Youth Nexus wants to know...

Do YOU Want To Make A Difference?

Apply for a Grant from Youth Nexus!
Youth Nexus wants to fund your youth-led project designed to promote wellness, encourage support, and increase the conversations about mental health!
Youth Nexus was founded in 1999 and was the first youth philanthropy board in California. Youth philanthropy is the giving of time, talent, or money from youth to youth in the community. “Nexus” signifies “a starting point” for youth change and advocacy in the community, while empowering youth leaders. Our group influences other young people to create positive change by funding youth-led community change projects. This provides youth the opportunity to make decisions that can improve themselves and the community.

Youth Nexus creates opportunity among youth by:
- Funding youth initiated projects
- Nurturing youth-adult partnerships
- Offering a youth perspective and voice to the community
- Supporting ongoing youth development training
- Planning community change projects

WHO IS YOUTH NEXUS?

Every young person deserves to feel valued and supported. Every young person deserves to grow up surrounded by people who care for them, are there for them, and want the very best for them. Every young person needs to know that it is acceptable to talk about their rough days and their struggles. They need to know they are not alone and to feel encouraged to get support if they need it. Why is this so important to Youth Nexus? Because 13% of youth aged 8-15 live with mental illness. This figure jumps to 21% in youth ages 13-18. One half of all lifetime cases of mental illness begin by age 14. Homicide and suicide are the leading cause of death for ages 15-24. 29% of Butte County 7th graders, 32% of 9th graders and 33% of 11th graders report feeling so sad and hopeless almost every day that they stopped doing usual activities. 22% of Butte County 9th graders, 17% of 11th graders, and 37% of non-traditional high school students have seriously considered attempting suicide within the past 12 months. By the 8th grade, 1 in 3 children have started drinking and half of them report having been drunk. 21% of Butte County 11th graders and 11% of 9th graders report binge drinking (5 or more drinks in a row) during the past 30 days. We want you to be part of the solution!
PRIORITY AREAS

**PRIORITY AREAS**: Proposals must focus on at least one of these priority areas:

- **Increasing Awareness of Mental Health** — This category area focuses on educating youth on mental health issues, providing information to increase awareness, and spreading messages of hope. Mental health is a complex and sensitive subject. We encourage all applicants to do their research, address this topic area with compassion and knowledge, and ensure the project is relevant to the youth audience.

- **Reducing Mental Health Stigma** — Talking about physical health is common. Talking about mental health is far less common. One of the first things that we need to do is to try to get rid of the stigma that is associated with mental illness. Although we cannot get rid of all the ill feelings surrounding mental illness, we can help youth understand it better by talking about it. Those who struggle with mental health issues need to know that they are not alone in these struggles. For those who don’t struggle they need to know the signs to better help those who do struggle. Talking about mental health can get rid of the belief that “I need to suffer through this alone” or that “I don’t know what to do to help others”. This category focuses on increasing the conversations about mental health, reducing the stigma associated with mental health issues, increasing the opportunities for youth to talk about issues, creating a culture of acceptance and promoting youth led dialogue and connection.

- **Promoting Wellness** — Taking care of yourself can have major effects on mental health. Stress is one of the things that can affect our mental health. Youth have a huge amount of stress in their lives. Sometimes this stress causes them to not take care of themselves. They may forgo sleep to get homework done. They may stop working out or withdraw from social situations. All of these things, however, help them stay balanced mentally. Taking care of themselves makes them better mentally able to handle stress. The good news is there are mental health activities we can do with teens to help them see how to practice self-care. This category area focuses on educating and encouraging a lifestyle of self-care and mental health wellness. Projects should promote effective strategies that improve mental health wellness.
Mental Health Facts

**CHILDREN & TEENS**

**Fact:** 1 in 5 children ages 13-18 have, or will have a serious mental illness.

- **20%** of youth ages 13-18 live with a mental health condition.
- **11%** of youth have a mood disorder.
- **10%** of youth have a behavior or conduct disorder.
- **8%** of youth have an anxiety disorder.

