



Individual Intervention Table

**Definitions for terms in the intervention table are included below.*

~ Community Read ~

- CWF Element* to Impact: Connect with Others and/or Avoid Unhealthy Substances
 - Fiscal Agent* _____ Dexter District Library _____
 - Tax I.D. __38-1739800_____
 - Implementation Contact* __Paul McCann, Library Director_____
 - Contact phone and email __ (734) 426-4477; pmccann@dexter.lib.mi.us _____
 - Date Funding Required __October 2014_____
 - Implementation Date __September-November 2014_____

Criteria	Descriptions
Please provide a description of the intervention program you are proposing.	This year, the 5H Community Read effort will focus on a “Connect with Others” and/or “Avoid Unhealthy Substances” theme, offering events in all 5 communities in the Chelsea Wellness service area and a common book for reading and discussion. This will mark the 3 rd year of the 4-year effort envisioned. The communities will read a book that has yet to be determined. In previous years, the communities chose “In Defense of Food” by Michael Pollan and “A Walk in the Woods” by Bill Bryson.
Describe your action plan (steps) for implementing the intervention, including timeframe.	March-April: Set budgets for book buying, plan and budget joint programming, local programming; identify committee members responsible for various tasks at the local level. May-June: Secure funding from CWF; Finalize plans for all fall events July-August: Produce 5H brochure copy; dovetail with local library programming



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	<p>guides and online calendars, social media, etc., order and pay for books</p> <p>September-November: Implement events and book discussions, distribute books into community through community partner locations, continued marketing through print and online channels, participate in joint events.</p>
Who (specifically) will be responsible for what aspects of intervention implementation?	<p>The Dexter District Library staff will be responsible for all aspects of the local events and producing marketing copy for those events. Dexter District Library Director Paul McCann will serve on the steering committee, which is composed of librarians from the five towns. The steering committee will be responsible for overall planning and planning/implementation of the joint events.</p>
Do those responsible have the capacity* to implement?	<p>Yes. The members of last year's committee, which successfully implemented the campaign in 2013 remain in place.</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>The Dexter Area Wellness Coalition supports this as an Intervention in its comprehensive plan, per action of the board as an ongoing initiative. It is also understood that this is the second year of an anticipated four-year effort focusing on each CWF Element in turn.</p>
What indicator* will this intervention impact? Describe any data and/or research that demonstrates a need for this intervention.	<p>The intervention will help to create a culture of wellness by offering residents opportunities to learn about and begin building good habits with respect to the four themes of moving more, eating better, connecting with others and avoiding unhealthy substances. It is anticipated that approximately 500 community members will attend events related to Community Read and over 1,000 will read, pass along and discuss the book chosen.</p>
Primary target population*	<p>This request includes provisions specifically for programs in the Dexter District Library's service area. The cooperative nature of the effort will also encompass the population of all five towns of the Wellness Foundation's service area.</p>
Number of people impacted annually*	<p>The Library's service boundaries are the same as the Dexter Community School boundaries. The Library has a service population of 19,591 residents. The Library currently has 12,690 registered card holders who have used the Library within the last</p>



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	three years.
Intervention Specific goals, what do you hope to accomplish?	We hope to involve citizens in the Dexter community and in the larger 5H area in intellectually and socially stimulating activities to help introduce or fortify practices of wellness. We expect that individuals with newfound or revitalized interest in the theme(s) will make connections that benefit them and the community in both the short- and long-term. Events associated with the books' themes will provide various ways for individuals to participate and will suit various learning styles, casting a wider net than a narrowly-defined book discussion alone. The combination of intellectual and social elements, fostering inquiry and a building of trust and common cause, lends support to creation of a culture of wellness. We hope to generate discussions and inquiries into what a healthy community might look like and how to bring one about. And through its cooperative nature we hope to help tie the efforts of all five towns and the CWF into a more cohesive force for positive change.
Key Evaluation Data*	Counts developed through program attendance numbers, number of books dispersed to end users, and program surveys.
With whom will you collaborate? How will you collaborate?	All five healthy towns will be involved in the effort, with library directors and branch heads acting as point people in the collaboration. In Dexter, the effort will involve participation of the Wellness Coalition committee, the Dexter District Library, the Friends of the Dexter District Library and local businesses acting as book distribution points including the new Wellness Center.
Describe any models or best practice examples of other successful programs similar to the one you are proposing, if known. Include citation/s	"Community Read" events are recommended avenues for engaging community participation around a particular theme and have been used successfully in many communities. The library-centered effort builds upon already-existing connections within each community and makes use of existing channels of communication. At the same time, the effort fosters the creation of new associations among individuals and groups within the communities. The varied nature of the envisioned programs and the opportunities created by multiple levels of collaboration between and within the five towns make this effort particularly innovative within that tradition.



