



**Central Texas African American Healthy Minds Project
Request for Proposals**

Due Date: Friday, December 10, 2021, at 11:59 am CT

The Hogg Foundation will invest \$50,000 in small grant awards to support mental health and wellness among African Americans in the Central Texas area. The foundation will fund projects that focus on enhancing the mental health and wellness of African Americans in Central Texas through:

1. Education and awareness opportunities; and/or
2. Resources, services and support; and/or
3. COVID-19 or trauma support (*special consideration will be given to proposals that address these issues*).

Proposals will identify the population(s) of focus as one of the following:

1. African American adults -18 years of age and older; and/or
2. African American youth/children - school-age under 18 years of age and their families.

The foundation plans to award multiple one-year grants to eligible 501(c)(3) organizations located in Central Texas. For the purpose of this project, the Central Texas area includes the following counties: Travis, Bastrop, Caldwell, Hays and Williamson. The total amount to be funded for this project is \$50,000. Applicants can request funding from \$2,500 to \$5,000 in \$500 increments.

Who is Eligible to Apply?

Eligible organizations include 501(c)(3) nonprofits, community-based organizations or collaboratives including non-profit mental health and consumer advocacy organizations; student and/or parent organizations; faith-based/religious entities; public libraries; and educational institutions including school districts, colleges and universities. Applicants must be Texas-based or have offices, chapters or affiliates in Central Texas, specifically in Travis, Bastrop, Caldwell, Hays or Williamson counties.

Background

The foundation was established in 1940 by the children of former Texas Governor James S. Hogg and is a part of the Division of Diversity and Community Engagement at The University of Texas at Austin. The foundation envisions a future in which the people of Texas thrive in communities that support mental health and well-being.

The Central Texas African American Family Support Conference (CTAAFSC) is the longest standing conference in the country that focuses on mental health and wellness in the African American community. For more than twenty years, the Hogg Foundation for Mental Health has supported

Integral Care (previously Austin Travis County Mental Health Mental Retardation) in hosting the Central Texas African American Family Support Conference (CTAAFSC). One of the goals of the CTAAFSC has been to erase stigma, increase access, and raise awareness to educate African Americans in Central Texas about mental health. The conference has proved successful in bridging the gap between the mental health provider community and consumers, youth and families in need of care, resources and support.

One in four individuals will experience a mental health condition during his or her lifetime. Studies show that though African Americans develop mental health conditions at about the same rate as others they are much less likely to seek support and care. While about 40 percent of white Americans seek help when experiencing emotional distress, studies show that only about 25 to 30 percent of African Americans do so.

There are several reasons why African Americans don't seek needed support to address mental health conditions. Shame and stigma associated with such conditions are some of the reasons. Another is a lack of knowledge and misunderstanding about mental health resources, including treatment and support and where one might go to seek help. People of color in Texas [are more likely to be uninsured](#) than their White counterparts, which limits their access to mental health services. Lack of access to and distrust in the health care system, as well as concerns about finding a culturally competent professional who understands trauma, racism, and the impact discrimination has on day-to-day life may also play a role in keeping African Americans from seeking help. Consequently, the problems still exist.

As it pertains to African American youth, a recent study in the *Journal of Community Health* found that suicide rates among this population increased significantly between 2001 and 2017. For African American youth ages 13-19, the rate of suicide among girls almost doubled and for boys, the rates rose 60 percent.

The past two years have proven to be very challenging, and the mental health impact will be felt for years to come. The COVID-19 pandemic and the economic recession have hit communities of color the hardest. The murders of George Floyd, Breonna Taylor, Ahmaud Arbery, and numerous other BIPOC (Black, indigenous and people of color) Americans in 2020 has sparked a global outcry against racism and police brutality. The Hogg Foundation for Mental Health [declares that racism](#) is not only a public health crisis, but it is also a mental health crisis, and it is about time we named it. Racism is a mental health issue because [racism causes trauma](#). Racial trauma accumulates throughout a person's life, leading to activation of stress responses and hormonal adaptations [increasing the risk of non-communicable diseases and biological ageing](#). This trauma is also transmitted intergenerationally and affects the offspring of those initially affected through complex biopsychosocial pathways.

In an effort to be part of the solution, the Hogg Foundation for Mental Health will continue to support the goals and efforts of the CTAAFSC by continuing our investment. This year we are investing \$50,000 in multiple one-year grant awards to support mental health and wellness among African Americans in the Central Texas area. The foundation is awarding grants to organizations that focus on enhancing the mental health and wellness of African Americans in Central Texas through:

1. Education and awareness opportunities; and/or
2. Resources, services and support;

3. COVID-19 and trauma (*special consideration will be given to proposals that address these issues*)

Three Step Application Process:

Step 1. Registration

The Hogg Foundation uses an online grants management system called Fluxx. Applicants must register at <https://hogg.fluxx.io> before the proposal due date and no later than **11:59 pm, Central Time (CT), on Thursday, December 9, 2021**. Applicants must have a federal tax identification number and it must be entered to complete the registration process.

