WELLNESS WARRIOR FUNDING OPPORTUNITY

1.0 OVERVIEW

Alberta Advanced Education is committed to supporting student mental health and well-being on Post-Secondary campuses across the province.

The Wellness Warriors (WW) program was created in 2019 with the purpose of creating opportunities for members the SAIT community to access a portion of the Post-Secondary Mental Health (PSMH) Grant in order to share ideas and work together in shaping a healthier campus community. The WW program provides funding for novel and innovative approaches to promote positive mental health, whole-campus well-being and partnerships between students, staff, and faculty. These funds are intended to support the cost to develop, implement, and evaluate mental health and wellness promotion initiatives of benefit to SAIT students.

This round of WW funding program is available for projects taking place between **July 1, 2023 and June 30, 2024.** Student mental health at SAIT is a campus-wide responsibility and students, staff, and faculty all play an important role in promoting and maintaining positive mental health and well-being among our students.

1.1 PROJECT OBJECTIVES

The purpose of the funding is to enhance SAIT students' mental health and well-being through mental health promotion initiatives and activities. In order for the project to be considered for funding it must meet one or more of the following objectives, as outlined in SAIT's Alberta Post-Secondary Mental Health Funding application:

- **Inclusive, supportive campus**: Students perceive the campus to be an environment where their mental health is supported
- **Mental health awareness**: Efforts to increase mental health awareness and reduce stigma regarding mental health concerns and illness
- **Positive mental health**: Positive mental health is promoted across campus
- **Resource access**: Students report an increased level of awareness about how to access mental health supports/services on campus
- **Supporting students:** Individuals perceive their confidence in supporting a student with a mental health concerns is improved

2.0 REGULATIONS

2.1 ELIGIBILITY TO PARTICIPATE

- Any SAIT student (including apprentices), staff, or faculty is eligible to apply (individuals or groups)
- Projects will be eligible for funding if they align with objectives identified 1.1.
- Only projects that focus directly on supporting student mental health and well-being will be considered. Projects that focus directly on employee well-being are outside the scope of this funding. However, projects may be eligible for SAIT's '88 Legacy Funding.
- Each project submission will be considered, regardless of whether the applicant has been funded before. An applicant can submit more than one proposal.
- The proposed project must abide by all SAIT COVID-19 protocols.

2.2 REVIEW AND SELECTION

The process of awarding the Wellness Warrior funding is competitive. Not all projects will be awarded funding. Once the available funding amounts have been exhausted for July 1, 2023 to June 30, 2024, no further funding will be awarded for that period. Proposals will be reviewed through a small committee composed of diverse SAIT stakeholders, including students.

Proposals will be considered on their merit and quality of proposed activities based on:

- Ability to meet funding eligibility (see 2.1)
- Potential impact or benefit to support the mental health and well-being SAIT students and preference for impact on a broad range of students
  - *The initiative in the application will positively impact a broad range of students at SAIT. This might include students, apprentices, and distance students. If the initiative is tailored to a specific group, the rationale presented is justifiable.*
- Ability to build partnerships and collaborations
  - *Everyone on campus plays a vital role in promoting and maintaining positive student mental health and well-being. Preference will be given to initiatives that are able to build partnerships/collaborations with various departments and include the student voice.*
- Overall quality of work, preference for evidence-based initiatives
  - *The suggested initiative is thoughtful, well-planned, and well-poised to positively impact student mental health. Preference will be given to evidence-based initiatives.*
- Feasibility of project implementation and evaluation
  - *The proposed initiative is feasible to implement. That means the activities and tasks, as well as the deadlines and budget are SMART (specific, measurable, attainable, relevant, time-based). There is a well thought through plan to evaluate the initiative.*
- Sustainability of the project beyond funding
  - *Preference will be given to initiatives that can be sustainable post-funding. An example of this would be an initiative that requires startup costs (e.g., poster creation, supplies, and materials) that can then be implemented multiple times with little added costs.*

Feedback will be provided to all applicants on their proposal. The review committee reserves the right to provide funding dependent on revisions from the applicant.

2.3 SUBMISSION DEADLINE, FUNDING PERIOD, AND EVALUATION

Funding applications will be accepted on a rolling basis, and the deadline to apply is **February 28, 2024.** The template application can be found in Appendix A. Following approval, the funds awarded must be spent on initiatives taking place between July 1, 2023 and June 30, 2024. **Please note that for this round of funding, all awarded funds must be spent no later than May 30, 2024.**

Based on the funding received, the review committee will work with recipients on a case by case basis to distribute the funds. Funded applications will be required to provide a final evaluation report **no later than 2 weeks after the event** (Appendix B) to share the outcomes and impact of the project at SAIT.

2.4 ELIGIBLE AND INELIGIBLE EXPENSES

Funding awarded to applicants is intended only to be used as described in the funding agreement for expenses related to project activities. If you are uncertain of a proposed expenditure is eligible or ineligible, you should contact the PSMH Project Coordinator prior to making the expenditure.

EXAMPLE ELIGIBLE EXPENSES

The review committee reserves the right to determine eligible expenses on a project-by-project basis, based on the rationale provided in each proposal. If expenses appear misaligned with project activities or the purpose of the funding, the review committee will provide this feedback to the applicant or decline funding those inappropriate items. Examples of eligible expenses include, but are not limited to:

- Supplies and promotional materials required for the initiative (marketing and promotion outside of SAIT is not an eligible expense).
- Small incentives for student participation (e.g., gift card for raffle, snacks and beverages).
- Reasonable honorariums for outside guests (e.g., guest speakers, Elders, traditional knowledge holders).

EXAMPLE INELIGIBLE EXPENSES

- **Academic program development or delivery:** Expenses related to developing or delivering academic programs.
- **Anything that would fall under mental health care**: e**.**g., clinical or non-clinical intervention. This funding is to be used for mental health promotion activities and initiatives and creating a supportive, inclusive campus
- **An activity or initiative that duplicates supports already offered at SAIT.**
- **Capital**: Expenses related to the purchase of land, buildings, or motor vehicles.
- **Clinical mental health care:** Paying a professional to provide clinical mental health services to students.
- **Discriminatory activities:** Expenses related to mental health promotion, mental illness prevention, or the delivery of care models that do not treat people with dignity and respect.
- **Establishing 24-hour telephone-based supports**: Expenses related to establishing 24-hour telephone-based supports.
- **Wages, salaries and other compensation-related expenses.**
- **Other ineligible expenses:** Loan fees, debt principal payments, deficit funding, speculative fundraising ventures, expenses that do not show a clear relationship to the purposes of this funding, or expenses that cause an ongoing funding liability for the Government of Alberta.

3.0 APPLICATION

To apply, please complete the online application submission form: Wellness Warrior Online Application Form

- The form can be saved so you can return to it at a later time. Remember to save or bookmark the URL that you receive when you click "Save and Continue Later"

If you have any trouble please contact Gina Marandola, Post-Secondary Mental Health Grant Coordinator (contact information below).

4.0 EVALUATION

As a condition of funding you will need to measure the impact of your initiative on student mental health. This will include common measures such as number of participants, and may also include measures that you develop to determine the impact of your initiative and how it can be improved in the future.

5.0 CONTACT

For any questions related to the Wellness Warrior funding opportunity, please contact:

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