

Dare to Dream America

2019-20 Dare to Dream Grants Report

Dare to Dream America Round 10 (2019-2020)

Dare to Dream America is a micro-grant opportunity offering young people funding to do school-based or community-wide projects related to mental health. Projects must be youth-driven, meaning that the project ideas must come from youth, that the application must be completed by youth, and that any funded projects must be developed and run by youth. Grant funds must be used to promote positive mental health, reduce stigma and negative attitudes about mental health, help young people build confidence, and educate both themselves and their communities on mental health-related issues.

2019-2020

9 grantees

\$15,000

During the 2019-2020 funding cycle, Youth MOVE National (YMN) awarded a total of 9 grants. Since Dare to Dream America's inception, YMN has awarded ninety-eight projects. Prior to 2016, the grant was only available to individual recipients up to \$1000. This year, individuals and groups could apply for one of two types of Dare to Dream America grants: a \$3,000 grant or a \$1,000 grant.

When youth work together on these projects, they are not only furthering YMN's overall mission, but they're also being reminded that they are not alone in the challenges they face. This program allows young people to pinpoint the issues they see within their own communities that they believe need to be changed and offers them the support, both financially and emotionally, in order to make it happen. Every year, reducing stigma and community education are priorities for most of the Dare to Dream projects. Also, as a starter grant, the Dare to Dream America program helps youth and young adults understand the basics of applying for a grant, executing the proposed project, and reporting back.

Total Reach

**Over 1,400
individuals**

Most of this year's projects were impacted by the pandemic and/or stay at home orders. Despite the challenges, project leaders found creative ways to pivot their plans and were able to build community and increase mental health awareness. Below is a list of the projects awarded and implemented during the 2019-2020 Dare to Dream America cycle, along with some quotes and pictures submitted by the grantees.

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Boise High's Community Leadership Class/Idaho Federation of Families The Brick House Project

The Brick House Project (BHP) was created as a healthy and neutral space for high school students to go during or after school. There, young people could access mental health materials, attend weekly expert Q&As, collaborate with other students, use the “Zen room” for meditation or a peaceful break, or even just do homework. The goal of the Brick House Project was to be “a home away from home and the best friend who’s willing to talk to you, willing to listen, willing to step up, be honest and confront you with love when needed most.”

Though the BHP had to close before the end of the school year because of COVID 19, students have received great support and encouragement from school staff, parents, and local business owners, and hope to carry this project forward in the coming years.

Instagram: @BoiseBrickHouse

“We impacted students who didn’t feel as if they had a community of their own at school, and through the brick house they found new friends and a support system.”



Youth MOVE Florida/Federation of Families of Florida It's Time for a Change

Youth MOVE Florida’s initial project idea was to have a basketball tournament for youth with mental health challenges. Mental health providers and advocates would be present at the event, and present on various topics during the breaks. The goal was to create exposure and build awareness around mental health in a familiar context for parents and youth.

Due to the pandemic, the project shifted to an essay contest about mental health and how the Coronavirus pandemic affects mental health. The main goal of this contest was to “get young people to open up about what they were going through”. Youth leaders printed flyers and walked around to spread the word about this opportunity. Self-care prize bags were distributed to participants, and

included mental health literature. The project wrapped up with a virtual celebration for all participants and project leaders.

“We received many positive comments from the youth and their families were very engaged, enthusiastic and pleased with their prizes.”



DeKalb Families in Action (DFIA) DFIA Youth MOVE Campaigns 2020

DFIA Youth MOVE created three campaigns to share information about mental health support services and resources to educate youth and families affected by mental illness. Each campaign had the goal of promoting mental health awareness and providing educational information about community resources and support.

1. DFIA Youth MOVE Open Mind Open Mic - Education Through Poetry, Dance, Art & Songs
2. Mental Health “Green Educational Bags” - Outreach through Faith Based Community
3. DFIA Youth MOVE PSAs - Education on Self-Care, Resources & Information

DFIA collaborated with youth, families, agencies and the faith-based community to reach their project’s goals.

“We learn that all things are possible when we work together in collaboration with partners. It is impossible to do this work independently; you must work with others to complete any project successfully.”



