

Grant Initiatives

The MetroWest Health Foundation is pleased to solicit proposals from eligible nonprofit and government organizations for the following grant initiatives for its fall 2011 funding cycle:

- Healthy Aging Initiative Grants
- Grants to Improve the Health of MetroWest
- Continuation Grants

Application Information

Proposals must be submitted online and be received by the Foundation by **4:00 p.m. on Friday, October 14, 2011**. Instructions for the online application are available on the Foundation's website at www.mwhealth.org.

Please read all instructions before proceeding with the online application process. The application process consists of easy-to-follow steps that include the preparation of standardized forms, online data entry, the ability to upload required narrative and other documents and the ability to save an unfinished application and return to it later for completion. **Incomplete or late proposals will not be accepted.**

About the Foundation

The MetroWest Health Foundation's mission is to improve the health status of the community, its individuals, and families through informed and innovative leadership. The Foundation is a catalyst for a healthy MetroWest, providing support to meet the unmet health needs of 25 communities in Massachusetts' MetroWest area. The Foundation serves the health needs of the following communities: Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medfield, Medway, Mendon, Milford, Millis, Natick, Needham, Norfolk, Northborough, Sherborn, Southborough, Sudbury, Wayland, Wellesley and Westborough.

Bidders Conference & Open House

The Foundation will host a Bidders Conference webinar for representatives of organizations interested in applying for grants on Monday, September 12, from 2:00 pm to 3:30 pm. This session will include

information on completing the online application as well as additional information on the Foundation's initiatives and proposal writing tips. To register, visit the Foundation's web site at www.mwhealth.org. **Attendance by those who will be involved in writing and submitting the application is strongly encouraged.**

The Foundation will also host an open house on Monday, September 19, from noon to 5pm. Potential applicants are welcome to visit the Foundation during this time to discuss their project ideas with staff.

Concept Papers

The Foundation **requires** applicants to submit concept papers prior to a full proposal. Concept papers help the Foundation assess whether or not the proposed project is aligned with its funding priorities. Concept papers should be no longer than two pages in length and must be submitted by Friday, September 23. Although no formal format is required, applicants are encouraged to read "Tips for Writing a Concept Paper" on the Foundation's web site (www.mwhealth.org). Please send concept papers via email to Rebecca Donham at rdonham@mwhealth.org. Organizations submitting Continuation grant requests need not submit a concept paper.

Foundation Support

The MetroWest Health Foundation works in partnership with its grantees to achieve positive outcomes in each grant. Once a grant is made, the Foundation works with its grantees to ensure that project outcomes are measurable and achievable, that grant activities are connected to larger community efforts to address area health needs, and that grantees have access to technical assistance and training to help them achieve success. The Foundation also seeks to learn from each grant, using grantee reports to record lessons learned, outcomes and other data that can inform our work and that of future grantees. We encourage grantees to consider the Foundation as a resource throughout the duration of the grant.

General Restrictions

The MetroWest Health Foundation supports programs that directly benefit the health of those who live and work in one of the twenty-five communities served by the Foundation. Such support is limited to organizations that qualify as tax-exempt under Section 501(c)(3) of the IRS Code, or organizations that are recognized as instrumentalities of state or local government.

The Foundation does not provide grants to individuals, nor does it provide funds for endowments, fund-raising drives and events, retirement of debt, operating deficits, projects that directly influence legislation, political activities or candidates for public office, or programs that are customarily operated by hospitals in Massachusetts.

The Foundation does not award grants to organizations that discriminate in the provision of services on the basis of race, color, religion, gender, age, ethnicity, marital status, disability, citizenship, sexual orientation or veteran status.

Healthy Aging Initiative Grants

Introduction

In 2010, the Foundation convened a fifteen member MetroWest Commission on Healthy Aging to develop a vision of what healthy aging should look like in the MetroWest area in the coming years and how to achieve that vision. The Commission looked at a variety of issues related to physical and behavioral health, community building and social well-being, and transportation and mobility.

In its final report released this past January, the Commission concludes that there is much that can be done to improve services and care for older adults. The report calls on public and private agencies to join together to encourage greater use of evidence-based disease prevention and chronic disease management practices; increase the number of geriatric specialists practicing in the MetroWest area; promote the development of a seamless continuum of care to meet the changing needs of older adults; and improve the support and education that is available to caregivers.

The Commission further recommends the greater integration of mental health and substance abuse services within geriatric health services; more neighborhood-based activities that encourage enrichment and social support; and the development of new regional transportation programs that can assist older adults that choose to give up driving. The full report of the Commission, along with a comprehensive data book on demographic and health indicators on older adults in MetroWest is available for download from our website: www.mwhealth.org

Grant Opportunities

In order to catalyze the recommendations of the Commission and build on the services funded during the Foundation's last funding cycle, the Foundation is seeking grant proposals from qualified organizations and collaboratives to meet the following objectives:

Objective #1 Increase the availability of evidence-based behavioral health programs for older adults in the MetroWest area.

The Foundation will provide grants to community-organizations to increase the penetration of evidence-based mental health and substance abuse screening and intervention programs in the region. The focus of Foundation funding will be on helping new and traditionally underserved populations receive behavioral health services.

