

Please find below the information pack and mental health and wellbeing narrative used for the 2021 Spark Grant round.

This is an indication of the process although some aspects may differ for the 2023 round.

MENTAL HEALTH AND WELLBEING

The Fay Fuller Foundation (FFF) adopts a holistic approach to mental health that is strengths based, wellbeing focussed and cognisant of the complex interplay between social, environmental, psychological and biological factors.

While we value and respect mainstream mental health responses, we recognise that in order to shift from treatment to prevention we need to begin building both individual and community capability to support each other and to build better mental health and wellbeing for the South Australian community.

In Australia, the prevailing view that underpins many mainstream mental health responses is the concept of mental illness as an individual biological or genetic 'deficit' requiring medical diagnosis and treatment. According to this model, positive mental health and having a mental illness sit at opposite ends of a mental health spectrum and are mutually exclusive.

Health interventions guided by this individual deficit model of mental health are typically:

- reactive
- focused on the individual
- service dependent

By only emphasising the problems and failures in people with mental illness we neglect to consider people's inherent strengths or other unique characteristics that could help to improve their mental health. This is why listening to the voice of people with lived experience of mental distress is vital for creating preventative responses that see the whole person.

We also overlook the many important social determinants of health and their impact on people's mental health. Social determinants of health include the many factors that affect the way we live, work, play and age in our communities. Although not an exhaustive list, these include:

- early life circumstances
- physical and natural environment, including natural disasters
- culture, discrimination, and social exclusion
- employment, education, and literacy

- health and social services
- social environment & social support networks
- housing
- access to community resources
- income and social status.

The strength-based approach to mental health was developed as a positive alternative to the medical treatment model. This approach focuses on the abilities and strengths of an individual, seeking to build a person's confidence to progress on a journey of mental health recovery.

Wellbeing is a broader method for positively framing mental health. It stems from the understanding that being mentally healthy is more than just the absence of a mental illness. Mental health as individual wellbeing is a broad concept that incorporates aspects of good health including a person's physical, social, mental, spiritual and environmental state; and recognises that a person's mental health depends on a complex interaction of social, environmental, psychological and biological factors.

Similarly, the Dual Continuum Model (DCM) regards mental health and mental illness as separate constructs. Through this approach we can see that having a mental illness and having positive mental health are not mutually exclusive and that positive mental health can minimise the chance of developing a mental illness, as well as improve the likelihood of recovering from depression, anxiety and panic disorders.

For many Aboriginal and Torres Strait Islander people, health has traditionally been viewed as more than just the physical health of an individual. Individual and community wellbeing are interconnected: an individual's wellbeing is not distinct from the wellbeing of community. In this sense, wellbeing includes social, emotional, spiritual and cultural wellbeing as well as an understanding of the importance of the connection between person, land and identity.

Feel free to reach out to us for further resources on strengths based, holistic, and preventative approaches to mental health and wellbeing.

SPARK GRANTS



explore an idea that could strengthen individual or community capability to build better mental health and wellbeing for South Australia.

HOW TO APPLY (APPLICATIONS OPEN 1 MARCH 2021)

Once you are ready to apply, register or log into our [Grant Toolbox](#) platform to submit your application. If you can't access this platform or have any questions, please contact Kate – Grants and Relationships Manager at kate@fayfullerfoundation.com.au or through our office number **0408 335 006** to discuss alternative submission methods or to access support in completing an application.

WHAT DO YOU MEAN BY AN 'IDEA'?

An idea might be a thought, question, challenge, opportunity, response or approach to something you have seen, heard, discussed, or read to support Mental Health and Wellbeing in South Australia.

ELIGIBILITY

To be eligible to apply you need to meet the three criteria below:

Deductible Gift Recipient Status, item 1 (DGR-1) – We can only grant to organisations or proposals with a partner organisation that holds Deductible Gift Recipient Status, item 1 (DGR-1). Unsure? An organisation's DGR status is listed on their [ABN registration page](#).

South Australian Community Based – As a South Australian based Foundation we support community-based programs of work within South Australia.

Not an existing program in the Mental Health and/or Wellbeing space – Spark Grants are designed to support the exploration of a new response or approach to mental health and/or wellbeing.

FUNDS

What can the funding be used for?

The funding is to enable you to explore an idea that could strengthen individual or community capability to build better mental health and wellbeing for South Australia. The only restrictions on what resources the funding can be used for is that it must contribute to the exploration of your idea.

How long is the funding for and when would it commence?

The Spark funds are available from 1 July 2021. Spark runs for 9 months, ending 30 March 2022. If you choose applicants will then have the opportunity to use your findings to apply for our [Discovery Grants](#) opening in March 2022.

Is there any flexibility?

As this past year has shown circumstances change and people work at different paces, so we will adapt to your needs and are happy to work flexibly. The dates above form a timeline that would enable you to apply for the [Discovery Grant](#) round, but we understand this will not be everyone's intention.

FEEDBACK?

This is the first time we are running Spark and we would love to [hear from you!](#)



HOW DO THE INFO SESSIONS WORK?

We will have times available where you can visit our office on Flinders Street and have all of your Spark Grant questions answered. The times will be published on our website and [socials](#) but if none are suitable please get in contact to arrange an alternate time.

