



Seattle-King County Public Health



REQUEST FOR PROPOSAL (RFP) YOUTH HEALING PROJECT 3.0

RFP Release Date:	November 7th, 2023.
Due Date:	December 18th, 2023, by 5:00 p.m.
RFP Lead	Phil Thompson, PhiThompson@KingCounty.gov
Funding:	Up to \$150,000 in PHSKC

Submit proposals through ZoomGrants at:
<https://www.zoomgrants.com/gprop.asp?donorid=2209&limited=5026>

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I. About The Partners

Best Starts for Kids (Best Starts) is King County’s community-driven initiative to support every baby born and child raised in King County to be happy, healthy, safe, and thriving. Initially approved by voters in 2015 and in place since 2016, Best Starts invests in comprehensive supports for children, youth, young adults, and families and caregivers, catalyzing strong starts in early childhood, and sustaining those gains as children progress to adulthood. Best Starts was renewed by voters in August 2021. Implementation of Best Starts is guided by the Best Starts Implementation Plan, approved by the King County Council in November 2021 for Levy 2022-27. Best Starts will support youth awardees as the primary funder, grant administrator, and through data and evaluation support, as well as through project management support through our capacity building consultants.

citiesRISE is a multi-stakeholder initiative committed to transforming mental health globally through local innovation, coalition building, and youth led action. citiesRISE is challenging cities and communities around the world to become more mental health friendly for young people. citiesRISE partnered with King County and CCER to launch the Youth Healing Project and will continue to provide support to youth grant awardees. The grantees of this round of awards will be part of and supported by citiesRISE's Global Mental Health Learning Platform, which is an initiative that supports, mobilizes, and advances youth-driven solutions in the service of promoting mental health in their communities around the world. citiesRISE will offer youth awardees training, peer mentoring, and expert guidance to support them and their projects to thrive.

Community Center for Education Results (CCER) is a nonprofit created to serve as the backbone for the Road Map Project, a collective impact effort focused on dramatically improving student success and closing opportunity gaps in South King County, WA. CCER is supporting data, evaluation, and storytelling for youth awardees.

Department of Community and Human Services’ Reconnect to Opportunity (ReOpp) helps connect young people ages 16 to 24 who are disconnected from school and work with education, employment, and post-secondary training opportunities. ReOpp youth interns and Outreach Specialists are the young leaders driving priorities and decision making in the Youth Healing Project. This team will play a lead role in outreach, funding decisions and project management.

Public Health-Seattle and King County’s Cannabis, Tobacco, and Prevention Program works to reduce health disparities through partnerships, policies, and system changes that promote effective tobacco treatment and prevent tobacco use, nicotine addiction and exposure to secondhand smoke. The Cannabis, Tobacco, and Prevention Program will serve as a collaborative funder for this project.

Public Health-Seattle and King County’s Overdose Prevention and Response focuses on a wide range of efforts to reduce harms and risks associated with drug use and improves access to care and positive health outcomes. Overdose Prevention and Response will serve as a collaborative funder for this project.

A. Equity and Social Justice

For many in our region, King County is a great place to live, learn, work and play. Yet we have deep and persistent inequities - especially by race and place - that in many cases are getting worse and threaten our collective prosperity. In 2020 Executive Constantine [declared racism as a public health crisis](#) and set forth policy priorities to bolster King County's commitment to being intentionally anti-racist and accountable to Black, Indigenous People, and People of Color. Equity and Social Justice (ESJ) is an integrated part of the County's work and foundational to the work of Best Starts. Our goal is to ensure that all people, regardless of who they are and where they live, have the opportunity to thrive, with full and equal access to opportunities, power, and resources.

For all Best Starts-funded programs, we seek to support community-led and community-informed organizations that are reflective of and embedded in the communities they serve across all aspects of their leadership and service. Additionally, across Best Starts we seek to support individuals and organizations that recognize and address the disparities that exist in our communities.

Applicants may be asked to demonstrate an understanding and a commitment to the principles of equity and social justice as shown through their staffing and their board, services tailored to community need and commitment to social justice and continuous improvement. One aspect of this work includes understanding – at both a program and system level – structural and institutional racism as it plays out for individuals served through Best Starts-funded services, and the disparate impacts on individuals' collective experiences and outcomes compared to the population as a whole.

More information about King County's ESJ work is available at:
<https://kingcounty.gov/elected/executive/equity-social-justice.aspx>

II. Youth Healing Project Overview

A. Program Purpose Statement

The Youth Healing Project is a youth led community funding effort that provides resources and support to small grassroots young leaders advancing solutions that improve the mental health, connection, and well-being of young people ages 14-24 in King County. Partners include King County Reconnect to Opportunity, Best Starts for Kids, citiesRISE, and the Community Center for Education Results.

