Award Amount

Up to $500 per team (approximately 15 awards anticipated).

Purpose of this call is to spark new or expanded collaborations that emerge from the *Whole Health, Whole Community: Dialogues to Reduce Rural Health Disparities* symposium. These mini-grants are intended to help teams refine research questions, bring together multidisciplinary researchers, health care providers, and community partners, and lay the foundation for external funding or larger pilot studies that advance the Whole Health Framework. Proposed projects should focus on early intervention, prevention, care delivery, patient- or caregiver-advocacy, community engagement, or implementation science, and may employ innovative behavioral, social, technological, or biological approaches, so long as they show clear potential to improve rural health outcomes.

Eligibility

- Teams must include four (4) or more individuals, with at least two (2) attendees from the May 19, 2025, symposium.
- Each team must have at least one community (non-academic) or clinical partner.
- Any eligible institution may lead; a Virginia Tech lead is *not* required.
- Individuals may be part of up to two applications, but may lead/co-lead only one.
- All team members must join the Whole Health Consortium before submission (membership is free; apply on our [website](#)).

Key Dates

Activity	Deadline / Window	Notes
2-page proposal due	May 29, 2025, 12 PM (ET)	7 business days after the symposium
Funding window	July 1 – November 1, 2025	All project spending and activities must occur during this period
Written report due	November 17, 2025	2 weeks after the funding window closes
Return unused funds	December 1, 2025	Any unspent funds must be returned or re-allocated per WHC approval
Fall Showcase	December 2025 (date TBA)	10-minute presentations per team

Examples of Allowable Costs

- State/Local travel, meeting space, refreshments, basic virtual platform licenses
- Modest consultation honoraria (aligned with the host institute's compensation policy)

- Participant/stakeholder compensation
- Undergraduate or graduate assistant hourly wages
- Minor supplies (e.g., ≤$200 per item), datasets, training fees directly related to the proposed work

Not allowed: Salary support for faculty or staff, day-to-day operating expenses, equipment, major hardware/software licenses, furnishings, and indirect costs.

How the Proposals Will be Reviewed

Criterion	Weight
Fit with the Whole Health framework & rural-health impact	30%
Innovation & potential impact	25%
Team strength and community/clinical engagement	20%
Feasibility of 4-month work plan	15%
Budget Justification & path towards external funding	10%

Proposal Format: Submit one PDF file with a **title page plus ≤ 2 pages of narrative plus a separate budget table**. Use single-spacing, 12-point font, and 1-inch margins. Sections to include are:

Section	What to Include	Tips
TITLE PAGE		
1. Project title & Primary Contact	Title, lead's name, e-mail, and institution	Add a short (≤ 10word) explanatory subtitle if the title is abstract.
2. Team roster	Names, roles, affiliations; clearly label **Lead, Research Disciplines,** and **Community/Clinical Partner(s)**	Consider a 3-column chart for clarity.
NARRATIVE (MAX OF 2 PAGES)		
3. Problem & Innovation *(≤ 150 words)*	Brief context + what makes your idea novel or needed	Focus on the rural health gap you plan to address.
4. Objectives & Planned Activities	2 to 3 objectives and the key steps you will take	Use bullet sub-heads ("Objective 1, Activity A/B/C").
5. Alignment with Whole Health & 2025 Symposium	How the project fits the Whole Health Framework *and* builds on the Symposium discussions	Reference specific symposium takeaways, as applicable.
6. Workplan & Timeline	Milestones mapped onto the July 1 – November 1, 2025 timeframe	A simple table (e.g., bi-weekly) works well.
7. Anticipated Products & Next-funding Targets	e.g., draft journal articles, conference poster, or other dissemination product, pilot data set, stakeholder brief, grant concept note (e.g., NIH R21, Foundation grant)	State where you plan to send the product – journal, conference, or specific external program/RFP.
BUDGET		
8. Budget & Brief justification	Budget table with 3 columns: item, cost (≤$500 total), link to proposed activity	Present this table as an appendix; note in the 3rd column any cost share or in-kind support.

Deliverables & Acknowledgment
1. Written Report *(<5 pages, due November 17, 2025)* covering:
   a. Collaboration Summary – who met, meeting frequency, and key milestones.
   b. Refined research aim(s) framed within the Whole Health Framework.
   c. Community-Engagement Outcomes – feedback received and how it shaped the project.
   d. Lessons learned & next-step plan with timeline.

     e.   Budget Reconciliation Table – line-item spending table (actual vs. awarded)
2. Fall Showcase Presentations – 10-minute briefing at the WHC Flash-Funding Showcase (Dec 2025)
3. *Acknowledgement:* All publications, presentations, posters, or other products resulting from Flash-Funding support will be given an award number that must be included with the following acknowledgment statement: *"This work was supported by the Whole Health Consortium's 2025 Flash-Funding program, sponsored by the Strengthening Pathways Initiative."* Including this acknowledgement increases the Consortium's visibility, documents the WHC's impact on current and prospective members, and strengthens future funding opportunities.

Submission & Questions

- Email proposals by May 29, 2025, 12 PM ET to wholehealth@vt.edu
- Subject line: Flash Funding 2025 Proposal – Primary Contact Last Name
- For questions, contact Tina Savla (jsavla@vt.edu) or Taryn Pelletier (taryn1@vt.edu)

Reporting & Reimbursement

Funds are released to the lead institution after award notification. A consolidated PDF report is due November 17, 2025. Any unspent funds must be returned to the WHC by December 1, 2025.