

Chelsea Plan Team Prep Meeting

Plan Year 8 2019-2020

December 13th, 2018

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.*

Chelsea Friends and Family Wellness Coalition Updates

- To date the coalition has run 29 interventions and has contributed almost \$635,000 to improving the culture of wellness in Chelsea
- Average 14 people per meeting, increase from last year
- Meetings are the 1st Thursday of the month at Noon in the 5 Healthy Towns Foundation Conference Room
- Year 7 Intervention Progress (see handout)

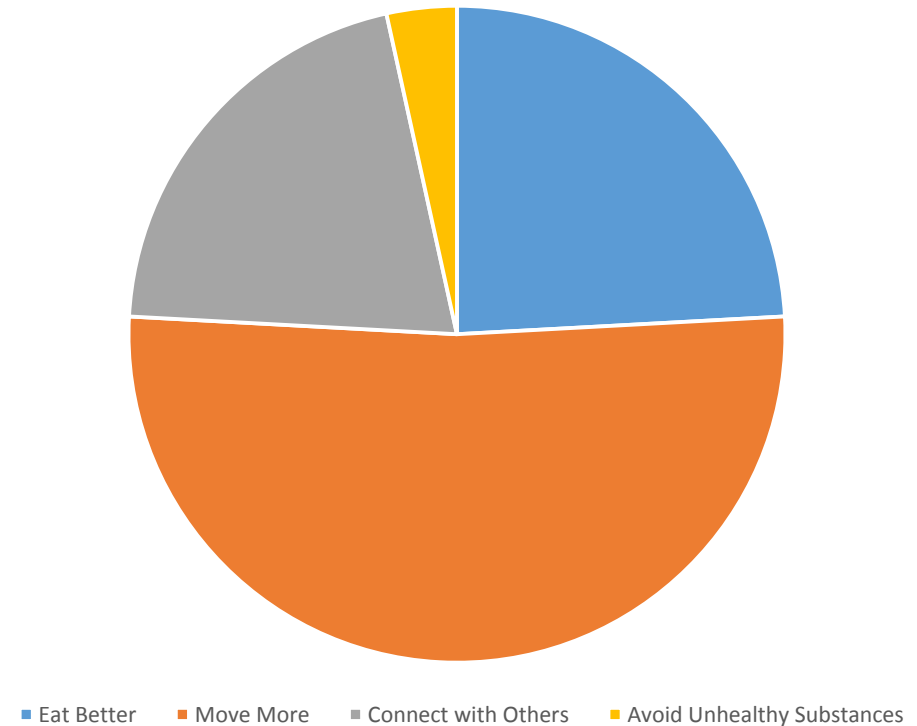
Budget Summary for Years 1-7 = \$634,129

Interventions	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Total Years 1-7
Farmers market	\$ 14,440	\$ 19,470	\$ 24,093	\$ 27,095	\$ 15,424	\$20,706	\$16,500	
SRSLY	\$ 20,000	\$ 15,000	\$ 16,383	\$ 20,000	\$ 20,000	\$20,000	\$20,000	
Camp Gabika		\$ 13,000	\$ 12,127	\$ 11,000	\$ 8,100	\$6,000	\$6,000	
Adaptive Movement			\$ 8,191	\$ 7,000	\$ 8,790	\$8,000	\$8,000	
Healthy Grocery Store/ Wellness Weekends at Polly's	\$ 10,000	\$ 2,000	\$ 8,578	\$ 6,000		\$4,308		
Community Read	\$ 7,000	\$ 6,050	\$ 5,782	\$ 6,000				
School Nutrition Activities				\$ 1,928				
Healthy Restaurant	\$ 3,000			\$ 3,000				
Heart & Sole	\$ 5,000	\$ 6,500	\$ 5,903	\$ 2,000	\$ 2,000	\$2,000	\$2,000	
Run for the Rolls	\$ 3,000	\$ 1,500	\$ 1,301	\$ 2,000	\$ 2,000	\$2,000	\$2,000	
Healthy Selfies				\$ 1,560				
Ironclad Baseball Festival				\$ 1,500	\$ 1,000		\$1,000	
Food Education Series	\$ 500	\$ 500	\$ 5,703					
Walking Program			\$ 2,529					
Bulldog Fit			\$ 2,398					
Volunteer Chelsea	\$ 15,000	\$ 25,000	\$ 1,012					
Title work for Chelsea Dexter Trail			\$ 2,500					
Mobil Arts Kit		\$ 3,500						
Intergenerational Garden	\$ 7,000	\$ 10,000						
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		
Total Years 1-7	\$ 118,940	\$ 102,520	\$ 96,500	\$ 92,155	\$ 75,000	\$ 74,014	\$ 75,000	\$ 634,129

