



Grass Lake Community Wellness Initiative

Agenda for GLCWI Coalition Meeting

Feb. 17, 2014 at 6:30 pm at Grass Lake Township Hall.

1. Welcome and introductions

2. General Coalition – consider a change in time for Coalition meetings from 6:30 pm to 6:00 pm.

3. Year 1 Plan business (past year’s intervention)

- a) Community Read – report from Sue Weible on the Community Read which took place in the fall of 2013.
- b) Summary of the STDI (Small Town Development Initiative) meeting held Feb. 13th

4. Year 2 Plan business (current interventions)

- a) Need volunteers to lead 2 interventions because Lissa is not able to continue leading these projects.:
 - o Momentum Youth Support Group (intervention table on Page 2- 6)
 - o Eating Disorders Awareness (intervention table on Page 7-12)

5. Year 3 Plan business (Year 3 is 2014-15 plan to be submitted in Nov. 2014)

- a) Quick overview of tasks to be done to develop the Year 3 Plan (see Table below)
- b) Review health indicators in the Year 2 plan and how the interventions connected to these indicators (see Table below)
- c) Decide what health indicators to include in the Year 3 plan by going through the data

6. Any other items, any community announcements

1Q – November, December, January	2Q – February, March, April
Change in Leadership roles Celebrate last’s years accomplishments Initiate new Interventions Identify volunteers for interventions	Review new health date Set 1 & 5 Year Goals, Objectives Seek out new intervention ideas
3Q – May, June, July	4Q – August, September, October
Discuss how to review & evaluate interventions Review Interventions Evaluate interventions Prepare reports, storyboards, videos of interventions	Generate list of lessons learned Generate intervention tables Prioritize Interventions Write Comprehensive Wellness Plan Finalize Plan Nominate individuals for leadership roles



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CWO-2 Momentum Youth Support Group

- CWF Element* to Impact Connect with others in healthy ways
- Fiscal Agent* Grass Lake Schools
- Tax I.D. 38-600-1844
- Implementation Contact* Lissa Cole
- Contact phone and email 517-795-5191 lissa@lifespringhelps.com
- Date Funding Required January 15, 2014
- Implementation Date October 7, 2013
- Total Amount Requested from CWF \$1,500.00

Criteria	Descriptions
<p>Please provide a description of the intervention program you are proposing.</p> <p>(what, when, how, where & why)</p>	<p>This is a program developed for the youth community to increase self-confidence, build self-esteem, develop leadership skills, and form an alliance of unconditional support. Momentum is led by its own student body within our high school student population. Adult volunteers are involved to supervise, offer support and training, and provide resources so the students can successfully mentor to their own peers. The group will meet every other week at the high school. A peer-led group with the support of adult volunteers offers valuable benefits for the community youth. Youth will:</p> <ul style="list-style-type: none"> -Gain skills they will need in order to become successful adults. - Create new relationships with peers, further connecting them to their community and enlarging their support network. - Begin to see own potential as limitless. – Begin to view the world, and their ability to affect it, in a positive way. - Feel accepted, needed and useful. - Feel enhanced power, autonomy, and self esteem. Momentum will offer support and education for youth to keep the challenges of life from becoming stumbling blocks to individual success and to help support the pursuit of their individual goals and dreams.



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<p>Describe your action plan (steps) for implementing the intervention, including timeframe.</p>	<p>From October 7, 2013 through Wednesday, November 6, 2013, facilitator, Lissa Cole will market the program, recruit adult volunteers, and begin to train youth. Beginning November 6, 2013 through the end of the school year, June 2014 students will meet every other Wednesday.</p>
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Criteria	Descriptions
<p>Who (specifically) will be responsible for what aspects of intervention implementation?</p>	<p>Lissa Cole will be solely responsible for the content of the group and ensuring that the aspects of the intervention are being implemented. She will have cooperation and input from High School Counselor, Kim Sitarz and HS Principal, Brian Thompson, along with HS Assistant Principal Eric McCalla.</p>
<p>Do those responsible have the capacity* to implement?</p>	<p>Yes, Lissa Cole is Licensed through the State of Michigan as a Limited Licensed Professional Counselor, a Family Life Educator, and a certified Life Coach with many years of community service including youth director, facilitator, community education instructor, and program coordinator.</p>
<p>Does implementation of this intervention require support/resources from the broader coalition? If so, does the coalition have the capacity to support intervention implementation?</p>	<p>No, implementation of this intervention will not require support/resources from the broader coalition.</p>



