

Grant Initiatives

The MetroWest Health Foundation is pleased to solicit proposals from eligible nonprofit and government organizations for the following grant initiatives for its spring 2012 funding cycle:

- Healthy Aging Initiative Grants
- Grants to Reduce Risky Behaviors Among Adolescents
- Health Reform Process Improvement Grants
- Continuation Grants

Application Information

Proposals must be submitted online and be received by the Foundation by **4:00 p.m. on Friday, April 13, 2012**. Instructions for the online application are available on the Foundation's website at www.mwhealth.org.

Please read all instructions before proceeding with the online application process. The application process consists of easy-to-follow steps that include the preparation of standardized forms, online data entry, the ability to upload required narrative and other documents and the ability to save an unfinished application and return to it later for completion. **Incomplete or late proposals will not be accepted.**

About the Foundation

The MetroWest Health Foundation's mission is to improve the health status of the community, its individuals and families through informed and innovative leadership. The Foundation is a catalyst for a healthy MetroWest, providing support to meet the unmet health needs of 25 communities in Massachusetts' MetroWest area. The Foundation serves the health needs of the following communities: Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medfield, Medway, Mendon, Milford, Millis, Natick, Needham, Norfolk, Northborough, Sherborn, Southborough, Sudbury, Wayland, Wellesley and Westborough.

Webinars & Open House

Two pre-recorded webinars are available on the Foundation's website. The first contains explanations of each of the funding initiatives and the kinds of projects to be funded, and the second includes information on how to use the online system to submit an application. Both webinars can be viewed at www.mwhealth.org.

The Foundation will also host an open house on Friday, March 9, from 10am to 3pm. Potential applicants are welcome to visit the Foundation during this time to meet staff, ask questions about initiatives and the online system and discuss their project ideas with staff.

Concept Papers

The Foundation **requires** applicants to submit concept papers prior to a full proposal. Concept papers help the Foundation assess whether or not the proposed project is aligned with its funding priorities. Concept papers must be accompanied by a cover sheet (available on the Foundation website), be no longer than two pages in length and be submitted by Friday, March 23. Applicants are encouraged to read "Tips for Writing a Concept Paper" on the Foundation's web site (www.mwhealth.org). Please send concept papers via email to Rebecca Donham at rdonham@mwhealth.org. Organizations submitting continuation grant requests do not need to submit a concept paper.

Foundation Support

The MetroWest Health Foundation works in partnership with its grantees to achieve positive outcomes in each grant. Once a grant is made, the Foundation works with its grantees to ensure that project outcomes are measurable and achievable, that grant activities are connected to larger community efforts to address area health needs and that grantees have access to technical assistance and training to help them achieve success. The Foundation also seeks to learn from each grant, using grantee reports to record lessons learned, outcomes and other data that can inform our work and that of future grantees. We encourage grantees to consider the Foundation as a resource throughout the duration of the grant.

General Restrictions

The MetroWest Health Foundation supports programs that directly benefit the health of those who live and work in one of the 25 communities served by the Foundation. Such support is limited to organizations that qualify as tax-exempt under Section 501(c)(3) of the IRS Code, or organizations that are recognized as instrumentalities of state or local government.

The Foundation does not provide grants to individuals, nor does it provide funds for endowments, fund-raising drives and events, retirement of debt, operating deficits, projects that directly influence legislation, political activities or candidates for public office, or programs that are customarily operated by hospitals in Massachusetts.

The Foundation does not award grants to organizations that discriminate in the provision of services on the basis of race, color, religion, gender, age, ethnicity, marital status, disability, citizenship, sexual orientation or veteran status.

Healthy Aging Initiative Grants

Introduction

In 2010, the Foundation convened a 15-member MetroWest Commission on Healthy Aging to develop a vision of what healthy aging should look like in the MetroWest area in the coming years and how to achieve that vision. The Commission looked at a variety of issues related to physical and behavioral health, community building and social well-being, and transportation and mobility.

In its final report released in January of 2011, the Commission concludes that there is much that can be done to improve services and care for older adults. The report calls on public and private agencies to join together to encourage greater use of evidence-based disease prevention and chronic disease management practices; increase the number of geriatric specialists practicing in the MetroWest area; promote the development of a seamless continuum of care to meet the changing needs of older adults; and improve the support and education that is available to caregivers.

The full report of the Commission, along with a comprehensive data book on demographic and health indicators on older adults in MetroWest is available for download from our website: www.mwhealth.org. To date, the Foundation has awarded over \$600,000 in grants to support the recommendations of the Commission.

Goal and Outcomes

In this grant cycle, the Foundation is seeking grant proposals from qualified organizations and collaboratives that meet the following objective:

Improve the health status of MetroWest older adults living with chronic disease by supporting the expansion of evidence-based prevention and self-management programs that are directly linked to primary and specialty medical care practices.

The Foundation will provide grants to organizations to increase the penetration of evidence-based chronic disease prevention and self-management programs in the region (Healthy Eating for Successful Living, My Life-My Health, Diabetes Self-Management Education, and the Arthritis Foundation Exercise Program), and to ensure that these services are well connected to area medical practices so that they reach those in need and so as to measure the impact that these programs have on participants' health status.

