



## Meriden Department of Health and Human Services

### Meriden Youth Services Community Mini-Grants 2024 Due by February 23, 2024!

The Meriden Department of Health and Human Services, Youth Services office, is offering support for local **youth-developed and youth-led activities** that align with the mission of mobilizing youth and community partners to create safe, healthy, vibrant, engaged environments where Meriden youth and families can thrive.

#### **Awards:**

We will be awarding up to ten (10) grants of \$1,000 each to Meriden youth (age 18 or under) to work with a recognized community organization on a project that addresses a top health concern(s) among Meriden youth based on data collected from a Youth Voices Count Survey done by the Meriden Healthy Youth Coalition (see survey summary attached):

- Alcohol
- Marijuana
- Vaping
- Mental health
- Social media

#### **Eligibility:**

Youth – you are the leader on this project! We ask that activities be planned and done by Meriden youth. The youth and project must be sponsored by a recognized community organization or business that serves Meriden. We will need a completed W9 for the organization/business with the application. We may call or email the organization/business for clarification on project activities or the budget.

#### **Requirements:**

Here is what we require from you if you are awarded:

- Spend the grant funds and complete activities by Friday, May 10, 2024.
- Submit a final report and 2 pictures of the activity by Friday, May 31, 2024 (see attached report).
- Mention the support of the Meriden Department of Health and Human Services, Youth Services office, in all print and online materials.
- Funds must directly support project activities. No more than \$50 of the award can be used for refreshments. Funds cannot be used to pay the adult supervisor(s) or youth. No scholarships, and no gift cards can be purchased with the funding. Save receipts, we may ask for them.

*\* If all funding requirements are not met, this may result in ineligibility for future funding*

#### **Directions:**

Please use the attached application. You can request a Word document by emailing [edemerchant@meridenct.gov](mailto:edemerchant@meridenct.gov). The completed, signed application can be mailed or dropped off to Meriden Department of Health and Human Services, Attn: Youth Services/Public Health Educator, 165 Miller Street, Meriden, CT 06450.

You can also email your application to [edemerchant@meridenct.gov](mailto:edemerchant@meridenct.gov). For more information, please email Elizabeth DeMerchant, Public Health Educator, at [edemerchant@meridenct.gov](mailto:edemerchant@meridenct.gov) or call her at 203-630-4288.

# Meriden Youth Services Community Mini-Grant 2024 Application Cover Page

Application Due Date: Due by February 23, 2024

Award Announcements: By February 29, 2024

Project Name: \_\_\_\_\_ Amount Requested: \_\_\_\_\_

The undersigned have read the application narrative, believe the information is accurate and agree to the following requirements of this community mini-grant:

- Spend the grant funds and complete activities by Friday, May 10, 2024.
- Submit a final report and 2 pictures of the activity by Friday, May 31, 2024 (see attached report).
- Mention the support of the Meriden Department of Health and Human Services, Youth Services office, in all print and online materials.
- Funds must directly support project activities. No more than \$50 of the award can be used for refreshments. Funds cannot be used to pay the adult supervisor(s) or youth. No scholarships, and no gift cards can be purchased with the funding. Save receipts, we may ask for them.

*\* If all funding requirements are not met, this may result in ineligibility for future funding*

Name of Youth: \_\_\_\_\_ Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Name of Adult Advisor: \_\_\_\_\_ Signature: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

Name of Sponsoring Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

**REMEMBER – SUBMIT A W-9 with your application!**

# Meriden Youth Services Community Mini-Grant 2024 Application Story

Application Due Date: Due by February 23, 2024

Award Announcements: By February 29, 2024

Project Name: \_\_\_\_\_ Amount Requested: \_\_\_\_\_

Meriden youth - let us know about your project! (Use more pages if needed).

1. Tell us about your project – what do you want to do?
2. Why did you choose this as your project?
3. What health priority is your project focusing on? (alcohol, marijuana, vaping, mental health, and social media)
4. How will this project make Meriden a better place to live, work, and/or play for Meriden youth and families?
5. How many youth will help you or be involved in your project?
6. What is your budget – what will you spend your grant money on?

