



Three Valleys  
COMMUNITY  
FOUNDATION  
AMADOR • LIVERMORE • SAN RAMON

# Community Impact Grants Mental Health

## Applicant Guidelines

Thank you for your interest in Three Valleys Community Foundation (3VCF). This document covers:

- An overview of 3VCF and our 2023 funding round;
- Eligibility and selection criteria;
- Our grant process and timeline.

### ABOUT THREE VALLEYS COMMUNITY FOUNDATION

Established in November 2021, Three Valleys Community Foundation serves as a regional philanthropic anchor, seeking to strengthen our vibrant Tri-Valley region through inclusive leadership, thoughtful funding, informed giving, and collaborative action. We partner with donors who care about our community and connect them with impactful local organizations to make a real difference to the communities we serve, including **Alamo, Danville, Dublin, Livermore, Pleasanton, San Ramon and Sunol**. We envision a community where everyone has the opportunity to live a full and rewarding life.

### MENTAL HEALTH COMMUNITY IMPACT GRANT ROUND

For this inaugural round of grantmaking, 3VCF has selected the issue of mental health as a focus for funding. 3VCF is also partnering in this grant round with Danville Area Chamber of Commerce and its Youth Mental Health Outreach Initiative, expanding the available resources for grantmaking. Our joint rationale for focusing on mental health includes:

- **A lot of people are suffering.** Every year, 1 in 5 adults and 1 in 6 youth in the U.S. experience a mental health disorder or illness. The U.S. Surgeon General recently declared a state of emergency around youth mental health.
- **Too few of those suffering are getting treatment.** Less than half of adults who experience a mental illness receive treatment. The numbers are even worse for people of color. For those who do seek treatment, the average delay is 11 years.
- **It is costly.** Mental health issues cost our society over \$400 billion annually in indirect cost of care and loss of productivity. But most important is the cost in human lives and suffering.

Locally, mental health has been identified as a top priority in all of the community health needs assessments conducted by health care systems in our region as well as in the East Alameda Community Needs Assessment. In addition, local school districts have identified mental health as a top need.

But mental health is not simply the absence of mental illness. Positive mental health allows us to engage fully in our work, play, express our potential, and adapt to change and stress. We can look at mental health as a continuum ranging from optimal health to severe illness. We all fall on that continuum, and where we fall can change throughout the stages of our lives. For too many, a shift toward illness can begin a downward spiral. It doesn't have to be this way; we can work toward mental wellness for all.

## OUR FOCUS

We are taking a broad approach and welcome applications that address the issue of mental health from a diversity of perspectives and approaches. We are particularly interested in supporting collaborative approaches between two or more organizations. Some examples of areas of interest include, but are not limited to:

**Early intervention.** Early signs of mental health conditions, including exposure to trauma, are often ignored. We can change the trajectory for many if we treat mental health as preventative care, not just a response to pathology.

**Building social emotional skills and resilience.** Interventions that build resilience, address trauma, and hone social and emotional skills are important preventative mental health care that everyone can benefit from and can also have the effect of destigmatizing mental health.

**Expanding awareness and access.** Top concerns in the Tri-Valley, vis a vis, mental health include long wait times for an appointment and a shortage of therapists in the region. We can support programs that build and support the workforce of providers or expand peer support services, for example.

**Equitable access.** Everyone in our community can benefit from ready access to quality, affordable mental and behavioral health services. Some have additional barriers to access including the unhoused, low-income households, non-English speakers, immigrants, seniors, and disabled individuals, among others.

**Addressing stigma.** Unlike physical health, where some conditions are heavily stigmatized and others are not, all mental health conditions are stigmatized. Stigma creates roadblocks for those who need help and contributes greatly to low treatment rates.

## ELIGIBILITY AND SELECTION CRITERIA

### ELIGIBILITY CRITERIA

3VCF will consider applications from:

- 501c3 nonprofit entities, or fiscally sponsored projects/organizations
- Collaborative initiatives/applications of two or more organizations led by a 501c3. Collaborations are strongly encouraged, but not required.
- Public entities (e.g. school districts) are not eligible to apply under this grant round as a lead applicant, but may be partners to a 501c3 lead applicant or beneficiaries
- All applications must directly benefit the regions covered by 3VCF which includes: Sunol, Pleasanton, Dublin, Livermore, San Ramon, Danville and the Greater San Ramon Valley.

- Applications serving youth in the Greater San Ramon Valley (including Danville, Blackhawk, Diablo, Alamo, San Ramon, and unincorporated Contra Costa County) will also be automatically considered for grant funds from the Danville Area Chamber of Commerce Youth Mental Health Outreach Initiative. A separate application is not needed.

