

Healthy Schools Initiative Grants 2020-21

A total of \$284,000 was awarded to 16 school-based programs for the 2020-21 grant cycle:

Social Emotional Health: \$222,000

Organization/Program	Program Description	Award
Acknowledge Alliance Resiliency Consultation Services	Provides social emotional learning (SEL) curriculum for K-8 students and resilience support for school staff	\$25,000
Adolescent Counseling Services On-Campus Counseling Program	Provides free, mental health assessments, depression screenings, ongoing individual therapy, supportive services, and education	\$30,000
Center for Wellness and Achievement in Education (CWAE) Quiet Time	Offers lessons connecting meditation to wellness, leadership, and social-emotional development at Design Tech High School	\$35,000
Child Mind Institute Student Success Program	Offers a comprehensive suite of mental health services for school communities	\$25,000
Friends for Youth Connect Mentoring Initiative	Aims to ensure that students are safe, thriving, healthy, and succeeding in school, with the positive support of a community mentor	\$20,000
Mission Be Mindfulness Education	Offers an integrated mindfulness program for educators, parents, and students	\$8,000
One Life Counseling Building Resiliency	Provides mental health therapists to administer preventative SEL to students in schools	\$40,000
StarVista Crisis/Suicide Prevention	Offers educational presentations covering topics such as stress, depression, anxiety, coping skills, and suicide prevention	\$5,000
StarVista Youth Development Initiative	Youth Leadership and peer program focused on student health concerns at Sequoia High School	\$30,000
YMCA Project Cornerstone	Addresses the SEL needs of students to improve school climate and create caring communities	\$4,000

Alcohol, Tobacco, and Other Drug Prevention: \$18,000

Organization/Program	Program Description	Award
El Centro Prevention Education and Early Intervention	Uses a classroom-based curriculum providing drug and alcohol prevention education for youth in the Redwood City School District	\$18,000

Health Literacy/PE/Activity: \$44,000

Footsteps PE Yoga & Mindfulness	Offers yoga and mindfulness to transitional kindergarten and afterschool program children	\$6,000
Jasper Ridge Farm HorseBuddies	Equine therapy and fitness program for special needs youth attending local schools	\$8,000
Mary Meta Lazarus Child Center Healthy Eats, Active Feet	An early intervention program that contributes to young children's lifelong healthy eating/exercise at College of San Mateo	\$5,000
Siena Youth Center of St. Francis Center Holy Family Outdoor and PE Program	Provides outdoor education and physical fitness at Holy Family School in North Fair Oaks	\$15,000
SUHSD Digital Well-being Task Force	An inter-district group of school leaders and community members focused on current research, practices, and policies for screen media use	\$10,000