

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

The Anxiety & Depression Initiative, Inc (The ADI) is pleased to announce that it is seeking proposals for the Get Out and Get Active Grant, which supports 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. Our goal is to advance effective strategies that promote physical activity as a mental health intervention across diverse populations and settings.

Purpose of Funding:

This grant supports projects that:

- Utilize physical activity to improve mental health and well-being for those living with mental illness.
- Investigate the relationship between physical activity and mental health.
- Educate the community on the mental health benefits of physical activity.

We prioritize initiatives that identify effective strategies for integrating physical activity as a mental health intervention. Proposals should explore and/or promote the intersection of physical activity and mental health across diverse populations and settings.

Grant Amount:

The ADI offers grants of up to \$10,000 to support projects that promote the mental health benefits of physical activity.

Funding may cover between 50% and 100% of a project's total anticipated costs, depending on available funds and the number of applications received. To be eligible, the total project budget must not exceed \$20,000 and the grant request amount cannot be less than half of the project's total anticipated costs. Salaries/wages paid to employees at your organization do not need to be considered when calculating the total project's anticipated costs and *cannot* be paid using this grant's funding. Each year, we anticipate awarding a total of \$20,000 in grants to eligible applicants.

Who is Eligible for Funding:

To be considered for funding, applicants must meet the following criteria:

- Be a nonprofit organization, academic institution, or government agency registered and based in the United States.
- Ensure the project takes place within the United States.
- Propose a project that focuses on the intersection of mental health and physical activity.
- Address at least one of the following objectives:
 - Facilitate or introduce an active lifestyle for individuals living with mental illness.
 - Conduct research on the impacts of physical activity on mental health, the best practices integrating physical activity with other mental health treatments, and/or other related areas.
 - Educate the community on the mental health benefits of physical activity.
- Complete the project within 12 months of receiving the grant.
- Align with the purpose and priorities outlined in this grant.

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Additional Qualifications Required for Consideration:

The requesting organization must have sufficient staffing in place at the time of the request to effectively carry out the proposed project.

Previous grant recipients from The ADI are eligible to apply for a new grant cycle only if the following conditions are met:

- All required “Follow-up” activities for the previous grant have been completed (see below).
- Awarded funds were used as outlined in the previous grant request.

Ineligibility based on these criteria will result in automatic exclusion from all future grant cycles.

Grant Limitations:

The awarded grant funds may *not* be used for the following purposes:

- Full-time or part-time employee salaries or wages.
- Overhead or general administrative expenses not directly tied to the proposed project.
- Capital expenditures, such as facility construction or major renovations.
- Indirect costs not directly associated with project execution.

Additional Limitations on the Use of Grant Funds:

- Grant funds may not be used for subcontracting services without prior written approval.
- Grant funds may not be used for food, entertainment, or other personal expenses not directly tied to project execution.
- Grant funds cannot be used for political activities, lobbying, or religious activities.
- Grant funds cannot be transferred to other organizations or accounts without prior approval.
- All grant funds must be utilized within 12 months of the disbursement date, unless an extension is granted.

Follow-up Activities Required:

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

1. **Reporting Requirements:** The “Grantee” must submit progress reports to the “Grantor” to provide updates on the project's status. These reports should include completed activities, achieved results, and any challenges encountered. The frequency of these reports will be specified in the grant agreement.
2. **Financial Reporting:** The “Grantee” is required to submit financial reports detailing how the grant funds have been spent. These should include itemized expense lists with dates and receipts.
3. **Site Visits:** The “Grantor” may request site visits to assess the project's progress and confirm that the grant funds are being used as intended. Site visits offer an opportunity for the “Grantee” to showcase progress and discuss challenges.
4. **Evaluation:** The “Grantee” must evaluate the project's success and submit a final report to the “Grantor.” This evaluation should include information on the project's impact, lessons learned, areas for improvement and recommendations for future projects.