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What indicator* will this intervention impact? Describe any data and/or research that demonstrates a need for this intervention, in your community.	MiPhy 2010 High Results indicates bullying, victimization, mental health, and suicidal behaviors are still serious issues.
Primary target population*	Grass Lake High School student population.
Number of people impacted annually*	Possibility of impacting over 400 students.

Criteria	Descriptions
Intervention Specific goals, what do you hope to accomplish?	<p>By supporting healthy Mental Health behaviors we can help youth to:</p> <ul style="list-style-type: none"> • Gain skills they will need in order to become successful adults. • Create new relationships with peers, further connecting them to their community and enlarging their support network. • Begin to see own potential as limitless. • Begin to view the world, and their ability to affect it, in a positive way. • Feel accepted, needed and useful. • Feel enhanced power, autonomy, and self esteem. • Improve self image • Reduce absences • Improve behavior • Keep the challenges of life from becoming stumbling blocks to individual success



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	<ul style="list-style-type: none"> Support the pursuit of their individual goals and dreams.
Key Evaluation Data*	Increase in mental health stability with a decrease of teen depression symptoms, a decrease in suicidal thoughts and attempts. Fewer discipline referrals and fewer days of missed school.
Provide a detailed evaluation plan. How will you know this intervention is making the difference?	At the end of the school semester and at the end of the school year we will conduct a survey to be completed by the participating youth, volunteers, and school staff (counselor, principal, and assistant principal) prompting them to give their opinions toward the success of the program related to the specific goals we have set.
If this is a continuing intervention in your community provide evidence of how the intervention has been successful, or describe changes you're making to improve the potential for success.	n/a
With whom will you collaborate? How will you collaborate? Other organizations solicited for financial support (include name, amount requested, date requested, and amount promised or received).	Collaboration will be between our facilitator, our High School Principal, our High School Assistant Principal, and our High School Counselor. Funding has not been requested from any other organization.

Criteria	Descriptions
Describe any models or best practice examples of other	Best practices. Engaging Youth, a program of Sierra Health Foundation http://www.sierrahealth.org/assets/files/reach/Engaging_Youth_Report



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<p>successful programs similar to the one you are proposing, if known. Include citation/s</p>	
<p>Provide a detailed sustainability plan for the intervention and sustainability for any health improvements resulting from the intervention.</p>	<p>The sustainability comes from continuing financial support of the CWF.</p>



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~ Momentum Youth Support Group Intervention Budget~

Marketing and materials		\$1,500.00
	Total	\$1,500.00

EB – 3 Eating Disorder Awareness & Body Image Education

- CWF Element* to Impact Connect with others in healthy ways
- Fiscal Agent* Grass Lake High School
- Tax I.D. 38-600-1844
- Implementation Contact* Lissa Cole
- Contact phone and email 517-795-5191 lissa@lifespringhelps.com
- Date Funding Required January 6, 2014
- Implementation Date October 14, 2013
- Total Amount Requested from CWF \$3,000.00

Criteria	Descriptions
Please provide a description of the intervention program you are proposing. (what, when, how, where & why)	This is a program developed for the youth, community, and parents to increase awareness of eating disorders, education to promote positive body image, and educate youth about healthy weight. A forum or workshop will be promoted in November, 2013 with a follow up in March, 2014 at the Grass Lake High School. Speakers and programming will be experienced through the day for the students and in the evening



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	for the parents and community.
Describe your action plan (steps) for implementing the intervention, including timeframe.	From October 14, 2013 through November 18, 2013, Lissa will work to coordinate scheduling with the community education director, counselors, and speakers for an event planned the third week of November and the second week of March, 2014. She will begin to market and publicize the events as well.