**Meriden Youth Services Community Mini-Grant  
2024 Mini-Grant Report  
(2 pages)**

Grant Report Due: May 31, 2024

Submit to [edemerchant@meridenct.gov](mailto:edemerchant@meridenct.gov)

*(Fill this out after your finish your project)*

Project Name: \_\_\_\_\_

**Youth Leader: please answer the following questions:**

**1. What was the most rewarding part of your project?**

**2. What was the most challenging part of your project?**

**3. What did you learn about your community or neighborhood from doing your project?**

## Meriden Youth Services Community Mini-Grant 2024 Mini-Grant Report Table – Due by May 31, 2024

*Grant reports help us let our community know about the good work you did!*

**Project Name:** \_\_\_\_\_

**Sponsoring Organization:** \_\_\_\_\_

**Name of Youth Leader(s):** \_\_\_\_\_

Date(s) of project activities:	
Location(s) of project activities:	
Total number of hours planning/evaluating your project:	
Total number of hours doing your project:	
Total number of youth participants (actual or estimate):	

Total cost of project activities (total expenses)	\$	For publications, number of copies distributed:	
---	----	---	--

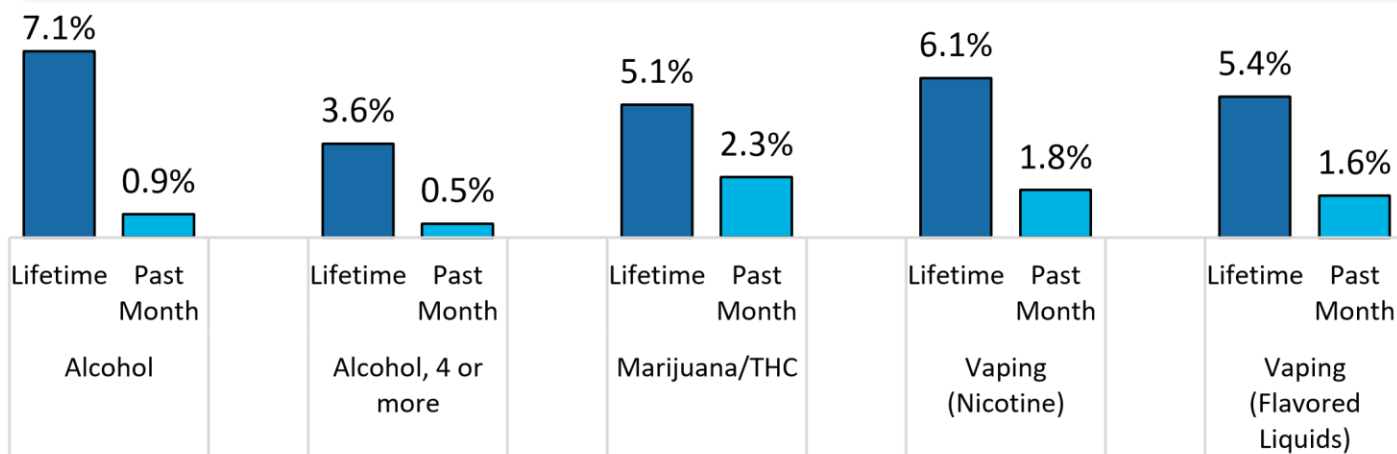
**Please attach 2 pictures of your project in action! These pictures will be featured in our final grant report and in our Department’s annual report. Pictures may also be posted on our social media.**

You can mail or email your finished report to:  
 Mail: Meriden Department of Health and Human Services  
 Attn: Youth Services/Public Health Educator  
 165 Miller Street, Meriden, CT 06450  
 edemerchant@meridenct.gov

In April 2023, students in Meriden Public Schools grades 6-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, related risk and protective factors. The overall response rate was 61%.



**Alcohol is the most used substance in youths' lifetimes. Marijuana is the most used substance in the past month.**

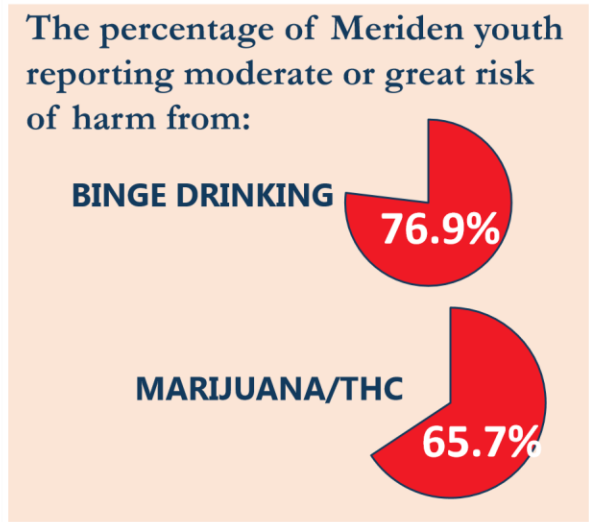
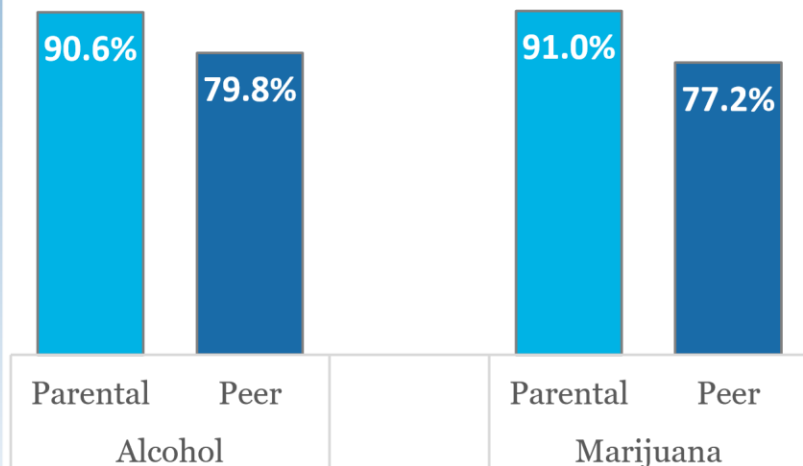


