

**Community Grants Program  
Grant Report**



1594 Esmeralda Avenue  
Minden, Nevada 89423

[www.douglascountynv.gov](http://www.douglascountynv.gov)  
775-782-9821

Agency Name:	Partnership Douglas County		
Contact:	Daria Winslow	Title:	Executive Director
Phone:	775-782-8611	Email:	<a href="mailto:dwinslow@pdcnv.org">dwinslow@pdcnv.org</a>
Project Name:	All of Us- A Program to Rethink Behavioral Health (Expanded)		
Grant Funding Amount:	\$7,000		
Project Completion Date:	June 28 <sup>th</sup> , 2023		

Describe how the funds were used to serve Douglas County residents.

Partnership Douglas County focused on three primary areas to address the behavioral health burden in Douglas County –

- 1) Empowering YOUTH Activities** – PDC utilized award funds (\$1,238.61) to expand Empowering YOUTH activities within Douglas County. These activities related to mental health, mindfulness, coping skills and stress/anxiety management that fell outside the scope of current prevention grants in Douglas County. PDC expanded our calming rooms within the Douglas County School District to have 2 more locations, Douglas High School, and Whittell High School. These calming rooms provide a safe space for youth to decompress and reset themselves when experiencing a mental health crisis without disrupting the rest of the classes learning time. PDC also worked with a local vendor to create custom stickers for our youth programming to reward youth attending our activities and projects. An example of this project was working with the Douglas High School AP Statistics Class final project. Photos are below of activities and items purchased.
- 2) Douglas County Behavioral Health Task Force Initiatives (Douglas Heals)** – The remaining budget \$5,753.81 was utilized for our *Douglas Heals* project. The concept for this project was created after COVID-19 lockdowns, the Tamarack and Caldor Fires and several tragic car accidents related to drunk driving that had impacted the mental wellness of our community. *Douglas Heals* is a website created and hosted by PDC that contains information for those who have experienced something traumatic or are looking for resources for their family members. The website launched in May 2023 and can be found at <https://douglasheals.org/> Along with this website PDC created stickers, pins, a banner for our calming rooms, and ran media in the Tahoe Tribune and Record Courier. On May 13<sup>th</sup>, PDC partnered with Suicide Prevention Network to host our first annual *Prevention Starts Here Walk* in Minden where we shared the launch of our website/resource.
- 3) Community Emergency Fund** – PDC was authorized to move the \$1000 allocated to the Community Emergency Fund to the other projects. PDC houses the Community Emergency Fund, however, will only spend the money based on a request from Douglas County Social Services. There was no request this grant year for a family/individual in need.



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Describe how the organization measured the success of the program/project. Provide qualitative and quantitative measures.

**1) Empowering Youth Activities** – The Douglas County Lead Social Worker, Jentri Hames, had reached out to PDC back in March asking about expanding the calming room project to the high schools. When working previously at Jacks Valley Elementary School she shared how that was such an important location for the students to go to. While at DHS she shared that on average about 50 students a year would come and sit in her office to decompress themselves with the few calming items she had purchased. Mrs. Hames believes that within the next school year there will be a notable increase in students being able to use the new calming rooms, especially at Whittell since they did not have anything before this project.

Through our collaboration working with the DHS Statistics class, we expanded our local substance usage and Perceptions of Harm survey. Based on feedback from the Stats students, and the surveyed students, the Empowering YOUth stickers and the promise of a pizza party were game changers to completing this project. Previously 575 students would be selected to take the survey and the return rate would be less than 200 students. We have the compiled survey results at our office and are happy to share the data we collected.

**2) Douglas County Behavioral Health Task Force Initiatives (Douglas Heals)** – While *Douglas Heals* was only launched back in May of this year, feedback we have received from community partners has been positive! Partners, such as Carson Valley Health and Suicide Prevention Network, have contributed information on the website and share it with their clients and colleagues. Through our social media, weekly newsletter, and newspaper ad's we have reached over 5,000 individuals with education and promotion of this project. We own the license for the website for 3 years and plan to continue to update, promote and support this project through braided funding. At the *Prevention Starts Here Walk* we had 25 community members attend and support, which was a huge success given the limited amount of marketing we did and the quick turnaround for hosting the walk.

Provide any changes or challenges to the original project plan and how it affected the project.

There were no challenges noted this year, outside of the reallocation of funds from the Community Emergency Fund to the other projects. There was a delayed start on projects due to our desire of wanting the two activities to tie into each other and the have the *Douglas Heals* website launch in May during Mental Health Awareness Walk.

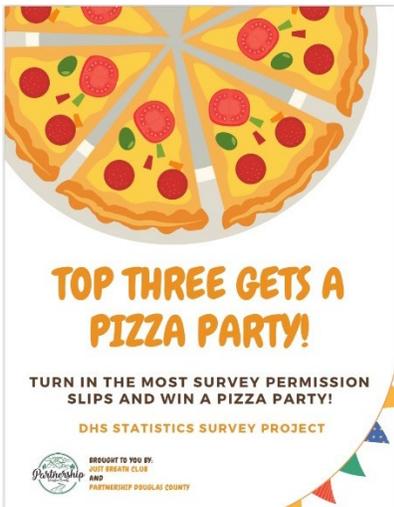
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Empowering YOUth- photos from youth presentation at DHS using Empowering YOUth stickers, Pizza Party for the DHS Stats survey, Calming Room at DHS.



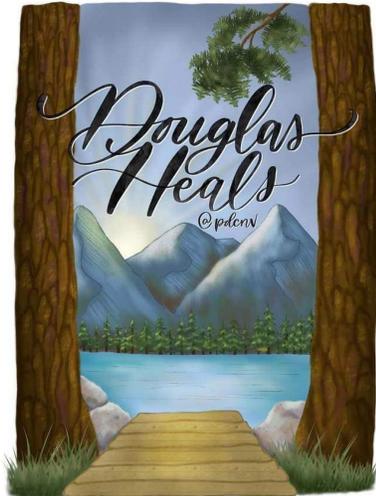
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Douglas Heals- Custom Stickers, Photo from Prevention Starts Here Walk with Suicide Prevention Network (Promotion and unveiling of the website)



**You got this.**

**DOUGLASHEALS**

Brought to you by *Partnership*

When the going gets tough, let us help you stay grounded.

We created Douglas Heals as a self-help website for all because we understand how difficult grief, trauma, and prolonged stress can affect our daily lives.

Douglas Heals is a place for researching and learning about skills for managing stress and anxiety at your own pace and without judgement.

Come by anytime to [www.douglasheals.org](http://www.douglasheals.org)

Enamel Pins



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When the going gets tough, let us help you stay grounded.

Douglas Heals teaches skills for managing stress, anxiety, and relationships. Treat yourself kindly as you work towards better mental health.

Come by anytime - [www.douglasheals.org](http://www.douglasheals.org).