: _____

Contact person's role on campus: _____

Phone: _____

Email: _____

C. Signing Authority

Please indicate who has signing authority related to your project. They may be contacted to confirm your organization's intent to carry out your project.

Name: _____

Role on campus: _____

Daytime phone number: _____

Email: _____

D. Project Information

Project Title

Project Summary (max 60 words)

E. Detailed Project Description

Your goals

Activity—what will happen?

Please describe your project's milestones

Timeline—when will it happen?

Please note expected milestone completion dates

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How will you measure the success of your project?

What campus groups will your project reach? What is your target population?

How many people (the number of students, faculty members, etc.) will your project reach?

How will your project build collaborative relationships between two distinct groups on campus in relation to campus mental health and substance use? (i.e. students, faculty, administrators)

How does your project fit into a socio-ecological approach to wellness on campus?

How did your group determine the need for this project?

Is another campus or other group on campus working on a similar project? If so, what value would your project add or how does it connect with those efforts to increase participation?

What would the impact be on campus if your project did not succeed?

If your group receives a grant, how will you share what you learn from the project with others? (i.e. submit information to be posted on the Healthy Minds/Healthy Campuses website)

F. Budget

Budget Worksheet

Institution contributions

In order to receive a Healthy Minds/Healthy Campuses grant, your post-secondary institution must match the grant amount. Matched funding from your institution may include a direct financial contribution, in-kind contributions such as staffing, venues or supports, or a combination of the two.

Contribution	Amount
For example: Grants or other funding Staff time Venue Catering Promotion/advertising	
Total amount	<input type="text"/>

Carry to Box 2 in Section G

Community contributions

Please list any contributions from other community groups.

Contribution	Amount
For example: Grants or other funding Staff time Venue Catering Promotion/advertising	
Total amount	<input type="text"/>

Carry to Box 3 in Section G

Expenses

Please list your project's expected expenses.

Expense	Amount
For example: Resources or materials Technology Staff	
Total amount <input data-bbox="932 1052 1339 1092" type="text"/>	

Reconciliation

Total income	Total expenses
Total amount <input data-bbox="618 1440 808 1480" type="text"/>	Total amount <input data-bbox="1143 1440 1339 1480" type="text"/>

Healthy Minds/Healthy Campuses contribution

Calculate the percentage of your budget that you expect to be covered by Healthy Minds/Healthy Campuses.

Contribution from Healthy Minds/Healthy Campuses: Box A

All contributions: Box B

Box A divided by Box B: Box C

Box C multiplied by 100: _____ %

Carry to Box 4 in Section G

G. Final Calculations

Box 1

How much money do you expect from Healthy Minds/Healthy Campuses?

Box 2

How much money will your post-secondary institution provide for your project?

Box 3

How much money will other community partners provide for your project?

Box 4

What percentage of your budget do you expect to be covered by Healthy Minds/Healthy Campuses?