

Appeltjes van Oranje 2021: Mental Strength

1. The Oranje Fonds

The Oranje Fonds supports people and organizations that ensure that no one is left behind and that all can participate in our community. Our focus is on those who are actively working on these issues and those who are taking action on behalf of others. King Willem-Alexander and Queen Máxima are the patrons of the Oranje Fonds.

Appeltjes van Oranje—General Information

Appeltjes van Oranje is the yearly award presented by the Oranje Fonds, honoring three organizations active within the Fund's area of operation to achieve a more inclusive and livable community. The initiatives we are looking for are the kind that generate enduring connections between groups of people and contribute to a more inclusive community. The initiative should be unique, creative and successful, and at least have been active for one year.

An Appeltje van Oranje serves, first and foremost, as a recognition of the winning organization's work and efforts. Simultaneously, it should inspire others, and the three award winners will be asked to act as "ambassadors," helping other organizations to set up similar initiatives. The award consists of a bronze "Appeltje van Oranje" statuette, designed and produced by Princess Beatrix, as well as a money prize of € 15,000,= that may be freely spent in accordance with the winning initiative's objective. Each year, Queen Máxima hands out the awards at Paleis Noordeinde, normally. Every fifth anniversary, the awards are handed out by King Willem-Alexander.

2. 2021 Theme: Mental Strength

It could happen to anyone; not being able to fully participate in society because of mental health issues. Having difficulty to make friends, to function at school or at work, or feeling a lack of balance. Your mental health is affected by all sorts of aspects in your life, and in turn influences your approach to life.

Many people within our Kingdom face these issues, directly or indirectly. Sometimes, they are lifelong issues, and sometimes they affect people for shorter or longer periods of time. One in 5 Dutch citizens, for example, at some point in life face a depressive disorder. It is a diverse image: a lot of young people have to deal with stress, caused among others by the pressure to perform, some develop eating disorders, obsessive-compulsive disorders or other psychiatric problems that control their lives. Refugees may have to deal with anxiety disorders and over a million people take antidepressants. Mental problems arise for a variety of reasons and are common among all walks of life. They severely affect people's functioning and their quality of life, but also that of those closest to them: partners, children, parents.

In such situations, it is incredibly valuable to have someone who has your back. Someone who is not a professional caregiver. Someone you can rely on, who takes you out for some air or maybe even helps you to move forward in life. Maybe they are the sympathetic ear you can talk to before things really take a turn for the worse. Sometimes, they lived through the same issues as you do. In any case, they are there for you, so you can be yourself and discover that others have your back.

For the Appeltje van Oranje award, the Oranje Fonds looks for successful social initiatives that make an effort for people who are mentally not in the place they would like to be in. We are looking for social initiatives that offer support to people, and help them participate in society.

3. Examples of possible candidates

- Initiatives that have been set up as approachable walk-ins or meeting places for different sorts of people, giving them a chance to be seen again, to feel connections, to recover and maybe even to further develop. Together, they will discover how they can be seen again for who they are, with the virtues they possess. An example could be a self-management center.
- Different types of buddy projects, for psychiatric patients, for example, in close cooperation with their loved ones and professional care, for entire families and informal caregivers, or for unaccompanied minor refugees who are still dealing with trauma.
- An initiative offering out-patient mental health care to people who lived a traumatic event, such as a hurricane or who had to take refuge on an island that does not provide any formal shelter.
- The implementation of a preventive evidence-based program for children, in cooperation with the school counselor, aimed at giving the children more self-confidence, preventing bullying and creating resilience.
- Initiatives taken by substance abuse treatment centers, woman's shelters, aimed at children who are facing domestic abuse or initiatives aimed at (juvenile) delinquents or ex-convicts, with the application of an alternative, innovatory mental health approach and which involve volunteers, for instance.
- An activities program of a cultural institution or a sports initiative, for people wishing to move on with their lives after treatment for mental vulnerability. As they get to hang out with others and volunteers, they will start to feel more like human beings and less like patients.
- A community garden, where neighborhood residents and clients of a nearby mental health institution garden and cook together, and get to know one another. In doing so, the sense of loneliness is reduced, and neighborhood residents get to learn what life is like for the clients. As there is contact between them and connections are made, everybody in the neighborhood gets to feel at home.

4. Criteria for initiatives

To be eligible for an Appeltje van Oranje 2021, the initiative must meet the following criteria. The submitted initiative:

- has been created to help people who are mentally vulnerable or ill, with equality and experience-based knowledge being the main starting points;
- arranges for people to meet repeatedly;
- is dedicated to having the target group participating (again or more) in society, with self-management being an important aspect;
- has been shown to be (locally) supported;
- is organized by a social organization (in the form of a foundation or association);
- has been active since before September 1st, 2018;
- is active within the Kingdom of the Netherlands.

We particularly pay attention to innovative projects that have regard for diversity, are awareness-raising and have a taboo-breaking way of working.

5. Criteria for approach

- employs people who support the target group, other than for professional care, volunteers, for instance;
- equality, self-management and experience-based knowledge are important starting points within the approach;
- focuses on environmental factors and loved ones;
- has a differentiating approach that works in an exceptional way within the (local) context;
- has a clear vision and a successful approach
- the concept serves as an example and is transferable.

6. Criteria for organizations

Organizations wishing to submit an initiative for an Appeltje van Oranje, must meet the following requirements. The organization:

- is a foundation, an association or a cooperation, with an independent management;
- must be financially healthy and be able to continue to exist even without the prize;
- may only submit an initiative if it never before has been awarded an Appeltje van Oranje;
- may re-submit if in the past it participated in the selection process for a previous Appeltje van Oranje, provided it meets the current requirements.

7. Selection Process

In May of 2021, three social initiatives will be awarded the coveted Appeltje van Oranje. By then, they will have undergone the following selection process:

- The initial selection by the Oranje Fonds, based on the submission form and the official documents. This phase focuses on the above-mentioned criteria as well as on the initiative's nationwide reach, innovative nature, how it serves as a model to others, its effectiveness and the motivation of the initiator.
- A national final round on Thursday, January 21st, 2021, during which the organizations will present their successful initiatives to other selected candidates from the Caribbean and the Netherlands, and to the jury. After this day, the 10 nominees will be announced, among which 2 will be from the Caribbean.
- The Board of the Oranje Fonds will select 3 winners from this group of 10 nominees.

8. Registration

Registration September 28th to November 7th, 2020

More information www.oranjefonds.nl/appeltjes

Submission through Form on the page mentioned above, mailed to appeltjesvanoranje@oranjefonds.nl

Of course, you can also let other organizations know that they can submit their initiative for an Appeltje van Oranje. As a matter of fact, please do! They will, however, have to submit a registration to enter themselves.

Questions?

Please contact Marcel van Spronsen on +31 6 12897952 or send an email to appeltjesvanoranje@oranjefonds.nl.