MENTAL HEALTH
REQUEST FOR PROPOSAL 2020
MISSION
Providing leadership, advocacy, and resources to eliminate barriers and promote quality health for the uninsured and underserved

VISION
Healthy people in healthy communities

ABOUT HEALTH FORWARD
Health Forward Foundation is igniting a culture of health by tackling pressing health issues for those most in need. Through partnership and advocacy, we are working to transform communities so everyone has an opportunity for better health.

HEALTH FORWARD SERVICE AREA

KANSAS
Allen County
Johnson County
Wyandotte County

MISSOURI
Cass County
Jackson County
Lafayette County
Kansas City, Missouri (including portions of Clay and Platte counties)
WHAT WE FUND

MENTAL HEALTH GRANTS
Health Forward has provided more than $71 million in grants to improve access to mental health services and enable people to live healthy and resilient lives.

HEALTHY COMMUNITIES GRANTS
Health Forward has dedicated nearly $41 million toward creating healthy communities throughout our region. Our Healthy Communities funding promotes safe places to be physically active, access to affordable and nutritious food, and tobacco use prevention so that healthy habits become the norm.

SAFETY NET GRANTS
To ensure vulnerable populations have access to a strong safety net system and oral health services, Health Forward has dedicated nearly $71 million to improve access to quality health care and preventive care when our fragmented system leaves gaps.

POLICY AND CIVIC ENGAGEMENT
Throughout each of our focus areas, we recognize the importance of engaging in advocacy and supporting civic engagement. We believe that lasting solutions to many of our challenges will be found through local, state, and regional policy changes, as well as systems reform, that benefit those most in need living in our community.

NONDISCRIMINATION POLICY
In awarding grants, Health Forward does not discriminate on the basis of race, color, religion, national origin, age, disability, sexual orientation, gender identity, or veteran status.

As part of the grant proposal, grantees will be required to affirm that, in providing services funded in whole or in part by Health Forward, they will not discriminate in employment practice or in policies and procedures concerning access to services.

Those interested in applying should consider their responses to the following:

- Provides all services to clients regardless of...
- Hires and promotes staff regardless of...
- Does not restrict membership to the board of directors based on...

...gender, race, color, religion, national origin, age, disability, sexual orientation, gender identity, or veteran status.
OUR GOAL

Improve access to mental health services and enable people to live healthy and resilient lives.

Approximately $4.5 million is available for 2020 Mental Health funding. Grants may be awarded for a period of up to two years. Because approval of multi-year funding requests will affect the number of grants Health Forward can award, these applicants are required to provide a compelling justification for multi-year funding.

OUR STRATEGIES

Requests should employ at least one of the three strategies to improve mental/behavioral health outcomes.

CAPACITY
Support the advancement, efficiency, and sustainability of organizations and systems providing care.

ACCESS
Promote policies, practices, and technology that increase access.

QUALITY
Encourage a continuum of services using best practices that improve wellness outcomes.

INDICATORS
Health Forward has developed a list of Mental Health indicators that allow us to collect data and progress across grantees toward our short-term outcomes. They also allow us and our partners to measure and describe program impacts systematically.

Applicants should identify indicators that correspond with their selected theory of change strategy and outcomes. A full list of indicators is on our website at healthforward.org.

DEADLINES

Check healthforward.org/deadline for any potential changes to these dates.

<table>
<thead>
<tr>
<th>LETTER OF INTENT DEADLINE</th>
<th>March 25, 2020 by noon</th>
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<tbody>
<tr>
<td>FULL PROPOSAL DEADLINE</td>
<td>April 22, 2020 by noon</td>
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<tr>
<td>BOARD APPROVAL</td>
<td>August 26, 2020</td>
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BEST PRACTICES AND TERMS

IMPLEMENTATION OF EMERGING, PROMISING, AND BEST PRACTICES

Evidence-based practices, also referred to as best practices, have undergone formal scientific evaluation and expert peer review to document their effectiveness. Substantiated best practices can be found in literature, databases, and registries of research-based practices. The evidence-based practice continuum includes emerging and promising practices, which also rely on evaluation of outcomes and application of proven guidelines.

