

Supporting Community Needs

COVID-19 Emergency Mental Health Fund



The City of Minneapolis is committed to healing and resilience grounded in the evidence of culture and practice. Through the Division of Race and Equity, the City desires to strengthen the capacity of mental and behavioral health providers and community cultural healers to provide services to community residents who may be experiencing increased stress and trauma related to the outbreak of the Coronavirus.

As a result, we are temporarily making funds available to support these efforts through the **COVID-19 Emergency Mental Health Fund**. Our goal is to provide short term relief to those who are experiencing crisis and whose ability to receive in person help is either limited or not existent at this time. Providers may apply between \$2500 - \$7500 to meet these needs. Opportunities could include but are not limited to:

- Virtual therapy sessions for individuals
- Offering your services through crisis hotlines or phone conversations
- Instructional videos on what people can do to cope with increased stress and trauma

Priority population (s) served:

- Black, Indigenous, and People of Color
- People who either live or work in Minneapolis
- Low income and/or low wealth communities
- People who live with disabilities
- LGBTQ2SIA+ communities
- Immigrants (including those who are undocumented) and refugees

How to Apply

Interested providers must submit a [brief application](#) which includes a description of the service(s) you provide and a detailed budget. These applications will be reviewed and approved on a rolling basis until we exhaust funds related to this work. **We have allocated a total of \$75,000 and intend to fund at least 10 providers to provide emergency, temporary relief.** We are looking for providers who already have an existing, established practice providing services we've identified in scope for this funding opportunity. Given the rapid nature of this request, we will give preference to organizations that already have been a contracted vendor with the City of Minneapolis or can demonstrate their capacity to enter into a contract within 3-5 days of proposal acceptance. **All proposed services must begin within one week of contract finalization and end within 90 days of that date or before August 21 2020, whichever comes first.**

Also, note that all selected providers will be expected to administer evaluation forms to those who utilize their services and will also be asked to complete a reporting form detailing the results of their work. Here's an example of a [reporting form](#).

Please direct any questions to ebony.adedayo@minneapolismn.gov.

Guidance on Constructing a Budget

Please refer to the information listed below on how to structure your budget for the COVID-19: Rapid Response Funding to support community members. Note that the information provided is meant to be used as a guide.

Rates for Services¹:

Please use the following tables as a guide on what to charge for your services. Break down your budget based on how you will use the funds in the fixed rate amount fee schedule. Your budget can still include other costs outside of what you charge for services, including administrative and indirect costs. If needed, please reference the descriptions on the following page for each service category.

Individual Services	Fee
	Per Person
Counseling	\$150.00
Holistic Wellness	\$100.00
Life Coaching	\$100.00
Mentoring	\$100.00
Therapy	\$200.00
Group Services	Fee
	Per Activity
Family Therapy (2+ individuals)	\$250.00
Group Counseling (2- 10 individuals)	\$300.00
Group Mentoring (2-10 individuals)	\$150.00
Group Therapy (2-10 individuals)	\$250.00
Holistic Wellness (2-10 individuals)	\$150.00
Small Group Healing circles (2-10 individuals)	\$250.00
Community healing circle (10+ individuals)	\$300.00

¹ These rates are based on survey data collected from providers who have contracted with the Division of Race and Equity. The rate of services schedule is based on services providers charge to provide a trauma -informed, trauma -healing, crisis response and recovery as well as, mental health and overall healing services targeted to individuals or groups in the current market. When applying this rate service and should not include funds used to pay for food, bus cards, child care honorariums associated to the activity.

