

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

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

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.
- 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