



FRIENDS & FAMILY WELLNESS

A 5 Healthy Towns Foundation
Community Coalition

PLAN TEAM ORIENTATION

2016-2017

Role of the Plan Team

1. **Understand the focus and goals of the coalition**
 - 5 Year Plan document
2. **Understand the dynamics of the coalition**
 - See section below
3. **Understand the history of the coalition**
 - See section on reverse side
4. **Understand the role of the Plan Team**
 - Study the Prioritization and Evaluation document
5. **Learn about each proposed intervention**
 - Read the intervention tables and (if possible) attend January and February Coalition meetings
6. **Participate in making team decisions which are:**
 - ✓ unbiased toward any intervention,
 - ✓ are aligned with the mission and vision of 5HF,
 - ✓ address the wellness needs of the residents of the Chelsea area (school district boundaries)

COALITION DYNAMICS

The definition of a coalition – a group of individuals or groups, during which they cooperate in joint action, each in their own self-interest, joining forces together for a common cause. (Latin word *coalitio* meaning is “to grow together”).

The common cause is developing a culture of wellness in Chelsea.

Individuals and representatives from different Chelsea organizations have not and will not all agree on the best way to develop the culture of wellness. There is an agreement to disagree. Individuals are allowed to express their opinions.



Coalition History

Formed in 2011, the coalition's 1st Comprehensive Wellness Plan was approved by 5HF in June 2012, the 2nd Comprehensive Wellness Plan was approved in May 2013, the 3rd in May 2014, and the 4th on May 2015.

Membership: no dues or fees, no formal membership form, completely voluntary.

For years 1-3, the decisions about which interventions were funded and the amount of funding was negotiated among people attending the meeting at which the decision was made. This process has been stressful for both the coalition and the intervention leaders. In Year 4 the Plan Team was formed to improve this process. Coalition Feedback was positive indicating this process worked.

There have been 32 meetings since May 2012 and 78 individuals have attended at least 1 meeting.

- 24 only attended during Year 1, 19 only attended during Year 2, 14 only attended Year 3
- 12 only attending during Years 1 and 2, 12 only attending during Years 2 and 3, 8 only attended during Years 3 and 4
- 10 only attended during Year 4
- 3 have attended all 4 years
- 14 individuals have attended more than 2 meeting in Year 3 (May – Dec 2015) they are:
 - Jim Randolph (5 of 7 meetings)
 - Andrew Thomson (4 of 7 meetings)
 - Jon Van Hoek (3 of 7 meetings)
 - Luman Strong (3 of 7 meetings)
 - Stephanie Willette (6 of 7 meetings)
 - Liz Wilson (4 of 7 meetings)
 - Jane Thompson (5 of 7 meetings)
 - Reiley Curran (3 of 7 meetings)
 - Cindy Triveline (3 of 7 meetings)
 - Keegan Sulecki (4 of 7 meetings)
 - Karla Bernath (3 of 7 meetings)
 - Kathy Carter (5 of 7 meetings)
 - Gary Maynard (6 of 7 meetings)
 - Dan Marthey (3 of 7 meetings)

Intervention History

This table provides information about which interventions were funded in Years 1-4

Element	Interventions	Year 1	Year 2	Year 3	Year 4	Extend into Year 5?
MM	Safe Routes to School	\$ 23,000				
MM	Chelsea Activity Guide	\$11,000				
MM	Bulldog Fit			\$2,398		
MM	Walking Program			\$2,529		
MM	Adaptive Movement			\$8,191	\$7,000	Yes
MM	Run for the Rolls		\$1,500	\$1,301	\$2,000	Yes
MM	Heart and Sole	\$6,500	\$6,500	\$5,903	\$2,000	Yes
MM	Ironclad Baseball				\$1,500	Yes
EB	Intergenerational Garden	\$7,000	\$10,000			
EB	Healthy Restaurant	\$3,000	\$2,000		\$3,000	
EB	Farmers Market	\$ 14,440	\$19,470	\$24,093	\$27,095	Yes
EB	Healthy Grocery Store	\$10,000	\$2,000	\$8,578	\$6,000	
EB	Food Education Series	\$500	\$500	\$5,703		
EB	School Nutrition Activities				\$5,000	
CWO	Mobil Arts Kit		\$3,500			
CWO	Town Square STD!			\$6,000		
CWO	Camp Gabika		\$13,000	\$12,127	\$11,000	Yes
CWO	Volunteer Chelsea	\$15,000	\$25,000	\$1,012		
CWO	Healthy Selfies				\$1,560	
CWO	Community Read	\$7,000	\$6,050	\$5,782	\$6,000	Yes
AUS	SRSLY	\$20,000	\$15,000	\$16,383	\$20,000	Yes

Those shaded were not executed.