

REACH: Connecting Communities and Youth For a Healthy Future is a Sierra Health Foundation grant program supporting the healthy development of youth ages 10 to 15 in the California Capital Region, an area encompassing Sacramento County and parts of eight surrounding counties. The program focuses on this critical time when youth begin experiencing growing independence, and when decisions can have a profound effect on healthy development and successful progression to adulthood.

Research shows that youth are more likely to succeed if engaged in positive activities that develop their skills and connect them to caring relationships and their community.

REACH Guiding Principles

- Youth are an asset in a community to be nurtured and developed.
- Healthy adolescent development includes developing intellectual, social, physical, psychological, emotional, vocational and civic competencies.
- Children are more likely to successfully cope with challenges and adversity when supported by a nurturing adult; good role models; a safe, supportive environment; and opportunities to learn and contribute to family and community.
- All young people need to develop skills to become self-sufficient, participate fully in the workplace, assume family responsibilities and become engaged citizens.
- The most successful approaches to youth development will be created and developed in partnership with young people, their families, providers and the community.
- Youth are resources and active partners in their community.

For more information, visit
www.reachyouthprogram.org

REACH Program Funding Strategies

Community Action Grants

Sierra Health Foundation has committed more than \$6 million to nine community coalitions to create positive opportunities for their youth. In 2006, coalitions in El Dorado Hills, Galt, Meadowview, Rancho Cordova, South Sacramento, West Sacramento and Woodland were awarded Community Action grant funding. In 2008, coalitions in Marysville/Yuba City and Vacaville were awarded Community Action grants.

Program Improvement Grants

Grants up to \$10,000 are available to increase youth participation in quality programs in the California Capital Region. These grants help support existing youth programs for greater reach and impact, and promote the development of new programs throughout the region.

Youth Engagement Grants

In partnership with the Sacramento Region Community Foundation and the El Dorado and Placer community foundations, REACH supports the Grants Advisory Board for Youth to fund youth-led service projects. This strategy supports the development of important life and leadership skills by providing opportunities for young people to contribute to their communities.