



District Grant Final Report 2019-2020

This report must be completed and uploaded on matchinggrants.org within 30 days after completion of the project but no later than 2 years after the date of approval of the project.

District Grant # P-2034

Rotary Club: Windsor Rotary Club

Project Title: Mental Healthiness Awareness

Project Description:

1. Briefly describe the project. What was done and where did the project activities take place? Explain how the beneficiaries and other community members were involved?

Suicide prevention and mental health resources are very important in our society. The suicide rate for young people in Colorado is very high. The Weld RE 4 High School is working on creating an awareness among the students that it is okay to seek help and that many people have and will seek help throughout their lives. Two years ago they planned a Mental Health Night inviting speakers and having activities to involve as many students as possible. They held their second Mental Health Night this year. The Interact Club applied for the grant to help finance both nights.

2. How many Rotarians participated in this project? 30 Interact Students

3. What did they do? Please give at least two examples.

The Interact members organized activities and speakers for both fairs. Activities included brain breaks, meditation, journaling, healthy eating.

At the first session, they had an Interact member who had attempted suicide speak to the attendees about her experience and the help she has since received.

4. How many non-Rotarians benefited from this project? ___900__

500 students and 400 adults participated over the two year period

5. Who are the beneficiaries and what is the expected long-term community impact of this project?

The beneficiaries are the high school students who are at risk of suicide, their peers and their families and other caring adults. Long-term, the hope is that young people will understand they are not alone and will seek the help they need.

6. If a cooperating organization was involved, what was their role?

The Windsor High School Staff and students were heavily involved in this project.

7. Income:

Income Source	Amount
District 5440	\$500
Windsor Rotary Club	\$250
Total Project Income	\$750

8. Expenditures: (number receipts starting with 1 and indicate a receipt # (s) for each expenditure) (Do not include travel expenses)

If international project convert amounts to US dollars	Receipt # (s)	Budgeted Amount	Actual Amount
4/29/2018	1		279.18
5/8/2018	2		200.00
5/14/2019	3		228.31
5/14/2019	4		34.22
5/16/2019	5		33.92
5/25/2019	6		91.26
Total project expenditures		\$750	\$866.89

9. Please explain any variance of more than 5% between the budgeted amount and the actual amount including the reason for the variance and why the alternative was chosen.

The Windsor Club will absorb the additional expenses because we feel this was an important project.

10. Project score (5=strongly, 4=agree, 3= neutral, 2=disagree, 1=strongly disagree)

	Project Score	Comments
The overall project was successful	5	
The grant process worked well	5	
My interaction with partner clubs was good	NA	We didn't have any partner clubs.
We achieved the results we expected	4	Altruistically we hope we helped young people.

11. Did you upload photos in your project on matchinggrants.org under the Photos tab? (If not, please do so)
Yes.

12. What worked well on this project and why?

It was great to see our Interact Club willing to apply for a grant for something that they felt strongly about.

13. What did not work well and how would you suggest improving it?

Because teachers have a lot on their plate, it took time to get the receipts and information needed to fill out the grant paperwork. I am not sure there is a fix for this.

14. How was this project publicized?

The project was publicized at the high school

Project Inventory

Please list all items provided in this grant that are over \$500 in value and are not expendable.

Item Purchased	Date of Purchase	Cost	Destination/ Location	Comments
None				

By signing this report, I confirm that to the best of my knowledge these District Grant funds were spent only for eligible items in accordance with Trustee-approved guidelines, and that all the information contained herein is true and accurate. Receipts for all grant-funded expenditures are attached. I also understand that all photographs submitted in connection with this report will become the property of RI and will not be returned. I warrant that I own all rights to the photographs, including copyright, and hereby grant the District, RI and TRF a royalty free irrevocable license to use the photographs now or in the future, through the District and the world in any manner it so chooses and in any medium now known or developed. This includes the right to modify the photographs as necessary in the District's and RI's sole discretion. This also

includes, without limitation, use on or in the web sites, magazines, brochures, pamphlets, exhibitions and any other promotional materials of the District, RI, and TRF.

Please attach all receipts or an invoice and a copy of the check used to pay the invoice. Funds over \$100 not used must be returned to the district grants treasurer.

Certifying signature of primary contact Ann Kling Date: 07/26/2019

Print name Ann Kling

Upload this report on matchinggrants.org in .pdf format only