

Funding Guidelines

Aboriginal Health Initiative Program (AHIP)

Call for Expressions of Interest

Funding Period April 1, 2012 – March 31, 2013



Expressions of Interest:

This Guide is intended as the first step in exploring the development and possible funding of community-based health promotion projects for the fiscal year 2012–2013 (April 1, 2012–March 31, 2013).

Health Promotion supports the idea that communities are in the best position to understand their own health needs and, when given the opportunity and resources, have the ability to produce positive health outcomes for themselves.

Successful projects will:

- Create supportive environments for health and well-being,
- Strengthen community participation,
- Develop personal health enhancing skills,
- Respect and use community norms and culturally based, philosophies, practices and tools
- Reduce inequities,
- Develop mutual support models/systems,
- Enhance coping skills,
- Facilitate better access to health services and,
- Build healthy public policy.

This invitation to apply will be of interest to VCH Region First Nations communities, Métis and Aboriginal organizations that:

- Have an interest in exploring strategies to improve one of the five funding streams: ***mental wellness and self-esteem, chronic disease, access to health care services, early childhood, or local community food security.***
- Are willing to partner with Vancouver Coastal Health.

- Have a mandate to provide health and social services and located in the Vancouver Coastal Health (VCH) region.

Aboriginal Health Overview:

The **2008–2011 Aboriginal Health & Wellness Plan** was developed with regional community input. The Aboriginal Health & Wellness Plan has strategic priorities, including:

- **Mental Health and Addictions:**
Improve and better coordinate mental health and addictions services for Aboriginal Clients and Communities
- **Primary Health Care Services:**
Increase access to maternity care, enhance chronic disease management and prevention programs and services, improve coordination of and management of co-morbidities, care for frail elders and enhance end of life care.
- **Health Education and Human Resources:**
Increase employment and career opportunities for Aboriginal people at all levels of the organization.
- **Elder Care:**
Develop and improve Home and Community as well as Residential Care services for Aboriginal Elders throughout the region. Ensure these services are offered in a culturally appropriate manner.
- **Public Health:**
Research, develop and implement a model of Aboriginal public health consistent with the dynamic health requirements of Aboriginal people and based on a population health approach.

Additional strategies can be found in the Aboriginal Health and Wellness Plan. A copy of the **VCH 2008-2011 Aboriginal Health and Wellness Plan** is available on our website at www.vch.ca/ahip .

Aboriginal Health Initiative Program (AHIP) Priorities and 2012/13

Projects:

AHIP encourages Aboriginal communities to identify health promotion projects that are meaningful to them and where success can be measured and sustained over time. AHIP was launched as a new regional community-based funding program in 2002 to support activities within the Aboriginal community, and since then has funded innovative projects, many of which have been sustained in communities after the AHIP funding has ended.

Vancouver Coastal Health is seeking Métis, urban Aboriginal organizations and First Nation communities that are interested in developing locally responsive health promotion projects in **one** of the following five broad streams, as defined below. All AHIP projects must be imbedded within the community and using indigenous practices as a main methodology.

- **Mental Wellness and Self-Esteem:** refers to a person's level of physical, emotional, spiritual and mental balance, feelings of well-being and ability to respond in positive ways when faced with life's situations and challenges; ability to have meaningful relationships with family and feel good about oneself in those relationships. Having good mental wellness and self-esteem can help prevent addictions.
- **Chronic or Infectious Disease:** are illnesses that last for a long time with symptoms that can change over time and may have times of severe illness. Some examples are cancer, arthritis, diabetes, asthma, hypertension, lupus, and emphysema. Infectious diseases are caused by a germ (virus or bacteria) that can be passed from person to person and makes people sick. Some infectious diseases are also chronic, such as AIDS/HIV and hepatitis.
- **Access to Health Care Services:** work with VCH, your community, and other agencies to develop innovative and interactive ways for Aboriginal people to access health services.

- **Early Childhood:** is a time of spiritual, emotional, intellectual and physical growth in Aboriginal children aged 0 to 6 years old. Some examples of making early childhood a healthy time is by supporting parenting programs, school readiness programs, mom/dad and tot programs or baby programs. Helping young parents learn from elders about traditional ways of parenting can help children feel connected to their community.
- **Local Community Food Security:** happens when community members are able to have healthy, safe traditional foods that are easily accessible and sustainable. These are important features of food security for Aboriginal people, as over the years our diets have changed and many don't rely on traditional foods, which were well balanced and healthy. Finding ways to bring back our cultural teachings about our traditional food sources will help support Local Food Security in our society today. One example of a food security project could be a community kitchen that focuses on communal cooking, skill building to promote healthy eating and food preparation

AHIP Funding:

AHIP funding intends to build community capacity and promote Health Promotion by enhancing the skills and assets that make it possible for communities to identify and manage their own health needs.

This year there will be funding for one-year community based health promotion projects up to a maximum of \$20,000. These projects intend to build community capacity by enhancing the skills and assets that make it possible for communities to identify and manage their own health needs and address any of the issues discussed above.

One Year Project Funding

- **Up to \$20,000 for Community Based Health Promotion projects.**

For short-term projects that strengthen the ability of the staff and community members, to carry out health promotion activities. Example of community based health promotion projects funded are: community kitchens that focus on communal cooking, enhance cooking skills, menu planning and sharing meals with a focus on nutritional foods; community gardens that provide education and training on traditional and modern food growing, harvesting and preserving; parenting programs that offer peer support; button blanket workshops or other traditional teachings that support mental and spiritual well-being; diabetes youth and wellness programs; elder day program that focuses on health education, chronic disease management, physical activity and community projects.