Focus populations for this project include communities that have been historically marginalized and disproportionately impacted by historical trauma, racism, the COVID-19 pandemic, and other adverse experiences that can impact emotional and mental well-being.

If you are a young person interested in this funding but need support, keep reading, we can help. We offer technical assistance support. That means you can reach out and we will help you with your application and understanding the requirements. We will also have two virtual information sessions you can choose from to learn more and ask questions about this opportunity. To learn more about these

supports you can refer to the additional attachments labeled TA support and refer to the instructions on the blog announcement.

B. Background

1. About the Youth Healing Project

In spring 2020, young leaders designed a survey to understand how youth were experiencing the pandemic. The findings, summarized in [In Their Own Words: Young People Describe the Impact of COVID-19](#)¹, show the huge toll the pandemic has taken on young people's mental health, emotional well-being and sense of connection. The Youth Healing Project was designed by youth to respond directly to the survey results.

Priorities for this program include, but are not limited to, the following:

- Increased youth leadership, empowerment, and agency
- Improved community well-being
- Youth have increased knowledge and use of healthy coping strategies

For more information about this project, you can read more below¹.

2. Authentic Youth Voice and Leadership

The Youth Healing Project was created by and for young people. We continue this legacy by continuing to center young people in the creation of these projects. Supporting youth voice and leadership, includes centering the voices of young people in decision making, project design, implementation, and evaluation. **For more information about how to utilize a youth led approach please refer to the resources in the footnotes**².

C. The Request: What this Opportunity Is

1. Scope of Work: What Your Project Could Look Like

This Program will support youth led efforts to improve the mental health, connection, and well-being of young people. The projects will take place during the 2023-24 school year. We welcome creative ideas that center young people and address the negative impacts of COVID-19. Projects should empower young people as leaders. Funding is flexible and can be used for staffing, youth stipends or incentives, technology, materials, and events. [Example projects](#)³ from previous Youth Healing Projects included the following:

¹ <https://roadmapproject.org/resources/in-their-own-words-young-people-describe-the-impact-of-covid-19/>

² [Soar Youth Commission and United Way. \(2022\). Youth Tell All: Youth Centered Analysis on Youth Development in King County.](#)

<https://docs.google.com/document/u/2/d/e/2PACX->

[1vSL5bu9IxkiRZDhFdTYCGHFePZRamFVOclfg6yYweD9NF0MhjzSxtQfShz9I9XMI9rhaYVhbReXrVLq/pub](https://docs.google.com/document/u/2/d/e/2PACX-1vSL5bu9IxkiRZDhFdTYCGHFePZRamFVOclfg6yYweD9NF0MhjzSxtQfShz9I9XMI9rhaYVhbReXrVLq/pub)

³ <https://roadmapproject.org/youth-healing-project-awards-eleven-grants-to-support-youth-mental-health-and-well-being/>

- A coloring book for elementary school students that focused on identifying emotions and violence prevention.
- Graffiti, music, and art gatherings focused on creating connection and healing through artistic expression.
- Workshops on harm reduction, Narcan, and healthy coping alternatives to substance use.
- A series of workshops that focused on destigmatizing mental health and building awareness.
- A mini documentary that documented East African youth speaking about their experiences with mental health.
- Pop up gathering spaces that supported BIPOC families in learning about mental health, yoga, mindfulness, arts, and other activities.
- A peer led project that addressed the disproportionate strain the college application process has on BIPOC, Low Income, and LGBTQ youth.
- A project that created gathering spaces for BIPOC youth to discuss mental health and self-care.
- A community retreat at a farm that focused on mental health, culture, intergenerational trauma, and resilience.
- A mental health and well-being group hosted on campus as a local high school, that offered healing to BIPOC students.

We welcome creative solutions that are youth led and created, the list above are examples of previous activities, but this RFP is not limited to using the models listed above.

2. Youth Supports and Requirements

- **Youth Healing Project awardees will be supported** in a cohort convened by citiesRISE. citiesRise will offer youth awardees training, peer mentoring, access to a global network of youth mental health leaders, and expert guidance to support them and their projects to thrive. Please note that cohort gatherings are a mandatory part of this opportunity and require monthly gatherings.
- Additionally, youth awardees will **receive support from Best Starts for Kids Capacity Building Consultants** on budget management, building healthy partnerships with CBO fiscal sponsors, and program measurement and evaluation.
- The youth led projects will culminate in a celebration where youth leaders will be invited to share out their projects and accomplishments.