Health Forward recognizes that evidence-based practices have not been established for all conditions, populations, and/or service settings — some approaches are based on tradition, contextual need, and practice wisdom. Approaches are often a combination of practice categories on the continuum.

If an applicant is proposing a project that doesn't fall within the continuum, the applicant is encouraged to provide information describing the practice and a rationale for why the chosen practice is appropriate for the outcomes to be achieved with the target population.

WHAT WE MEAN

BEHAVIORAL HEALTH PROBLEMS, as defined by the Substance Abuse and Mental Health Services Administration, include substance use disorders; alcohol and drug addiction; and serious psychological distress, suicide, and mental disorders.

CARE COORDINATION/INTEGRATION brings together providers and information systems to better achieve treatment and care goals.

CONTINUUM OF CARE is a comprehensive approach to behavioral health that recognizes multiple opportunities for addressing behavioral health problems and disorders including:
• creating environments and conditions that support health (promotion), interventions delivered to prevent or reduce problems (prevention),
• service to those diagnosed with a disorder (treatment), and
• services to support individuals’ ability to live productively (recovery).

MENTAL HEALTH, as defined by the World Health Organization, is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community.

PLACE-BASED INITIATIVES are programs designed and delivered within a geographic space, such as a neighborhood, school, region, or an ecosystem.

POLICY guides the activities of government or organizations and provides authority for the use of resources including institutional practices and public policy.

THE EQUITY APPROACH

The equity approach is the means to ensure that everyone has the opportunity to participate and prosper when building strategies to improve community health.
**PURPOSE**

Improve the availability and quality of mental and behavioral health services.*

**GUIDING PRINCIPLES**

- Understanding the conditions and adverse experiences a person has gone through can help guide treatment and care.
- Services need to be culturally responsive and equitable.
- The continuum of services includes being responsive to prevention, treatment, and recovery over the lifespan.
- Effective systems of care integrate mental / behavioral health with medical care.
- Stable, healthy organizations provide better care and services.

**PARTNERS**

- All uninsured, underserved, and vulnerable populations in our service area.
- Community mental health centers, community-based organizations, and public systems.

**STRATEGIES**

**Improve Capacity**

- Advance strategies that deepen workforce and leadership capacity.
- Fund core operating support that leads to organizational improvement, builds infrastructure, or promotes sustainability.
- Develop strategic and accountable partnerships that lead to enhanced continuum of care.

**Improve Access**

- Promote policies, practices, and technology that increases coverage, affordability, and availability of services.
- Support place-based services and strategies.
- Encourage coordinated care and collaboration among multiple agencies and partners.
- Support outreach strategies to inform and engage target populations.

**Improve Quality Practice**

- Encourage the use of emerging or best practices that are evidence-based.
- Support services that are family-focused, person-centered, culturally responsive, and trauma-informed.
- Support the integration of services into primary care settings.

* Mental and behavioral health services are referred to as services throughout this document.
SHORT-TERM OUTCOMES

Improve Capacity

• Increased retention of quality staff and leadership.
• Improved organizational structures that promote sustainable, high-quality service.
• Enhanced partnerships that improve efficiency and sustainability.

Improve Access

• More affordable, available, and convenient treatment and preventive services.
• Consumers successfully navigate through service delivery systems.
• Improved individual and community engagement in mental/behavioral health wellness.

Improve Quality Practice

• Improved mental health/behavioral health outcomes for individuals.
• Improved use of evidence-based, emerging, and best practices in service delivery.
• Consumer satisfaction with service delivery.
• Greater integration of services.