Overview of 7 years of Interventions

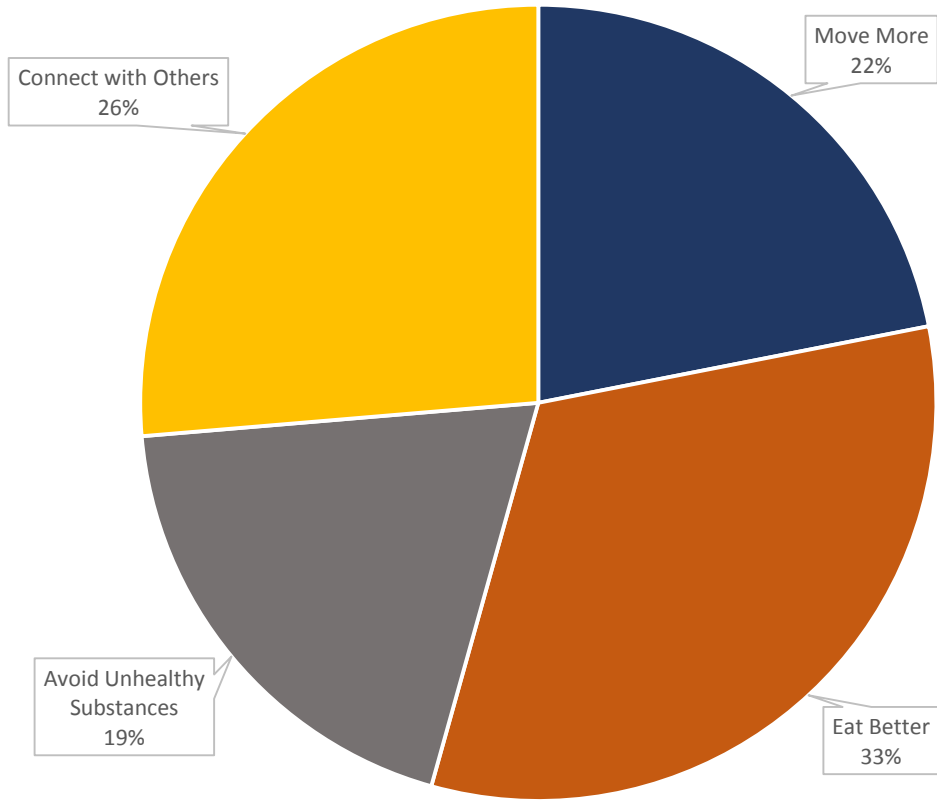
Over 7 Year 29 interventions have been submitted for funding		
# of interventions	Intervention duration	Percent
4	7 years	13.8
1	6 years	3.4
2	5 years	6.9
1	4 years	3.4
3	3 years	10.3
3	2 years	10.3
15	1 year	51.9
29		100

