

## UW Medicine Well-Being Grants

UW Medicine is pleased to announce the launch of our **first UW Medicine Well-Being Grants** aimed at improving the workplace and learning environment for our community. This program is made possible thanks to a generous donation of \$100,000 to support the well-being of our community. The grants will support impactful activities, programming, projects and / or applied research that aligns with the following goals of our well-being work:

- **Community Building** – across UW Medicine to improve connection, collaboration, gratitude, and appreciation. We welcome projects targeting the improvement of diversity, equity, and inclusion within our community.
- **Efficiency of practice** – streamlining processes and communication channels to make the work easier for our teams.
- **Culture of well-being** – establishing leadership, support structures, and trainings to build well-being into the fabric of who we are and how we work.

**All faculty, staff, and trainees** from across UW Medicine (inclusive of administrative, clinical, education and research areas) are encouraged to apply for grants to fund activities, projects, process improvements that directly support the above stated goals. Since our grants are for employees, students can collaborate on grant programming, but they cannot serve as a lead applicant for a grant.

Examples of funding ideas:

- **Community:** recognition or appreciation events, interventions targeting rebuilding interpersonal relationships, creative arts activities, group activities targeting physical, emotional, or mental health
- **Efficiency of practice:** process improvements, interventions to improve scheduling, Epic optimization interventions, strategy development for team-based inbox management, creation of leave / vacation coverage systems
- **Culture of well-being:** targeted mentorship programs, trauma informed leadership trainings, recognition events, creating spaces for rejuvenation, unit/departmental well-being programming, development of healthy food or movement programming

### ***Eligibility, Funding, and Reporting***

**Applications for well-being grants will open on March 1, 2023 and close on April 21, 2023.** Recipients will be notified late May 2023.

Award amounts will range from \$500 to \$5000. We will be able to distribute over \$100,000 in grant funding to support outstanding proposals. Funds may be dispersed in phases depending on the nature of the project. Funds will be distributed to a budget managed by the recipient's work area.

Projects must be completed by May 1, 2024. Funded projects teams must submit a briefly quarterly report and a final report within 60 days of the project's conclusion that:

1. List supported activities;
2. Describe evaluation results and what was learned from the project;

3. Describe recommendations for improvement of the project;
4. Describe next steps and potential for continuation;
5. Account for the project funds

### ***Funding Guidelines***

- Funds cannot be used to pay salaries
- Funds will not be distributed to individuals
- Food is acceptable if consistent with UW policies and guidelines

### ***Selection Process***

Applications will be scored by a team of reviewers (link to website list with team members and their roles, sites, etc.)

Proposals will be judged on:

- 1) Clear alignment with the goals of our well-being work listed above
- 2) Feasibility in the time frame allotted
- 3) Impact on the UW Medicine community

Additional consideration for:

- 1) Collaborative applicant teams representing multiple disciplines
- 2) Projects targeting the improvement of diversity, equity, and inclusion within our community
- 3) Reflects a response to well-being data: taking actions on survey results including both Press Ganey, UW Well-Being Survey, or other surveys administered within your work unit

## **How to Apply**

***Submit the Following application materials in one PDF document in the order listed via Qualtrics at the following link: [https://uwsom.sjc1.qualtrics.com/jfe/form/SV\\_dd21xNiFGkAa1YW](https://uwsom.sjc1.qualtrics.com/jfe/form/SV_dd21xNiFGkAa1YW)***

- 1) Project Proposal (750-word maximum)
  - a. Brief background describing the need your proposed project will address
  - b. Brief description of your proposed project, including clearly delineated goals or aims
  - c. Brief description of how you will evaluate whether or not your project met its intended goals
  - d. Statement on how your project aligns with the well-being goals and how it will impact the UW Medicine community
- 2) Detailed budget proposal (no more than one page) on how the funds will be used. Please include a description of matching funds and / or any additional funds to support your project as applicable.

Email [uwm-wellbeing@uw.edu](mailto:uwm-wellbeing@uw.edu) with any questions.