

Chelsea Plan Team Prep Meeting

Plan Year 9 2020-2021

January 10, 2020

Plan Team

- **Plan Team:** *Members who do not have conflicts of interest & who are committed to review all interventions, score the interventions and develop the Yearly Plan Portfolio & Budget. A non-voting facilitator will provide training and guidance to the team.*
- **HOW:**
 - *Plan Team reviews intervention tables and evaluation reports and scores each intervention using the scoring matrix developed by the coalition*
 - *Plan Team selects the best interventions and develops a total budget that equals the funds available. Plan Team presents the plan to the entire coalition who have the opportunity to provide feedback.*
 - *Plan Team reviews feedback & makes final adjustments to the Yearly Plan Intervention Portfolio & Budget once the final yearly plan budget for all 5H coalitions has been decided in March. Plan is submitted in April to 5 Healthy Towns Foundation for approval.*

5 Healthy Towns Foundation

- Founded in 2009
- A tax exempt, charitable organization that serves the populations included in the school districts of:
 - Chelsea
 - Dexter
 - Grass Lake
 - Manchester
 - Stockbridge
- **Mission:** Cultivate improvements in personal and community wellness
- **Vision:** The People in our 5 Healthy Towns:
 - Eat Better
 - Move More
 - Avoid Unhealthy Substances
 - Connect with Others in Healthy Ways
- **Values:** Collaboration, Innovation, and Stewardship
- The Foundation funds the 5 Healthy Towns Project and operates four community based wellness centers

5 Healthy Towns Project

- Made up of community coalitions in all five service areas and the 5 Healthy Towns Foundation
 - Work together to develop, implement, and evaluate wellness related programs that allow residents in each community the opportunity to Eat Better, Move More, Connect with Others in Healthy Ways, and Avoid Unhealthy Substances
- 5H is comprehensive by focusing on all demographics through policies, programs, and infrastructure improvements
- Together we are creating a culture of wellness and fostering sustainable improvements in the health of our community

Chelsea Friends and Family Wellness Coalition Updates

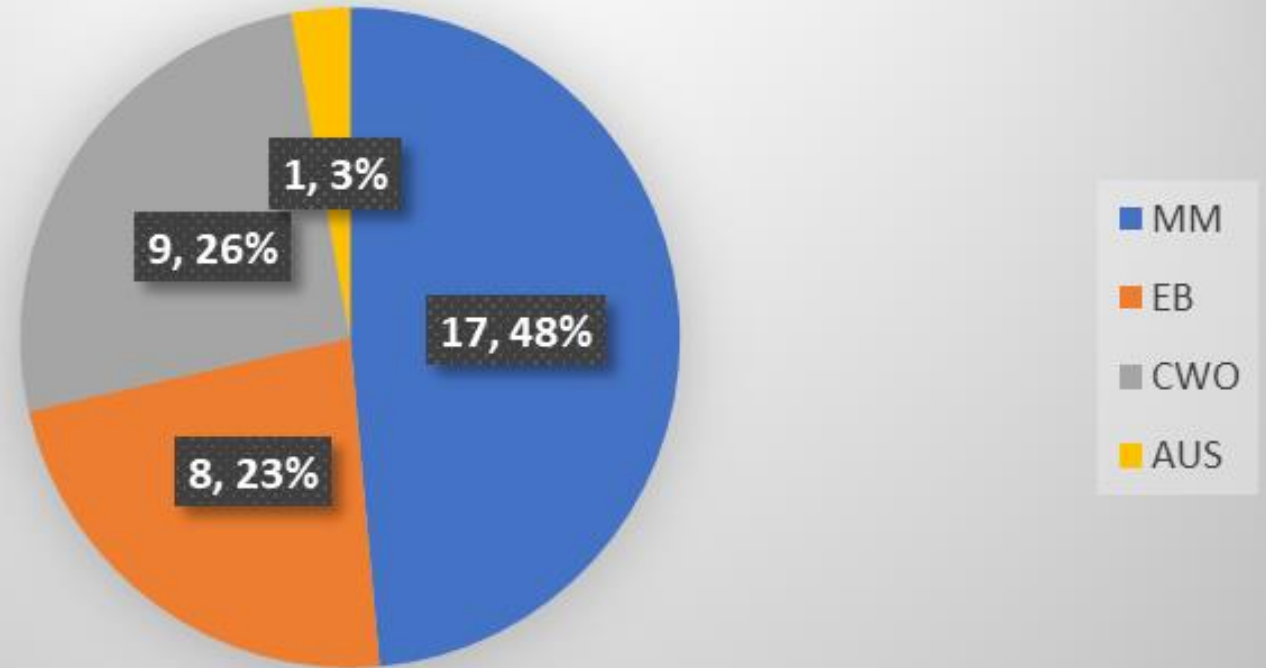
- To date the coalition has run 35 interventions and has contributed almost \$710,000 to improving the culture of wellness in Chelsea
- Average 13 people per meeting
- Meetings are the 1st Thursday of the month at Noon in the 5 Healthy Towns Foundation Conference Room
- Year 8 Intervention Progress (see handout)
- New AUS Criteria
 - New Avoiding Unhealthy Substances (AUS) intervention criteria, based on a template designed by What Works for Health, highlighting best practices. This change will influence how AUS funding requests are evaluated, and also affect the way SRSLY and Most Teens Don't format their intervention tables.

