

Priority: Youth Health and Well-Being



PURPOSE: To advance health and well-being for young people, ages 9 to 25, in Colorado who experience health inequities due to economic injustice, racism, and discrimination through strategic investments designed to support young people, strengthen families, and build youth-centered communities.

Focus Area: Strengthening Families

DESIRED RESULT: Young people experience secure and supportive relationships with their parents and caregivers

Why We Care

We believe that experiencing secure and supportive relationships with parents and caregivers leads to greater health and well-being for young people.

Supportive relationships with parents and caregivers are the cornerstone of healthy development for adolescents. The positive effects of a strong bond between a young person and their caregiver extend to adulthood. These healthy relationships are associated with lower levels of psychological distress and higher levels of self-esteem, happiness, and life satisfaction.

While the role of parents and caregivers certainly changes in adolescence, their significance does not. Research confirms that parents continue to have more influence on their adolescent children than peers on many important outcomes. As young people grow, parenting shifts from making decisions for the younger child to helping adolescents make decisions on their own. Supportive caregivers can also minimize the chance that young people engage in high-risk behavior.

Parenting adolescents is a unique adventure. Conflict is common as young people begin to test authority, seek more independence, and negotiate more responsibility. Many parents rate this stage of a child's life as the most difficult stage of parenting. Adverse childhood events experienced by parents and caregivers themselves, as well as economic stress, racial or identity-based discrimination, poor mental health, and other structural barriers, can create an even more challenging parenting experience. Add to this the evolving stressors young people face today and parenting can feel incredibly overwhelming and even isolating.

Parenting was never meant to be a solo endeavor. Parents and caregivers benefit greatly from strong social connections, opportunities to practice parenting skills, and access to concrete support and communities and systems that prioritize whole-family health and well-being.

APPLICATION TIMELINE

- Part 1: Due 11/14/2024, by 5:00 p.m.
- Part 2 (if invited): Opens 12/12/2024 Due 02/06/2025, by 5:00 p.m.
- Grant Start Date: 07/01/2025

[Click here to apply!](#)

Applicant Eligibility Criteria

In addition to [Caring for Colorado's general eligibility requirements](#), the proposed work must serve:

- A minimum of 75% of families living with low incomes (at or below 260% of the federal poverty level, 80% Area Median Income, or [TANF eligible](#)).

OR

- At least 90% of families who represent one or more of [Caring for Colorado's priority populations](#).

Eligible Funding Strategies

To support parents and caregivers in developing secure and supportive relationships with their adolescent child(ren), we will fund organizations that create the conditions parents and caregivers need to:

- Strengthen family bonds and cultivate healthy parent/caregiver-adolescent relationships.
- Deepen knowledge of adolescent development and parenting strategies that support young people's health and well-being.
- Develop meaningful social connections with other parents, caregivers, and advocates.
- Access concrete support, especially in times of need.*

Organizations that serve young people and their families can submit one application that includes strategies from the Strengthening Families and Supporting Young People focus areas. To do so, please select the 2GEN Focus Area on the Part 1 Application.

**Access to concrete support must be accompanied by at least one other strategy in the focus area.*

Types of Funding

We will fund requests for general operating or project support. Annual grants will range from \$50,000 to \$125,000, and applicants can request funding for up to three years.

Examples of What We Will Fund

- Family-serving organizations* that provide comprehensive services and support for parents and caregivers of young people (ages 9-25) and offer high-quality services and programming such as:
 - Evidence or community-informed 2Gen family strengthening programs.
 - Evidence or community-informed programs that provide parents and caregivers of young people the opportunity to develop and practice skills and tools that support healthy adolescent development.
 - Parent/caregiver peer support networks for parents of young people.
 - Opportunities for families who are engaged in comprehensive family support programming to

participate in social activities with their adolescent children.

- Evidence-informed approaches that address whole family behavioral health, including community health and peer support.
- Resource navigation and direct financial assistance for families with young people experiencing a crisis (e.g. interpersonal or family violence, housing insecurity).
- Collaboration with youth-serving organizations or schools to increase family engagement and support.
- Statewide or regional organizations with a primary focus on increasing the quality and accessibility of family-serving organizations.

