

Application Communications

Subject: Mindfulness Opportunity please share

Hello Mental Health Matters Coalition,

Please find the attached application and flyer regarding an opportunity for Chippewa and Eau Claire county school districts who administer the Youth Risk Behavior Survey (YRBS) to apply for FREE school wide mindfulness skills training for staff. Please ~~forward~~ share this information to your middle school and high school contacts including superintendents, principals, teachers, counselors, staff, etc. We are relying on you to share far and wide please assist!

Completed applications are due INSERT DATE participants have said:

- “This course was eye opening. It provided enough information for me to get my feet wet, but it didn't drown me in data/information. It was excellent.”
- “I'm more calm, I breathe when starting to be stressed, I can download calm ~~to~~ students.”
- “This is life changing. I feel empowered to deal with my stress and help students with anxiety. This has real power and I think all of our teachers and students in our district would benefit from mindfulness training. I think it is a no brainer ~~that~~ it should be incorporated into our PD, wellness and teacher training. I am very appreciative to have participated.”

Please feel free to contact me with any questions. Thank you!

INSERT CONTACT INFORMATION

Subject: Mindfulness Opportunity Grant Application

Dear INSERT

Thank you for your school's application to receive mindfulness ~~training~~ training and support. You will be notified INSERT DATE the status of your application. Thanks again!

INSERT CONTACT INFORMATION

Subject: Mindfulness Opportunity

Dear INSERT

Mental Health Matters thanks you for the time, care and diligence in submitting a grant application for your school. We received several applications for this opportunity but are only able to offer training to INSERT # SCHOOLS this year. We regret to inform you that your school was not selected to receive mindfulness training for the INSERT school year. You submitted a strong application, and it was a very difficult decision. If you would like feedback on your application, please ~~contact~~ come. We encourage you to apply again when this opportunity is offered for the INSERT school year. Applications will be available INSERT DATE

The mission of the Mental Health Matters grant is to improve the mental health of middle and high school youth in Chippewa and Eau Claire counties. One way the Coalition is focused on doing this is by providing mindfulness resources to middle and high schools throughout the two counties. During this competitive grant application process, INSERT # applications were received from schools in the two counties to receive mindfulness training for their staff. Mental Health Matters Mindfulness Action Team members completed the review process of the applications, providing a recommendation to the Mental Health Matters steering committee. We will be providing mindfulness training INSERT # schools throughout the INSERT # period.