Grants under this objective will be limited to up to \$50,000 per organization. Only evidence-based programs will be supported. Proposals must clearly detail the locations and population groups to be served; the number of expected participants; plans for outreach and engagement; and collaborating partners, including primary care providers.

Objective #2 Foster the development of local community programs and initiatives that enable residents to remain healthy in their own homes and decrease the social isolation among older adults.

Under this objective, the Foundation will provide one-time planning or start-up grants of up to \$20,000 for local replication of the “at home” or “village” model of in-home supports within MetroWest communities. Only one proposal per community will be accepted and proposals must include detailed plans of how these initiatives will be developed in concert with local councils on aging/senior centers to expand the reach of such initiatives. Proposals should also detail how these models will serve low-to-moderate income households within their respective communities.

Objective #3 Improve services and supports for caregivers of older adults in the MetroWest Region.

The Foundation is seeking proposals for projects that will enhance the availability of information and support for informal and family caregivers of older adults. These caregivers need access to a rapid, ready resource of pertinent information that will support them in their role. They also need support navigating the community connections that can play a significant part in helping them provide care and avoid the isolation that comes from caregiving. The Foundation is interested in programs that 1) provide culturally-appropriate education and training for caregivers and family members; 2) improve the availability of caregiver information and resources; and 3) offer individualized and tailored supports to family members in their role as caregivers. Grants under this objective will be limited to up to \$50,000 per organization.

Other Healthy Aging Initiatives

In addition to the above activities, the Foundation will be pursuing several new proactive initiatives that follow the Commission’s recommendations. These include the development of new regional elder transportation options, improvements in the coordination and delivery of services and strategies for evaluating the impact of the Foundation’s work in this area.

Grants to Improve the Health of MetroWest

Goal

The Foundation will accept proposals that address one of the following goals:

- 1) Reduce the incidence of high risk behaviors among youth
- 2) Improve the health status of vulnerable adults

Objective #1 Reduce the incidence of high risk behaviors among youth.

The Foundation will provide grants to schools and nonprofit organizations to implement programs that address youth risk behaviors as reported by the MetroWest Adolescent Health Survey and/or the MetroWest Health Data Center. These include: tobacco, alcohol and illegal drug use; violence; mental health; sexual behavior; body weight; and physical injuries.

Applicants must be prepared to cite community-specific baseline data from reports listed above, implement programs designed specifically to address risk behaviors, and collect and report on progress towards reducing these behaviors. Preference will be given to interventions that are evidence-based or, if no programs meet this criteria, are research based or recognized as promising practices.

The Foundation will fund only a limited number of proposals under this initiative. The maximum grant amount is \$75,000 per year, and applications may be for one, two or three years in duration. Funds cannot be used to supplant ongoing government operations or support.

Objective #2 Improve the health status of vulnerable adults.

The Foundation will provide grants to community-based organizations to implement programs that improve the health status of vulnerable adults, especially racial and ethnic minorities. The Foundation is particularly interested in projects that focus on: access to care, health screening and prevention, management of chronic disease, and initiatives that address racial and ethnic health disparities.

Successful proposals must clearly demonstrate need using local data (e.g Behavioral Risk Factor Surveillance Survey, MassCHIP, etc.); identify realistic and measureable outcomes; foster collaboration and partnership among local community organizations; and provide a clear plan for sustaining the project after the grant period.

The Foundation will fund only a limited number of proposals under this initiative. The maximum grant amount is \$50,000 per year, and applications may be for one, two or three years in duration. Funds cannot be used to supplant ongoing government operations or support.

Note: Community health data, MetroWest Adolescent Health Data, and special reports profiling regional Behavioral Risk Factor Surveillance Survey results and other health data are available from the Foundation's website – www.mwhealth.org.

Continuation Grants

Goal

The goal of the Foundation's Continuation Grants initiative is to provide continued financial support for grant funded projects that are achieving positive health outcomes.

Funding

The Foundation will accept proposals from existing grantees to provide an additional year of support for its "active" projects. Under the Continuation Grants initiative, the Foundation will not accept proposals for renewal requests for grants deemed closed by the Foundation or continuation requests for grants or projects that are already in their third and final year of funding, as in most cases the Foundation will only provide up to three years of funding. Prior Capacity Building grants are not eligible for continuation funding.

Organizations seeking renewal grants must clearly demonstrate in their proposal that: 1) there is a continued need for the project; 2) the project's original goals and objectives are being achieved; 3) the project is producing positive outcomes for those participating in the project; 4) progress has been made toward sustaining the project after the grant period ends; and, 5) that additional support is critical to the maintenance of the project and those who benefit from its work.

Please take special note of the following eligibility criteria:

- Organizations submitting proposals under this initiative are required to seek funding at levels below their current grants.
- Applicants must be up to date on narrative and financial reports in order to be considered.

IMPORTANT

**All grant proposals must be submitted online.
To access the online application, go to the
Foundation's web site at www.mwhealth.org.**

If you have trouble accessing or completing the online application,
please contact the Foundation at (508) 879-7625 x13.