3. **Evaluation and Reporting:** Best Starts is committed to sharing with communities and stakeholders what happened as a result of this funding through performance measurement and evaluation. To help us do this, youth awardees will be asked to collect and report data about their projects.

Best Starts uses the Results Based Accountability (RBA) framework to measure program performance. The RBA Framework includes three questions: 1) How many people were served/reached by this program, 2) How well did your program serve people, and 3) How are those you served better off? Performance Measures are developed to answer these three questions and are informed by the program's model and purpose. Performance Measures may include tracking the number of young people who participate in your project activities, or the number of activities held as part of your project. Specific measures will be developed in partnership with Best Starts and youth awardees. In addition to collecting quantitative data, youth awardees will have the opportunity to share stories about project impact and reflect on successes and challenges in a Narrative Report that will include open ended

questions. Youth awardees will be asked to track data about their projects throughout the year and share data with Best Starts in July 2024 and December 2024

Please note that evaluation and reporting are required parts of this funding opportunity and will include gathering information about program participants (including demographic information such as race/ethnicity, zip code of residence, and gender identity if feasible) as well as project successes.

4. Investment Area(s)

The Community Well-Being Initiative is part of the Liberation and Healing strategy and part of the 5-24, sustain the gain investment area for Best Starts for Kids.

5. Focus Population(s)

This project is designed to support young people and their peers, that may not have access to mental health resources or supports. Young people who identify as lesbian, gay, or bisexual are twice as likely as their straight peers to experience persistent feelings of sadness or hopelessness, [according to CDC data](#), while young people who are transgender are twice as likely to attempt suicide compared to their peers, [according to a study published in the Journal of Adolescent Health](#). Young people who were Black or Latinx/a/o, were about 14% less likely than their white peers to receive treatment for depression, according to research by [Mental Health America](#). The same research showed that young people who are Indigenous, Black, or Latinx/a/o are more likely to attempt suicide than their white peers.

According to local data ⁴over one-third (36.4%) of King County youth reported experiencing depression symptoms in 2021. Students who identified as transgender (67.3%), something else (67%), questioning (62.9%), lesbian, gay and bisexual (60%) were almost twice as likely as the King County average (34.6%) to experience depressive symptoms. Hispanic/Latino (41.0%) and Multiple Race (40.9%) students also had higher than average depression rates. In response to this data, we are focusing on funding projects that serve the following communities and populations:

Focus populations for this RFP include:

- BIPOC youth
- LGBTQ youth
- Youth in King County
- Youth in underserved areas of the County
- Youth aged 14-24
- Youth impacted by substance use (this includes tobacco, vaping, opioid, and fentanyl use)
- Youth who need support accessing healthy coping strategies.
- Youth who are part of historically marginalized groups and communities.

⁴ <https://www.communitiescount.org/blog/2023/9/5/experiences-of-diverse-youth-mental-health-providers-in-king-county>

6. Outcomes

This program will center youth led projects that advance innovative and/or culturally relevant mental health projects for their communities. Through this, we hope to see overall increased well-being in community, but more specifically success could look like many things including:

- Increased youth leadership capacity, empowerment, and agency
- Youth knowing where/how to access mental health resources when they need them
- Youth having a better understanding of mental health and well-being
- Reduced mental health stigma for youth
- Youth reporting improved mental health and increased support
- Youth reporting increased connectedness⁵
- Youth having increased knowledge and use of healthy coping strategies

III. Eligibility and Requirements

This request is open to **applications directly from young people aged 14-24**. To receive funding, youth will need to identify a 501c3 fiscal sponsor organization ⁶during or after (if notified of award) the application process. Small youth led efforts will be prioritized in the RFP application process. **Youth applicants are encouraged to work with organizations they are already connected to and trust or to reach out to us if they need help finding an organization. You will not be deprioritized/docked points if you have not already identified your fiscal sponsor.**

Youth over the age of 18 will have the option to manage their awards without a 501c3. However, important information to consider for youth applicants includes:

- **Do you need support connecting to 501c3? If so let us know and we can connect you to an organization! To receive support please indicate in your application on the summary document that you are looking for a fiscal sponsor.**
- Do you need support learning how to manage a budget? We will offer capacity building that will include regular check ins and mentorship to help with building a budget.
- Accepting funding if awarded could potentially impact a youth and/or their guardians tax reporting and/or ability to receive financial assistance due to the funds being a source of income. If this is a concern, you can reach out for support or talk to our TA providers.

