



FLORIDA BLUE FOUNDATION

2021 MENTAL WELL-BEING GRANTS

The goal of the Florida Blue Foundation's 2021 Mental Well-being grant opportunity is to advance mental well-being for families and community members to mitigate the stressors associated with issues that often impact entire families and/or communities. Grants are to provide support for programs that take a holistic approach to addressing mental well-being for children, families, and seniors.

Beaches Emergency Assistance Ministry, Inc. (BEAM)

Fiscal agent for Here Tomorrow a.k.a. 7 North II, Inc.

Serving Duval and St. Johns counties

\$300,000

Real People Helping Real People

This program will engage 3,700 people in Duval and St. Johns counties who are at high-risk for suicide and have not yet decided to seek professional help. Here Tomorrow's service model normalizes the conversation about mental health and prevents suicide deaths by eliminating barriers and creating access to same day mental health support provided by Certified Recovery Peer Specialists when it is needed most.

Central Florida Foundation

Fiscal agent for LGBT Plus Center Orlando, Inc.

Serving Orange, Osceola, Seminole, and Lake counties

\$300,000

Mental Health Initiative

The purpose of this grant is to offer an integrated approach to mental wellness through a collection of mental health programs serving more than 3,000 clients. These programs focus on the general mental wellbeing of the LGBT+ community, transgender individuals, victims of hate crimes, LGBT+ seniors, and allies. The Center aims to create a safe environment for emotional and mental healing, peer support, and unfettered access to services.

Children's Home Society of Florida

Serving Alachua, Clay, Duval, and St. Johns counties

\$300,000

"Access for All" Mental Health Education and Support for Un/Underinsured Students

"Access for All" will increase the number of un/underinsured at-risk youth and their families at seven high-needs North Florida schools to develop healthy coping and mental well-being skills through increasing awareness of their behavioral health status, expanding mental health services, and well-being education.

Elizabeth H. Faulk Foundation, Inc. d.b.a. Faulk Center for Counseling

Serving Palm Beach and Broward counties

\$300,000

Behind the Mask: Affordable and Accessible Mental Health Services for Those in Need

The purpose of this grant is to provide direct mental health counseling services to 1,520 low-income, high-need individuals (children, tweens, teens, adults, and seniors) across Palm Beach and Broward counties through the expansion of telehealth services and the further reduction of associated service fees.

Episcopal Children's Services, Inc.

Serving Alachua, Baker, Bradford, Clay, Citrus, Dixie, Duval, Gilchrist, Lake, Levy, Marion, and Nassau counties

\$249,276

Improving the Social-Emotional Development of Children

Episcopal Children's Services will expand their mental health staff to meet the increasing social-emotional needs of the children and families they serve. The overall goal of the program is to improve the social-emotional development of children with comprehensive services that are delivered at Head Start/Early Head Start locations.

Guitars Over Guns Organization

Serving Miami-Dade County

\$400,000

M-Power Program Expansion

Guitars Over Guns believes that youth from disadvantaged backgrounds--those who can thrive in the face of adversity--have the capacity to be our greatest leaders and help us change the systems that have so long blocked our full societal potential. M-Power's innovative model unlocks that capacity through four program pillars: mentoring, artistic instruction, performance, and trauma-informed care. M-Power will provide needed mental health support to over 1,600 students throughout Miami-Dade County.

Hope Partnership d.b.a. Community Hope Center, Inc.

Serving Osceola County

\$300,000

Strengthening our Community through Mental Well Being

This program will provide improved access to mental health services for at least 470 experiencing homelessness and poverty in Osceola County by creating a dedicated mental and behavioral health staff and by facilitating peer support groups. Mental health counselors will provide individual and group therapies to address anxiety, depression, social isolation, coping skills, and trauma.

Hospice of the Florida Suncoast, Inc. d.b.a. Suncoast Hospice

Serving Pinellas and Hillsborough Counties

\$299,102

Anxiety Management in Pulmonary Patients to Improve Quality of Life

The purpose of this grant is to support improved mental well-being and quality of life for more than 1,800 pulmonary patients (primarily seniors over the age of 55) by providing Integrative Medicine & Palliative Arts (IMPA) services that enable them to better manage anxiety. The IMPA program employs an evidence-based, holistic approach to care for mind and body, combining complementary modalities with conventional Western medicine to help patients manage pain, anxiety, and other symptoms.

Kristi House

Serving Miami-Dade County

\$350,000

Project HeadSTRONG

This program will address mental well-being impacting more than 17,000 children and family members. Spurred by the pandemic, racial injustice, and calls for help from community organizations, Kristi House has been expanding education and training beyond child trauma, sexual abuse, and sex trafficking by addressing three major elements: 1) community-based training for children and parents; 2) support groups for Kristi House clients (children and youth) and their parents, including seniors' caregivers; and 3) an annual symposium for child-serving providers and caregivers featuring experts from health care, academia, community organizations, and Kristi House.

Nova Southeastern University

Serving Hillsborough, Broward, and other counties to be determined

\$300,000

STEPS (School Toolkit for K-12 Educators to Prevent Suicide)

NSU will expand the distribution of the STEPS (School Toolkit for K-12 Educators to Prevent Suicide) program in Hillsborough County to additional partner districts in Florida, as well as curricular customization to meet individual district needs. The training curriculum contains 32 intervention tools schools can utilize immediately, and this expansion ensures that the 2,200 school staff to be trained can recognize student suicidal behavior and intervene effectively which is pivotal in the fight to prevent suicide.

Seniors in Service of Tampa Bay, Inc.

Serving Hillsborough, Pasco, and Pinellas counties

\$325,291

Social Determinants of Mental Health

COVID-19 drastically increased the number of seniors who feel isolated or lonely. This program will address mental well-being through the organization's Companion and Resource Support Services programs for more than 1,000 seniors who live alone, lack social connection and/or lack other resources essential for mental well-being. These service programs will increase social connection, improve independence, and increase knowledge of and access to community resources.

University of Florida Foundation, Inc.

Serving Alachua County

\$376,331

The Tele-Mental Health and Wellbeing Support Coaching Program for Black Adults and Youth

This evidence-supported Tele-Mental Health and Wellbeing Support Coaching Program will be implemented for 600 Black men in the low-income, mostly-Black area – East Gainesville. The goals of the program are to: 1) train 20 adult spiritual leaders and 20 youth spiritual leaders from three large churches in East Gainesville to be mental health and well-being support (MHWBS) coaches by involving them in the evidence-supported Tele-Mental Health and Wellbeing Support Coaching Program; and 2) have the MHWBS coaches implement stress, depression, grief, and anger management support groups with 100 Black adults (ages 19-75) and 100 Black youth (ages 12-18), respectively, each year for three years.