Funding

Grants under this objective will be limited to up to \$25,000 per organization. Only evidence-based programs will be supported. Proposals must clearly detail the locations and population groups to be served; the number of expected participants; plans for outreach and engagement; and collaborating medical partners.

Grants to Reduce the Incidence of High Risk Behaviors Among Adolescents

Goal

The Foundation will provide grants to schools and nonprofit organizations to implement programs that address youth risk behaviors as reported by the MetroWest Adolescent Health Survey. These include the following:

- tobacco, alcohol and marijuana use and prescription drug misuse
- physical fighting, weapon carrying and dating violence
- bullying and cyberbullying
- safe driving and bicycling behaviors
- mental health issues such as stress, depressive symptoms, self-injury and suicide
- sexual behavior
- physical activity and body weight

Applicants must be prepared to cite community-specific MetroWest Adolescent Health Survey baseline data, implement programs designed specifically to address risk behaviors, and collect and report on progress towards reducing these behaviors. Preference will be given to interventions that are evidence based or, if no programs meet this criteria, are research based or recognized as promising practices.

Regional MetroWest Adolescent Health Survey data are available on the Foundation's website at www.mwhealth.org. Community-specific data is the property of local school districts and may be made available at the discretion of each district.

Outcomes

Applicants will be required to measure progress towards short-term outcomes such as increased knowledge or awareness of the high-risk behaviors to be addressed as well as to use data from the MetroWest Adolescent Health Survey to measure decrease in the incidence of high-risk behaviors.

Funding

The Foundation will fund only a limited number of proposals under this initiative. The maximum grant amount is \$75,000 per year, and applications may be for one, two or three years in duration. Funds cannot be used to supplant ongoing government operations or support.

Applications involving schools must submit a letter signed by the Superintendent indicating support for the request.

Preparing for Health Reform: Process Improvement Grants

Goal

The passage of the Patient Protection and Affordable Care Act (PPACA) presents a unique opportunity to improve how health services are organized within provider organizations and across our region. Although full implementation of the Act will not occur until 2014, the Foundation is interested in helping area health providers improve their current service systems, especially for the care of those with multiple chronic conditions, those with serious and persistent mental illness, those with substance abuse disorders and those who are homeless.

The focus of those improvements should mirror PPACA themes that include:

- efficiency and appropriateness of service delivery functions
- promotion of quality
- use of effective interventions and reductions in errors
- integration within and between systems that promote seamless and holistic patient experiences
- increased use of information system technology and
- full attention to patient (consumer) centered care

Examples of areas of focus could include but are not limited to: patient scheduling; intake and treatment planning, routine clinical services, patient tracking, information exchange and medical recordkeeping, staffing, quality assurance, care across systems, discharge planning and aftercare and follow-up.

Process improvement has its roots in the manufacturing industry (Deming, et al), but has been used successfully to improve the delivery of health services. Applicants under this grant program should familiarize themselves with the concept of process improvement and how it can be applied to the work of their organization.

In addition to grant funds, we anticipate bringing grantees under this initiative together on a periodic basis to share their experience and progress in improving their organizations.

Outcomes

The Foundation will consider proposals that seek to achieve one or more of the following outcomes:

- 1) Improvements in operational efficiency
- 2) Improvements in operational effectiveness
- 3) Improvements as experienced by patient/client

Funding

The maximum amount for each project funded is \$10,000. Grants can be up to one year in duration and are not renewable. Only a limited number of grants to local health providers will be made through this

initiative. Funds can be used to review and make improvements to internal processes in the care of patients - from intake to discharge - that promote one or more of the themes noted on the previous page.

Applicants under this initiative must describe the specific process they seek to improve, how they intend to review and seek change within this process, the methods and measures proposed to track changes and who will be involved in the process.

Suggested Resources:

<http://www.ihi.org/knowledge/Pages/HowtoImprove/default.aspx>

<http://www.niatx.net/Home/Home.aspx?CategorySelected=HOME>

http://pdf.usaid.gov/pdf_docs/PNACHo88.pdf

Continuation Grants

Goal

The goal of the Foundation's Continuation Grants is to provide continued financial support for grant funded projects that are achieving positive health outcomes.

Funding

The Foundation will accept proposals from existing grantees to provide an additional year of support for its "active" projects. The Foundation will not accept proposals for renewal requests for grants deemed closed by the Foundation or continuation requests for projects that are already in their third and final year of funding, as in most cases the Foundation will only provide up to three years of funding.

If you are a current Healthy Aging grantee looking for continuation support please contact the Foundation for guidance.

Organizations seeking renewal grants must clearly demonstrate in their proposal that:

- 1) there is a continued need for the project
- 2) the project's original goals and objectives are being achieved
- 3) the project is producing positive outcomes for those participating in the project
- 4) progress has been made toward sustaining the project after the grant period ends and
- 5) additional support is critical to the maintenance of the project and those who benefit from its work.

Please take special note of the following eligibility criteria:

- Organizations submitting proposals for continuation support are required to seek funding at levels below their current grants.
- Applicants must be up to date on narrative and financial reports in order to be considered.