Community Based Health Promotion Funding

- Provides one (1) year funding only, to build on existing project or program to carry out health promotion activities that fit within one of the five funding streams to a maximum of up to \$20,000.

As VCH has a limited budget, the **following areas cannot be considered** for funding under AHIP (see Addendum A on page 9 for definitions of the following):

<ul style="list-style-type: none"> ▪ Capital expenditures ▪ Conferences ▪ Counselling or counselling positions ▪ Daycare costs ▪ Direct delivery of services such as one-to-one paid support 	<ul style="list-style-type: none"> ▪ Extensive materials/supplies ▪ Needs assessments ▪ Research projects ▪ Resource libraries ▪ Staff development ▪ Travel outside of the VCH region
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AHIP Success Stories:

- **Healthy Families, Healthy Children (Richmond Youth Service Agency)** provides Aboriginal families in Richmond with opportunities to participate in cultural activities that will work towards improving and promoting health, cultural pride and knowledge of local health and wellness resources.
- **Garden of Eden (Sechelt Indian Band)** encourages gardening and will provide healthy produce regularly to the younger generation of Sechelt peoples, young parents, pregnant and breast feeding mothers. There will be a community kitchen with drop-in sessions to support healthy lifestyle choices for young parents and healthy babies.
- **Back to the Land (Ustlahn Social Society)** is meant to get people back to the land and use traditional foods by providing physical activity outlets and weekly community kitchens.
- **Aboriginal Foster Children and Youth Wellness Program (Vancouver Venture for Diversity Society)** provided cultural workshops, healing circles, healthy living models, and early prevention for Aboriginal foster children and youth who are often denied these experiences while in foster care. This project also utilized Elders in bridging generations and developing meaningful relationships while reducing social isolation of Elders.

Funding Criteria and Review Process:

A Proposal Review Panel consisting of VCH Staff, Aboriginal community members and other key stakeholders will review the applications and proposed projects, using pre-established funding criteria which are listed on the following pages. VCH staff may call applicants to clarify aspects of their proposal if there are not clearly stated. This will occur prior to the funding panel meeting so all information as required will be considered when decisions on the funding is made. These calls will occur between **December 8th and 21st, 2011**. If the review panel has questions about a submission, a VCH staff person will follow-up with the applicant to make sure that the project meets the funding criteria. Final decisions will be made by the Proposal Review Panel about and then the proposal will proceed to the next step (developing the Evaluation Framework, with VCH staff) and the actual contracting process.

Successful applicants will be notified by **February 2nd, 2012**. These applicants will be notified and then participate in the next step of this process, which will be to develop an Outcomes Measurement Framework, OMF (action plan/logic model) for their project. This framework will become the major part of the funding contract. In order to receive funding an OMF must be submitted to VCH by the deadline. One-to-one support will be provided for applicants to develop their frameworks during the contracting period. This framework will be submitted by the applicant along with a detailed proposed project budget by the deadline, **February 26th, 2012**. Successful AHIP projects can begin **April 1st, 2012**. Those applicants that are successful at receiving an AHIP grant will have to report on their project twice a year, once after operating for six months (**September 30th, 2012**) and again at the end of the fiscal year (**March 31st, 2013**).

Proposals should include:

1. The **funding stream (s)** your project fits in
2. A detailed project budget
3. Duly completed and signed Application form

4. 2 letters of support from community partners

If You Are Interested:

Please submit the attached form by Monday **December 12th, 2011 at 8:00 am.**

Electronic copies will be accepted.

If you wish more information on this call out you can contact:

Diana Day
Leader, Aboriginal Community Development/Engagement

Telephone: 604-875-4111 ext. 21354

e-mail: diana.day@vch.ca

Policies Associated with AHIP Funding:

The following Vancouver Coastal Health policies apply to the operations of the Aboriginal Health Initiative Program:

- **Funding Eligibility**

It is the policy of VCH that no organization that has received funding under an Aboriginal Community Grants Program may receive new or additional project funding for any project, if the organization is unable (or there is a significant risk) to meet the project deliverables.

- **Funding Holdbacks**

All Aboriginal Community Grant Projects are subject to a ten (10%) percent funding holdback until satisfactory completion of the project. It will be the responsibility of the Regional Director, Aboriginal Health Strategic Initiatives to enforce this policy.

- **Project Funding Surpluses and Repayment**

It is the policy of Vancouver Coastal Health Authority ("VCH") that all organizations that receive project funding from VCH for Aboriginal Community Grant Programs are required to expend the funding in accordance with the approved budget to achieve the deliverables set out in the contract with VCH. The organization must return to VCH any surplus funds not required to meet the deliverables, unless there is a written agreement with VCH to assign the funding to achieve new or revised deliverables. If any funds are used for any purpose that is inconsistent with achieving the project deliverables and contract terms, the organization will be required to repay those funds to VCH.

Addendum A – Definitions for Expenditures not included in AHIP

Capital Expenditures: refers to furnishings, equipment or renovations that are more than 5% of the total AHIP budget request.

Conferences: AHIP does not provide funding for hosting, organizing, or attending conferences.

Counselling or Counselling positions: where primary duty is providing one-to-one counselling.

Daycare costs: providing costs for licensed day care or subsidies.

Direct delivery of services: AHIP does not provide one-to-one services, such as counseling or primary health care.

Extensive materials/supplies: AHIP only covers costs for materials directly related to the project.

Needs assessments: the gathering and analyzing of information to obtain an accurate and thorough picture of the relevant community or setting.

Staff development: includes any training related to staff professional development.

Research projects: AHIP does not cover costs of research projects.

Resource libraries: books, DVDS or subscriptions to journals.

Travel outside of the VCH region: not covered, see map of VCH region on title page.