

## **Anxiety & Depression Initiative, Inc. - Get Out and Get Active Grant**

The Anxiety & Depression Initiative, Inc is pleased to announce a Request for Grant Proposals (RFP) for the Get Out and Get Active Grant, to support innovative projects that explore and/or promote the mental health benefits of physical activity in the community. We are seeking proposals that facilitate, advocate for or research the benefits of physical activity to improve mental health outcomes, including reducing stress, anxiety, and depression, introducing an active lifestyle, and enhancing a general sense of well-being.

### **Purpose of Funding:**

The purpose of this RFP is to support projects that implement the use of physical activity to benefit mental health wellness, investigate the relationship between physical activity and mental health, and educate the community on its benefits. Identifying effective strategies for promoting physical activity as a mental health intervention is a key principle of the organization. We encourage proposals that explore the intersection of physical activity and mental health across diverse populations and environments.

### **Grant Amount:**

The Anxiety & Depression Initiative, Inc. is offering grants up to \$10,000 to support projects related to mental health benefits of physical activity. We anticipate awarding up to a total of \$30,000 in grants to eligible applicants each year. Funding may be awarded in full, or a partial award may be granted (as low as 50% of the needed funds for the project), depending on the number of requests and the funding available.

### **Who is Eligible for Funding:**

The following eligibility criteria must be met for a proposal to be considered for funding:

- The applicant must be a nonprofit organization, academic institution, or government agency registered and based in the United States.
- The proposed project must focus on the intersection of mental health and physical activity.
- The proposed project should introduce/facilitate an active lifestyle to individuals living with mental illness, research the impacts and best practices of physical activity on mental health, or educate the community on the benefits of physical activity on mental health.
- The proposed project must be conducted in the United States.
- The project must be completed within 12 months of the award disbursement.
- The project must align with the purpose of this RFP.

### **Additional Qualifications Required for Consideration:**

The organization must have adequate staffing in place at the time of the request to carry out the programming proposed in the grant request.

Previous recipients of grants from The Anxiety & Depression Initiative, Inc. are eligible to apply for new grant only if:

- all required "Follow-up" activities were completed for the previous grant (see below)

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- awarded funds were utilized as set forth in the grant request
- Ineligibility based on this criteria will result in automatic exclusion from all future grant cycles.

### **Grant Limitations:**

The awarded grant funding cannot be utilized to pay for employee wages or salaries.

### **Follow-up Activities Required:**

The following follow-up activities are required by all grantees.

1. **Reporting Requirements:** The “Grantee” is required to submit progress reports to the “Grantor” in order to update them on the status of the project. These reports should include updates on the activities that have been completed, the results achieved, and any challenges faced. The frequency of these reports will be clearly defined in the grant agreement.
2. **Financial Reporting:** The “Grantee” is required to submit financial reports to the “Grantor” to account for how the grant funds have been spent. These reports should include itemized lists of expenses, with dates and receipts.
3. **Site Visits:** The “Grantor” may request to conduct site visits to better assess the progress of the project and ensure that the grant funds are being used as intended. These visits can provide an opportunity for the “Grantee” to showcase their progress and discuss any challenges they have encountered.
4. **Evaluation:** The “Grantee” is required to evaluate the success of the project and submit a final report to the “Grantor”. The evaluation should include information on the project's impact, lessons learned, and recommendations for future projects.
5. **Acknowledgement:** The “Grantee” is required to acknowledge the “Grantor's” support in all project-related materials, such as publications, presentations, social media, and websites. This can include the use of the “Grantor's” logo and/or a statement recognizing the “Grantor's” support.
6. **Impact Material:** Within 12 months after the completion of the project, the “Grantee” is required to provide the “Grantor” with materials that demonstrate the positive impact of the project in the community. These materials can include photo/video imagery of project implementation, community feedback statements, project summaries and/or survey data. All materials should be available for the “Grantor” to use as promotional materials to share with its constituents about how the “Grantor's” funding is being used.
7. **Disposition of Assets:** If the project involves the purchase of equipment or other assets, the “Grantee” is required to dispose of them in accordance with the grant agreement. This may involve returning the assets to the “Grantor”, transferring them to another organization, or selling them and using the proceeds to support the “Grantee's” nonprofit mission.
8. **Compliance:** The “Grantee” must comply with all grant agreement terms and conditions, including those related to intellectual property, human subjects, and animal welfare, as applicable.

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The above Follow-up Activities ensure that the grant funds are used appropriately and the project achieves its intended goals. They also provide an opportunity for the “Grantee” to receive feedback, showcase their progress, and build a long-term relationship with the “Grantor”.

### **Proposal Guidelines:**

Successful proposals must include the following components:

- Cover sheet with contact information for the Organization, Project Director, Leadership and Key Personnel.
- Grant Proposal Cover Form:  
<https://theadi.org/wp-content/uploads/2024/09/ADI-Grant-Proposal-Cover-Form.docx>
- Project abstract (no more than 250 words).
- Introduction and background of the Organization, including its position on the use of physical activity in benefiting mental health.
- Objective of Grant Proposal.
- Research questions or hypotheses (Applicable to Research Proposals).
- Methodology and design (Applicable to Research Proposals).
- Budget, including anticipated expenses along with a detailed justification for all proposed expenses.
- Timeline for project completion.
- Plan for dissemination of results or announcing of the project.
- Brief explanation of how the proposed project will benefit the community or advance the knowledge and understanding of the mental health benefits of physical activity.

### **Review Criteria:**

All proposals will be reviewed by the Anxiety & Depression Initiative, Inc. based on the following criteria:

- Project Alignment - The project aligns with the mission and goals of our organization and this grant.
- Impact and Sustainability - The project addresses a gap in the mental health community and/or the general population and has the potential to create long-term, sustainable change.
- Implementation - The project is well-planned and feasible within the specified timeline and budget.
- Budget and Justification - The project’s budget is reasonable and appropriate for the proposed activities, objectives and timeline.
- Evaluation - The project’s evaluation methods clearly demonstrate ability to measure the project’s impacts and outcomes.
- Overall Proposal - The Project proposal is well-written and incorporates all requirements detailed in the evaluation criteria.

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### **Submission Guidelines:**

Proposals must be submitted electronically to [Grants@TheADI.org](mailto:Grants@TheADI.org) no later than **September 30<sup>th</sup>, 2024**. *Late or incomplete proposals will not be considered.*

### **Notification:**

All applicants will be notified of the status of their proposal via email by **November 15<sup>th</sup>, 2024**. Successful applicants will receive additional information regarding grant requirements and conditions.

We look forward to receiving innovative proposals that advance knowledge, understanding and practice of using physical activity to benefit mental health. If you have any questions, please contact [Grants@TheADI.org](mailto:Grants@TheADI.org).