LONG-TERM OUTCOMES

| Better Health | Better Care |

ULTIMATE IMPACT

Mental and behavioral health supports will enable people to live healthy and resilient lives in the community.
Organizations interested in applying for a 2020 foundation defined grant will be expected to submit an online grant proposal, which can be accessed at healthforward.org/application-process. Cities, hospitals, and universities are allowed to submit two proposals per each foundation defined grant round. All other organizations may submit one proposal.

The application process requires applicants to submit both a letter of intent and a full proposal. Ensure you are using the most recent version of application materials from the Health Forward website. Do not use any previous templates you may have downloaded.

**Step One: Letter of Intent (Deadline: March 25, 2020)**

Applicants are required to submit a letter of intent online. It will include:

1. A brief overview of the proposal including: health issues addressed, program activities, alignment with theory of change strategies, and requested funding amount.
2. IRS determination letter indicating nonprofit status

Applicants will receive an email confirming receipt of their letter of intent. If an email confirmation is not received within 24 hours, contact Health Forward at 816-241-7006.

**Step Two: Full Proposal (Deadline: April 22, 2020)**

The full proposal will be submitted online and should include:

1. Proposal narrative
2. Supporting information
   a. Project budget and justification
   b. Letters of commitment and/or support
   c. Board roster and demographics
   d. Applicant’s operating budget
   e. Logic model (optional)
   f. Most recent independent financial audit
   g. IRS 990 and IRS determination letter

You can download the full application packet, including templates and detailed instructions, at healthforward.org/application-process.

For more information, refer to the frequently asked questions page at healthforward.org/faq. In addition, Health Forward encourages you to contact Karen Guile with further questions at 816-241-7006 or kguile@healthforward.org.

Review “Before you Apply” on our website for organizational requirements and to ensure you adhere to our nondiscrimination policy.
SELECTION PROCESS

After an internal review of applications, a team of reviewers from outside Health Forward’s service area will make recommendations for grant funding.

External reviewers may also recommend further clarification, modification, or technical assistance. Health Forward's program officers will make a slate of recommendations in response to external reviewers' guidance and direction from Health Forward's board of directors. These recommendations will be presented to the Program and Grants Committee for consideration before they are approved or declined by vote of the board of directors.

Health Forward reserves the right to reject proposals submitted and to request additional information from applicants at any time before, during, or after the award process. Grant awards are made at the sole discretion of Health Forward Foundation. No entitlement to funding for any organization at any level is expressed or implied. Successful applicants enter into a contract that gives Health Forward rights to review and evaluate grant-funded activities.

REVIEW PROCESS

Awards Announced

*As recommended by external reviewers
MENTAL HEALTH
APPLICATION ASSISTANCE

Health Forward offers opportunities for application assistance to nonprofit organizations. If interested, contact us at 816-241-7006.

CONTACT US
For additional information on the Mental Health request for proposal, contact:

Donna Bushur
dbushur@healthforward.org
(816) 241-7006, ext. 137

Shannon Morris
smorris@healthforward.org
(816) 241-7006, ext. 139

Visit healthforward.org for more information on:
• Application process
• Frequently asked questions
• Technical assistance available to organizations
• Reporting requirements
• Currently funded grants
• Pre-proposal conference presentation
• Additional theory of change resources
• Indicators list

Grant Review
Health Forward invites prospective applicants to visit our office to review exemplary proposals from previous funding rounds.

Feedback Sessions
Applicants may request feedback from the program officer(s) who reviewed their proposal. Feedback sessions may be conducted in person or over the phone within six months of receiving the award or the declination.

Grant Writing Technical Assistance
Health Forward offers technical assistance to nonprofit organizations with annual budgets under $500,000 for both applicant defined grant and foundation defined grant requests. Assistance includes up to eight hours of contracted grant writing support funded by Health Forward.

APPLICATION TIP
External reviewers highly recommend that you use current local or regional data in your grant application.

Visit kchealthmatters.org for health data and promising practices from the Health Forward service area.