



WELLNESS RESOURCES FOR CHELSEA STUDENTS WITH HOUSING INSTABILITY

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Continuing or New Intervention:

New

Intervention also funded in:

None

Amount Requested:

\$5,000

Element:

EB, MM, CWO

Intervention information

The number of youth facing housing instability in the Chelsea School District fluctuates from year to year. This year there are approximately 20 homeless students; last year there were more than 60. A student is considered homeless if he or she does not have a permanent address, or if his or her family is living with another family (i.e. doubling up).

While the schools have secured funding for school supplies, yearbooks, and graduation supplies, there are gaps in what they can provide students when it comes to health and wellness activities. Many programs will waive or offer reduced fees for students if needed, but there are often additional costs associated with participation including supplies, equipment, uniforms, shoes, instruments, field trips, team/club dinners, etc. Similarly, a local church donates food for students every other week, but they need more fresh and healthy food items, like fruit.

Intervention information

2016 MiPHY data shows that approximately 1 out of 3 high school students does not meet physical activity recommendations, and 3 out of 4 do not eat enough fruits and vegetables. Only half of high school students report having eaten breakfast every day in the past week and 10% report having not had breakfast any day in the past week.

The CSD reports 10% of students are currently enrolled in the free/reduced lunch program. The coalition's strategic plan identifies the need to enhance access to available resources under goal 1, objective 3. This grant would leverage existing scholarships in the community by filling an identified gap.

List all the goals of the intervention

1. to increase access to health and wellness related programs and services for youth facing housing instability in the Chelsea School District.

For the primary goal provide the following information:

SMART	Goal 1:
Specific Goal	The goal of this program is to increase access to health and wellness related programs and services for youth facing housing instability in the Chelsea School District.
How success will be measured	This will be measured by the number of youth who receive assistance, and the number and type of programs they are able to access because of this assistance.
Describe what data will be collected and who will collect it	Beth Morris, School Social Worker, will collect and report this data.
Why do you think the goal is achievable?	This goal is attainable because there are multiple sources of funding and support for youth in need, and this grant helps fill an identified gap.
Is the timeline achievable	This goal will be achieved during the 2017/2018 school year.

Units of Engagement

- Units of engagement = number of students x number of programs students are able to access with additional assistance x hours students are engaged in each program
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- 20 students x 2 programs each x 20 hours per program = 800 units of engagement (estimated)

Key Evaluation Data

In addition to units of engagement, we will also use anonymous feedback from youth receiving assistance through this program via surveys. The survey will be designed by Reiley, Beth, and Liz, with input from coalition members.

Responsible Parties & Organizations

- Beth Morris will implement this program within the schools.
- Reiley and Liz will assist with design of a survey for participating students.
- Beth will administer the survey and collect responses.
- Reiley and Liz will assist with survey analysis.
- Reiley will prepare and present evaluation results and reports.

What organization are involved:

1. Chelsea School District
2. Organizations with programs related to health and wellness

Marketing Plan

How do you intend to market your intervention?

- Be sure to include the 5H logo in marketing material (email Ashley)
- Take photos of your intervention (email them to Ashley or Matt)
- Ashley will help you with “how to” add to the Facebook Page
- Email matt@5healthytowns.org to get events on www.5healthytowns.org

- MARKETING PLAN is:

- NA – Beth will work directly with students who qualify



Proposed Budget (Total Budget = \$5,000)

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

Examples are:

- Marketing = \$ 0
- Compensation = \$0
- Materials = \$ 2,000
- Consumables = \$ 3,000
- Training = \$ 0

How funds from other organizations will be used

- Marketing = \$ 0
- Compensation = \$ 0
- Materials = \$ 0
- Consumables = \$ 0
- Training = \$ 0
- Reduced/Waived Cost of Program Fee: Varies