

Purpose

To support sustainable, educational, and impactful wellness initiatives in California dental schools that align with the CDA Foundation's mission of promoting oral health through provider well-being.

Guiding Principles

1. Focus on Education and Professional Development

Programs should increase awareness and understanding of wellness as a critical component of professional competency and ethical practice.

2. Promote Sustainable Impact

Efforts should lead to enduring wellness skills and cultural change, not just short-term relief.

3. Integrate with Curriculum or Student Life Strategically

Programs should complement existing educational efforts, avoid redundancy, and be student-led or faculty-supported for buy-in.

Eligible Sponsorship Activities

Eligible activities must be open to all dental students. The following activities are considered eligible for funding support because they focus on education, skill-building, or long-term wellness integration, aligning with the Foundation's goals of sustainability and professional development:

- **Wellness-focused Continuing Education (CE) Courses, Lunch & Learns, or Workshops**

Reason: Provides licensed, structured education on essential topics such as burnout prevention, ergonomics, and stress management, skills students will carry into practice.

- **Sponsored Webinar Viewing with Meal or Refreshments**

Reason: Enables students to attend wellness webinars by offsetting basic barriers (food/time), while promoting CE or exposure to expert insights on provider well-being.

- **Peer Wellness Ambassador Training Programs**

Reason: Creates a sustainable wellness culture by equipping students with leadership skills and resources to support their peers, fostering ongoing peer-to-peer impact.

Ineligible Sponsorship Activities

Activities that are open only to specific groups or clubs are not eligible. The following activities are considered ineligible for funding because they provide only short-term relief, lack educational value, or are not aligned with sustainable, skills-based outcomes:

- **Chair Massages or Pop-up Massage Booths**

Reason: While relaxing in the moment, these provide only temporary physical relief with no enduring skill-building or behavioral impact.

- **Therapy Dog Visits or Petting Zoos**

Reason: Although emotionally comforting, these activities are passive and offer no educational component or follow-up value.

- **Wellness Swag or Giveaways (e.g., T-shirts, water bottles, snacks)**

Reason: Physical items alone do not foster behavior change or learning and tend to be short-lived or novelty-focused.

- **Purely Recreational/Entertainment Events (e.g., bowling/movie nights, yoga in the park without instruction)**

Reason: While beneficial for social bonding, these lack structured educational content or measurable wellness outcomes and do not teach or promote transferable wellness strategies for student or provider life.

Award Details

- Eligible applicants must be current California dental school students, part-time or full-time faculty.
- Preference for proposals with:
 - Clear educational goals and learning outcomes
 - Co-sponsorship from school/student organizations
 - Evaluation or feedback mechanism for outcomes
 - Plan for institutional integration or repeatability
- Maximum award amount, per school, per academic year: \$300
- Reporting Requirements
 - Summary of event(s) with photos (as permitted)
 - Attendance data and short outcome evaluation (surveys, focus groups)
 - Reflections from the student organizers or faculty champions