Meriden youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: experiencing anxiety in the past year, thoughts about self-harm and self-harm behaviors, feeling sad or hopeless two or more weeks in a row, having considered suicide, and feeling less comfortable seeking help from a parent/guardian.

**Risk Factors**

Research shows that parents and peers are the leading influence on youths' decisions on whether to use substances or not. Below shows the percentage of youth reporting their parents or friends feel it is moderately or greatly wrong to use alcohol or marijuana.

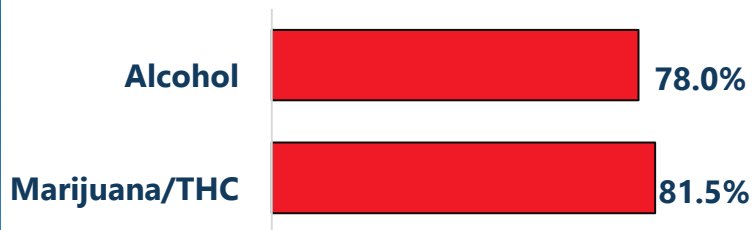
**Perceived Disapproval**  
Grades 7-12



## Access

Ease of access to substances has been shown to have a significant relationship with youth substance use. The figure below reflects the percentage of youth reporting it is very or sort of hard to access substances.

**Perception of Access –  
% of Youth Reporting Very/Sort of Hard**



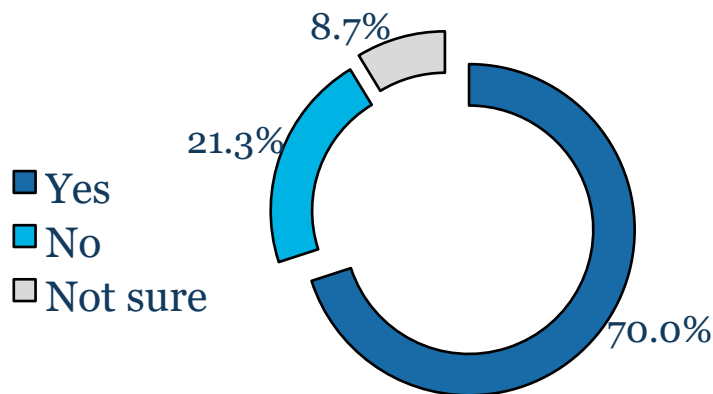
Meriden youth reported accessing **alcohol** most frequently from:

- Home with parents' permission
- Home without parents' permission
- Friends

**Marijuana** was most frequently acquired from:

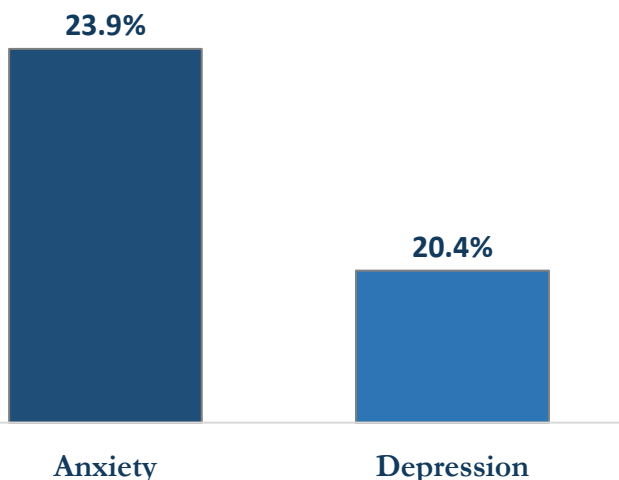
- Friends/peers
- Home without parents' permission
- Home with parents' permission

**Perception of Clear Family Rules around Underage Drinking**



70% of youth (grades 6-12) report clear family rules around alcohol use, compared to 73% around marijuana, and 74% around vaping nicotine.

## Mental Health in the Past Year



24% of Meriden youth reported having anxiety in the past year “always” or “almost always.” Most frequent sources of stress and anxiety included academics and post-high school plans.

20% of youth reported feeling sad or hopeless so much that it stopped them from doing usual activities 2 or more weeks in a row.