Budget Summary for Years 1-7 = \$709,129

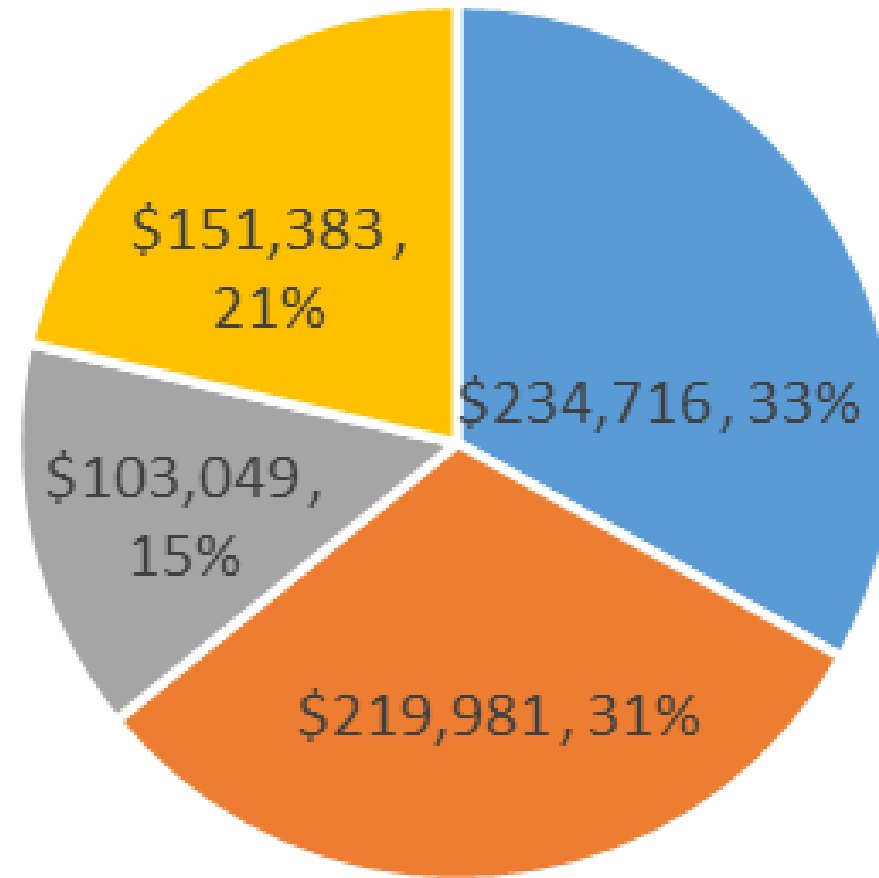
Interventions	Years 1-5	Year 6	Year 7	Year 8	Total Years 1-8
Farmers market	\$ 100,522	\$20,706	\$16,500	\$13,800	
SRSLY	\$ 91,383	\$20,000	\$20,000	\$20,000	
Camp Gabika	\$ 44,227	\$6,000	\$6,000	\$8,000	
Adaptive Movement	\$ 23,981	\$8,000	\$8,000	\$8,000	
Healthy Grocery Store/ Wellness Weekends at Polly's	\$ 26,578	\$4,308			
Community Read	\$ 24,832				
School Nutrition Activities	\$ 1,928				
Healthy Restaurant	\$ 6,000				
Heart & Sole	\$ 21,403	\$2,000	\$2,000	\$2,000	
Run for the Rolls	\$ 9,801	\$2,000	\$2,000		
Healthy Selfies	\$ 1,560				
Ironclad Baseball Festival	\$ 2,500		\$1,000		
Food Education Series	\$ 6,703				
Walking Program	\$ 2,529				
Bulldog Fit	\$ 2,398				
Volunteer Chelsea	\$ 41,012				
Title work for Chelsea Dexter Trail	\$ 2,500				
Mobil Arts Kit	\$ 3,500				
Intergenerational Garden	\$ 17,000				
Safe Routes to School	\$ 23,000				
Chelsea Activity Guide	\$ 11,000				
Indoor Walking Trails	\$ 1,200				
Bark Park	\$ 14,645				
Bike Racks	\$ 1,841				
Eddy Discovery Center Nature Play Area	\$ -	\$2,000			
Wellness Resources For Chelsea Students	\$ -	\$2,500			
CCK Kids Cooking Program	\$ 3,072		\$2,364		
DTE Sugar Loop Trail	\$ -		\$17,136		
Beach Middle School Heart Rate Monitors	\$ -	\$6,500			
MonkeyPlay	\$ -			\$5,691	
Storybook Trail at Baker Preserve	\$ -			\$6,000	
Rokon Sponsorship	\$ -			\$1,000	
Chelsea Cooperative Preschool Play Structure	\$ -			\$9,009	
Chelsea WC Teen Meditation and Yoga	\$ -			\$1,500	
Total		\$ 74,014	\$ 75,000	\$ 75,000	\$ 709,129

