

# RIVER FOREST TOWNSHIP MENTAL HEALTH COMMITTEE

## FY 2019 GENERAL PREVENTION APPLICATION GUIDELINES

### PREVENTION ACTIVITIES

We seek to support time-limited activities or projects of three types:

- 1) **General education about mental health issues**
- 2) **Programs targeting at-risk groups**
- 3) **Programs to build support networks**

### EXAMPLES OF PREVENTION ACTIVITIES

1) **General education about mental health issues:**

Programs may be intended to:

- a) Promote positive mental health (e.g., awareness of psychological issues at each stage of development, build self-esteem, promote positive outlook, improve social competence.)
- b) Aid families or individuals in negotiating normal or common life stresses and transitions (e.g., adolescent years, death of a family member, dual-career marriages.)
- c) Provide psychoeducational experiences for a defined group (e.g., families experiencing divorce, persons with chronic medical problems, persons caring for aging parents.)

2) **Proposals for at-risk groups:**

Programs should evidence methods of identifying the group targeted and specific activities designed to reduce risk (e.g., behavior management for oppositional children.)

3) **Support network programs:**

These proposals should identify the reason for the need, activities designed to build the support network and expected outcomes (e.g., support network following spouse death.)

### CHARACTERISTICS OF THE RIVER FOREST COMMUNITY

Proposals for any prevention activity should include awareness of and responsiveness to the culture and needs of the River Forest community. Key characteristics of our community that have emerged from the results of focus groups and needs assessments are:

- A child and family focus
- High achievement values
- Increasing number of senior citizens and two-career families
- Resident concerns about diversity and developing a sense of belonging and connection to one another within the community

### MARKETING and EVALUATION

Proposals should indicate specific efforts that will be made to announce and publicize to community residents the planned prevention program. Proposals must also indicate plans for consumer evaluation and feedback and the methods to be used.