



## Budding Projects Award: Call For Proposals

### About the Program

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The Cannabis and Mental Health project is launching a Budding Projects Award! We are providing funding of up to \$2,000 to support youth-led, community-based projects aimed at:

- Promoting mental wellness for young people and their communities
- Increasing awareness of and access to balanced information about cannabis use and mental health, including harm reduction approaches
- Engaging diverse youth and voices of lived experience

Projects should span 2 months (Oct-Nov 2024), and focus on promoting mental wellness among young people. We encourage applications from diverse and underserved communities.

### The overall purpose of the Budding Projects Award is:

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- To help spread the word about our resources and bring them to life in communities
- To support individuals and community groups who are working to promote youth engagement and mental health
- To stimulate creativity and reach new audiences with our resources
- To engage new community partners

### Budding Projects Award streams

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There are two award streams available:

#### 1) Community Event (\$1,000-\$2,000)

The **Community Event** award focuses on bringing people together to have fun, raise awareness, build skills, and promote harm reduction approaches. It can be used to support a range of activities including:

- A community fair or picnic, or an arts-based initiative (e.g., mural or art project/workshop) to promote youth engagement, mental health, and harm reduction
- Skill-building/mental health & harm reduction workshops, etc.

## 2) Knowledge Translation and Mobilization (\$500-\$1,000)

The **Knowledge Translation and Mobilization** award focuses on empowering youth to create resources to share the project's key messages with their peers about cannabis and mental health, including the importance of informed decision making, choice, and the need for resources created by and for youth.

Based on the activities and content of the [Cannabis and Mental Health Course](#), [Mentor Guide](#), and/or [Cannabis and Psychosis](#) project, the funds can be used to:

- Create a social media campaign, zine, poster/infographic, or video
- Host a knowledge mobilization event, including a workshop, panel discussion, or community roundtable

## Who can apply?

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The award is open to any Canadian citizen/permanent resident, or community-based organization demonstrating passion and commitment to promoting youth mental health and substance use health.

## How to apply

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If you are interested in applying for either award stream, please complete the [Application Form](#). Project proposals can be submitted from **August 15, 2024 to September 5, 2024 at 11:59 PM EST**. You will be required to attend one mandatory informational session. Please reserve your spot [here](#).

## Selection process

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The award value can range from \$500-\$2,000 and will be awarded based on the project proposal submitted. The proposals will be reviewed by a review committee composed of Cannabis and Mental Health [Strategic Advisors](#) and [Youth Action Committee](#) members and will use the developed [Selection Scoring Rubric](#) to evaluate the strength of the application. Successful applicants will be notified via email by **September 27, 2024**.

## How can the money be spent?

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Funds must be used for project-related expenses, including, but not limited to:

- Honoraria for volunteers
- Capacity building
- Event materials, supplies, equipment, and printing of promotional materials
- Transportation costs and space rentals
- Subscriptions related to developing knowledge products (e.g., Canva)

Ineligible expenses include:

- Salaries
- Administrative costs
- Substances, including cannabis and/or alcohol

## Frequently Asked Questions (FAQ)

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- **What are the eligibility requirements?**
  - The award is open to any Canadian citizen/permanent resident, or community-based organization demonstrating passion and commitment to promoting young mental health and substance use health
- **What kinds of support can I receive throughout the application process?**
  - Our team can answer inquiries about your application by email or through our drop-in Zoom sessions. However, we cannot assist your group with writing or pre-viewing it.
- **Will I have to attend an information session?**
  - Yes. You will have to attend one of the mandatory information sessions. Sessions are hosted on **August 21, 2024 at 5 PM EST, August 26, 2024 at 1 PM EST, and September 3, 2024 at 3 PM EST**. Please reserve your spot for the session [here](#).
- **What are some examples of microgrant projects?**
  - Arts-based projects: [harm reduction zine](#), mural, create a poster for the Cannabis and Mental Health project .
  - Knowledge products: podcasts, blogs or opinion piece.
- **Who will review the applications?**
  - The review committee is composed of [Cannabis and Mental Health Strategic Advisors and Youth Action Committee members](#).
- **What is the deadline?**
  - The proposal submission deadline is **September 5, 2024 at 11:59 PM EST**.
- **Will I have to prepare a budget?**
  - Yes, the application includes a simple budget form for you to complete.
- **How will funding be allocated?**
  - Funds will be disbursed in two installments, with 70% of funds released at the project's beginning and the remainder released upon completion.
- **Are there any reporting requirements for applicants?**
  - Yes. Successful applicants are required to submit a final report, including reach, to Cannabis and Mental Health. This helps with evaluating the microgrant's impact on the community and assist with Cannabis and Mental Health reporting

## Contact us

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For more information or questions, please email Mikhaila Mitrovic at [mikhaila@cannabisandmentalhealth.ca](mailto:mikhaila@cannabisandmentalhealth.ca)