



## Mental Health/ Disability Services of the East Central Region

The Mental Health/Disability Services of the East Central Region (ECR) provides services and supports for people in the following counties in Iowa: Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Jones, Johnson and Linn. An integral component of these services is the prevention of Brain Health (mental health) issues. ECR is pleased to offer a grant opportunity for non-profit organizations under IRS Code 501(c)(3) to request funding for projects that assist children and/or adults to engage in and become contributing members to their community.

Any non-profit located within the nine-county area may apply for these funds, but priority will be given to smaller non-profits as well as projects that target children's brain health, social-emotional skill development, or foster community connection. Projects aimed at serving adults are also eligible to apply.

Examples of projects that are encouraged include, but are not limited to:

- Coping skills
- Stress management
- Conflict management
- Social skill development
- Life management skills
- Resource awareness
- Risk prevention
- Creativity development/enhancement

For these projects, non-profits may request up to \$10,000. There is no match required; however, projects with a cash or in-kind contribution of up to 20% of total budget will be given priority. The East Central Region anticipates funding up to 20 projects.

All grant requests should be sent by electronic means to:

Mae Hingtgen  
Chief Executive Office,  
MH/DS of the East Central Region  
[mhingtgen@ecriowa.us](mailto:mhingtgen@ecriowa.us)

Applicants may submit grant applications immediately and are encouraged to submit applications as soon as possible. Grant requests will be accepted on a rolling basis until December 31, 2021. All funds under these grants must be expended by 6/30/22. Grant recipients will receive 90% of the funds up front and the remaining 10% upon receipt of all receipts/invoices for the project.

Organization details – name, address, phone, website

Project Contact name, email, phone address

Organization's story: history, mission, vision and overall community impact

Please provide the purpose of your project and how it will be supported by the requested grant

How did you determine or assess the need for this project?

Who will your project serve? (include number and demographics)

What is the geographic area for your project?

Please list the goals and timelines for your project.

The East Central Region believes strongly in supporting projects that are in alignment with its Strategic Plan which can be found at <https://ecriowa.org/wp-content/uploads/2020/11/ECR-Strategic-Plan.pdf> . Please describe how your projects meets this expectation.

How will you measure the outcomes and impact of this project?

If your project will involve collaboration with other community organizations, please list and describe those collaborations/partnerships.

Project Budget:

| Activity/Items | Amount Requested from ECR | Other Funding Source (if applicable) | Total | Percent Regional Funding |
|----------------|---------------------------|--------------------------------------|-------|--------------------------|
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Please provide a detailed budget narrative

If your project requires sustainability, what is your plan for that?

For potential marketing purposes, please provide a one sentence description for public communication