**Impact**

- **50%** of all lifetime cases of mental illness begin by age 14 and 75% by age 24.
- The average delay between onset of symptoms and intervention is 8-10 years.
- **37%** of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.
- **70%** of youth in state and local juvenile justice systems have a mental illness.

**Suicide**

- Suicide is the 3rd leading cause of death in youth ages 10-24.
- **90%** of those who died by suicide had an underlying mental illness.

**Warning Signs**

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing.
- Not eating, throwing up, or using laxatives to lose weight; significant weight loss or gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- Extreme difficulty in concentrating or staying still that can lead to failure in school.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

**4 Things Parents Can Do**

- Talk with your pediatrician
- Get a referral to a mental health specialist
- Work with the school
- Connect with other families

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1 The document creator is provided by the National Institute of Mental Health, www.nimh.nih.gov

Follow Us!
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Twitter/NIMH

www.nami.org
A Request For Proposal (RFP) gives youth the opportunity to apply for money, allowing them to make changes in their community.

⇒ Be designed and implemented by a youth group (from your school, service club, youth group, sports team, or organization). **Target population: Middle School or High School**

⇒ Have a least one adult coordinator (coach, pastor, teacher, advisor) who will help your group design and implement your project. All projects MUST be youth-led with support from one or more adults.

⇒ Your project must take place in Butte County and focus and serve middle school and/or high school students.

⇒ Address at least one of the priority areas defined in this application.

⇒ Projects must include a Social Media component.

⇒ Funds will be determined based on each project grant application. Budgets will range from $100—$800 (however, the council may consider unique projects that require funding beyond the suggested range).

**FUNDING GUIDELINES**

Butte County Youth Nexus funds projects that range between $100-$800. However, the council may consider unique projects that require funding beyond the suggested range. All applicants will be evaluated based on their written application, presentation** and project idea.

Attend an Optional workshop that will teach or improve your grant-writing, project planning, and presentation skills. Please RSVP to Jennifer Castaldo at (530) 891-2891 jcastaldo@buttecounty.net by January 27th if you will be attending.

Dept. of Behavioral Health
560 Cohasset Road, Suite 185
Chico, CA 95926
4:00pm-5:00pm

Oroville Live Spot
2167 Montgomery St,
Oroville, CA, 95965
4:00pm-5:00pm

⇒ Be requesting between $100 and $800 (However, the council may consider unique projects that require funding beyond the suggested range).

• Be an environmental prevention project (see “Make a Difference” section)

• May **NOT** request funding to pay for rent, utilities, scholarships, or travel.

• Turn in Application for project. Send to jcastaldo@buttecounty.net or Drop off at 560 Cohasset Road Suite 185.
SAMPLE PROJECT IDEAS

- Put together a mental health resource kit (stress balls, list of resources, motivational quotes, sign/symptoms of mental health issues, etc.) and distribute at games, school functions, etc.

- Create a “Zen Den” - a peaceful area on campus/within your organization where students can relax, practice mindfulness, and distress throughout the day. Students/teachers can help to run mini-mindfulness sessions during lunch.

- Nominate different teachers/adult allies on campus/in your organization who are willing and available to be a safe person young people can go to for support, to talk to if they are having a rough day, or just need a little encouragement. The teacher/adult ally could post/put something on their door or put in the announcements to indicate they are an ally. You could even create a wrist bracelet identifying the adult allies that they are available to provide support to young people.

- Laminate and post posters in the bathroom stalls educating on mental health issues (signs/symptoms, encouraging friends to check in with each other, providing tips on asking/offering support. Include a QR code that will link people to a website for additional information.

- Create a Video Diary or PSA focused on any of the priority issues. Include your plan to ensure the video gets broad exposure and viewing by youth. Develop posters that promote the campaign and include a QR code that will link people to the Video Diaries/PSA’s for viewing.

- Create a T-shirt that promotes conversations about mental health. It could include mental health questions, statistics, positive quotes, etc. Include how you will use the shirts, when they will be worn, who will wear them, etc.

