

2025 – 26 Governor's Citation Grant

Amount: up to \$750

How it works –

Your Club selects a Mental Health project from the ideas list on page 2. If you wish to work with a different organization or on another project idea, you MUST receive approval from District Governor Kristine Redko first.

Up to \$750 reimbursement is available for a Mental Health project for Clubs in District 5130. This means that funds must be spent by the Club with reimbursement to be received after the Mental Health Grant Final Report is submitted. This is due no later than May 31, 2026.

IMPORTANT - Work cannot start or funds spent on these projects until District 5130 receives approval from the Foundation. Approval is expected in early to mid-September 2025. Notification will be sent out to all Club Presidents when this approval is received.

Required Parameters for the 2025-26 Governor's Citation Grant:

1. Must fall within the realm of Mental Health. See the list below for approved project ideas. You may also check out [NorCalMentalHealth.Org – Mental Awareness](https://www.norcalmentalhealth.org/mental-awareness) for ideas on potential topics or organizations with which you can partner.
2. Must include Rotarian involvement. For example, planning, oversight, publicity, inviting the organization to a Club meeting to share what they do; publicizing the speaker.
3. May NOT be used to fund a separate club fundraising event or any club related celebration activity.
4. Due to the sensitive/private nature of Mental Health, you may choose to write a check to another approved entity or organization, but please incorporate this organization's work into your Public Image activities, invite them to be a speaker at your meeting during the year, etc.
5. If the project is in partnership with another club, both clubs need to complete this final report, and reimbursements will be made up to \$750 for expenses for EACH club.
6. Plan ahead for your final report – You must provide photos of your project as well as well as receipts for the funds that you spent.

Mental Health Grant Project Options

IDEA: First Responders Resiliency - [First Responders Resiliency - First Responders Resiliency, Inc.](#)

What \$750 Helps Fund:

Option 1: General Scholarship Fund

- Contributes to our **scholarship fund**, which enables first responders to attend our 3-day *Resiliency Training Conference* in Healdsburg, CA.
- Each scholarship totals **\$2,499**, covering tuition, lodging, and meals.
- A \$750 donation helps offset the cost and brings a first responder closer to receiving this life-changing training.
- Our conference addresses **mental, emotional, and physiological wellness**, providing tools to prevent burnout, PTSD, and suicide among first responders.

Option 2: The Ryan Hamilton Memorial Fund

- Honors the life and legacy of Ryan Hamilton, a Sonoma County firefighter/paramedic we tragically lost to suicide last year.
- Provides **financial and critical mental health support and resources** to first responders in crisis.

Option 3: Online Training Program

- A \$750 donation helps us launch our **Online Training Program**, designed to reach first responders and departments that lack the funds or resources to attend our in-person training or conferences.
- This program extends our impact, providing vital tools for **mental, emotional, and physiological health** to reach local agencies with limited access to mental wellness training.

IDEA: Screen the “Alive Inside” documentary <https://youtu.be/x9IHUPamCB4> and then use the ideas from this film to come up with a similar project with a senior center in your area. Use the \$750 to pay for players or music downloads.

IDEA: Tell My Story - [Tell My Story TMS Parent & Student Mental Health Awareness | Tell My Story](#) – See the flyer below.

TELL MY
STORY



MENTAL WELLNESS
MEDIA

UNITING ROTARY FOR YOUTH MENTAL WELLBEING

A Documentary Film Initiative by Tell My Story | Fall 2025

Tell My Story is releasing our newest documentary full of HOPE that will be launched this fall, and we'd love to partner with you!

Our film features 12 incredible youth (ages 14–20) who have found inspiration, healing, and purpose through activities like skateboarding, music, poetry, theater, and equine therapy. The film will be released nationwide in schools, houses of worship, community centers, and businesses—opening conversations about youth mental health and offering tools for real support.

"If you want to go fast, go alone. If you want to go far, go together."
— African Proverb

Why Rotary?

With 46 clubs across District 5130, Rotary has a powerful opportunity to model collective care and youth support. When clubs unite, the ripple effect reaches far and wide.

Proposal I – \$250 Club Sponsor

- 2 decks of Tell My Story Conversation Cards (1 English, 1 Spanish) donated in your name
- 2-min thank-you video from Executive Director Dana Christian Lee
- Social media recognition with co-branded messaging

Proposal II – \$500 Enhanced Sponsor

- 4 decks of cards (2 English, 2 Spanish) donated to schools of your choice
- 2-min video from Founder Jason Reid
- Rotary logo featured on our website
- Co-branded social media campaign

Proposal III – \$20,000+ District-Wide Impact

- Host a powerful District 5130 community film screening in Sonoma County
- Rotary is recognized as a major sponsor on event materials
- Rotary representative featured at event
- Exclusive Rotary-only follow-up event with film leaders & youth (virtual or in person**)

Let's join together to support our youth who need us.