



SIERRA HEALTH FOUNDATION
An Endowment for Northern California

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Capital-region youth projects receive Program Improvement grants

Sacramento, Calif. – Sierra Health Foundation continues its grant making in support of the healthy development of youth with REACH Program Improvement grants. Through REACH, Sierra Health awards grants up to \$10,000 to nonprofit organizations working to improve the quality of youth programs in the capital region. Since 2006, Sierra Health has awarded 65 Program Improvement grants totaling more than \$630,000. Visit Sierra Health's REACH Web site at www.reachyouthprogram.org for more information.

Following are 11 recent grant recipients and descriptions of their projects:

Amador County Recreation Agency

Project: ACRA After School Program

This program will provide youth with a safe, fun place to learn about local ecosystems and the importance of environmental stewardship. The school year will start with small environmental stewardship exercises and activities, such as creating art from recycled materials. Larger projects will follow, such as the ecological restoration of a natural park area.

Children's Receiving Home of Sacramento

Project: Reach the Youth – Youth Mentor Program

A youth mentor will join the organization to coordinate, attend and facilitate all meetings of the Resident Council, a youth focus group tasked with providing feedback and suggestions on improving CRH programs. One of the youth mentor's first projects will be to gather input from youth on the design of the Youth Mentor Program.

Mercy Housing California

Project: Pay It Forward Youth Leadership Program

A youth leadership coordinator will work with youth from Folsom Gardens, White Rock Village and Mercy Village Folsom to identify Pay It Forward projects that will positively impact their community. Youth will implement the projects, working in partnership with Mercy Housing property staff and community organizations.

Nevada County Superintendent of Schools

Project: Nevada County Health Career Club

The project will include a weeklong introduction to health careers, service learning with mentor supervision, hands-on participation in the new Patient Simulation Lab at Sierra College, work experience and exploration of various health careers, as well as a Middle School and High School Counselor Luncheon & Health Center Awareness Workshop.

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Sacramento County Office of Education

Project: Club Live Leadership Training

A youth leadership team will be created to plan, implement and evaluate every aspect of the Club Live leadership training event held each fall to provide skill-building training for student leaders involved in the program. Students are interested in training on creative recruitment ideas, public speaking skills and developing activities and projects.

Shenandoah High School

Project: Learning Through Internships

The goal of this project is to give every freshman and sophomore student an opportunity to participate at an internship site two days a week. More than 100 local businesses, nonprofits, county departments, health professionals and others have partnered with the school. This grant will help fund hiring of part-time van drivers to allow more students to participate.

Sutter/Yuba Friday Night Live, Inc.

Project: Afterschool Performing Arts Program

This performing arts program will help 10- to 15-year-old youth develop talents in drama, dance, art, music and computer graphics. The youth will produce plays, public service announcements and graphic arts in support of SYFNL programs. College students will work as mentors for the youth, engaging them as active leaders and resources in the community.

United Cerebral Palsy of Greater Sacramento

Project: Building Bridges Youth Connection

UCP will develop an Internet forum linked to the organization's Web site to support young people in having interactive and ongoing discussions about disability issues. The site will provide reliable, useful information on issues youth face, as well as tips on handling relationships with family and friends. UCP will conduct focus groups to develop the site.

Wonder, Inc.

Project: Counselor In Leadership Training

Expanding on its current Journey program for children between ages 6 and 12, Wonder, Inc. will select 10 youth ages 12 to 15 to participate in a youth leadership course. The youth will use their new skills to take responsibility at all Wonder group outings, Camp Wonder and at their own outings. The young leaders will be a youth voice for program staff and the board.

Woodland High School

Project: Woodland High School Peer Mediators

The grant will be used to deepen and broaden this existing peer mediation program, allowing more students to use mediation services and developing the skills of peer mediators. Grant funds also will be used to pay for transportation, training facilities, training manuals and food for peer mediator meetings and trainings.

Yolo County Health Department

Project: Yolo County Anti-Tobacco Youth Coalition

The youth coalition will be expanded into currently underserved areas of Yolo County, particularly the less-populated areas of Winters and Esparto. New youth coalition recruits in outlying areas will receive leadership training. Once recruitment is complete, the coalitions will meet monthly to identify anti-tobacco projects to implement in their community.

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Sierra Health Foundation is a private philanthropy investing in and serving as a catalyst for ideas, partnerships and programs that improve health and quality of life in Northern California through convening, educating and strategic grantmaking. For more information about Sierra Health and its programs, visit www.sierrahealth.org