## **SELECTION CRITERIA**

In selecting grantees, the review team will look to build a slate of diverse organizations, approaches, and objectives. Some may work across two or all three focus areas, while others will go deep in one area. There will be a mix of budget and staff sizes. What ties them together is:

- **Alignment with our mental health focus**  
We are open to considering a broad array of approaches as long as the outcomes and impact focus on improved mental health and wellness in our region.
- **A feasible plan to achieve progress in the next 1-2 years**  
We understand that many nonprofits work in arenas where progress is incremental and flexibility is critical. We look for organizations that have a plan for reaching self-defined milestones within a 1–2-year timeframe, a well-defined approach to the challenges involved, and the ability to pivot to meet new circumstances.
- **Demonstrates impact**  
We do not have a single definition of impact. A project can be impactful for many reasons, including scale, innovation or breakthrough ideas. We will look for applications that define the impact, and measure progress along the way.
- **Confidence-inspiring leadership**  
We want to support passionate, expert leaders. Exemplifying trust, effective and accountable partnerships, a strong reputation among peers, and an inclusive working environment, are some of the ways we think confidence-inspiring leadership manifests.
- **Reflective representation in leadership**  
Do people from the communities served play a key role in programmatic or organizational decision-making?
- **An effective organization**  
A track record of success or, if the organization is new, there is reason to believe that the strategies identified will succeed, with the impact of the work clearly defined. We recognize that not everything important can be empirically measured and that organizations have different capacities for evaluation.
- **An award of up to \$20,000 (single organization) or \$30,000 (collaborative application) will make a difference to your success**  
We are interested in grants where a timely injection of funds will help achieve an important milestone or result, leverage public or private funding, unlock a new opportunity, enable a beneficial collaboration or take the project or organization to a new level.

# HOW THE PROCESS WORKS

## AMOUNT AND TERM

3VCF plans to award multiple grants. Grants will be for one year with an estimated start date of January 1, 2024. Payments will be made in two installments – the first upon signature of a grant agreement with the selected applicants and the second midway through the grant term and upon completion of a midyear check-in. Grants will range in size from \$10,000 - \$30,000. Single organization applicants may submit for up to \$20,000 and collaborative applications of two or more organizations may submit for up to \$30,000.

## SELECTION PROCESS

We invite organizations who meet the eligibility criteria to submit an application through our online portal [HERE](#). The deadline for submission of an application is midnight Pacific Time on August 30, 2023. 3VCF will hold a virtual information session for interested applicants on Monday, July 24, 2023 at 12 Noon. To sign up for this webinar, register [HERE](#). The webinar will be recorded and shared with those unable to join.

Submitted applications will initially be reviewed to ensure they meet the eligibility criteria. Those who meet the eligibility criteria will advance to review by a committee of individuals who represent a cross section of our Tri-Valley region and who have diverse backgrounds and expertise, including expertise in mental health services, non-profit management, and more. The committee members will evaluate the applications against the selection criteria noted above. A financial review of each applicant will also be conducted, including review of tax returns and the project budget. The committee may reach out with follow up questions or requests for supplemental materials from applicants if needed to complete its evaluation. These requests will be kept to a minimum as we respect the time of our non-profit partners.

The committee will recommend a portfolio of applicants to receive funding, and 3VCF Board of Directors will vote to approve these recommendations. For applications recommended to receive targeted funding from the Danville Area Chamber of Commerce Youth Mental Health Initiative, Chamber leadership will also approve the recommendations.

## TIMEFRAME

July 10, 2023: *Application process opens*

July 24, 2023 at 12 Noon PT: *Virtual information session for applicants*

August 30, 2023 by midnight PT: *Applications due*

September 2023: *Potential requests for supplemental information*

Late October 2023: *Applicants notified of status*

November 28, 2023, evening: *Grants will be awarded publicly at 3VCF State of Giving Gathering.*

*Recipients are expected to have a representative attend the event. All applicants are also invited.*

December 2023: *First payment on approved grants*

## ONCE GRANTS ARE MADE

Organizations selected for grant funding will enter into a grant agreement with 3VCF. We will celebrate beneficiaries publicly at our State of Giving Gathering on November 28<sup>th</sup>, via our website, social media, quarterly e-newsletter and a press release.

Reporting will consist of an informal, verbal report (30 minute conversation with 3VCF) at the six-month mark and a written narrative report and financial report at the 12-month mark.

**QUESTIONS?** For questions on the process or the application, please contact Three Valleys Community Foundation at [info@3vcf.org](mailto:info@3vcf.org).