



Jewish Federation
OF ST. LOUIS

FUNDER. COMMUNICATOR. CONVENER.
For our community - now and in the future

Mini Grant Funding Guidelines

Pilot Projects: Supporting Young Adult Mental Health and Resilience

Jewish Federation of St. Louis has set aside funds to support pilot projects that test out the resilience-building strategies that emerged from this year's young adult mental health planning process. These strategies are summarized below and fully explained in the planning report linked [on this webpage](#) (under Well-Being and Safety).

The goal of these mini grants is to try out different approaches to implementing these strategies and to determine the effectiveness of those approaches. In 2022, depending on available funding, Federation may provide additional support to programs/projects that demonstrate promise or effectiveness based on evaluation results.

Guidelines:

- St. Louis-area tax-exempt Jewish organizations are eligible to apply for these mini grants.
- Programs/projects must address at least one of the strategies and work toward at least one of the outcomes outlined in the table below.
 - a. If you are piloting a program/project to address strategy 1 below (focused on making professional mental health care more accessible), you may apply for a mini grant of up to \$10,000.
 - b. If you are piloting a program/project to address one of the other 5 strategies below (all focused on building community connections), you may apply for a mini grant of up to \$2,000.
- Programs/projects must be specifically geared toward young adults ages 22-40 who are part of the Jewish community.
- Programs/projects must be collaborative, involving at least two organizations working together.
- Organizations may submit more than one application.
- These are one-time grants. In 2022, depending on available funding, Federation may provide additional support to programs/projects that demonstrate promise or effectiveness based on evaluation results.

Timeline & Process:

- The short application will be available on Federation's [online application portal](#) from **Monday, October 4, 2021** through **Friday, October 29, 2021**. The name of the grant application in the portal is "Young Adult Mental Health Mini Grants."
- Applications will be reviewed by a group comprised of Federation's Community Impact lay leaders and Community Impact staff. Mini grant decisions will be communicated by **Monday, November 5, 2021**.
- Pilot projects must be completed by **January 31, 2022**. Follow-up forms with evaluation information must be completed via Federation's online application portal by **February 28, 2022**.

Applications will be accepted through Friday, October 29, 2021. The application is available via Federation's [online application portal](#) and requests the following information:

1. Names of collaborating organizations
2. Contact information (including role/title) for lead person working on this program/project at each organization
3. Description of program/project you would like to pilot, including which resilience-building strategy/strategies it aligns with
4. A plan of action explaining how and when will you implement this program/project, including your timeline and what role each partner organization will play
5. Dollar amount request, and summary of how those funds will be used

Evaluation Reporting:

If you are awarded a mini-grant, staff from Federation's Community Impact team will work with you to create an evaluation plan for your program/project. Evaluation reporting will include:

- a. Number of people your program/project reached.
- b. Survey data showing the impact of your program/project.
(Federation will provide a bank of standard questions that mini grant recipients can choose from to create a very short survey to understand the impact of your program/project on recipients. Federation can also provide access to an online survey tool if needed.)
- c. Would you do this again? If so, what would you do differently next time? What did the collaborating organizations learn from this experience?

To discuss questions or ideas, please contact Nava Kantor, Manager of Community Assessment & Planning (NKantor@JFedSTL.org, 314-448-6303).

Strategies and Desired Outcomes:
**Building Community Connections to Support Young Adult
 Mental Health and Resilience**

The strategies below were designed through a community planning process that engaged young adults, people who work with young adults, and people with professional mental health care expertise from across the St. Louis Jewish Community. Additional details about each strategy and information on the planning process is available on Federation’s [community planning webpage](#).

Strategy	Desired Outcome <i>(i.e., the impact the strategy is intended to create among local Jewish young adults)</i>
1. Make professional mental healthcare more accessible.	<ul style="list-style-type: none"> • Young adults know that mental health resources are available through the Jewish community and are able to consistently and easily connect with mental health professionals who are the best fit for their needs. • Barriers to accessing mental health services are reduced.
2. Host facilitated affinity groups for processing and reflection.	<ul style="list-style-type: none"> • Young adults have spaces that are designed for them to process their experiences, connect with others, and/or develop skills that support emotional well-being.
3. Create options and systems for collective volunteering.	<ul style="list-style-type: none"> • Young adults can easily find opportunities to volunteer in the St. Louis region that support a feeling of fulfillment and satisfaction, and a sense of purpose and connection with others.
4. Train and incentivize new leaders and hosts.	<ul style="list-style-type: none"> • Young adults have the confidence and tools to develop and host events that connect youngish adults across the Jewish community with each other.
5. Create events to welcome and facilitate connection with Jewish networks.	<ul style="list-style-type: none"> • Young adults understand the community resources and groups available to them throughout the Jewish community, and build connections and relationships with those groups.
6. Provide experiences to create, make, and learn about Jewish culture together. / Create venues for sharing and adapting traditions to build connection.	<ul style="list-style-type: none"> • Young adults connect with each other through creative projects rooted in Jewish culture. • Young adults feel empowered to access and rely on Jewish traditions, and build connections with others in learning about and expanding their practice.

Key Insights from the Young Adult Mental Health Planning Process

The more general insights below also emerged through the community planning process, and should be considered when implementing the strategies above.

A. BUILDING SUPPORTIVE COMMUNITY CONNECTIONS DIRECTLY SUPPORTS THE WELL-BEING OF YOUNG ADULTS. On first glance, some of these strategies may feel one step removed from

mental health – but they are essential to building long-term resilience during the pandemic and beyond.

- B. SUPPORTING INCLUSION & CONNECTION THROUGH FACILITATION CAN TURN ANY PROGRAM INTO A SPACE FOR DEEPER RELATIONSHIP-BUILDING.** Young adults want to start and deepen relationships with others, but simply being together in larger groups isn't enough to feel the benefits of connection. There's an opportunity to intentionally foster relationship building through structured, personal sharing in smaller groups or pairs as part of a larger program or event. Through curated conversation prompts and simple guidance for facilitation, event organizers can make every shared space a place for deeper connection. Digital gatherings need to be infused with active participation and relationship building. Breakout rooms and small groups can help with this. Programs that focus specifically on emotional well-being should be carefully facilitated to build trust.
- C. NORMALIZING PRIORITIZING MENTAL HEALTH AND EMOTIONAL WELL-BEING:** Young adults want to see authentic messaging that normalizes issues related to emotional well-being and seeking support in navigating them. Some young adults don't feel like their issues are significant enough to seek help – but obtaining support can prevent mental health issues from getting worse. Young adults do not consistently think of the Jewish community as being a resource for mental health care, yet those resources do exist for them within the Jewish community.
- D. CONNECTING TO JEWISH TRADITION AND VALUES** can support emotional well-being and build resilience by helping young adults feel connected to family and friends and make sense of difficult times by tapping into something larger than themselves. It can fill gaps for those without family nearby or who are new to St. Louis.
- E. PROVIDING A RANGE OF ENTRY POINTS**, in terms of location, timing, level of commitment, topic, identity groups, etc., is key to reaching a diverse group of young adults.