Distribution of 6 years of interventions by category

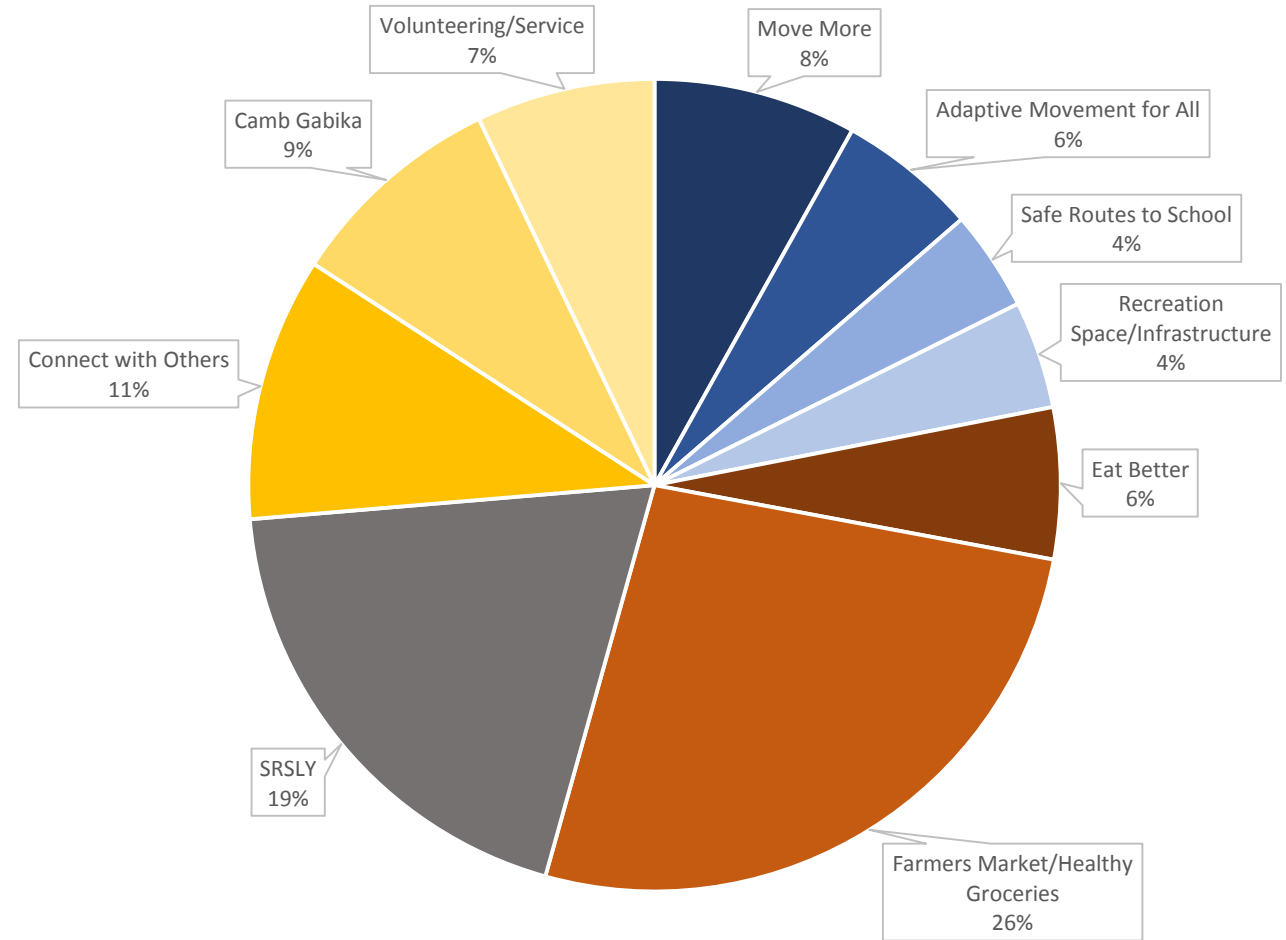


Overview of 7 years of Interventions

Chelsea Expenses by Element, Y1-Y7, \$634,129



Chelsea Expenses by Category, Y1-Y7, \$634,129

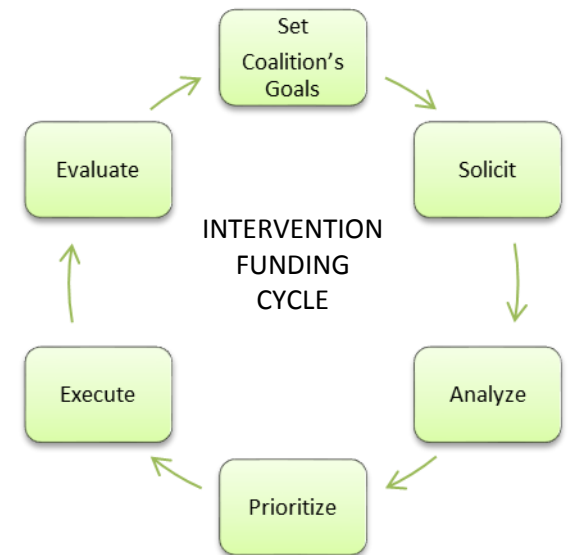


Suggested Areas of Focus

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

Changes to Coalition Yearly Process

- Updates made last year to the yearly plan timeline (see proposed 2018-2019 document)
- Changes will allow for more brainstorming opportunities, collaboration with other community organizations, and less meetings per year
- Changes that impact the Plan Team Timeline
 - Move up the schedule for plan team recommendations and the plan
 - All evaluations done at one meeting
 - Eliminated proposal presentations, now 1 page document



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 the Sept. 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

- 5 Healthy Towns Website
<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=520>
 - Prep meeting presentation
 - Coalition Yearly Process
 - Intervention Tables
 - SMART Goals example
 - Disregard proposal presentations (no longer done)
- Evaluation Presentations for Continuing Interventions
<http://www.5healthytowns.org/?module=Files&event=Coalition&ID=287&showID=462>
- Local Health Data (2018 NEAT and PAC data, 2015 HIP data, 3 Year Strategic Plan, Suggested Areas of Improvement for Health Indicators)
- NEAT was revised for 2018
<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

10 Proposed Year 8 Interventions

Year 8 Plan Interventions				
Intervention	New or Continuing	Applying for Year 8 Funds	Intervention Champion	Budget
Heart and Sole	Continuing	Yes	Autumn Orta	\$2,000
Run for the Rolls	Continuing	No	Cindy Burdette	
Adaptive Movement	Continuing	Yes	Jane Thompson	\$8,000
Camp Gabika	Continuing	Yes	Andrew Thomson	\$8,000
Farmers Markets	Continuing	Yes	Emily Griswold	\$13,800
SRSLY	Continuing	Yes	Lindsay Baker	\$20,000
Monkey Play	New	Yes	Ruth Habrecht	\$5,691
Storybook Trail	New	Yes	Keegan Sulecki	\$6,000
Rokon Project	New	Yes, Request decreased	Chris Smyth	\$3,750
UMRC Outdoor Exercise Equipment	New	Request denied	Rebecca Weil	
Pickleball Courts	New	No	Leslie White	
Co-op Preschool Play Structure	New	Yes	Gillian Jackson	\$12,000
Eventually Group Youth Yoga and Mindfulness	New	Yes	Sue Whitmarsh	\$1,500
CCK Kids Cooking Camp	Continuing	No	Debi Weiker	
Ironclad Baseball Festival	Continuing	No	Jon Van Hoek	
				\$80,741.00

- Note: total is subject to change

Plan Team Schedule

- Intervention tables must be submitted by Jan 4. Scoring Matrix will be sent out on/after this date.
- 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 8 Plan approved) is June 7
- Schedule options TBD. Final schedule will be posted on 5HF website under Plan Team resources