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## Community Addictions Prevention and Mental Health Promotion Fund

### Application Form

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The Community Addictions Prevention and Mental Health Promotion Fund is an initiative of the Newfoundland and Labrador Department of Health and Community Services. The Community Addictions Prevention and Mental Health Promotion Fund is being administered by the four regional health authorities: Labrador-Grenfell Health, Western Health, Central Health and Eastern Health.

All individuals, not for profit community groups, and organizations in the four health regions of Newfoundland and Labrador, who are interested in preventing addictions issues and promoting mental health to community members, are eligible to apply for project funding through their regional health authority. The maximum amount of funding that may be requested for one specific project may vary by region. You are encouraged to reach **your regional contact** for further details. To receive funding, the project must cover one of the priority areas that have been identified.

Eligible expenses include but are not limited to:

- Honoraria, speaking fees, travel expenses for resource people.
- Meals, travel or accommodations.
- Resource material (e.g. educational / instructional materials).
- Advertising, publicity, printing.
- Purchase of small physical activity material/equipment

Ineligible expenses:

- Contributions to annual fundraising drives
- Core operating expenses (e.g. heat, light, staff, etc.)
- Capital expenditures (e.g. building renovations, office furniture, etc.)
- Projects which are a clear duplication of existing activities in your community.
- Individual scholarships or bursaries
- Membership fees

The priority areas identified for this fund are:

- **Increasing Awareness and Understanding of Problematic Substance Use**
  - Individuals and community groups may benefit from an enhanced understanding of problematic substance use and gambling. Educational and awareness resources can be useful in working with youth to help them better understand the risks associated with substance use and gambling. Increasing awareness and understanding can help correct common misperceptions about the nature of problematic substance use, its prevalence and how to reduce

associated risks and harms. Activities can include addictions awareness and educational resources, information displays, training and awareness events, media and social marketing campaigns, etc.

- **Reducing Alcohol-Related Harms**

- Despite real concerns about the harms of illicit drug use, alcohol remains the main drug of choice for most adults and youth in this Province. Alcohol consumption can result in fatalities and serious injury through motor vehicle collisions, violence, and other risk taking behaviors. Youth who engage in binge drinking patterns put themselves at extreme risk which can result in serious harm to themselves or others. Among other things, activities to help reduce alcohol-related harms may include impaired driving prevention programs, enforcement of minimum legal drinking age restrictions, alcohol server intervention training, and awareness programs to prevent and reduce the risks and harms associated with alcohol use.

- **Developing Supportive Communities**

- There is a need for communities to mobilize and work together to prevent addictions, promote positive mental health and improve the health of the community. Individuals can come together to make their communities ones in which healthy choices are easier to make and are supported by the environment around them. Communities can help create supportive environments by giving attention to community policies and processes that support health and reduce risky patterns of substance use or poor mental health. Specific activities may include: community youth programs, volunteer and civic engagement opportunities, alcohol and drug free community events and activities, and youth mentoring and leadership programs.

- **Mental Health Promotion**

- Promoting positive mental health on a population/community level is an important component of mental health promotion. Components of positive mental health include the ability to enjoy life, dealing with life events, the ability to experience and regulate emotions, maintaining spiritual values and a sense of spirituality and/or meaning, social connections and respect for culture, equity, social justice and personal dignity. Mental health promotion is about enhancing the capacity of individuals and communities to take greater control over their lives and improve their mental health. Specific activities may include: awareness resources around positive mental health, skill building sessions to support problem solving and emotional coping, programs or groups to support or enhance social connections, and programs to support work-life balance, anti-violence and discrimination and access to economic resources.

- **Recreational Activities**
  - An important protective factor indicated by youth is the need for alternative activities, flexible programming and after school programs. People in communities often indicate that lack of social networking, groups or associations is problematic and can lead to unhealthy behaviours. Activities focused on recreation and leisure are important elements of substance use prevention. Providing opportunities for community members to come together on a regular basis provides a safe place for individuals to interact and create a sense of belonging without being in potentially harmful activities. Specific activities may include but are not exclusive to: sports events/teams, games nights, book clubs, walking clubs, and/or youth nights.
  