Overview of
8 years of
Interventions

8 year distribution of interventions by category

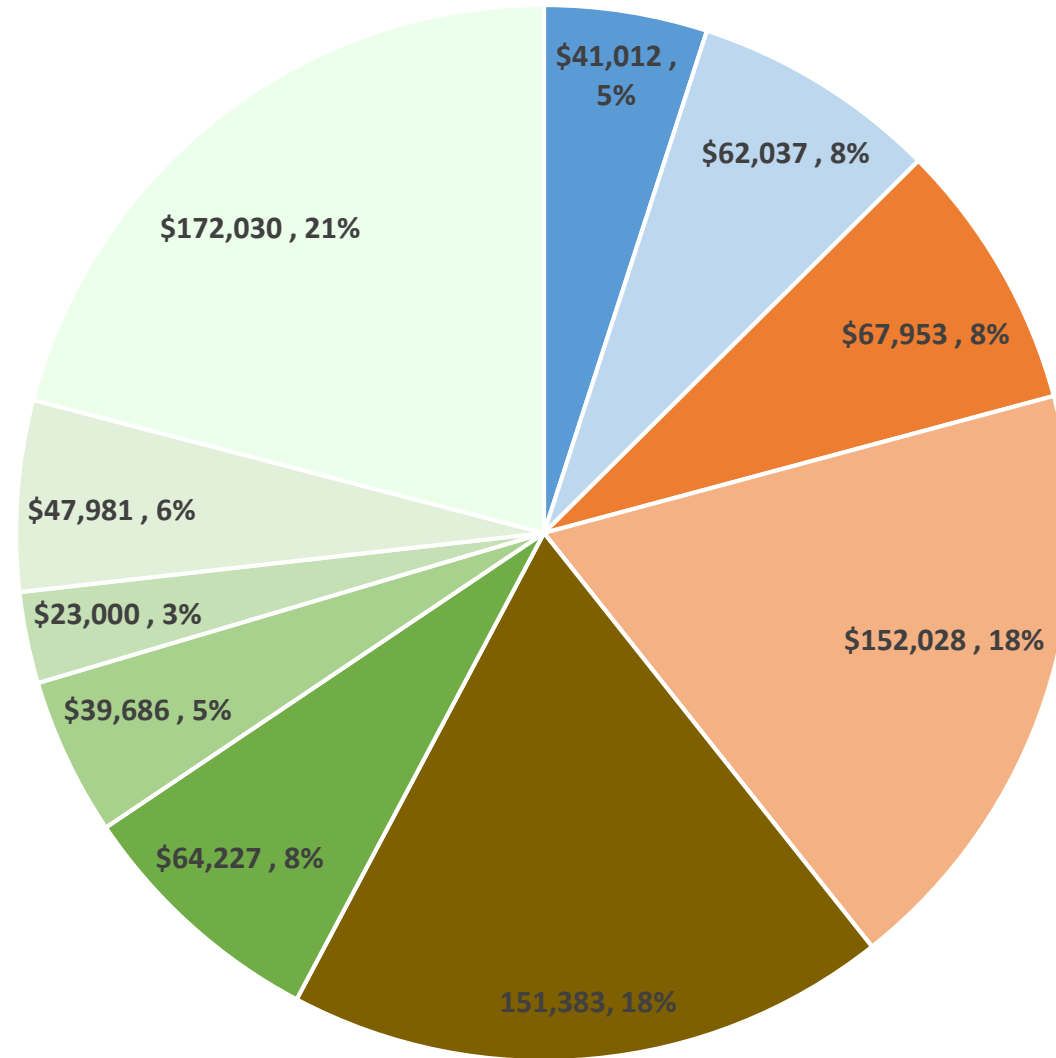


Chelsea Expenses by Element, Y1-Y8, \$709,129



■ MM ■ EB ■ CWO ■ AUS

Chelsea Expense By Category, Y1-Y8, \$709,129



■ Volunteer Services ■ CWO ■ EB ■ Farmers Market ■ SRSLY ■ Gabika ■ Recreation Space/Infrastructure ■ SR2S ■ ADP ■ MM

Suggested Areas of Focus

- See handouts for:
 - suggested areas of improvement
 - strategic plan

Application Process

- **Steps to apply for funding:**

- Review the Coalition's goals and objectives
- Those submitting new intervention ideas must attend a Coalition meeting to present and receive preliminary feedback on how well the intervention fits with the goals and objectives.
- Those submitting proposals for continuing interventions must present outcomes from their completed intervention/interim report at a fall coalition meeting and submit their evaluation to the Foundation prior to submitting an intervention table for the next year's funding
- *A proposal must be submitted to the coalition for review prior to the December coalition meeting*
- Intervention leads will be contacted by the end of April if the intervention has been accepted as part of the plan. From January – April they may be contacted to provide additional information about the intervention.
- If the intervention is accepted they must submit an e-Grant application to have funding released

Considerations

- Interventions with potential to contribute to the Goals of the Coalition?
- Interventions which contribute to the Plan being comprehensive? (4 elements, type, age group, etc.)
- Interventions with good implementation plans including sufficient “buy in”, volunteers, not too much or too little, etc.?
- Interventions with well stated and achievable goals
- Interventions with reasonable budgets & with sufficient details in the proposed budget?
- Interventions will contribute to the culture of wellness in the Chelsea Community?
- Interventions have a high probability of being completed in a timely manner?

Items to Review

