



# ADAPTIVE DANCE PROGRAM

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Intervention Contacts :-

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**Continuing or New Intervention:**

Continuing

**Intervention also funded in:**

- Year 1: \$xxxx
- Year 2: \$xxxx
- Year 3: \$8,191
- Year 4: \$7,000
- Year 5: \$8,790

**Amount Requested:**

**\$8,000**

**Element:**

**MM & CWO**

# Intervention information

## Brief Description

- I. The Adaptive Dance Program takes the health benefits of movement to music to residents of Chelsea who experience physical or mental difficulties. This population is often left out of organized activities and this program is targeted to their needs.
- II. This program is on-going. The development of the program started in the fall of 2014 with the first classes being held in January 2015.
- III. This grant request is for the period August 1st 2017 – July 31<sup>st</sup> 2018.
- IV. It is proposed to hold 11 different classes in 9 different centers in Chelsea. 450 classes will be planned for 2017/2018.
- V. It includes a new program being developed for k-12 special education students who are not covered by the current programs. Parents of some of these children have asked for such classes and the Director of Special Education in Chelsea Schools, Lisa Nickel, is highly supportive of new programs being developed for these young people.
- VI. A CDC report from 2008 and revised in March 2016 states that children ages 2-17 with disabilities have 38% more obesity rates than children without disabilities.

For the primary goal provide the following information:

	<b>Goal 1:</b>
Specific goal	To design and implement one or more new classes for special ed. students at the studio of Ballet Chelsea. These students are integrated into regular classes in the school district and do not have movement classes geared towards their physical abilities. The new classes will offer such classes.
How success will be measured	A questionnaire will be developed by Ballet Chelsea to go to all parents of special ed. students to determine the interest for these classes. Once the data has been received back, the appropriate classes will be developed.
Describe what data will be collected and who will collect it	Initially, number and ages of students. Type and level of disability. Goals for each child will be set by the parent or perhaps school physical therapist. The new classes will be determined by the Artistic Director and the Adaptive Dance teacher at Ballet Chelsea. These goals will then be reviewed every six months to determine whether they have been successful.
Why do you think the goal is achievable?	The current classes run by BC are for pre-schoolers and high school students in Independence Hall. They have been very successful and we now intend to make such classes available to all special ed. students. Such classes have increased socialization, have led to better balance and muscle control, more flexibility and a better understanding of patterns and sequencing. We believe these goals will also be possible for the new population being covered.
Is the timeline achievable	The aim is the start new classes during the summer of 2017 and then offer them on a weekly basis from the fall of 2017. We do believe this is achievable.

## Units of Engagement

### **Please calculate the units of engagement for your intervention**

- Estimated number of participants (129)
- Estimated time each participant spends at each event (variable, between 0.5 and 1 hour per class.)
- Estimated number of events to be held (450)
- $P \times T \times N = 4579$  U of E in total
- including 700 units of engagement for the new program.

## Key Evaluation Data

We are expecting 129 participants across all classes.

We will be marketing to a new population of k-12 special ed. students who are currently not included and expect at least 20 to participate.

Evaluation is carried out through questionnaires, different for each group of the program.

# Responsible Parties & Organizations

- No permits are required for this program.
- The times of classes are determined between the leaders of the various centers and the administrators of Ballet Chelsea.
- Marketing for a number of the centers is handled by them. However, the new K-12 program will be marketing by Ballet Chelsea
- Chelsea
- Helpers are provided by all the centers visited. When classes are held at BC studio additional help is provided by BC staff and parents of participants.
- Numbers of participants are collected by the BC teacher. Center leaders or individual participants complete questionnaires.
- Improvements are made regularly for students following discussion with class teachers.
- Improvements, if necessary, are made to senior classes each year.
- Presentations are made by the administrators of Ballet Chelsea

What organization are involved:

1. St. Louis Center, Chelsea School District, WISD, Silver Maples, Chelsea Retirement Community, Chelsea Senior Center.
2. Organizations who have committed to contribute to the intervention
  - A. All of the above plus Ballet Chelsea for the use of space and in- house marketing.
  - B. Community Foundation of SE Michigan is supporting the classes held at St. Louis Center.
  - C. Other financial assistance is from individuals and businesses who donate to Ballet Chelsea through the annual donation campaign.

# Marketing Plan

- There is no marketing needed for certain classes as the participants are residents or attend classes as part of their school schedule- St. Louis Center, WISD, pre-school etc.
- For classes at other centers such as Chelsea Senior Center, Silver Maples, CRC, details of the classes are provided in newsletters and in poster form.
- The new classes to be offered to K-12 special ed. students will be marketing through a questionnaire and flyer to go to all relevant parents and distributed through the school district. It is also proposed to advertise this through 'What's to do in Chelsea'

## Proposed Budget (Total Budget = \$ 15,250)

How \$8,000 funds from 5HF will be used

Examples are:

- Marketing = \$0
- Compensation = \$8,000
- Materials = \$0
- Consumables = \$0
- Training = \$0

How \$7,500 funds from other organizations will be used

Examples are:

- Marketing = \$ 100
- Compensation = \$ 7,000
- Materials = \$ 0
- Consumables = \$0
- Training = \$150

# Photos