YOUR APPLICATION

We don't want you investing too much of your time or resources in us and encourage you to be brief and get to the heart of the matter. Your Spark application can take any form you like, for example 1–2 pages of writing or a 2–5 minute video.

Your submission should speak to each of the questions/ statements below:

1. Describe what is important to you about how you work with community.

We believe that community and people with lived experience know best. We want to know what informs how you work with community.

2. Share your idea with us.

We want to know what idea, question, challenge, opportunity has you excited. We don't expect you to have it all worked out yet, but give us a broad understanding.

3. What inspired your idea?

We are looking to understand "why this idea?" – what did you see, hear, read, discuss that made you think of your idea and the difference it could make?

4. How might you explore and test your idea?

We are looking to understand how you might explore your concept and it's alignment with the intention of Spark. There is no need for a timeline or even a budget and we recognise that your approach might change or evolve over time.

5. What support or resources other than funding would help you do this?

We are looking to partner with you and want to know how else we can support you to explore this idea.

WHAT DOES 'THE APPLICATION CAN TAKE ANY FORM' MEAN?

Your Spark Application could be a narrative, short answer responses, a video, or audio recording. Communicate with us in the way that you are most comfortable or that best tells the story of your idea.

****Just remember to make sure it answers the 5 questions****

HOW YOUR APPLICATION WILL BE ASSESSED

Your application will be assessed based on how it meets each of the (equally weighted) criteria listed below:

- **Working together as partners**
Our ways of working and values are aligned.
- **Community is at the heart of the work**
Your application demonstrates a commitment to engage with and incorporate community voice.
- **The idea would benefit from the Spark Grant process**
Your idea can be explored within the time frame, funding, and resources available.
- **The idea contributes to better mental health and wellbeing for South Australia**
Your proposal is a strengths based and preventative approach to mental health and wellbeing in South Australia.

We will evaluate the content provided, over how it is presented or written. Based on the criteria above we will then create a shortlist of applicants. The shortlist will then be reviewed by our Board who will identify whether any further information is required from you before making a final selection of 6 Partnerships.

WHAT COMMUNICATION WILL I RECEIVE ABOUT MY APPLICATION?

When you submit your application through Grant Toolbox, you will receive an automatic confirmation email.

We may contact you via telephone during the review period 16 April – 31 May if further information is required.

We will then notify all applicants during the announcement period 31 May – 4 June of the outcome via email.

If you have joined our mailing list we'll also keep you in the loop about future partnership opportunities.

HOW MANY APPLICATIONS WILL BE SELECTED?

We will select 6 applications for this Spark Grant round to the total value of \$240,000.

WILL WE RECEIVE FEEDBACK IF UNSUCCESSFUL?

We will provide feedback to all applicants in relation to if their application didn't meet one or more of the four assessment criteria.

In the event that we receive more applications than we were able to resource we will also let you know.

WHAT ARE THE EXPECTATIONS DURING SPARK?

Outcomes

By the end of Spark the intention is for you to have a better understanding of your idea and to have captured your learnings and insights in a way that can contribute to further development of the idea or assist you in changing course if what you found was unexpected. We hope these learnings can be shared with us and with our grant partners, external stakeholders, or other funders to further your social impact.

Interaction

We work closely with our partners and will be available to provide support and feedback as required. While we don't require formal reporting we do have a commitment to learning and sharing and we would love the opportunity to work alongside you to capture your insights throughout the process. We will invite you to a meeting during the grant round and again towards the end of the process to hear about your experiences and what you learned. In addition to this we would be happy to meet with you as often as you would like!

Opportunities

After 1 July we will host a kick-off meeting with the grant partners selected, this will serve as an opportunity to network and for us to learn more about you and your organisation. In the past our grants have often shared a common theme and past partners have found it useful to be connected with one another.

WHAT DO YOU PROVIDE OTHER THAN FUNDING?

During Spark we offer access to optional capability development sessions and resources as well as support and assistance from our team and network.

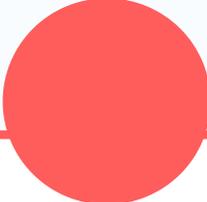
frequently asked questions

we will update these FAQs continuously throughout the Spark application process.



DOES THE AMOUNT INCLUDE OR EXCLUDE GST?

Our funding can only be made as a donation to organisations with Deductible Gift Recipient Status 1 (DGR-1). As a donation the funding is GST free and the Foundation will require a tax-deductible receipt for our records.



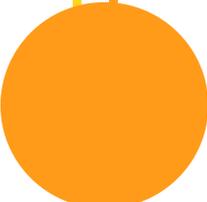
DO I NEED TO WORK IN THE MENTAL HEALTH SECTOR?

Mental health and wellbeing doesn't have to be your core business, but your idea should work towards progressing mental health and wellbeing for the South Australian community.



CAN I APPLY MORE THAN ONCE?

An organisation (or individual partnered with/ employed by an organisation) is welcome to submit more than one application for different ideas.



DO I NEED TO BE A SOUTH AUSTRALIAN RESIDENT?

Our funding is available to South Australian residents and organisations. We do not currently fund organisations or individuals based overseas.



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