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Other organizations solicited for support (include name, amount requested, date requested, and amount promised or received).	In-kind donations of time and book distribution space will be provided by a number of local businesses and organizations, potentially the Cedars of Dexter, Chelsea State Bank, Dexter Pharmacy, Dexter Senior Center, Dexter Township Hall, Dexter Wellness Coalition, the Dexter Wellness Center, Foggy Bottom Coffee House, Jazzercise, Peace Lutheran Church, St. Andrews United Church of Christ, St. James Episcopal Church and Webster Township Hall. In-kind donations of work-time will be provided by members of the local committee, the Friends of the Library and the Dexter District Libraries.
If this is a continuing intervention <i>in your community</i> provide evidence of how the intervention has been successful, or describe changes you're making to improve the potential for success.	Full written evaluation and report was submitted to the Dexter Coalition and the Chelsea Wellness foundation in March, 2013 and at the conclusion of the Fall 2013 program.
Describe your evaluation plan. How will you know this intervention is making a difference?	The intervention helped begin the creation of a culture of wellness by offering residents opportunities to learn about and begin building good habits with respect to the CWF elements. Through this grant and our volunteer efforts we are providing a forum for community involvement that we hope will lead to behavioral changes while promoting the CWF and the Dexter Area Wellness Coalition as agencies of real, positive and lasting change. For our location, 500 books were purchased and dispersed, using the library and several other community spots for distribution. Programs included a variety of speakers, book discussions, movie showings and children's story times and activities. For the 2012 program, total attendance of 528 program attendees and an estimated 900 readers of the book "In Defense of Food" within the Dexter community.



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	The Library will continue to survey residents attending programs and plans to distribute surveys with copies of the book this year. Surveys have been altered to include a new question on what lifestyle changes individuals will make as a result of reading/discussing the current book.
Describe your plan for sustainability* of the intervention and sustainability for any health improvements resulting from the intervention.	The Library will continue to analyze the book circulation and attendance at events to further refine the program for future years. For 2013, a less expensive copy of the book and programming will be scaled back to provide more targeted and larger attendance at fewer events. This will also help to connect people as more individuals will be gathered for targeted programming. The Library has reduced its request by \$1,050 from the previous year as it moves towards sustainability.

Dexter 5H Community Read 2013 - CAWF Grant Budget			\$4,000.00
Date	Expenditure	Area	Cost
	Book purchases	Books	\$3,000.00
	Programming	Events	\$500.00
	Promotion / Printing	Promotion	\$500.00
	Total		\$4,000.00

Definitions

Element – TBD in March of 2014.

Fiscal Agent – Dexter District Library

Implementation Contact – Paul McCann, pmccann@dexter.lib.mi.us – 734-426-4477

Capacity or Coalition Capacity – Potential or actual ability to enlist community participation, technology, knowledge, collaboration and other resources to plan and implement a successful intervention.



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Indicator – A specific, anticipated *measure* of the impact of an individual program, practice, policy or other intervention implemented as part of the 5H plan. An example of an indicator is *The number of adults who eat more than 5 fruits and vegetables a day*. CWF will provide a list of possible indicators.

Primary Target Population – Demographic (group of people) an intervention is intended to impact. Although the intervention may impact more than one group of people, we are interested in the principal population targeted by the intervention. For instance, a walk to school program may include adult walkers who chaperone children, but the children are the primary target of the intervention.

Number of people impacted annually – People who are directly affected by the intervention.

Key Evaluation Data – Statistical and other types of information collected and used in the decision-making process. Data may be used to decide where gaps in services exist, if an intervention is effective, or to make other important decisions

Collaboration between organizations or communities – Working with others to create something beneficial. Collaborators include those who directly influence the intervention through planning and oversight or with resources like technical assistance, time or funding.

Priority to implement or maintain – A high priority intervention is one that is regarded by the Wellness Coalition as more important than others. Medium or low priority interventions are thought of as important but may be delayed.

Sustainability plan – How will you maintain the impact of the intervention over time? Has a plan for sustainability (including long term funding if necessary) been documented?