- Develop an essay contest with students. Students could share a personal story about mental health. Teacher could select 3 stories that are read at a rally, at a staff meeting, or in class.

- Work with local Firefighters to paint the fire hydrants bright green during the month of May (Mental Health Matters Month) to signify the awareness of mental health issues and encourage dialogue. Hold a press conference explaining why the fire hydrants are green and encouraging people to get support, provide support and talk more about mental health issues.

- Develop and implement a workshop on “Healthy Relationships”. Include how your workshop will increase awareness, decrease stigma, and promote wellness. Include when/where/to whom your workshop will be presented to.

- Develop a Mental Health Promotion event that could be promoted during a sporting event, (activity or experience during halftime—providing information, resources, promoting real conversations).

- Hosting a facebook live/Instagram live (IGTV) event around mental health. Include who will present, how you will promote, and what the event will include.

- Host a Mental Health/ Respect Day—including interactive group activities and experiences designed to raise awareness and normalize the conversation about mental health issues.

- Implement ongoing “Mindfulness” techniques and practices into team/classroom/group experience. Clearly describe who will run the sessions, how long they will be, who will participate, and how long they will continue to be implemented.
Please fill out this sheet (written or typed) **clearly and completely**. Complete both the front and back of this page which includes the Grant Application and the Budget Worksheet. Attach any additional sheets. The application can be dropped off at Butte County Department of Behavioral Health, 560 Cohasset Road, Suite 185, Chico CA, 95926 (530) 891-2891. Or emailed at jcastaldo@buttecounty.net

Date: ___________

Name of Group: _____________________________________________________________

Project Title: ________________________________________________________________

**Youth Project Leader Info**

Name: ________________________________________________________________

Mailing address: ____________________________________________________________

City, State, Zip: _____________________________________________________________

Phone number: __(_______)_______________________________________________

**Adult Advisor or Sponsor Info**

Name: ________________________________________________________________

Mailing Address: __________________________________________________________

City, State, Zip: ___________________________________________________________

Phone number: __(_______)_______________________________________________

Is your project associated with an organization or group? If so, please indicate

__________________________________________________________________________

What date will your project take place? ________________________________

How did you learn about this grant opportunity? ______________________________

If your grant application is approved, who should the grant check be made payable to:

__________________________________________________________________________

**APPLICATIONS ARE DUE AS SOON AS POSSIBLE**
Instructions: Please attach the responses to the following questions on a separate sheet of paper. Each response should be no shorter than one paragraph. Type or write your answers as clearly and completely as possible.

1. Describe your organization or group. What is your group purpose and why do you exist?

2. Describe your project. What are the project goals? Be specific about how you will carry out the project. When will your project begin and when will it end? Where will the project take place? Is it a one day project or an ongoing event? How will you use social media to enhance your project?

3. How will your project create change in the community/school? How will it benefit youth? Which Priority Area(s) are you addressing?

4. Will other volunteers, organizations, or groups be working with you? If so, what will be their role?

5. Describe how you will know whether your goal has been accomplished. How will an evaluation of the project take place?

6. Describe the budget. How much money do you need? What is the money being used for? Who will oversee the use of your project funds?

7. Are you receiving funding, donations, or contributions from any other group or organizations?

Budget Worksheet: Complete the following budget according to your group’s project. If you are receiving additional funding or support from other groups of organizations, please include that information as part of “Other Contributions.” The “Total Amount Requested” should be the amount of funding that is being requested from Youth Nexus.

