

2026 HEALTH FIRST FOUNDATION COMMUNITY HEALTH GRANT CRITERIA AND GUIDELINES

Healthy Minds Across Generations- A Native-Focused Mental Wellness Grant Initiative

Purpose

The Healthy Minds Across Generations Initiative supports Native American-led and Native-serving organizations that strengthen mental, emotional, and spiritual well-being for Native children and Native elders. Our goal is to invest in programs that support healthy minds for Native children and healthy aging for Native elders, grounded in cultural identity, community connection, and prevention-focused approaches.

Funding Priorities

Priority Area 1: Healthy Minds, Healthy Native Children

We seek to fund initiatives that promote mental and emotional wellness for Native children and youth through culturally responsive and community-driven practices.

Priority will be given to programs that:

- Support social-emotional development and resilience
- Address anxiety, trauma, grief, or behavioral health challenges
- Strengthen cultural identity, belonging, and self-worth
- Engage families, caregivers, and extended kin networks
- Integrate traditional teachings, language, or practices when appropriate

Examples include:

- School-based or community youth wellness programs
- Trauma-informed and culturally grounded prevention initiatives
- Art, storytelling, land-based, or mindfulness activities
- Youth mentoring or peer support programs
- Parent and caregiver education focused on child mental health.

Priority Area 2: Healthy Minds, Healthy Native Aging

We seek to support programs that enhance mental wellness and quality of life for Native elders, recognizing elders as knowledge keepers, teachers, and cultural anchors within their communities.

Priority will be given to programs that:

- Reduce loneliness and social isolation
- Support cognitive, emotional, and spiritual wellness
- Address grief, loss, and life transitions
- Support caregivers and multigenerational households
- Improve access to behavioral health resources

Examples include:

- Elder wellness or social connection programs
- Community-based support circles or talking groups
- Memory cafés or cultural activity programs
- Caregiver respite or education initiatives
- Telehealth access or transportation support related to mental health care

Eligible Organizations

Applicants must:

- Be a 501(c)(3) nonprofit organization, Tribal program, or Tribal entity (or have a fiscal sponsor)
- Be Native-led or Native-serving, with demonstrated trust and partnership in the community served
- Provide mental health, wellness, or prevention-focused services for Native children, Native elders, or both
- Demonstrate cultural humility, community accountability, and respect for Tribal sovereignty
- Serve one of the five counties of northern Arizona- Apache, Yavapai, Coconino, Navajo, Mohave

Funding Amounts

Grant awards depend on program scope, community reach, and organizational capacity. Both program-specific and general operating support will be considered.

Geographic Focus

Priority will be given to organizations serving Tribal Nations, reservations, urban Native communities, in northern Arizona with flexibility to support impactful programs beyond this area.

Outcomes & Evaluation

Applicants should describe:

- The community need being addressed
- How programs reflect Native cultural values and community input
- Expected outcomes related to mental wellness, connection, or resilience
- How success will be measured (story-based, community-defined, or quantitative measures)
- Plans for sustainability and long-term impact

We value community-defined indicators of success and recognize that healing and well-being may be measured beyond Western clinical metrics.

Use of Funds

Grant funds may be used for:

- Program delivery and supplies
- Personnel and community facilitators
- Cultural practitioners or knowledge keepers
- Training and capacity building
- Evaluation, storytelling, and learning
- Access supports such as transportation, technology, or materials

What We Value

We prioritize organizations that:

- Center Native voices, leadership, and lived experience
- Promote prevention, resilience, and long-term well-being
- Strengthen families and intergenerational connections
- Demonstrate collaboration and community trust