



CHELSEA PLAN TEAM ORIENTATION

Plan Year 6 2017-2018

December 22nd, 2016

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 History

- 1st Comprehensive Wellness Plan developed in May 2012
- To date the coalition has run 24 interventions and has contributed almost \$486,000 to improving the culture of wellness in Chelsea
- Average 12 people per meeting
- Meetings are the 1st Thursday of the month at Noon in the 5 Healthy Towns Foundation Conference Room

Budget Summary for Year 1-5 = \$485,115

Element	Interventions	Year 1	Year 2	Year 3	Year 4	Year 5
EB	Farmers market	\$ 14,440	\$ 19,470	\$ 24,093	\$ 27,095	\$ 15,424
EB	Healthy Grocery Store	\$ 10,000	\$ 2,000	\$ 8,578	\$ 6,000	
EB	School Nutrition Activities				\$ 5,000	
EB	Healthy Restaurant	\$ 3,000			\$ 3,000	
EB	Food Education Series	\$ 500	\$ 500	\$ 5,703		
EB	Intergenerational Garden	\$ 7,000	\$ 10,000			
MM	Adaptive Movement			\$ 8,191	\$ 7,000	\$ 8,790
MM	Heart & Sole	\$ 5,000	\$ 6,500	\$ 5,903	\$ 2,000	\$ 2,000
MM	Run for the Rolls	\$ 3,000	\$ 1,500	\$ 1,301	\$ 2,000	\$ 2,000
MM	Walking Program			\$ 2,529		
MM	Bulldog Fit			\$ 2,398		
MM	Title work for Chelsea Dexter Trail			\$ 2,500		
MM	Safe Routes to School	\$ 23,000				
MM	Chelsea Activity Guide	\$ 11,000				
MM	Indoor Walking Trails					\$ 1,200
MM	Bike Racks					\$ 1,841
CWO	Camp Gabika		\$ 13,000	\$ 12,127	\$ 11,000	\$ 8,100
CWO	Community Read	\$ 7,000	\$ 6,050	\$ 5,782	\$ 6,000	
CWO	Healthy Selfies				\$ 1,560	
CWO	Ironclad Baseball Festival				\$ 1,500	\$ 1,000
CWO	Volunteer Chelsea	\$ 15,000	\$ 25,000	\$ 1,012		
CWO	Mobil Arts Kit		\$ 3,500			
CWO	Bark Park					\$ 14,645
AUS	SRSLY	\$ 20,000	\$ 15,000	\$ 16,383	\$ 20,000	\$ 20,000

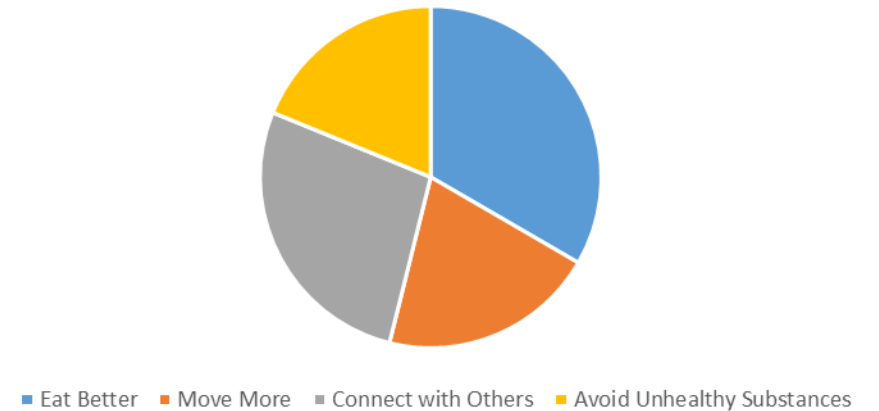
Those shaded were not executed.

Overview of 5 years of Interventions

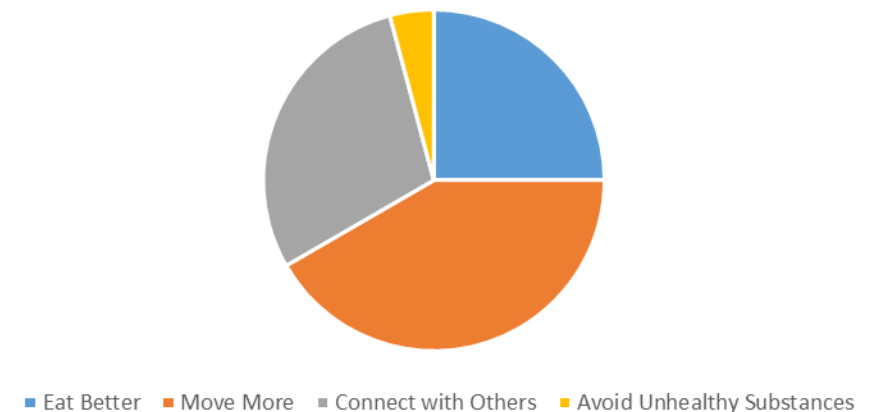
Over 5 Year 24 interventions have been submitted for funding		
# of interventions	Intervention duration	Percent
4	5 years of funding	16.7
3	4 years	12.5
3	3 years	12.5
3	2 years	12.5
11	1 year	45.8
24		100

