



Crim Fitness Foundation

crim.org

Focus Area: Health & Wellness

Year Founded: 1977

Mission: The Crim Fitness Foundation cultivates accessible, vibrant communities in Flint and Genesee County that encourage people to lead healthy lifestyles by integrating physical activity, healthy eating, and mindfulness into their daily lives and mentor's other communities to do the same.

Summary of work: The Crim Fitness Foundation is committed to serving a leadership role in advancing the national agenda for improving health in our nation's communities. Crim is a catalyst for authentic change in promoting holistic community health addressing multiple dimensions of well-being: physical, mental and social through a wide array of strategies.

Project name: And Still I'm R.I.S.E (Resilient, Insightful, Supportive, Empowerment)

Project purpose: This project is a two-year pilot initiative that aims to empower youth and educators with mindfulness-based tools to promote social and emotional wellbeing and build peer-led support systems, addressing the urgent mental health challenges facing today's youth. Intended partner schools are Mott Middle College (MMC) and Genesee Early College (GEC).

Details of Proposed Project: A mindfulness and leadership initiative designed to equip youth and educators with tools for emotional well-being and resilience. Mindfulness reduces symptoms of anxiety, depression and emotional dysregulation in adolescents, especially those who have experienced trauma. This project intends to use mindfulness to improve attention, academic performance and classroom behavior, including reductions in stress and disciplinary issues.

Goals and Objectives: Success will be defined by both short-term and long-term behavioral changes. Key indicators include increased emotional resilience among youth, enhanced educator capacity and the integration of sustainable, youth-led wellness practices within a school environment. There are both quantitative and qualitative measures.

Implementation Timeline: 2 Years. Year 1 is to Root and Reinforce; i.e. to establish a baseline with Crim Staff. Year 2 is to Rise and Reclaim, i.e. with student-led RISE circles.

Target population: Youth and educators from Genesee County, with a wider impact on school staff, families, peers and the broader community

Number served: 450 at-risk youth scholars.

Budget:

Project Expense Description	Total Expense	Impact100 Genesee County Funds	Description
Salaries	\$48,500	\$39,000	2 Mindfulness Coordinators
Benefits	\$12,300	\$9,800	
Travel	\$600	\$600	Reimburse mileage
Supplies	\$12,000	\$10,000	
Admin Costs	\$17,400	\$17,400	Program administration
Professional Devel	\$7,000	\$7,000	MBSR Curriculum
Contractors	\$3,200	\$3,200	Community expert
TOTAL	\$101,000	\$87,000	

If the project budget exceeds the grant amount, explain the additional sources of funding:

- PENDING: GEC/MMC contract \$14,000

How will the project be sustained after the funds are used?

Building on the success of this pilot program to secure future grant funds and provider service contracts, as well as equipping both educators and youth with a school-embedded mindfulness strategy.