If you are a fiscal sponsor organization, you will be required to attend a training on how to support youth voice and leadership. Fiscal sponsors are regarded as mentors and fiscal supports for the youth leaders and not as the main project implementors. All major project decisions, including the design and execution of the application and project itself will be led by youth.

⁵ Source: Healthy Youth Survey.

⁶ Learn more about what fiscal sponsorship is: <https://www.councilofnonprofits.org/running-nonprofit/administration-and-financial-management/fiscal-sponsorship-nonprofits>

IV. Available Funding

We have budgeted \$9,999 per proposal, for this project. Proposals in excess of \$9,999 will be considered incomplete and will not be evaluated.

Any contract awarded as a result of this procurement is contingent upon the availability of funding.

King County PHSKC reserves the right to not award all funds advertised in this RFP.

V. Timeline Prop

This is a tentative schedule from application to program implementation. The dates listed here are subject to change. Applicants are responsible for monitoring ZoomGrants for any changes prior to the submission deadline.

Information Sessions	November 14th, 2023, noon December 5th, 2023, 5pm
Final day for to initiate request for technical assistance	December 15th, 2023
Final day to submit questions via ZoomGrants	December 14th, 2023
Final Q&A addendum posted	December 15th, 2023
Proposals due	December 18th, 2023, by 5:00 p.m.
Responses reviewed	December 19 th - January 8 th , 2024,
Notification of selected and non-selected applicants	January 2024
Anticipated program/contract start date	February/March 2024

VI. How to Apply

Submitting Your Application

Submit proposals through ZoomGrants at:

Complete proposal packages will include the following:

- Include and list all required elements of your RFX.
- Summary Questions
- Zip code question on zoomgrants

Questions About the RFP?

You may submit questions via email to the RFP Lead identified on this page in the section labeled RFP Communication.

If potential Applicants experience technical difficulties with ZoomGrants leading up to the due date, please email your Proposal to the RFP lead directly to avoid a late submission.

Applicants are encouraged to complete their applications early to avoid any difficulties or errors in submission. PHSKC is not responsible for any technical difficulties that an applicant may experience, and late submissions may result in rejection of proposal.

Information Sessions

Information sessions are scheduled to be held on the following days and will cover information to help you with your application.

Dates:

November 14th at noon

December 5th at 5pm

Zoom Information:

<https://kingcounty.zoom.us/j/2415584053>

Meeting ID: 241 558 4053

Passcode: 319014

RFP Communication

All RFP documents will be uploaded through ZoomGrants.

The RFP Lead is the sole point of contact for this procurement. All communication regarding the subject matter of this opportunity between the applicants and PHSKC upon release of this RFP must be through ZoomGrants or the RFP Lead, as follows:

Phil Thompson

RFP Lead

PhiThompson@kingcounty.gov

Any other communication will be considered unofficial and non-binding on King County. Applicants are to rely on written statements issued by the RFP Coordinator. Communication directed to parties other than the RFP Coordinator on this opportunity may result in disqualification of the applicant.

VII. Support With Your Application

We encourage all applicants to use our free application assistance (also known as technical assistance). The main purpose of this opportunity is to eliminate linguistic, cultural and other barriers that might prevent you from seeking government funding.

Technical assistance consultants can:

- a. Assist in determining appropriate fit between your proposal and this funding opportunity.
- b. Provide guidance on how best to answer questions.
- c. Support your application development, including editing and budget review.
- d. Consultants are not grant writers but can support you in explaining your proposal in the most clear and concise way.

See the [Best Starts website](#) for a list of TA consultants and their contact information. Individuals wishing to access application assistance should email the consultants directly. We encourage you to reach out to a TA consultant as early as possible. We cannot guarantee TA consultant availability within 5 business days of the deadline (the RFP's closing date). Assistance in languages other than English is available; let a TA consultant know your language need and Best Starts will try to accommodate that.

We encourage you to only contact one TA consultant at a time and allow them 24 hours to respond before contacting any other consultants.

Best Starts Capacity Building Services

Once the contract is finalized, you will receive free capacity building services from Best Starts-contracted consultants. The goal of Best Starts capacity building is to support grantees' program and organizational development, implementation, and sustainability while being rooted in community strengths, needs, and values. Consultants provide resources and training along with individualized, responsive, and ongoing coaching and support. Best Starts capacity building consultants can also help Best Starts grantees create tools and build skills needed to meet Best Starts contract requirements. Categories of Best Starts capacity building support include board development, data & evaluation, equity & social justice, finance, human resources, IT, legal, marketing, and organizational development.