- **Child / Parent / Family Development**
  - Families play a vital role in the development of healthy children and young adults. Parents can help shape and promote positive mental health in their children and provide a strong foundation to help prevent risky behaviors such as problematic substance use or gambling. Parent education, support and family skill building programs can play an important role in supporting parents and families. Early childhood programs, parenting education and support groups, and family skill based programs are all examples of specific activities that can support parent and family skill building.

Your application must identify which of these priority areas it covers.

All successful funding recipients are required to return a completed activity tracking form (provided by your regional health authority) upon completion of the project that was funded.

**Deadlines for Grant Applications will be announced by region.**

Please send applications to the contact in your region:

**Labrador-Grenfell Health:**

Sandy Penney  
Regional Clinical Manager  
Mental Health & Addiction Services  
Labrador-Grenfell Health  
CWJM Hospital, 410 Booth Avenue  
Labrador City, NL A2V 2K1  
Tel. (709)944-9221  
Fax. (709)944-3927  
E-mail: [sandy.penney@lghealth.ca](mailto:sandy.penney@lghealth.ca)

**Western Health:**

Cathy Wheeler-Walsh  
Regional Addictions Prevention Consultant  
Mental Health and Addiction Services  
Western Health  
35 Boone's Road, P.O. Box 2005  
Corner Brook, NL A2H 6J7  
Tel. (709) 634-4506  
Fax. (709) 634-0160  
E-mail: [cathywheeler@westernhealth.nl.ca](mailto:cathywheeler@westernhealth.nl.ca)

**Central Health:**

Charmaine Wight  
Regional Manager  
Mental Health and Addictions Services  
2<sup>nd</sup> Floor, West Block  
50 Union Street  
Grand Falls-Windsor A2A 2E1  
Tel. (709) 489-8193  
Fax. (709) 489-8196  
E-mail: [Charmaine.Wight@centralhealth.nl.ca](mailto:Charmaine.Wight@centralhealth.nl.ca)

**Eastern Health (St. John's and area):**

Mark Fudge  
Addictions Prevention Consultant  
Mental Health & Addictions Services  
Eastern Health  
38 Ropewalk Lane P.O. Box 13122  
St. John's, NL A1B 4A4  
Tel. (709) 752-4030  
Fax. (709) 777-5170  
E-mail: [mark.fudge@easternhealth.ca](mailto:mark.fudge@easternhealth.ca)

**Eastern Health (Rural):**

Wendy Cranford

Regional Addictions Prevention Consultant

Mental Health and Addictions

Eastern Health P.O. Box 5800

Harbour Grace, NL A0A 2M0

Tel: (709)945-6551

Fax: (709)945-6514

Email: [wendy.cranford@easternhealth.ca](mailto:wendy.cranford@easternhealth.ca)

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<b>SECTION 1: APPLICANT INFORMATION – PLEASE FILL IN ALL FIELDS</b>	
Applicant:	Date:
Contact Information: Name: Address:	Co-Applicant Information: Name: Address:
Telephone #: Fax # Email:	Telephone #: Fax # Email:
<b>SECTION 2: PROJECT DESCRIPTION</b>	
<b>Project/Program name:</b>	
<b>Date of Activity:</b>	
<b>Priority Areas Covered: (please check all that apply)</b>	
<ul style="list-style-type: none"> <li><input type="radio"/> Increasing Awareness and Understanding of Problematic Substance Use</li> <li><input type="radio"/> Reducing Alcohol-Related Harms</li> <li><input type="radio"/> Developing Supportive Communities</li> <li><input type="radio"/> Mental Health Promotion</li> <li><input type="radio"/> Recreational Activities</li> <li><input type="radio"/> Child / Parent / Family Development</li> </ul>	
<b>Project Details</b>	
<b>Who?</b> Who is the project/program for (target population)?	
<b>What?</b> What is the project about? Please give a brief overview:	
<b>Why?</b> Why do you want to do this project (what is your main goal)?	

**Project start date:**

**Project finish date:**

**Project Work Plan**

Please indicate all the steps you will take to conduct this project. Please include who will be responsible for each step, and expected timeline for each activity.

<b>Activity</b>	<b>Person Responsible</b>	<b>Timeline</b>

**Evaluation**

How are you going to determine if the project has been a success?

**Number of People**

Total number of people expected to take part for the duration of the project, program, or event:

**Sustainability**

How will this project build lasting skills among participants? Please explain.

What are your future plans?

