



MASSACHUSETTS  
GENERAL HOSPITAL

CENTER FOR COMMUNITY  
HEALTH IMPROVEMENT

### For Revere on the Move Mini Grants:

We are excited to announce the 2017 mini-grant awardees! This year we funded 8 projects totaling \$13,500. We also are thrilled to fund our first-ever Youth-Led mini-grant projects!

- **Coast Collaborative:** This group with the RPS will be creating container gardens with students teaching them the possibilities of growing food at home even without space for a garden. Students will learn gardening skills during the spring, then get to take their plants home for the summer. Awarded \$360.
- **For Kids Only:** FKO will be offering free yoga and cooking courses for adults and children in Revere. This will be a great opportunity for inter-generational learning, building skills to lead more active and healthy lives, and celebrate cultural diversity. Awarded \$2,030.
- **Garfield Elementary School Running Club:** Garfield Elementary School will begin a running club for 5th grade students as well as faculty. The mini-grant will cover the cost of race entries for local 5K and teach the importance of physical activity. Awarded \$1,200.
- **SeaCoast High School Healthy Shopping Class:** Students from SeaCoast will first learn how to read nutrition labels in school. Then they will on a grocery store trip and learn tips for shopping healthfully on a budget. The store visit will be an opportunity for students not only to apply their new knowledge, but to also take home healthy foods and prepare a nutritious meal. Awarded \$2,060.
- **Department of Veteran Services Mobile Market:** The monthly mobile market for veterans within the community will receive funding to purchase clothe and plastic bags. These materials help ensure that food safety protocols are followed and that elderly or disabled veterans can safely carry their items home. Awarded \$3,000.
- **Women Encouraging Empowerment:** WEE will purchase text books which combine English language learning and nutrition education. Awarded \$1,350.

### NEW! Youth-Led Mini-Grants!

- **YouthPass:** The Revere Youth Health Leadership Council will help implement and promote the new YouthPass program. This systems change allows young people to purchase MBTA Charlie Cards at a discounted price and engage in enrichment activities year-round (unlike the current pass, which is restricted to students and the school year). Awarded \$500.
- **McKinley School Basketball Court Refurbish:** The MGH YouthZone will be renovating the basketball court at the McKinley School with new basketball hoops and backboards, safety pads, and

repainting the court. This project will help students build new life-skills, allow for collaboration between the YHLC and the YouthZone, and provide a revitalized space for the community to be active. \$2,316.

### **For ATOD (Alcohol, Tobacco and Other Drugs Initiative) Mini Grants:**

**2017 mini-grant awardees, 6 projects were funded totaling \$10,071 dollars.**

1. **Revere Middle Schools:** Awarded \$1,570 dollars to sponsor a presentation by former Celtics player, Chris Herren, to 8th graders on topics such as the dangers of drug and alcohol use, bullying, and cutting.
2. **Rumney Marsh Middle School:** Awarded \$1,615 dollars to bring the Improbable Players to perform for their 8<sup>th</sup>-grade class. The Improbable Players educate the public about addiction and recovery through dramatic performances and theater workshops, presented by actors who are in long-term recovery from a substance use disorder. Their mission is to help people recognize situations in their own lives and seek the help they need.
3. **Revere High School, Youth Empowerment Club:** Awarded \$2,000 dollars to organize a "Self-Care Fair" for students. Some students use substances as a way to cope with stress and the pressures they face every day from school, family, and peers. With this in mind, the fair will focus on education on self-care techniques and "healthy vs. unhealthy" coping skills.
4. **Susan B. Anthony Middle School:** Awarded \$1,386 dollars to host a Drug Awareness Day for students in conjunction with a presentation by No First Time. The No First Time Team travels to schools across the state talking to kids and parents about the devastating effect of drug use, peer pressure, decision making and consequences. The program includes a presentation by an MA State Trooper & Drug Recognition expert, and an awareness component by a person in recovery. Students will participate during the day and parents will be invited for an evening presentation.
5. **Housing Families:** Awarded \$2,500 to provide free transportation for Revere kids to attend the GREAT Youth and Families Program. Housing instability is particularly difficult for children, who often have not yet developed appropriate coping skills and do not often have access to the support and resources they need to process and recover from the stress caused by homelessness. As a result, such long periods of instability affect the child's mental health and ability to build healthy emotional, physical, and academic skills that contribute to their success later in life. Through the *GREAT* Youth and Families Program, Housing Families, offers essential academic and therapeutic support to young children who have experienced homelessness.
6. **Therapeutic Mentoring Program at North Suffolk Mental Health:** Awarded \$1,000 dollars to provide healthy activity incentives to high-risk youth in their program. Therapeutic mentors work with youth individually outside of the home and support them in developing social and coping skills to increase their positive interactions in the community. Youth in the program struggle with managing symptoms related to ADHD, depression, anxiety, and complex trauma. The incentives will serve to encourage the youth to reach their healthy behavior goals and learn positive coping skills.

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