



LETTER of INTENT 2022 Grant Program Instruction Guide

Health equity is a cornerstone of the Peninsula Health Care District. Equity surrounds and underpins our vision – that all residents achieve their optimal health through education, prevention and access to medical, dental and behavioral health care.

PHCD seeks partners who share our commitment to health equity and are providing services or programs within our district boundaries that address one of the following:

2022 Health Priority Areas

1. Healthy Aging
2. Preventable Diseases (diabetes, colon cancer, cardiovascular health and communicable diseases, etc.)
3. Dental Health
4. Mental Health
5. Physical Activity & Nutrition

To ensure we are truly building a healthier community, we're shifting our practice around data collection and measurement. As part of our 2022 Community Grants Program, PHCD is hosting a virtual workshop for organizations which advance to the second stage of our community grants program. All second stage applicants are asked to attend this webinar and learn about application changes, data collection expectations and impact measurement. Actionable Insights will facilitate this webinar the morning of October 19 or 20, 2021.

Before you begin filling out the Letter of Intent in WizeHive, please review PHCD's revised Community Grants Program Policy and Procedures.

https://webportalapp.com/sp/login/peninsula_loi_application

Should you have any questions, please email Ann Evanilla Wasson, Director of Community Engagement - ann.wasson@peninsulahealthcaredistrict.org.

SAMPLE PROGRAM DESCRIPTION (150 word maximum)

Please describe your program briefly in terms of its activities.

** Activities are the things you do (your services) to accomplish your larger goals around health and wellness improvements.

Program description will ideally include: 1) program activities; 2) how PHCD funds will be used; 3) any eligibility requirements for participants; 4) demographics for community served, i.e., race/ethnicity, socioeconomic factors, or geographic factor); 5) how program will address health disparities and/or promotes health equity.

This program uses three strategies to achieve improved youth mental health: group presentations by grade about adolescent development including mental health challenges and healthy coping strategies; school-based drop-in group counseling; and individual counseling to youth in grades 7-12. These are school-based services are provided at four San Mateo School District schools. Group counseling is led by licensed LMFT counselors who use evidence-based practices. One-on-one counseling is offered to youth who express the need for help on a feedback form distributed during group presentations and group counseling. PHCD funds will be used to maintain funding at all four schools and provide more individual counseling sessions by expanding hours of existing counselors. These are additional words to roughly show what 150 words maximum looks like. These are additional words to roughly show what 150 words maximum looks like. These are additional words to show what 150 words maximum looks like.

SAMPLE PROGRAM GOALS (75 word maximum)

Please list program goals

****Goals** are derived from your mission statement and set the direction for your program. They are the things you want to accomplish as a result of the program activities described earlier. If you are invited to submit an application, you will be asked to describe specific indicators (measures) at that time.

- Youth can cope with problems in a healthy way
- Youth seek professional health when they need it
- Provide a safe space where LGBTQ youth can gather
- Reduce stigma around mental health among youth