Criteria	Descriptions
Who (specifically) will be responsible for what aspects of intervention implementation?	Lissa Cole will be solely responsible for the content of the group and ensuring that the aspects of the intervention are being implemented. She will have cooperation and input from High School Counselor, Kim Sitarz, Dietician, Lisa Lutchka, and Social Worker, Lynn Beilfuss.
Do those responsible have the capacity* to implement?	Yes, Lissa Cole is Licensed through the State of Michigan as a Limited Licensed Professional Counselor, a Family Life Educator, and a certified Life Coach with many years of community service including youth director, facilitator, community education instructor, and program coordinator.
Does implementation of this intervention require support/resources from the broader coalition? If so, does the coalition have the capacity to	No, implementation of this intervention will not require support/resources from the broader coalition.



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support intervention implementation?	
What indicator* will this intervention impact? Describe any data and/or research that demonstrates a need for this intervention, in your community.	<p>Youth are trying to loose weight and too many of these youth are resorting to unhealthy methods to lose weight including fasting, vomiting, and taking laxatives.</p> <p>Eating disorders -- such as anorexia, bulimia, and binge eating disorder -- include</p> <p>extreme emotions, attitudes, and behaviors surrounding weight and food issues. Eating disorders are serious emotional and physical problems that can have life-threatening consequences for females and males. Eating disorders are potentially life-threatening conditions that affect a person’s emotional and physical health. They can have serious consequences for health, productivity, and relationships.</p>
Primary target population*	Teens age 13-18
Number of people impacted annually*	Approximately 500

Criteria	Descriptions
Intervention Specific goals, what do you hope to accomplish?	By supporting awareness of eating disorders and body image education we can help youth, parents, and community to:



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	<ul style="list-style-type: none"> • Improve self image • Model and encourage healthy eating in front of child/youth • Begin to find other solutions for reward or positive reinforcement, not using food. • Encourage physical activities for fun and join in them. • Gain skills they will need in order to become successful adults. • Become healthy role models. • Develop healthier eating habits • Communicate with youth about unrealistic media images and messages. • Increase communication between youth and parents • Create new relationships with peers, further connecting them to their community and enlarging their support network. • Begin to see own potential as limitless. • Begin to view the world, and their ability to affect it, in a positive way. • Feel enhanced power, autonomy, and self esteem. • Improve behavior choices
<p>Key Evaluation Data*</p>	<p>MiPHY, education participation, and post tests. As shared via the MiPHY, youth are reporting to unhealthy methods to lose weight with 9.2% of MS students and 7.9% of HS students reporting fasting for 24 or more hours, and 2.4% of MS students and 4>5% of HS students reporting haven taken diet pills, powders, or liquids w/out a doctor’s advice, and 2.3% of MS students and 7.2% of HS students reporting having vomited or taken laxatives.</p>
<p>Provide a detailed evaluation plan. How will you know this intervention is making the difference?</p>	<p>At the end of the events we will conduct a survey to be completed by the participating youth, parents, community, and school counselor prompting them to give their opinions toward the success of the program related to the specific goals we have set.</p>



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<p>If this is a continuing intervention in your community provide evidence of how the intervention has been successful, or describe changes you're making to improve the potential for success.</p>	<p>n/a</p>
<p>With whom will you collaborate? How will you collaborate? Other organizations solicited for financial support (include name, amount requested, date requested, and amount promised or received).</p>	<p>Collaboration will be between our facilitator, our High School Counselor, Dietician, and Social Worker. Funding has not been requested from any other organization.</p>

Criteria	Descriptions
<p>Describe any models or best practice examples of other successful programs similar to the one you are proposing, if known. Include citation/s</p>	<p>Innovative models from Dove and National Eating Disorders. Encouraging youth to embrace their unique beauty with our workshops, guides, activities and videos.</p> <p>http://www.nationaleatingdisorders.org, http://www.allianceforeatingdisorders.com, http://www.dove.us/Social-Mission/default.aspx</p>
<p>Provide a detailed sustainability plan for the intervention and sustainability for any health improvements resulting from the intervention.</p>	<p>The sustainability comes from continuing financial support of the CWF.</p>



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~ Eating Disorder Awareness & Body Image Education Budget ~

Marketing and materials		\$1,500.00
Speakers		\$1,500.00
	Total	\$3,000.00