Reading Senior High School

It's Okay to NOT be Okay

The initial goal of this project was to develop Reading Senior High School's peer mentoring program via their student led club "Aavidum". Due to the pandemic, the project shifted, focusing on making sure *"everyone's feelings were validated"*. Aavidum wanted to make sure that students and community understood that it was okay to not be okay. They created a mental health quiz for Aavidum students to take part in to increase mental health awareness and education. Students started an "It's Okay To Not Be Okay" campaign for Mental Health Awareness month, creating an opportunity for students to answer a prompt on social media about what is great about themselves. If they were selected as a winner, they received a "It's Okay To Not Be Okay" student-designed t-shirt.



"[...] when we are able to safely return to school we will continuously see the message of "It's Okay to Not Be Okay" worn proudly throughout our halls. Most importantly, in their own words they will be able to express what this message truly means to them."

Youth MOVE Tennessee/Tennessee Voices

Break the Stigma

The Tennessee Voices project was a videography designed to show that mental health is as important as physical health and wellness. This project tied into a previous campaign that Tennessee Healthy Transitions created called "The Humans in Real Life Campaign". This campaign was an interactive photography project that showed followers of social media, communities, and young adults that mental health is not one size fits all. The goals of this project was to end the stigma around the discussions and conversations of mental health.

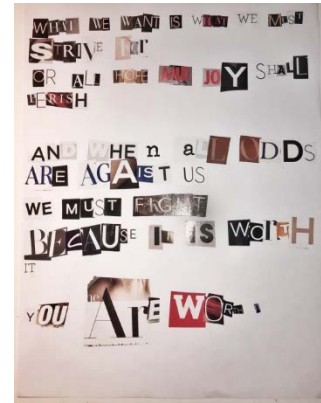


"The greatest strength of our project was the network of people we were able to utilize. With this network of young adults as well as supportive adults we were able to work fast to come up with ideas to bypass any barriers that we may have had. Through this network we were also able to develop a working structure and communication style to lead future events."

Generation in Hope

Group to Grow

Group to Grow’s goal was to provide awareness of the struggles of youth mental health and give back to those in their community. The group’s initial project idea was to create opportunities for students to be paired up with mentors and attend events and activities to increase mental health awareness and reduce stigma. Due to the current context, they shifted plans and created a website with personal narratives of young people experiencing mental health challenges. The group used some of the project funds to make personalized gifts for community members experiencing mental health struggles.



“The most we can do is support the people around us who are struggling and raise awareness of their obstacles to those who are unaware.”

Ball State Student Athlete Advisory Committee

CARDS

The project idea was to develop a mental health subcommittee within Ball State University’s Student Athlete Advisory Committee (SAAC), and complete mental health initiatives at Ball State University. The main project goals were to:

1. Create and distribute mental health and wellness resource posters to every athletic team;
2. Provide a tangible resource (keychain) with emergency contacts for every student-athlete;
3. Purchase/facilitate a Mental Health First Aid training webinar for team leaders; and
4. Increase social media presence on mental health issues



“Mental health can be a scary topic to discuss. However, we had quite a few student athletes become outspoken about issues [...] I believe this project helped Ball State Athletics take a step forward in opening lines of communication about mental health issues.”

Youth MOVE Detroit

Youth Unmasked

Youth MOVE Detroit created a video, titled “Youth Unmasked”. The video highlighted youth personal stories as it related to topics such as suicide, depression, bullying, trauma, mental health, homelessness, the LGBTQ2S community, and other topics that are important to youth.

The goals for the project included:

- Allow youth to utilize their voices to share their stories
- Raise awareness in the community about various topics
- Share resources
- Address topics that are important to youth in the community
- Allow our youth to plan, prep and execute their own project from start to finish
- Help Chapter members gain additional skills
- Recruit new members to join Youth MOVE Detroit



“The greatest strength for our project was our team having the ability to adapt to the change in environment and think of a secondary plan as quickly as possible. [...] The teamwork and ability to adapt is what led our team to a successful project.”

Greater Whole Truth Resource Center

Healthy Minds

The goal of this project was to host a series of community based events for youth mental health. Participants would leave with resource skills, coping skills, and a sense of community. The space would allow for safe conversations around mental health, build awareness, reduce stigma, and build partnerships with local health providers. Outreach would focus on Black youth in Wayne County.