

Youth Health Community Grants Program

Focus: Preventing Alcohol-Related Harms and/or Promoting Sexual Health Education

The Saskatchewan Prevention Institute works to reduce the occurrence of disabling conditions in children. The Prevention Institute's programs focus on issues to ensure that babies are born as healthy as possible and are able to maintain that good health throughout their childhood, adolescence, and adulthood. The Prevention Institute believes that in order to reach our goal, youth aged 14-24 must be included in primary prevention efforts. Two areas of focus at the Institute that are of key importance to youth are prevention of alcohol-related harms (including the prevention of FASD) and promotion of sexual health.

- The Youth Action for Prevention (YAP) Program is a youth-focused FASD prevention initiative that encourages young people to create resources and projects that raise awareness of FASD and other alcohol-related harms among their peers. The harmful links between binge drinking, FASD, and pregnancy have been well established. Findings indicate that Saskatchewan's binge drinking and alcohol use rates are high (Ministry of Health, 2009). For example, youth report larger consumption levels and more frequent drinking patterns than adults age 25+. Early use of alcohol is associated with increased harms and higher rates of developing dependence from that use.
- The Sexual and Reproductive Health (SRH) Program focuses on key issues that are pertinent to the sexual and reproductive health of Saskatchewan residents. Saskatchewan has troubling rates of STIs and HIV and unlike the rest of the Canadian provinces, has not seen a decline in adolescent pregnancy rates. The SRH program provides evidence-based information and programming to help individuals and communities to make informed decisions and healthy choices regarding their sexual and reproductive health.
- The Saskatchewan Prevention Institute wants the young people of our province to have the information necessary to understand the impact of the lifestyle choices made today on their future health.
- Many youth experiment with risky behaviours which may include substance use or unprotected sexual intercourse. Research indicates that youth who consumed drugs or alcohol prior to having sexual intercourse were less likely to use a condom, making them vulnerable to contracting sexually transmitted infections and having unplanned pregnancies (Ministry of Health, 2009). There are many other health risks (e.g., mental health issues, addiction, and violence) that are associated with the misuse of alcohol, which in turn can lead to a high-risk lifestyle.

Grant Application Process

- The proposals must include a well-defined action plan, and:
 - Benefit the community
 - Involve various community groups or members
 - Involve at least two youth in planning and dissemination of project
 - Be cost-effective and cost-shared (may be in-kind)
 - Have the potential to be repeated or expanded in the future in your community and elsewhere
 - Avoid a conflict of interest
 - Focus on community education or awareness

- Preference will be given to projects that actively engage youth throughout the process, have a strong community involvement, are funded on a shared basis (may be in-kind) in the community, and address alcohol-related harms and/or sexual health education priorities such as:
 - FASD prevention
 - Binge drinking
 - Adolescent pregnancy prevention
 - Sexually transmitted infections (STIs) prevention
 - Parent – child communication regarding alcohol-related harms and/or sexual health
 - Youth engagement training for health educators and care providers

Salaries, facility rental, and capital expenditures will not be funded.

Application Deadlines

Grants are available two times a year. The first deadline is **May 31, 2018**. The second deadline is **January 31, 2019**. **Late applications will not be considered.**

Funds will be distributed within 30 days of the application deadline. Funds received for the May granting period must be spent by February 28, 2019. Funds received for the January granting period must be spent by September 30, 2019.

Grant Amount

The maximum allowable grant is \$3,000.00. We anticipate the majority of grants awarded will be under \$2,000.00. Grants over \$2,000.00 must demonstrate evidence of matching funds from their organization or other awarded grants.

Recognition of Saskatchewan Prevention Institute

As a Youth Health Community Grant recipient, we ask that you recognize the Saskatchewan Prevention Institute's contribution to the funded project. Whenever possible, staff from the Prevention Institute will attend the event. For suggestions on how to recognize the Institute's contribution, please contact us. The Institute is pleased to be able to collaborate and work with Saskatchewan communities.

Decisions on Grants

Applications will be rated on goals and objectives, youth involvement, work plan, reporting plan, and budget.

Program Benefits

The Saskatchewan Prevention Institute is excited about the potential to build capacity among youth in our province to make informed decisions about their health. We strongly encourage communities to prioritize youth engagement* in the development of their projects. Coordinating prevention and education efforts at the community level throughout the province reduces duplication of projects and programs, fills gaps, and builds programs that are mutually supportive.

*Youth engagement is the meaningful participation and sustained involvement of a young person in an activity with a focus outside of him or herself. For more information see www.studentscommission.ca.

For more information and to submit grant application, please contact:

Saskatchewan Prevention Institute

1319 Colony Street

Saskatoon, SK S7N 2Z1

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Phone: 306-651-4300

Fax: 306-651-4301

Application for Youth Health Community Grant

Contact Person(s):

Address:

Postal Code: Fax #:

Phone #: Email:

Agency or group representing project:

(Funds will only be released to an agency or organization, not an individual or private business)

Project Name:

Purpose of this project: Briefly tell us what the project is intended to do and how it will promote sexual health education or increase awareness regarding alcohol-related harms in your community. Indicate the goals and objectives for your project.

Brief description of project (no more than 300 words):

Overall goal of the project:

(Here are two examples that are really clear - "To reduce the number of unintended pregnancies among youth in our community" or "Youth educating other youth about the harms associated with the over-consumption of alcohol.")

Objectives:

Describe youth involvement in project:

Community partners:

Work plan: Indicate the planned activities, target group the project is intended to reach, the expected time frame, the resources required for each activity, and who is responsible for each activity.

Activity	Target Audience	Time Frame	Resources Required	Person/Group Responsible

Project reporting: All projects are expected to submit a final report to the Saskatchewan Prevention Institute. Please note that the community will not be eligible for future funding unless a report is completed. The final report is due one month from the completion of the funded event(s).

The final report must include: statement of expenses, completed evaluation forms (templates will be supplied), and a narrative describing the event’s successes and challenges.

Describe what information will be gathered, how information will be gathered, and how you will know if your project is a success.

Budget			
Budget item related to project activities	Amount requested from Grant Program	Amount expected from other sources <i>(may be in-kind)</i>	Total
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
	Grand Total from Grant	Grand Total from other Resources	Grand Total for the Project