If your organization has never used Fluxx before, you will need to register at <https://hogg.fluxx.io>. Follow the instructions on the right-hand side of the screen, then proceed to Step 2.

If an individual with your organization has registered in Fluxx in the past, go to <https://hogg.fluxx.io> and enter the username and password previously used to confirm your registration, then proceed to Step 2.

If an individual with your organization has a username, but has forgotten their password, please go to <https://hogg.fluxx.io> and follow the instructions on the right-hand side of the screen, then proceed to Step 2.

If you experience technical issues with registering in Fluxx please email grants management staff at hogg-grants@austin.utexas.edu.

Step 2. Enter Proposal Information

The next step is to enter proposal information online into Fluxx <https://hogg.fluxx.io>. Answers must be provided for all questions in order to be considered for funding. Applicant will be prompted to answer questions in Fluxx and the information provided will create your online proposal. *All narrative responses must be answered in the open fields in Fluxx in the Grant Proposal Details section.*

Applicants will submit answers to the following questions in Fluxx:

About your Project

Please describe your project idea including:

1. The method you plan to use; either education and awareness opportunities and/or resources, services and supports;
2. The proposed age group/audience who will benefit from this grant, including race/ethnicity;
3. The location of the proposed project (e.g., city, county, zip codes, neighborhoods, rural/urban, etc.);
4. The needs, challenges, and/or opportunities to be addressed by the proposed project; (special considerations will be given to proposals that address COVID-19 and/or trauma);
5. Why this project is important to your community; and
6. Any other relevant facts and/or information that support the proposed project.

Proposal Goals and Impact

Please describe:

1. The overall goals of your project.
2. The impact you hope the project has among the proposed population of focus.
3. How you will be able to tell whether the project was successful.

Proposal Activities and Costs

Please describe the:

1. Proposed activities, including type, when and where the activities will take place;
2. Current efforts and any relevant history your organization has engaging African Americans; and
3. Estimated costs of proposed activities and items you plan to purchase.

Proposed Staff

List key project staff, who will be involved in this grant project by clicking the green “plus” button on the right-hand side of the screen.

Letter of Approval to Submit Proposal:

Applicants who are eligible 501(c)(3) organizations or governmental entities must upload in Fluxx, a signed letter of approval on letterhead from the authorized agency representative approving the submission of the proposal.

Applicants affiliated with a higher education institution must submit a signed letter on letterhead from the institution’s grant office (such as Office of Sponsored Projects or Grants and Contracts) either approving the submission of the proposal or stating that such approval is not required. This letter should be uploaded to the Application Documents section under the Required Application Documents section in Fluxx.

Fiscal Documents:

Please submit the following in the Application Documents category in Fluxx under the Fiscal Documents section to assist the foundation in assessing the organization’s fiscal soundness:

- IRS letter of determination of 501(c)(3) status or tax-exempt status and/or
- Church Status Verification Form (if applicable)

Step 3. Proposal Submission

The final step is to submit the completed proposal online. Before submitting, applicant should review the proposal information for completeness and accuracy. Applicant should also check to ensure the following information has been submitted:

- Completed proposal
- Uploaded Letter of Approval to Submit Proposal
- Required fiscal documentation

Be sure and follow the instructions to ensure your proposal has been submitted. The proposal must be submitted in Fluxx by **Friday, December 10, 2021, at 11:59 am Central Time (CT)**.

If you experience technical issues with submitting the proposal, please email grants management staff at hogg-grants@austin.utexas.edu.

Confirmation of Receipt of Proposal

Applicants will receive an automatic email notification to confirm that the proposal has been received. Applicants will be notified if documents submitted were not successfully uploaded or incomplete and will be expected to complete the submission immediately.

Have Questions?

The foundation will not accept phone calls regarding the request for proposals except for questions related to technical issues. Questions about the request for proposals may be emailed to hogg-grants@austin.utexas.edu. Answers to questions that may have information that might be helpful and relevant to other potential applicants will be posted [here](#). Check this page often for updated questions and answers as well as any additional information about this request for proposals.

Review and Selection Process

Immediately following the close of the request for proposal period, foundation staff will review and rate each proposal. Award selections will be based on the information provided in the proposal narrative and used to determine which are best qualified to complete the proposed projects.

Award Notification

Applicants will be notified, whether selected or not, of the status of their proposals via email by **January 2022**.

Reporting Requirements

The reporting requirements and due dates will be clearly stated in the funding agreement letter between the grantee and the foundation. Grantees will be required to submit a final narrative report describing the activities and goals completed during the designated grant period. Grantees will receive a narrative report reminder and template prior to the report due date.