VIII. Selection Process

Proposals will be reviewed and evaluated by a review panel led by youth, staff, and other community members. The process for choosing projects will include evaluation of the narrative and accompanying documents. Below are the selection criteria that will be used during the evaluation process.

DOES THE PROJECT CENTER YOUTH LEADERSHIP?	10
This question will be weighted and will be worth 10 points instead of 5.	

Proposal demonstrates that youth were involved and led the development of the idea. The project supports and centers youth leaderships.	
DOES IT CENTER COMMUNITY MOST IMPACTED/ DOES IT HAVE COMMUNITY COLLABORATION OR INVOLVEMENT?	10
This question will be weighted and will be worth 10 points instead of 5.	
The project demonstrates that it is focused on community most impacted. The proposal demonstrated that underserved communities were prioritized and that it involves community collaboration.	
DOES THE PROJECT PROMOTE YOUTH WELL-BEING AND MENTAL HEALTH?	10
This question will be weighted and will be worth 10 points instead of 5.	
IS THE PROJECT REALISTIC AND ACHIEVABLE?	5
Can the project be achieved?	
IS THE PROJECT CREATIVE OR UNIQUE?	5
Does the project represent creative or nontraditional approaches? It does not have to be new but should demonstrate creativity.	
EQUITY AND SOCIAL JUSTICE: CENTERING COMMUNITY	5
Proposal clearly illustrates and reflects deep understanding of equity and social justice (ESJ) issues and the underlying context in which culturally relevant services are provided to the focus population of this Program and describes a plan to provide these culturally relevant services.	
BUDGET AND FISCAL	
Applicant states how much funding they need to achieve their goals and how funds will be used.	5
DATA COLLECTION AND EVALUATION	
Applicant clearly identifies what success would be for the proposed program and how the program would measure success. The applicant clearly outlines their interest in building capacity to collect data and/or story tell.	5
	55

Review team members will assign scores on a scale of zero (0) to five (5), aside from questions 1-3, where scoring is defined as follows:

Score	Description	Discussion
0	No Response	The Proposal does not address any component of the requirements or no information was provided.
1	Strongly Disagree	The Proposal only minimally addresses the requirement and is missing components or components were missing.
2	Disagree	The Proposal only minimally addresses the requirement and the Applicant's ability to comply with the requirements or simply has restated the requirements. The Proposal is responsive, but does not represent best practices.
3	Neutral	The Proposal shows an acceptable understanding or experience with the requirement. Sufficient detail to be considered meeting minimum requirements.

		The Proposal represents best practices or an adequate alternative.
4	Agree	The Proposal is thorough and complete and demonstrates firm understanding of concepts and requirements. Proposal provides a thoughtful and innovative response but may be missing components.
5	Strongly Agree	The Proposal has provided an innovative, detailed, and thorough response to the requirements, and clearly demonstrates a high level of experience with or understanding of the requirements.

Selection Process

Final selection of awardees will be made by King County division and department directors based upon recommendations from the review panel and based upon equity and geographic considerations to ensure services are responsive to funding priorities and community need. The PHSKC reserves the right to make such selections based on the best interests of King County, and as a result, may not select the highest scoring or lowest cost proposals for award, and it will execute contracts based upon the final selections

IX. List of Attachments

- A. Summary Questions
- B. Narrative Questions
- C. Budget
- D. Technical Assistance for Applying for Funds
- E. Acceptance of Potential Agreement Terms

ⁱ Data and Rationale:

There has been an increased need for mental health solutions since the start of the pandemic. According to the APA, 84% and 72% of psychologists have seen an increase in anxiety and depression rates. Black, brown, Indigenous, API, and LGBTQ+ young people face even more challenges with less access to mental health resources. This RFP is designed to build connections between young people and their peers and to connect them to mental health resources they may not have been connected to otherwise. We have seen reports from the CDC that state that 75% of LGBTQ youth have experienced persistent feelings of sadness in comparison to 37% of their heterosexual peers.

Young people who are transgender are twice as likely to attempt suicide compared to their peers, according to a study published in the Journal of Adolescent Health. Additionally, more than 1/3rd of youth has experienced racism, these experiences have been linked to poor mental health, academic performance, and lifelong health risk behaviors.

According to data from Washington State Department of Health Rapid Health Information Network, rates of suicidal ideation are increasing for all youth, but have increased significantly among BIPOC and assigned female at birth youth.