<table>
<thead>
<tr>
<th>What you need (Please print or type answers below)</th>
<th>Amount</th>
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<tr>
<td>Total Amount Requested from Youth Nexus</td>
<td>$</td>
</tr>
<tr>
<td>Other Contributions (not funded by Youth Nexus)</td>
<td>$</td>
</tr>
<tr>
<td>Total Project Expenses (including Amount Requested and Other Contributions)</td>
<td>$</td>
</tr>
</tbody>
</table>
If you have any questions or want more information contact
Jennifer Castaldo
at (530) 891-2891
jcastaldo@buttecounty.net
Butte County Department of Behavioral Health,
Community Services Division, Prevention Unit
560 Cohasset Rd Suite 185
Chico, CA 95926
School Culture/School Climate

- Your group may apply for a grant for a project to positively impact your school’s climate/culture. School culture is an important factor in today’s life experience for young people.

- It is our hope that young people feel welcomed and accepted on their school campus, and have networks of support available to them.

- Any project that helps to further develop a positive school climate is appropriate for this grant. This often times starts with finding out what your peers feel like on your school campus and building a project around that.

Environmental Prevention
(Merchant Committed/Parent Committed)

- Environmental Prevention (EP) considers that individuals do not become involved with substances solely as a matter of personal choice, but that they are influenced by environmental factors such as media messages, norms, accessibility, and the lack of policies and enforcement. EP strategies address these environmental factors, which directly and indirectly affect young people, adults, families, and the communities in which they live.

Merchant Committed:

- Funds will be determined based on each project grant application/completion. Complete Level 1 & Level 2 receive $350. Complete Level 1, Level 2, and Level 3 receive $500.

- Complete Check off list/project questions (see page 14).

- Submit Level 2 report cards by email to jcastaldo@buttecounty.net for review OR drop off to 560 Cohasset Rd Suite 185.

- If you are completing Level 3, complete the youth nexus final report turn in by email to jcastaldo@buttecounty.net for review OR drop off to 560 Cohasset Rd Suite 185. Store owners have to approve of makeover, and complete the process in order for level 3 to be sufficient.

Parent Committed

- Funds will be determined based on each project grant application/completion.

- Submission of parent pledges and/or sign in sheet for appropriate funding. Submit by mail to jcastaldo@buttecounty.net for review OR drop off to 560 Cohasset Rd Suite 185.
School Climate Project Mini Grant

What is a School Climate and a School Climate Project?

- **School Climate** is a term that refers to the social environment or “social vibe” on your school campus. A school that has positive school climate is a campus where people feel welcome, accepted, respected and valued. A campus with negative school climate is one where students do not feel welcome, are harassed or bullied, feel isolated, judged or disrespected.

- Your project should be one that promotes good school climate on your campus. School climate projects are chosen during your World Café.

- These are some of the things that a school climate project could focus on:
  1) Reducing bullying or harassment on your campus
  2) Creating a school climate of acceptance and tolerance
  3) Reduce cultural or social isolation, prejudice and discrimination
  4) Promote appreciation/acknowledgement of youth and/or adults who are contributing to a safe, welcoming and supportive school climate
  5) Expand knowledge of what resources are available to students

- Create a project strategy that follows the following funding guidelines.

  **Projects must:**
  1) Be youth-led,
  2) Include Youth Nexus logo and Butte County logo on funded promotional items (any mugs, pens, t-shirts or other incentives that you distribute during your project),
  3) Be in the Budget Range of $100 - $800 (Certain projects will be considered if over the amount).
Parent Committed/Merchant Committed

- **Norms:** The unwritten rules concerning acceptable behavior in a given setting have the power to encourage or discourage youth drinking. Many times, parents or guardians allow underage youth to drink, as long as they are at home. The number one protective factor against youth alcohol abuse is a strong parent-child relationship. The goal of the Parent Committed campaign is to reduce underage drinking and youth access to alcohol by increasing support to parents and families with teens.

- **Media Messages:** The alcohol advertising and promotion targeted at young people glamorizes youth drinking in billboards, TV, movies, music, and magazines. By informing parents/guardians about the saturation of alcohol advertisements in the community, parents/guardians can become more familiar with the alcohol industry’s tactics that are used in the process of targeting youth.

- **Access and Availability:** Young people have easy access to alcohol. Over three quarters of youth reported knowing at least one youth whose parents are aware of their drinking. Over one third (39.4%) report just some parental disapproval of youth drinking, and a quarter (25.9%) report not much disapproval of underage drinking, alcohol becomes more accessible and available to youth.

