



# WEST SACRAMENTO ACCOUNTABLE COMMUNITIES FOR HEALTH INITIATIVE: RESIDENT MINI GRANT APPLICATION

## About the Community Mini-Grants

The West Sacramento Accountable Community for Health (ACH) invites residents of West Sacramento to apply for a mini grant of \$250 to \$500 to address community needs further impacted by COVID-19. The COVID-19 pandemic, Stay at Home order, and closure of many services and business have added additional layers of stress to the trauma already experienced by many communities, particularly those of color: The COVID-19 pandemic has amplified feelings of isolation and many are struggling to feed their families. These conditions negatively impact the health and well-being of our communities. We recognize that often the best ideas and solutions come from within the community and that small sums of support can make a difference. A total of \$2,500 in funding is available.

## What we Will Fund

We will fund individual West Sacramento community members or small teams of community members with local ideas and solutions that reach the residents of West Sacramento with the greatest need.

The Yolo County Community Health Needs Assessment prioritized healthy eating and active living as a significant health need. Loss of income during the pandemic resulted in more families that are food insecure while social distancing rules and limited access to recreation spaces have made physical activity a greater challenge.

West Sacramento resident leaders identified social isolation as a concern for many community members. The COVID-19 safety recommendations while needed have led to further isolation. We seek innovative solutions that increase social connection and support overall mental well-being.

Projects must address at least one of the priority areas below that were identified by residents and are further impacted by COVID-19:

- Increase access to healthy food
- Decrease Social isolation to improve mental well-being
- Increase Walkability/Physical Activity

People representing communities of color or other underrepresented groups are strongly encouraged to apply. **Note that because of the COVID-19 pandemic you must use virtual or other creative engagement and communication methods that are safe and protect yourself and others by complying with California and Yolo County health and safety recommendations.**

**Example projects include\*:**

- Food care packages for a contactless door to door delivery at a low-income housing community.
- A two-series podcasts featuring a mental health professional who can listen and answer community questions and concerns.
- Virtual fitness class for members of a church held in a native language, other than English
- The creation of virtual networks to provide support and connection.

*\*Please note these are just examples and we encourage creative new ideas that will impact the specific needs you see in your community.*

## Eligibility

Only West Sacramento residents and projects that benefit people living in the City of West Sacramento are eligible for these mini grants. Applicants must be 18 years of age or older. Formal organizations such as 501 (c)(3) and for-profit organizations are not eligible and cannot be funded. However, individuals who work for a formal organization and are residents may apply individually. **Projects must be completed within 90 days. Funded applicants will be asked to complete a brief survey and participate in a 30-minute interview so we can learn more about your project and experiences as a West Sacramento resident.**

## Timeline

<b>Disseminate grant applications</b>	<b>July 28, 2020</b>
<b>Completed grant applications due</b>	<b>August 20, 2020</b>
<b>Announcement of grant recipients</b>	<b>September 8, 2020</b>
<b>Complete funded grant activities</b>	<b>December 8, 2020</b>
<b>Complete brief survey and interview</b>	<b>January 15, 2021</b>

## About the West Sacramento ACH

The West Sacramento ACH is a collaborative of leaders from health care, public health, local government, business, media, education, agriculture, and community-based organizations working together with residents to promote healthy lives and happy hearts. The West Sacramento ACH is committed to social justice and achieving equity defined as providing all people and all communities with optimal opportunity to attain their full potential.

The Health Education Council serves as the backbone entity for the West Sacramento ACH working closely with our partners to improve the health outcomes of individuals living in West Sacramento's with a priority on the City's most vulnerable communities.

## If you Have Questions About this Grant

Contact: Roxana Garcia-Ochoa at [rgarciaochoa@healthedcouncil.org](mailto:rgarciaochoa@healthedcouncil.org)

**If you would like to apply, please complete the application below by hand with a pen or on a computer by typing your responses into the form.**

# West Sacramento Resident Mini Grant Application

## 1. Select one or more focus area below by checking the box next to it.

- Provide a creative solution to decrease the social isolation people are feeling due to “social distancing” to protect themselves, their friends and families from the coronavirus pandemic.
  
- Provide a creative solution to problems people are having trying to provide food for themselves and their families due to loss of income due to the COVID-19 pandemic
  
- Provide a creative solution related to improving physical activity in your community right now while complying with COVID-19 guidelines.

## 2. Complete the Form Below.

<b>1) Your Project Title</b>	
<b>2) Your name(s) (up to 4 people can share \$250 to \$500 to work on this project)</b>	1.
	2.
	3.
	4.
<b>3) Main contact person's phone number</b>	
<b>4) Main contact person's email</b>	
<b>5) Main contact person's address</b>	
<b>6) Amount you are requesting:</b>	\$ _____ (between \$250 and \$500)

<p>7) Tell us <u>what</u> you want to do under the focus area(s) you selected and <u>how</u> you will spend the money:</p> <p><b><u>Do not</u> write more than 250 words ***</b></p>	
<p>8) <u>Where</u> will your community project take place and which residents will benefit from it? How are you reaching residents in need?</p>	
<p>9) Tell us <u>what</u> will be different in your community because of this project and <u>how</u> we will know your project was successful.</p> <p><b><u>Do not</u> write more than 75 words ***</b></p>	
<p>10) Tell us <u>why</u> it is important to get this funding to do your project right now.</p>	

<b>Do not write more than 75 words ***</b>	
<b>11) Please tell us how your project will comply with COVID-19 restrictions.</b>	

### **3. Submit your Completed Application**

Attach your completed application and email it to: [rgarciachoa@healthedcouncil.org](mailto:rgarciachoa@healthedcouncil.org)

by Thursday August 20<sup>th</sup> 2020