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5. **Acknowledgement:** The “Grantee” must acknowledge the “Grantor’s” support in all project-related materials, such as publications, presentations, social media, and websites. This may include using the “Grantor’s” logo and/or a statement recognizing their support.
6. **Impact Material:** Within 60 days after project completion, the “Grantee” must provide the “Grantor” with materials demonstrating the project’s positive impact in the community. This can include photo/video imagery, community feedback, project summaries, and/or survey data. These materials may be used by the “Grantor” for promotional purposes.
7. **Disposition of Assets:** If the project involves purchasing equipment or other assets, the “Grantee” must dispose of them according to the grant agreement if they are no longer being used for the purpose outlined in the grant. This may involve returning the assets to the “Grantor,” transferring them to another organization, or selling them and using the proceeds to further the “Grantee’s” nonprofit mission.
8. **Compliance:** The “Grantee” must comply with all terms and conditions of the grant agreement, including those related to intellectual property, human subjects, and animal welfare, as applicable.

These follow-up activities ensure proper use of grant funds and that the project meets its goals. They also provide an opportunity for feedback, progress showcasing, and the development of a long-term relationship between the “Grantee” and the “Grantor.”

Proposal Guidelines:

Successful proposals must include the following components:

1. **Completion of The ADI’s Grant Proposal Cover Form:**
https://theadi.org/wp-content/uploads/2025/04/ADI_Grant_Proposal_Cover_Form-2025.03-FINAL.docx
2. **Cover Letter:**
The cover letter should include:
 - A brief background of your organization
 - A short project executive summary
 - A statement explaining why your organization is an appropriate fit for this project
3. **Full Project Proposal:**
The project proposal should include:
 - **Introduction and Background:** Provide an overview of your organization, including its stance on the use of physical activity to benefit mental health.
 - **Statement of Need:** Describe the problem or need that the project aims to address. This should demonstrate the urgency of the project and how it aligns with the grant’s objectives.
 - **Objective of the Grant Proposal:** Clearly state the primary objective of the proposed project.
 - **Research Questions or Hypotheses:** (applicable to research proposals) Outline any research questions or hypotheses the project will address.

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- **Methodology and Design:** (applicable to research proposals) Describe the approach and design of the project, including data collection and analysis methods.
 - **Budget:** Include a detailed budget with anticipated expenses and a justification for all proposed costs.
 - **Timeline for Project Completion:** Provide a timeline outlining key milestones and the expected completion date.
 - **Dissemination Plan:** Outline how research results will be shared (applicable to research proposals) or how the project will be announced/promoted to the public.
 - **Community Impact:** Briefly explain how the project will benefit the community or further knowledge and understanding of the mental health benefits of physical activity.
 - **Target Audience:** Describe the target population or community that will benefit from the project.
 - **Partnerships or Collaborations:** (If applicable) Include details of any partners or collaborators involved in the project and how their contributions will enhance the project.
 - **Sustainability Plan:** Outline how the project will be sustained after the grant period ends, including funding, resources, or community support.
 - **Evaluation Plan:** Provide an evaluation plan to measure the success and impact of the project, including data collection methods and performance indicators.
 - **Risk Management Plan:** Identify any potential risks associated with the project and describe the mitigation strategies.
 - **Organizational Capacity and Expertise:** Demonstrate your organization's ability to successfully complete the project, including relevant experience, staff qualifications, and resources.
4. **Letters of Support or Endorsement:**
Include at least 2 letters from stakeholders, partners, or community members showing their support for your proposed project. These endorsements/letters of support should come from individuals **NOT** employed with or volunteering at your organization.
5. **Appendices (if necessary):**
Include any additional supporting materials such as charts, data, references, or staff bios that might enhance the proposal.

Additional information and/or interviews may be required during the grant proposal review process.

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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 or the general population and has the potential to create long-term, sustainable change.
- Implementation - The project is clear, well-planned and feasible within the proposed timeline and budget.
- Budget and Justification - The project's budget is reasonable and appropriately reflects the proposed activities, objectives, and timeline.
- Evaluation - The project's evaluation methods clearly demonstrate the ability to measure impacts and outcomes.
- Overall Proposal - The proposal is well-written, meets all requirements, and clearly addresses the evaluation criteria.

Submission Guidelines:

Proposals must be submitted electronically to Grants@TheADI.org no later than **May 30th, 2025**. *Late or incomplete proposals will not be considered.*

Notification:

All applicants will be notified of their proposal status via email by **October 1st, 2025**. Successful applicants will receive further details regarding grant requirements and conditions. Additional information may be requested during the review period, if needed.

We look forward to reviewing innovative proposals that advance the knowledge, understanding, and application of physical activity in improving mental health. Please review our FAQ page at: www.TheADI.org/GrantFAQ If you still have any questions, please contact us at Grants@TheADI.org.