**Family-serving organizations are designed to serve the whole family and include, but are not limited to: Family Resource Centers, Immigrant Resource Centers, and Domestic Violence Organizations.*

What We Will Not Fund

- Applicants that do not meet [Caring for Colorado's general eligibility requirements](#).
- Organizations that do not offer free or accessible services based on a sliding fee scale.
- Requests to fund a scholarship model for participants to access programs or services.
- One-time events or experiences.
- Organizations exclusively focused on basic needs or immediate/short-term assistance (e.g. food, clothing, short-term shelter, utility assistance).

Grantmaking Guiding Principles

Our grantmaking decisions are guided by five principles that influence an organization's ability to advance health and well-being for young people, ages 9 to 25, and their families who experience health inequities due to economic injustice, racism, and discrimination. The principles were developed based on insight from our youth and community listening sessions and are informed by best practices in the field of adolescent health and well-being. Grant funding will be prioritized for applicants who demonstrate alignment with these five principles:



[Learn more about our guiding principles.](#)

Application Review Process and Timeline

Caring for Colorado utilizes a two-part online application process. **No registration is needed to submit the Part 1 application**, which is designed to provide grant-seekers with a quick, low-barrier opportunity to share basic information about the organization and proposed work. Staff reviews Part 1 applications to determine eligibility and alignment with the funding opportunity.

Organizations that submit a Part 1 application by 5:00 p.m. on November 14, 2024 will be notified about the status of their application by December 12, 2024. If an application is declined, the organization will receive an email from a Philanthropy Lead with a brief explanation of the decision. Organizations that are invited to move forward in the review process will be asked to complete the Part 2 application by 5:00 p.m. on February 6, 2025. **The Part 2 application must be submitted via Caring for Colorado's online grants portal.**

Part 2 Applications will be reviewed by March 3, 2025. If an organization's application does not move forward in the review process, a Philanthropy Lead will provide the opportunity to schedule a meeting to learn more about the decision. If an organization is asked to continue in the review process, a Philanthropy Lead will schedule a site visit. Site visits will take place between March 17 and May 3, 2025.

Following a comprehensive team review process, Philanthropy Leads present their grant recommendations to Caring for Colorado's Board of Directors for consideration. Following Board approval, Philanthropy Leads will notify applicants of grant decisions by June 16, 2025. The grant start date is July 1, 2025.

Learning & Assessment

How Your Application Informs Our Learning

The **Part 1 application** requires basic organizational data that Caring for Colorado collects to inform the decision-making process and help the foundation track and assess key grantmaking metrics over time (e.g., counties served, budget size, populations served, etc.).

The **Part 2 application** requires organizations to establish at least one outcome and subsequent objective for each [eligible funding strategy](#) selected. If funded, the grantee will report on the results of outcome(s) and objective(s) after 12 months.

POST GRANT AWARD:

In addition to reporting on grant outcomes and subsequent objectives, grantees will be asked *optional* learning questions in their annual grant report. These questions are designed to support Caring for Colorado in assessing our theory of change and create opportunities to share best practices and lessons learned with other grantees working on the same strategies.

Grantees will not be expected to implement any specific measurement tools or be asked to explicitly evaluate the impact of their work on the funding opportunity's desired results. We understand that organizations use different tools and methods to track data and measure impact, and we are confident that those will be helpful in reflecting on the funding opportunity's impact.

We hope to learn if and how organizations are measuring outcomes related to strengthening family relationships and support, but we will do so through informal conversations and optional learning opportunities.

Connect With A Philanthropy Lead

Philanthropy Leads are available to answer questions that will help you determine eligibility and prepare your Part 1 Application. We recommend you watch the [Youth Health and Well-Being Funding Opportunity Webinar](#) and review application resources before scheduling a meeting.

Philanthropy Leads are assigned to specific counties. [Refer to our regional map](#) to determine your primary contact.

Schedule a meeting with [Lauren Czajka](#), [Sarah Dutcher](#), or [Steph Perez-Carrillo](#).

How to Apply

The [Part 1 application](#) is submitted online and does *not* require registration in the Caring for Colorado grantmaking portal. For the best results, we suggest that you use Google Chrome as your web browser.

Important note: You cannot save your work while working on the Part 1 online form. We recommend using the [Part 1 Application Template](#) and then copying and pasting your answers into the online form.

If you are unable to complete an [online application](#), please contact our grants management team at grants@caringforcolorado.org to discuss alternative options.

Glossary of Terms

Learn more about [terms used in the Youth Health and Well-Being Funding Opportunity](#).

We Want to Hear from You!

If you have feedback on this funding opportunity, [please share your thoughts here](#). You may also use this form to share helpful resources!

