Grant Recipients

Project Title	Grant Recipient	Mentor/ Secondary Contact	Description
Empowerment Coloring Books & Zine	Caylin Yorba-Ruiz	CARE Office	This project will offer a modality of healing through coloring and art expression and allows CARE to provide a new Art as Healing component into our Empowerment & Healing Series.
The Healthy Brains Initiative	Asra Irfan	Dr. Paul Kaloostian, MD, FAANS, FACS	Our project proposes to make podcasts about various mental health topics such as stress, depression and common mental health issues on our campus to increase awareness about mental health related issues and reduce the stigma associated with mental health.
College Men's Conceptualization, Communication, and Interpretation of Sexual Consent	Logan Marg	Dr. Tanya Nieri	The goal of this project is to examine how a racially/ethnically diverse sample of heterosexual college men conceptualize, communicate, and interpret sexual consent.
Positive Activities and Health	Robert Wright	Dr. Megan Robbins	The overall goal of this project is to improve the quality of life for those who are suffering from pain.
Kindness Online and In-Person: More Than Skin Deep	Julia Revord	Dr. Sonja Lyubomirsky	The overall purpose of this research is to conduct an experimental prosocial ("acts of kindness") intervention with first-year students at UCR, which is specifically designed to increase well-being, especially focusing on emotional outcomes such as feelings of belongingness, competence, and autonomy, overall positive emotions, and decreased negative emotions.

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Standing by: Faculty as potential agents of health promotion	Dr. Tanya Nieri		This study aims to assess whether faculty stand by, doing nothing or whether they are standing by, ready to help. It will gather information on the state of faculty in terms of their position, readiness, and willingness to participate in health promotion to foster a healthy campus climate and community.
Bridging the gap between food, health and science.	Deborah Pagliaccia		Main goals of the project are to gather comprehensive information on: 1) The signature crops and research groups present at UCR working on the development of SUSTAINABLE agricultural science and associated technologies; 2) What fresh produce is available to be harvested from our experimental plots that can be donated to the R'Pantry initiative at UCR or used for educational purposes to teach faculty, staff and students about UCR's food-related research, healthy eating and sustainability.
Scotty's C-Store Healthy Choice Promotion	Kishore Athreya		In order to make the healthy choice the easy choice this project will highlight those options in the C-Stores that meet the Seeds of Change criteria. This project will enhance this campaign by focusing on the food in the C-Store and highlighting different options each week that meet the Seeds of Change criteria.
#puppylove: A feasibility study for an on-site, year-round animal therapy program for the UCR campus community	Patricia Smith-Hunt		This project proposes to examine the feasibility of implementing an on-site, year-round therapy dog service for the broader UCR campus community as another means of expanding the healthy campus initiative to include faculty, staff and students.

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Identifying Accommodation and Support Services Gaps for Students with Invisible Disabilities at UCR	Michaela Kathleen Curran	Dr. Tanya Nieri	This project aims to identify gaps in institutional accommodations and social support services for students with invisible (i.e., learning, attention, psychiatric or chronic health conditions) disabilities.
An App-Based Mindfulness Intervention to Reduce Stress in UC Staff	Kate Sweeny		The goal of the proposed study is to test the effectiveness of brief, daily mindfulness mediation for reducing stress and improving markers of mental and physical health.