	Years an Intervention is Funded				
	1	2	3	4	5
Year 1	100%	0%	0%	0%	0%
Year 2	82%	18%	0%	0%	0%
Year 3	31%	8%	62%	0%	0%
Year 4	25%	17%	8%	50%	0%
Year 5	30%	10%	10%	10%	40%

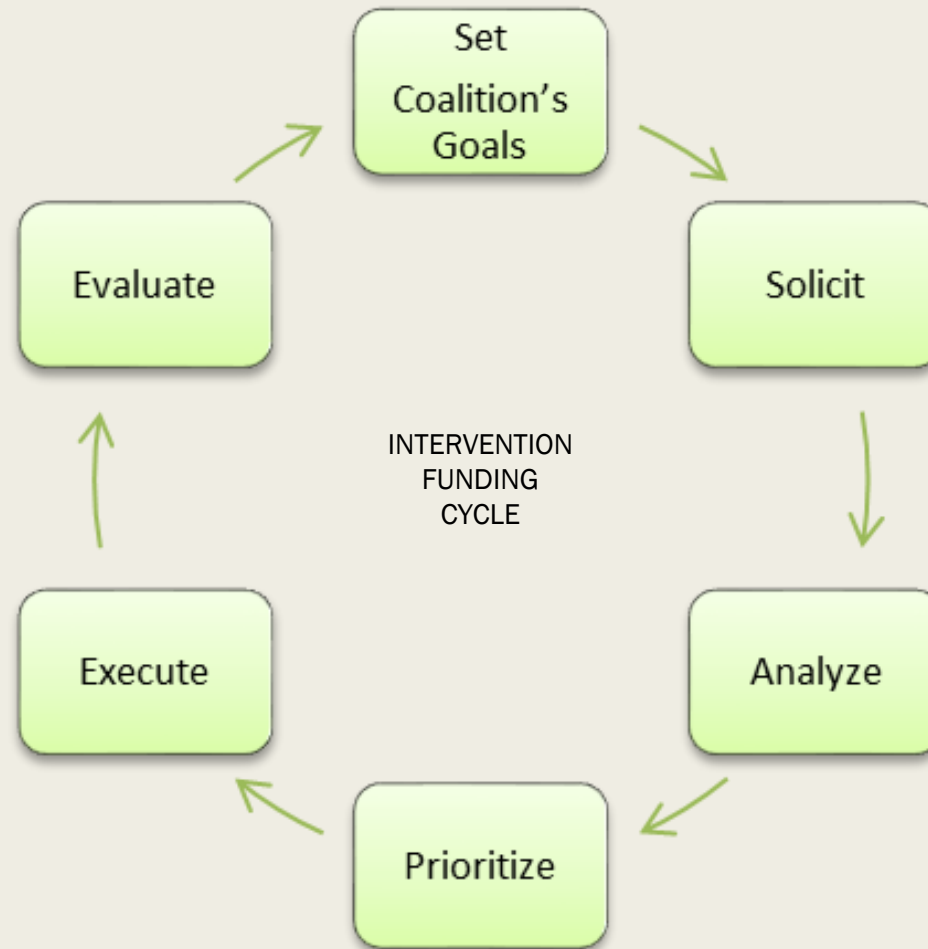
Monetary distribution of 5 years of interventions by category



Distribution of 5 years of interventions by category



Coalition Yearly Process



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 at a coalition meeting and submit their evaluation to the Foundation
- *The Coalition must be informed of the intervention idea by the December coalition meeting*
- Attend a Coalition meeting (Jan & Feb – time will be assigned) to present the intervention, answer questions and receive suggestions.
- Intervention leads will be contacted by the end of March if the intervention has been accepted as part of the plan. During February and March they may be contacted to provide additional information about the intervention.
- If the intervention is accepted they must submit an e-Grant application

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 hears 10-15 minute presentation from each intervention lead (Public meeting)*
 - *Plan Team 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 (in March) who have the opportunity to provide feedback.*
 - *Plan Team reviews feedback & makes final adjustments to the Yearly Plan Intervention Portfolio & Budget which is submitted in April to 5 Healthy Towns Foundation for approval.*
- **Timeline**

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

- 5 Healthy Towns Website
<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=520>
 - *Plan Team Orientation Document*
 - *Prioritization and Evaluation Document*
 - *Intervention Tables*
 - *Proposal Presentations*
 - *3 Year Strategic Action Plan*
- Local Health Data (2016 NEAT Data, 2015 HIP data, 2014 PAC data, MiPHY data-tbd)-
<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=378>
- 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

12 Proposed Year 6 Interventions

- Continuing:

- *Heart and Sole: \$2,000*
- *Run for the Rolls: \$2,000*
- *Farmers' Market: \$21,692*
- *Camp Gabika: \$6,000*
- *Adaptive Movement: \$8,000*
- *Wellness Weekends at Polly's/Healthy Grocery Store: \$7,000*
- *SRSLY: \$20,000*

- New:

- *Hospital Campus Walkability Master Plan: \$5,000*
- *Assistance for Chelsea Students with Housing Instability: \$5,000*
- *Eddy Discovery Center Nature Play Area: \$2,000*
- *Beach Middle School Heart Rate Monitors: \$6,500*
- *Walking Program Marketing: \$2,000*

- **Total = \$87,192***

- * total is subject to change

Meeting Dates

- Need to decide on 2 February dates
 - *Dates that DO NOT work: 12th-25th, 27th*
 - *meetings: February 9th and 28th*