Description of Service Categories

Individual Services	Description of Services	Group Services	Description of Services
Counseling	A credentialed professional that offers support, guidance to an individual(s) in resolving personal, social, or psychological problems and difficulties.	Family Therapy <i>(2+ individuals)</i>	Family therapy, couples therapy family systems therapy, and family counseling, is a branch of psychotherapy that works with families and couples in intimate relationships to nurture change and development.
Holistic Wellness	Holistic wellness is an approach to being healthy that looks at a person's health in a holistic way. This considers their body, mind and spirit.	Group Counseling <i>(2- 10 individuals)</i>	A credentialed professional that offers support, guidance to an individual(s) in resolving personal, social, or psychological problems and difficulties. These services are offered in a group setting.
Life Coaching	Life coaching is a practice with the aim of helping clients determine and achieve personal goals. Life coaches use multiple methods that will help clients with the process of setting and reaching goals. Coaching is not used to support psychological illness, and coaches are not therapists nor consultants.	Group Mentoring <i>(2-10 individuals)</i>	Mentorship relationship structure implemented in a group setting to affect the "amount of psychosocial support, career guidance, role modeling, and communication that occurs in the mentoring relationships with young people.
Mentoring	Mentorship relationship structure designed to affect the "amount of psychosocial support, career guidance, role modeling, and communication that occurs in the mentoring relationships with young people	Group Therapy <i>(2-10 individuals)</i>	Designed to target a specific problem in a group setting Some areas of focus can include: depression, trauma recovery, anxiety, or substance abuse, helping people deal with a range of issues such as anger, grief, loss
Therapy	A credential specialized provider that treats or diagnoses a mental or emotional illness or condition.	Small Group Healing Circles <i>(2-10 individuals)</i>	Gathering together in a circle with a group of individuals who give and/or receive healing and energy in a healing space.
		Community Healing Circle	A specific healing intervention with a group of individuals working in tandem to facilitate repair and recovery after traumatic incidents that have happened in the last 6-12 months community. Circles are comprised of community members including Healing practitioners and other important stake holders.

Funding Restrictions:

Resources derived from the *COVID-19 Emergency Mental Health Fund* must be used for purposes supported by the program and **cannot be used** for any of the following:

- **Pay for any lease.**
- **Pay for food, other than light snacks, not to exceed \$3.00 per person.**
- **Pay for housing other than residential mental health and/or substance abuse treatment.**
- Provide services to incarcerated populations (defined as those persons in jail, prison, detention facilities, or in custody where they are not free to move about in the community).
- Pay for the purchase or construction of any building or structure to house any part of the program. (Applicants may request up to \$75,000 for renovations and alterations of existing facilities, if necessary and appropriate to the project.)
- Provide residential or outpatient treatment services when the facility has not yet been acquired, sited, approved, and met all requirements for human habitation and services provision. (Expansion or enhancement of existing residential services is permissible.)
- Provide inpatient treatment or hospital-based detoxification services. Residential services are not considered to be inpatient or hospital-based services.
- Pay for unallowable costs (e.g., meals, sporting events, entertainment). Only allowable costs associated with the use of federal funds are permitted to fund evidence-based practices (EBPs). Other sources of funds may be used for unallowable costs (e.g., meals, sporting events, entertainment). Other support is defined as funds or resources, whether federal, non-federal, or institutional, in direct support of activities through fellowships, gifts, prizes, or in-kind contributions.
- Make direct payments to individuals to induce them to enter prevention or treatment services. However, SAMHSA discretionary grant funds may be used for non-clinical support services (e.g., bus tokens, child care) designed to improve access to and retention in prevention and treatment programs.
- Make direct payments to individuals to encourage attendance and/or attainment of prevention or treatment goals. However, SAMHSA discretionary grant funds may be used for non-cash incentives of up to \$30 to encourage attendance and/or attainment of prevention or treatment goals when the incentives are built into the program design and when the incentives are the minimum amount that is deemed necessary to meet program goals. SAMHSA policy allows an individual participant to receive more than one incentive over the course of the program. However, non-cash incentives should be limited to the minimum number of times deemed necessary to achieve program outcomes. A grantee or treatment or prevention provider may also provide up to \$30 cash or equivalent (coupons, bus tokens, gifts, child care, and vouchers) to individuals as incentives to participate in required data collection follow up. This amount may be paid for participation in each required interview.
- Distribute sterile needles or syringes for the hypodermic injection of any illegal drug.
- Pay for medicines for HIV antiretroviral therapy, sexually transmitted diseases (STD)/sexually transmitted illnesses (STI), TB, and hepatitis B and C, or for psychotropic drugs.