



FORD DRIVING DREAMS MENTAL HEALTH & WELLBEING GRANTS

DEADLINE: APRIL 15, 2021

Dear LULAC Council,

LULAC Institute, Inc., in collaboration with Ford Motor Company Fund, seeks to bridge the gap in access to mental health resources for high school students and their families to support their educational efforts and overall wellbeing. Together, they are offering LULAC councils in the Ford Driving Dreams Network with \$2,000 grants to address the mental health impact of the Coronavirus (COVID-19) pandemic among students between the ages of 13 to 18 and their families.

Each awarded council will be responsible for hosting three (3) professionally led mental health sessions. Sessions are intended to address the mental health challenges faced by students and provide guidance for developing coping strategies and help build a support system that includes peers, teachers, and family members.

LULAC councils are encouraged to host sessions in a virtual format using video conferencing software. However, if the awardee determines that their community would be better served by in-person sessions, all local, state, and federal health guidelines must be followed.

All LULAC councils in the Ford Driving Dreams Grants Network are invited to apply.

In the following pages, you will find additional information about the Ford Driving Dreams Mental Health & Wellbeing Grants as well as criteria and submission guidelines. Questions or comments may be directed to Melissa Cossio, Program Coordinator at LULAC Institute, Inc. via e-mail at FDD@LULAC.org or by phone at (858) 461-8520.

To apply for a \$2,000 Ford Driving Dreams Mental Health & Wellbeing Grant, click [HERE](#).

The deadline to apply is April 15, 2021 at 11:59 P.M. EST.

We thank you for your commitment and look forward to working with you on this meaningful initiative.

Project Timeline

Date	Item	Notes
April 15, 2021	Deadline to submit application	Access application HERE .
May 15, 2021	Projects kick off	
August 15, 2021	Projects conclude	
August 31, 2021	Deadline to submit final report	

Session Structure

The following format should be used to guide structure of mental health sessions:

- Session 1: Parent/Guardian workshop
 - Parents/guardians will connect with mental health professionals to learn key principles and strategies to cope with stress and manage their mental health to create a safe environment that fosters healthy dialogue with their children. Learn how to foster resiliency and best support a child experiencing increased stress, coping with trauma, and facing mental health challenges.
- Session 2: Student workshop
 - Students will engage in critical dialogue and discussion surrounding Mental Health & Wellbeing. Mental health professionals will equip students with strategies on how to navigate stressors and engage in healthy dialogue with their peers and adults in their lives. During the workshop, students will practice meditation, reflection, and community sharing.
- Session 3: Family workshop (Parent/Guardian, Students, any additional immediate family members)
 - The family talks session should combine research and practical, actionable strategies to help inform and inspire healthy dialogue about children's mental health and learning issues in and outside of school environments and how adults can balance their own stress in their lives.

Session Guidelines

Sessions must adhere to the following guidelines:

- Three mental health sessions must be held. Session 1 should focus on serving parents/guardians. Session 2 should focus on serving students. Session 3 should focus on serving parents/guardians, students, and any additional immediate family members.
- One to two mental health professionals* must lead all three sessions.
**Licensed counselor, therapist psychologist, social worker, clinical social worker, etc.*
- Each session must be a minimum of one-hour in length.

- Project must serve a minimum of 15 youth and their families.
- If funds will be used to purchase items, we highly encourage purchasing from local retailers and small businesses.

Awardees are also encouraged to provide additional resources to participants including:

- Tip sheet for maintaining a healthy lifestyle amidst the pandemic
- Tip sheet for dealing with anxiety, stress, and depression
- Tip sheet for parents to check-in with their child about their wellbeing
- Local resources for additional help
- Additional Resources
 - LULAC@Home, COVID-19 Resources: <https://lulac.org/covid19>
 - LULAC Ayuda en Español, Recursos de COVID-19: <https://lulac.org/ayudaenespanol>
 - COVID-19: Ford Fund Response & Resources: <https://fordfund.org/our-stories/covid19>
 - Mental Health America, How to Cope with the Stress of Homeschooling (For Parents): <https://mhanational.org/how-cope-stress-homeschooling-parents>
 - National Alliance on Mental Illness: <https://nami.org>

Funding Guidelines

To receive Mental Health & Wellbeing funding, your LULAC Council must adhere to the following guidelines:

1. Funds must be used for the project indicated above unless otherwise agreed upon between the selected LULAC Council and LULAC Institute.
2. Funds cannot be used for personal use/gain.
3. Best practices must be used to manage funds.
4. An end-of-project report, provided by LULAC, must be submitted in a timely manner. Report must be true and completed to the best of your knowledge. Misrepresentation of a project's status will result in a negative standing with LULAC Institute's Programs Department.

The stipend must be used to cover expenses directly related to the sessions including:

- Stipend* for mental health professionals
** Stipend cannot exceed \$500 of total grant.*
- A stipend* for LULAC council
** Stipend cannot exceed \$200 of total grant.*
- Mental health resources for students and/or parents
- Recruitment materials
- Video conferencing software subscription
- Incentives for participants
- Shipping costs to send materials to participants

Recommended Example Budget

Line Item	Amount	Narrative
Mental Health Professional Stipend	\$500	Total stipend for mental health professionals to host three sessions
Recruitment materials	\$100	Social media promotion ads, newspaper ad, flyers
Video Conferencing Software Subscription	\$150	Zoom Pro subscription
Supplies	\$100	Printed activity worksheets
Incentives for Participants	\$750	\$50 Internet connectivity stipends for 15 families
Shipping	\$200	Used to ship printed activity worksheets and internet connectivity stipends
LULAC Council Stipend	\$200	Used for overhead and administrative costs
TOTAL	\$2,000	

Social Media Promotion:

Through social media channels, you can build community, promote your project, and showcase the important work your council is doing. Below is a list of handles and hashtags to us in your program promotion:

Handles

Ford Driving Dreams

@forddrivingdreams [Instagram & Facebook]

Ford Fund

@fordfund [Instagram, Facebook & Twitter]

LULAC

@lulac.national.dc [Facebook]

@LULAC [Twitter & Instagram]

Hashtags

#FordDrivingDreams

#FordImpulsandoSueños

#FordGivesBack

#FordFund

#LULACPrograms