Central Texas African American Healthy Minds Project
Request for Proposals
Due Date: Monday, December 11, 2023, at 11:59 am Central Time (CT)

GRANT INITIATIVE: CENTRAL TEXAS AFRICAN AMERICAN HEALTHY MINDS PROJECT
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The Hogg Foundation believes that mental health is not solely an individual responsibility but is a product of community conditions. The places where people live, learn, work, play, and pray can have a significant impact on improving mental health.

The foundation will invest $100,000 in non-profit organizations throughout Central Texas that offer education and awareness opportunities, provide resources, services, and support, and/or address the impact of trauma and/or of COVID-19. These $10,000 grant awards will be offered to ten eligible Central Texas organizations that support the mental health and wellness of African American school-age children, youth, adults and/or their families in their communities.

KEY DATES

Fluxx Registration Deadline	Applicants sign up in advance for an account to submit proposals at https://hogg.fluxx.io/ -by 11:59 pm, Central Time (CT), on Thursday, December 7, 2023.
Proposal Submission Deadline	11:59 am Central Time (CT), on Monday, December 11, 2023
Award Selection	Late January 2024
Grants Announced	February 2024
Grant Start Date	March 01, 2024
Grant End Date	February 29, 2025
Key Contact	Hogg-grants@austin.utexas.edu

HELPFUL RESOURCES

- Grant webpage
- Questions and Answers
- About the Hogg Foundation

Who is Eligible to Apply?

Eligible organizations include 501(c)(3) nonprofit, community-based organizations or collaboratives including mental health 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 Texas. Proposals submitted as a collaborative project between multiple entities are welcome, but the lead applicant (fiscal agent) must be based in Texas and the role of each entity must be clearly defined in the proposal.

Applicants must propose projects that will offer resources, services, or supports in one or more of the following counties:

- Bastrop
- Bell
- Bexar
- Brazos
- Burleson
- Caldwell
- Coryell

- Falls
- Freestone
- Grimes
- Guadalupe
- Hays
- Lee
- Leon

- Limestone
- Madison
- Milam
- Robertson
- Travis
- Washington
- Williamson

The Central Texas counties listed were selected based on their location and percentage of African American residents according to the 2021 US Census data.

NOTE: If the applicant does not have a current 501(c)(3) status, they may still apply for funding by partnering with a 501(c)(3) nonprofit to serve as the fiscal agent and manage the fiscal responsibilities and fiscal requirements of the grant. If you intend to apply with a fiscal agent, please add the organization's name, address, city, state, postal code, and fiscal agent contact person's name, email, and phone to your application.

Three Step Application Process:

Step 1. Complete Registration
Applicants interested in submitting a proposal in response to this funding opportunity must submit the required documentation using Fluxx, the foundation's grant management system https://hogg.fluxx.io/

Fluxx registration is required for organizations without an existing account by 11:59 pm CST, Thursday, December 7, 2023.

For new Fluxx users, to create a new account, visit https://hogg.fluxx.io and click "Create New Account" at the bottom right of the Fluxx welcome page. You will need your organization's federal tax identification number to complete your registration.

For existing Fluxx users, if you have forgotten your username or password, click "Forgot Password?" below the login boxes on the Fluxx welcome page.

Once application materials are submitted through Fluxx, you will receive an automated email confirmation, or an alert if materials fail to upload. If your application is incomplete, you will be asked to complete your application materials promptly.

Need help?
• For step-by-step instructions, check out the Fluxx How-To Guide.
• About the Hogg Foundation - YouTube.

Fluxx Application Questions

Step 2. Enter Proposal Information
The next step is to enter proposal information online in the Fluxx system https://hogg.fluxx.io. Answers must be provided for all questions to be considered for funding. Applicants 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.*

Fluxx Application Questions
Organization Details
1. Organization
2. Location
3. Primary Point of Contact (PPOC) - (Program Director/Lead, Pre-Award Specialist, Principal Investigator): The person who can **negotiate agreement** and/or is responsible for supervising the proposed project.
4. Authorized Organizational Representative (AOR)- (Signature Authority, Board Chair, Office of Sponsored Projects, CEO): The person who **can legally sign contracts** for the organization.
5. Financial Officer (FO), (Post-Award Accountant): The person responsible for **the proposed budget and fiscal reports** for the proposed project.
6. Grant Liaison (GL): The person responsible for the on-line submission **of narrative and fiscal reports** or the proposed project.
7. Second Signatory (SS): The person who is authorized to co-sign the Statement of Agreement. If there is no second signatory, please repeat the information for the primary point of contact.

