



Thrive 2024 Grant Applications-Okanagan & Vancouver

Thank you for your interest in the 2024 [UBC Thrive Grants](#)!

Please review the [grant guidelines](#) and reimbursement information before you apply.

The deadline to apply is October 7, 2024; at 4 pm.

If you have any questions about the Thrive grants please contact:

UBC- O: thrive.okanagan@ubc.ca

UBC-V students: Vanessa Linton (vanessa.linton@ubc.ca)

UBC-V faculty/staff: Truelove Twumasi (t.twumasi@ubc.ca)

Grant Guidelines

Eligibility Criteria:

- All current UBC student groups, faculty, staff and post-docs are eligible to apply
- Events can be open to the entire UBC community or may target a specific population
- Demonstrate a commitment to support engagement around mental health and mental health literacy such as:
 - Promoting mental health literacy (e.g. educational seminar or workshop)
 - Provide opportunities for social connection
 - Foster a supportive and inclusive community
 - Build skills to support positive mental health and resilience
 - Highlight resources on campus
 - Advocate for positive mental health and reduce stigma
- Additional consideration will be given to events and activities that support diverse perspectives on mental health
- All funds must be used by November 30, 2024

Grants can be used for:

- Instructor or facilitator fees

- Workshop or event supplies
- Food, catering
- Room rental fees

Grants cannot be used for:

- The purchase of gift cards or certificates of any denomination
- Costs that would be covered by other UBC departmental budgets
- Applicants cannot profit financially from their projects or award themselves an honorarium
- Donations or fundraising

Need some inspiration for your event?

Here are a few [examples of some standout events](#) that were funded by UBC Thrive Grants.

Grant Reimbursement

- Thrive Grants are based on a reimbursement model.
- Recipients will have to pay for expenses up front and a reimbursement will be issued.
- All purchases for the grant must be made by the primary grant recipient (You cannot submit expenses from multiple people under one grant)

Q5 If my application is awarded funding, I agree that upon completion of my project, to submit a report with the original receipts/proof of payments of all expenses covered by this grant. Type your full name here:

Q6 Campus or work site location:

UBC-Vancouver

UBC-Okanagan

Other (please specify) _____

Q7 Application Lead Contact information

Name: _____

UBC Email: _____

Q8 Please select the term that best describes your role at UBC. Please specify the name of your group or your unit/department name. in full no abbreviations

Student group/organization. Please specify name.

Faculty _____

Staff _____

Other _____

Q9 Are you (or your group) a past recipient of any Thrive Grants?

- Yes
- No, not this my first time

Q10 Name of Thrive event or initiative

Q11 Primary audience of your Thrive event (select all that apply)

- Students _____
- Faculty _____
- Post-docs _____
- Staff _____
- Other _____

Q12 Amount of funding requested (up to \$300)

_____ \$ _____

Q13 Please describe your proposed event and how it aligns with Thrive's goals:

- Increase mental health literacy and promote resources
- Foster a supportive and inclusive community
- Build skills to support positive mental health and resilience
- Provide opportunities for social connection

Q14 Please briefly indicate how your event will be inclusive of equity deserving groups and diverse perspectives on campus?

Q15 Please share any strategies you plan to use to enhance the connection between your event and Thrive. Examples may include:

- Promoting mental health resources available at UBC
- Incorporating activities that boost mental health literacy
- Utilizing Thrive branding and messaging in event materials
- Including reflective questions or content from the Thrive toolkit
- Promoting the event in the Thrive calendar

Q16 Modality of event

- In-person
- Online
- Hybrid (in-person and online)

Q17 Estimated number of participants

Approx. number _____