- **Policy and Enforcement:** The policies that shape how alcohol is promoted, sold, or “allowed.” By educating parents/guardians about the risks and liabilities of providing alcohol to minors at home, FNL members will be helping parents recognize the serious consequences of providing alcohol. Parents can support policies such as an athletic code of conduct. An athletic code of conduct is a school policy that enforces an alcohol-free environment for athletes both on and off of the field and utilizes a team approach to reducing youth access to alcohol.

Create a project strategy that follows the following funding guidelines.

<table>
<thead>
<tr>
<th>Merchant Committed</th>
<th>Parent Committed</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Level 1: Merchant Education— Employees receive merchant education from chapter</td>
<td>☐ Minimum 25 parents = $250</td>
</tr>
<tr>
<td>☐ Level 2: Merchant Committed Code of Conduct &amp; Agreement— Report Card filled out and presented to merchant</td>
<td>☐ 26 parents and over = $500</td>
</tr>
<tr>
<td>☐ Level 3: Merchant Committed Code of Conduct, Agreement and Store Makeover</td>
<td>☐ Turn in Sign in sheet and/or parent pledges Attached to application/send through email</td>
</tr>
<tr>
<td>☐ Level 1 &amp; Level 2 Attach Report Cards/send through email</td>
<td></td>
</tr>
<tr>
<td>☐ Level 1, 2, &amp; 3 Fill out YN final report attached to application/send through email</td>
<td></td>
</tr>
</tbody>
</table>
Youth Nexus Final Report - Store Makeover Project

At the completion of your level 3 store makeover project, the grantee is required to provide a final report evaluating their experiences, and describing their achievements. The final report should be completed by the youth involved in the activity. For more space, please use an additional piece of paper.

1. Describe the project, include the stores you solicited to participate in Merchant Education. Please include meetings dates, meeting purpose, and the number of attendees at each meeting.

2. What were your group’s successes?

3. What were your group’s challenges? Please include recommendations for change.

4. Please list the adults/youth involved in the project. For the youth, please include their specific tasks.

5. On a separate sheet of paper, include documentation such as photos, sign in sheets, any documentation providing completion of Level 3: store makeover.
Merchant Committed:

1. Describe why merchant education and store makeovers are important.
2. Describe what strategies you will use to ensure that all employees receive merchant education
3. Describe the method your group will use to choose the stores you will focus on.

Parent Committed:

1. Describe what strategies you will use to ensure that parents attend the convenings
2. Describe, by name, the roles and responsibilities of different teams members
3. Describe your project plan. Are you planning to pursue existing parent convenings, and/or organize your own parent convenings? If applicable, include a list of existing parent convenings that you may pursue.

School Climate Project:

1. Describe your organization or group. What is your group purpose and why do you exist?
2. Describe your project. What are the project goals? Be specific about how you will carry out the project. When will your project begin and when will it end? Where will the project take place?
3. How will your project create change in the community/school? How will it benefit youth?
4. Describe all supplies needed to complete your project and what your supplies are going to be used for.

<table>
<thead>
<tr>
<th>Merchant Committed</th>
<th>Parent Committed</th>
<th>School Climate (List pricing for supplies below)</th>
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</thead>
<tbody>
<tr>
<td>□ Level 1: Merchant Education—Employees receive merchant education from chapter</td>
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<td>□ __________________________</td>
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<td>□ 26 parents and over</td>
<td>□ __________________________</td>
</tr>
<tr>
<td>□ Level 3: Merchant Committed Code of Conduct, Agreement and Store Makeover</td>
<td>□ Sign in sheet submitted Or □ Parent Pledge submitted</td>
<td>□ Amount requesting from YN</td>
</tr>
<tr>
<td>□ Report cards submitted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Final Report Submitted (Level 3 only)</td>
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If your grant application is approved, who should the grant check be made payable to: