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# 2022-2023 Youth Adolescent Physical Activity (YAPA) Grant

# Application Deadline: May 20, 2022 by 5 p.m.

**YAPA Grant**

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is offering funding to multiple organizations/schools for FY 2022-2023 to help increase physical activity among youth 6-17 years old (K-12) in Indiana. The Youth Adolescent Physical Activity (YAPA) grant is focused on providing physical activity opportunities for youth and adolescents in the classroom, school and before or after school program settings. IDOH, DNPA prioritizes health equity\* in our funding for initiatives in all settings. Therefore, schools and organizations that reside in, or serve communities that rank high (.5 and above) on the CDC’s Social Vulnerability Index, will be prioritized for funding.

*\*The Robert Wood Johnson Foundation defines health equity as "… everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care."*

**Eligibility**

**We encourage all schools/organizations who meet the criteria below to apply!**

* Must be an organization/school within Indiana that will be able to provide sustainable, unique, and effective physical activities, resources, and learning tools specifically geared towards **youth and adolescents ages 6-17 (K-12)**, PE teachers, classroom teachers, and/or before- and after-school professionals relating to physical activity and physical education. Non-profits may also apply.
* Early Education Sites are **not** eligible if age range is 0-5 and/or schools/organizations with focus on 18 years of age and above.
* \*Funding priority will be given to schools/organizations in communities:
  + Rank high (.5 and above) in the CDC’s Social Vulnerability Index (SVI), which considers socioeconomic status, household composition and disability, minority status and language, and housing type and transportation. **To see where your school/organization falls in this index, please visit:** [**https://svi.cdc.gov/map.html**](https://svi.cdc.gov/map.html)
  + Schools/organizations focusing on [**trauma-informed approaches**](https://www.nea.org/professional-excellence/student-engagement/trauma-informed-schools) that promote a caring and safe environment for students who may experience varying degrees of individual- or community-level trauma. More information about trauma-informed approaches will be provided at the **Thursday, May 5, 2022** information session at **1 p.m. EST** ([click here](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWQxMDk3N2QtYTk4Yi00M2IxLTg0N2ItNDRhZjdhMzJjY2E2%40thread.v2/0?context=%7b%22Tid%22%3a%222199bfba-a409-4f13-b0c4-18b45933d88d%22%2c%22Oid%22%3a%2270be821d-ca4c-4117-ab77-695be097610d%22%2c%22IsBroadcastMeeting%22%3atrue%7d&btype=a&role=a) to join).

**Requirements**

**If chosen as a grantee, you will be required to complete the following throughout the grant cycle:**

* Submit bi-monthly progress reports and one final summary report to Youth Physical Activity Coordinator.
* Schedule one-on-one check-in calls with Youth Physical Activity Coordinator.
* If appropriate and safe, the Youth Physical Activity Coordinator will schedule an onsite visit.

**Application Process**

* Complete application and submit **by Friday, May 20th at 5 p.m.** Please answer this application *starting on page two; please do not include the tables of program examples.*
* Submit your application via email to Emma Smythe at [esmythe@isdh.in.gov](mailto:esmythe@isdh.in.gov) with “*Youth Adolescent Physical Activity Grant Application”* as the subject line.
* All applications will be reviewed by the IDOH grant review team.
* Some applicants may be selected to participate in informal interviews with the grant review team. Interviews will be 20 minutes, including a 5-minute presentation followed by 10-15 minutes of Q&A.
  + Interviews will be held the **week of June 13, 2022**
* Funding awards will be announced on or before **Friday, June 24, 2022.** If you are selected for funding:
  + *You will be asked to provide a scope of work to begin a contract with the IDOH.*
  + *You will be asked to submit a Direct Deposit Form, W-9, and register as a vendor with the State of Indiana. Once the funding awards are announced, you will be asked to register with the state and submit your forms within three days of announcement.*
* ***Optional:*** [Attend](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YWQxMDk3N2QtYTk4Yi00M2IxLTg0N2ItNDRhZjdhMzJjY2E2%40thread.v2/0?context=%7b%22Tid%22%3a%222199bfba-a409-4f13-b0c4-18b45933d88d%22%2c%22Oid%22%3a%2270be821d-ca4c-4117-ab77-695be097610d%22%2c%22IsBroadcastMeeting%22%3atrue%7d&btype=a&role=a) or view the recorded virtual information session **(Thursday, May 5, 2022 at 1:00 p.m. EDT).**
* ***If awarded, your funding will begin on October 1, 2022 and will end on September 30, 2023.***

**Below are former grantee program examples and topic ideas organizations could focus on.** *You are not limited to these options.*

**Physical Activity**

|  |  |
| --- | --- |
| Physical activity trainings, programs, and adapted physical activity and inclusion activities *(health equity)* | Making new physical activities easy to teach and adapt for all students to incorporate in your organization/school setting (before- and after-school, during the day, classroom, etc.)  ***Example:*** *Kids Dance Outreach offered Adapted Dance Classes for all children, regardless of ability, economic status, race, or religion* |
| Physical activity programs focusing on trauma-informed principles | Programs centered around a trauma-informed approach, involving changes to school/organization policy, practice, and culture and requires ongoing efforts to ensure that all students—including students affected by trauma—are experiencing social, emotional, and educational success.  ***Example****: Tindley Summit Academy offered after-school programming incorporating more physical activity and physical education among all K-6 grade students with staff participation; programming was specifically geared to the students and families they served (location of school was in a low-income area; students had high adverse childhood experiences, etc.)* |

