

Dexter Wellness Coalition | Plan Year 6

NAME OF THE INTERVENTION	Dexter Speaker Series
CWF Element* to Impact	Connect with Others in Healthy Ways and Coalition Outreach
Fiscal Agent	Dexter District Library
Tax I.D	
Implementation Contacts (2 or more required)	Paul McCann and Matt Pegouskie
Contact phones and emails	734.433.4599
Date Funding Required	
Implementation Date	Fall 2018
Estimated Completion Date	Winter 2018
Total Amount Requested from CWF	\$1,500

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population. <i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>Dexter Wellness Coalition proposes hosting a Speaker Series composed of 5 to 7 events from October to November, 2018. The Speaker Series will include talks about different interventions supported by Dexter Wellness Coalition as well as speakers who are not a part of the coalition but who relate back to the Wellness Coalition’s goals of Eat Better, Move More, Connect with Others in Healthy Ways and Avoid Unhealthy Substances.</p> <p>The proposed list of speakers/topics include: Dexter Farm to School and School Garden, Mental Health Triage for parents, Prescription Medication Safety, fly fishing for kids with Trout Unlimited, winter sports/trail usage and demonstration, a cooking demonstration, and an introduction to mindfulness. The number of speakers will vary based on the fees and materials needed for each speaker. Coalition supported speakers like Dexter Farm to School will not impact the budget.</p> <p>The program will include speakers for audiences of different ages. Some like Prescription Medication Safety will be more geared towards older adults while fly fishing for kids towards families and Mental Health Triage towards parents.</p>
<p>2. How does this intervention fit into the 1 and 5 year goals and plans of the Coalition? <i>Please be specific and refer to the</i></p>	<p>The intervention ties into Dexter Wellness Coalition’s identified Strategic Plan 2020 goal of increasing the number of community members who can identify what the coalition is and what the coalition does.</p>

<p><i>current documents stating the Coalition's 1 and 5 year plans and goals. Should include specific health/wellness indicators.</i></p>	
<p>3. What are the specific goals for the intervention? <i>Specific goals: For each goal address these 5 points so that the goals are SMART goals)</i></p> <ul style="list-style-type: none"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>The primary goal of this intervention is to 1: Introduce or re-introduce at least 30 people per session to Dexter Wellness Coalition and either the interventions supported by the Coalition or pillars valued by the coalition. The speaker and library staff will distribute surveys to every attendee asking them to respond to five set questions, one open-ended question and provide an email address. The surveys will be delivered to 5HF staff who will tally them and provide results to the coalition, 5HF, the speakers and the library. The coalition believes this goal is attainable because of the library's proven track record in holding programs and their large distribution list. An education partnership between the Coalition and Dexter District Library will expose more Dexter-area residents to the coalition and what the coalition does. In doing so, Dexter Wellness Coalition believes more people will be involved with the coalition and more ideas and interventions can be proposed to the coalition.</p> <p>The program will be held from late September/Early October to November, 2018.</p>
<p>4. What are the key data that will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <p><i>Might also include survey data, and other measures such as pounds of</i></p>	<p>Units of Engagement, attendance numbers and survey results will be used as the key data to evaluate the impact of the Speaker Series intervention.</p>

<p><i>produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	
<p>5. What are the estimated of the Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event (e.g., 30 minutes would be 0.5 hours)</i> <i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	<p>Five programs x 1 hour x 30 individuals = 150 units of engagement. Seven programs x 1 hour x 30 individuals = 210 units of engagement.</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation? <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> 	<p>Paul McCann and Matt Pegouskie are responsible for booking the speakers and determining the schedule of the event. Library staff will market the series through their newsletter and website. They are also responsible for scheduling and setting up the meeting rooms and financial responsibilities. McCann will be responsible for presenting to the coalition and for the final reports to 5HF.</p>

<ul style="list-style-type: none"> • <i>Analyzing data collected+</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <i>Yes or No. If yes, please indicate all organizations requiring approval and indicate if approval has already been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></p>	<p>No.</p>
<p>8. With whom will you collaborate on this intervention including assistance with implementing the program, assistance with financing the program and organizations which might financially support this intervention (long term sustainability). <i>Please include names of people in the collaborating organization that will be involved with this intervention. Indicate in the budget below – the contribution from the organization(s).</i></p>	<p>The intervention plans to collaborate with the following interventions and organizations:</p> <p>Speakers Dexter Farm to School and School Garden Dexter Trout Unlimited Huron-Clinton Metroparks St. Joseph Mercy Health Systems University of Michigan Dexter Community Schools</p>
<p>9. If this is a continuing</p>	

<p>intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to CWF? <i>If no, when will the presentation to the coalition be done and when will the written report and expense report be submitted to CWF?</i></p> <p>C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).</p> <p>D. Has the amount requested from the coalition increased or decreased? Why?</p> <p>E. How many more years will this intervention request funds from the coalition?</p>	
<p>10. Provide citation(s) of similar programs used as a model in developing this intervention.</p>	

Dexter Speaker Series Budget

Speaker Fees and Supplies - \$1,500

In-Kind donation of space, staff time and marketing from Dexter District Library

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$1,500	92%
Total funds from other sources		
Marketing/Advertising		
Compensation – to one or more people		
Infrastructure (structure that lasts 5 years or more)		
Other expenses		