Proposal Cover Letter
This document will serve as your proposal cover letter. Please enter information in the fields below:
1. Project Title
2. Project Summary
3. Please provide a summary of the project narrative 500-character limit)
4. Total funding requested: $10,000 maximum
5. Have you or your organization applied for or received an award from the Hogg Foundation for Mental Health before? Yes or No
6. Are you a domestic public charity or non-profit? Yes or No

7. Is your agency based in the state of Texas or doing business as a Texas-based affiliate of a U.S. company Yes or No
8. Will you be using a fiscal agent in the administration of this grant? Yes or No

Payable to: (Legal Agency name for award payments)
Test Organization
1234 Street
Austin, TX 78703

Is the above Organization Name and Address the same Name and Address for Award

Payments?   Yes or No

Grant Proposal Details

Proposed Narrative
About Your Project
Please describe your project idea including:
1. The method you plan to use:
   a. Education and awareness opportunities; and/or,
   b. Resources, services, and support; and/or,
   c. Trauma and/or COVID-19 support.
2. The proposed population who will benefit from this grant, including age group/audience.
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.
5. The reason this project is important to your community.
6. 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 with and supporting African American school-age children, youth, adults and/or their families in their communities.
3. Estimated costs of proposed activities and items/activities the funds will cover.

Proposed Staff
List all key staff 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 should 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:
1. Internal Revenue Service (IRS) letter of determination of 501(c)(3) status or tax-exempt status and/or
2. Church Status Verification Form (if applicable)

Step 3. Submit Proposal

The last step is to submit the completed proposal online. Before submitting, applicants should review the proposal information for completeness, accuracy and to ensure the following information has been submitted:
- ❑ Completed proposal
- ❑ Uploaded Letter of Approval to Submit Proposal
- ❑ Required fiscal documentation

Be sure to follow the instructions to ensure your proposal has been submitted. **The proposal must be submitted in Fluxx by Monday, December 11, 2023, at 11:59 a.m., 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 are incomplete and expected to complete the submission immediately.

Have Questions?

The foundation staff will only take phone calls for technical issues with Fluxx, the online submission portal.

If you have questions or to get help with Fluxx or technical support, email the foundation at hogg-grants@austin.utexas.edu, or call Grants Management at (512) 475-7089, or Information Technology at (512)-475-7050.

We will post responses on the foundation's FAQ page that may be of help to all applicants. Answers to questions that may be helpful and relevant to other potential applicants will be posted on the Healthy Minds webpage. Check back often for updated questions and answers and any additional information about this request for proposals.

Review and Selection Process

Immediately following the closing 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 in early **January 2024.**

Reporting and Grant Requirements

The reporting requirements and due dates will be clearly stated in the funding agreement letter between the grant partner and the foundation. Final narrative reports describing the activities and goals accomplished during the designated grant period are requested. Grant partners will receive a narrative report reminder and template prior to the report due date.

Grant partners will be encouraged to be active participants in the Austin Area African American Behavioral Health Network (4ABHN). You may join and learn more about 4ABHN and sign up for meetings and event notifications.

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 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. The foundation is offering this funding opportunity in support of the efforts of the CTAAFSC and the Central Texas community. The Central Texas counties listed were selected based on their location and percentage of African American residents according to the 2021 US Census data.

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 do not seek needed support to address mental health conditions. These include shame and stigma associated with such conditions, lack of knowledge, and misunderstanding about mental health resources, including treatment, support, and where to go when seeking help. People of color in Texas are more likely to be uninsured than their White counterparts, which limits their access to mental health services and supports. In addition, 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 addressing mental health conditions. 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 couple of years have proven to be incredibly 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 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.

Historically, BIPOC-led organizations, trusted and rooted in their communities, work to meaningfully address health inequities, and respond to the unique needs and challenges of people of color. Most BIPOC-led organizations have faced structural barriers, limited access to local, state, federal and philanthropic funding opportunities, and have experienced racism firsthand. Despite these challenges, BIPOC-led organizations have still managed to offer culturally responsive programs, resources, and support. Also, some BIPOC-led organizations have developed programs yet lack the funding to launch these programs or increase their service capacity.