**Physical Education, Social and Emotional Learning**

|  |  |
| --- | --- |
| Physical education strategies for K-12/professional development  -------------------------  Stress management activities/classroom-based activities | Educating PE teachers and before- and after-school coordinators on strategies to teach their students the importance of being physically active and engaging them as soon as they enter the classroom, gymnasium, or during before- and after-school programs.  ------------------------------------------------------------------------------------------------------------------------  Small changes to decrease stress (breathing techniques, yoga, and mindfulness) can have a big impact on children’s productivity in school and overall well-being.  ***Example:*** *Orleans Elementary School trained teachers to offer Mindfulness in Motion program which included: yoga poses and exercises, along with breath awareness, balance practice, coordination, strength, and flexibility. The school also inserted sensory pathways inside their building and outside on the playground.* |

|  |  |
| --- | --- |
| Social activities | Incorporating before- and after-school programs and activities whether that be outside, inside, in the classroom, etc., with all students.  ***Example:*** *Get On Board Active Living’s afterschool program taught elementary aged children the importance of, and techniques on how to be physically active and making healthy choices* |

**Please answer the following in three (3) pages or less, including the questions in your application. *Proposal cover sheet, program examples, and information stated in green (attached to the questions below) are not included in page count.***

**Proposal Cover Sheet**

|  |  |
| --- | --- |
| **Proposal Contact** | |
| Name: | Position: |
| Organization/School Name: | |
| Social Vulnerability Index (SVI) Score: | |
| Organization/School Website: | |
| Address: | |
| County: | |
| Phone Number: | Email: |
| **Fiscal Contact (the individual that signs financial documents)** | |
| Name: | Position: |
| Address: | |
| Phone Number: | Email: |
| **Type of Application (check one):**   * **Physical Activity Community Development/Training:** *includes providing professional development opportunities, or physical activity curriculum, to staff working with youth and adolescents, ages 6-17 (K-12) in the classroom, school, and before or after school program settings.* * **Physical Activity/Physical Education Implementation**: *includes creating, or altering an existing program, to provide youth and adolescents, ages 6-17 (K-12) with physical activity opportunities in classroom, school,  and before or after school program settings.* | |

**School/Organization Background**

1. Tell us about your school/organization? What is unique about your school/organization and the youth and adolescents you serve that would make you an ideal candidate to impact health inequities\* in your community?

**YAPA Application Justification**

1. Type of Application (from choices above):
   1. Please describe the programs/training(s) this funding will be used for and why it’s a good fit for your organization
   2. Who is the main audience you are intending to reach?   
      Please provide an estimated number of participants (indicate if this includes students and/or staff, etc. as well as the grade/age ranges). We will be focused on programming/training(s) that will reach a higher number of youth and adolescents.
2. In what ways will your program/training(s) address health inequities, special needs, and discrimination in your school/organization and community? Additionally, how might this program/training incorporate a [**trauma-informed approach**](https://www.nea.org/professional-excellence/student-engagement/trauma-informed-schools)?   
   Supporting items could include your [**SVI score**](https://svi.cdc.gov/map.html)**,** and/or which[**SVI themes**](https://svi.cdc.gov/Documents/Data/2018_SVI_Data/SVI2018Documentation.pdf) (pg. 3 and 4) is most appliable to your population. *Follow link and enter school/organization address in search bar on top right corner of the map, then click on the color surrounding the map pin.*
3. What are the intended outcomes of the program/training(s) and how do you intend to measure the impact?
   1. How would you define success for this project?
4. What does your sustainability plan look like upon completion of this program/training(s)? What other funders are you working with/applying to if YAPA funding is not available.

# YAPA Grant Budget Proposal

Funding will be awarded in the range of **$5,000 and $15,000**. \*Please note, this is subject to change based on  
allotted grant funding. You will be contacted if this change occurs and will be given the chance to alter your budget to fit the funding limitations. The DNPA aims to support sustainable projects that will last beyond the life of the grant funding.

|  |  |
| --- | --- |
| **Fiscal Year (FY) 2022-2023** | |
| Item | Proposed amount ($) |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
| **Total** |  |

**Budget Justification** (optional) If there are any items you feel that you need to explain. Please use this space to do so.

**YAPA grant funds and program income cannot be expended for:**

1. *Construction of buildings, building renovations*
2. *Depreciation of existing buildings or equipment*
3. *Contributions, gifts, donations*
4. *Entertainment; food*
5. *Automobile purchase*
6. *Interest and other financial costs*
7. *Costs for in-hospital patient care*
8. *Fines and penalties*
9. *Fees for health services*
10. *Bad debts*
11. *Contingency funds*
12. *Executive expenses (e.g., car rental, car phone, entertainment)*
13. *Accounting expenses for government agencies*
14. *Fund raising expenses*
15. *Legal fees and legislative lobbying*
16. *Out-of-state travel*
17. *Dues to societies, organizations, or federations*

**Timeline**

The YAPA grant fiscal year is **October 1, 2022 through September 30, 2023**. *Funds will need to be spent by the end of the grant cycle*. Please provide an estimated timeline for your organization/school’s efforts, pertaining to this grant below.

**Additional Information**

If chosen, you will be required to submit all legal agreement and required forms; as a grant recipient, your school/organization is considered a vendor to the state, therefore, a Vendor form, Direct Deposit form and W-9 must be completed.

Please email this application in three (3) pages or less to Emma Smythe, Youth Physical Activity Coordinator at [esmythe@isdh.in.gov](mailto:esmythe@isdh.in.gov) by **May 20, 2022 at 5 p.m.**

**END OF APPLICATION**