- Orientation Meeting Presentation
- Intervention Tables
- SMART Goals
- Coalition Strategic Plan
- Health Data
 - Suggested Areas of Improvement Document
 - Local Health Data (2019 NEAT and PAC data, 2015 HIP data)
- Scoring Matrix

Scoring Matrix

- Rate how well the intervention fits and contributes to the mission, vision, needs, and goals of the coalition. The intervention should tie in with at least one of the 4 elements (Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances)
- Rate each intervention's implementation plan
- Rate the SMART goals
- Rate the budget
- Rate how each intervention contributes to creating a culture of wellness for the Chelsea community
- Rate the likelihood of each intervention achieving its goals by its specified timeline

17 Proposed Year 9 Interventions

Intervention	New/Continuing	Request
Great Start Readiness Program Cooking Equipment	New	\$1,000
Rotary Mental Health Project	New	\$500
Mental Health 1st Aid	New	\$1,500
Walk to School Wednesday Support	New	\$1,500
One Big Thing Support	New	\$5,000
SRSLY Youth Mental Health Coordinator	New	\$5,000
SRSLY YES Program	New	\$500
SRSLY Positive Social Norms Campaign	New	\$6,200
SRSLY Mass Media Education Program	New	\$5,400
SRSLY Educational Mailer	New	\$3,000
Project Sticker Shock	New	\$1,000
SRSLY Youth to Youth Conferece	New	\$3,883
Adaptive Movement	Continuing	\$10,500
Farmers Market	Continuing	\$13,530
Camp Gabika	Continuing	\$8,000
Heart and Sole Race	Continuing	\$1,000
MonkeyPlay	Continuing	\$6,500
		\$74,013

- Note: total is subject to change

Plan Team Schedule

- Intervention tables must be submitted by Jan 10. Intervention Tables and Scoring Matrix will be sent out by Jan 13. Please respond by Jan 19.
- Year 8 Budget will be approved the fourth Monday in March by the 5HF Board of Directors
- Plan will be submitted for approval in April
- First e-grant cycle deadline (if Year 9 Plan approved) is June 5
- Schedule TBD. Set up two meetings between January 20th and January 31st. Doodle Poll sent out. Top two appear to be:
 - Jan 20 – 2:30 – 4:30 pm
 - Jan 30 – 10:00 am – 12:00 pm