

Chelsea Friends and Family Wellness Coalition | Plan Year 6

NAME OF THE INTERVENTION	Wellness Resources for Chelsea Students with Housing Instability
5HF Element* to Impact	Move More, Eat Better, Connect With Others
Fiscal Agent	Chelsea School District
Tax I.D	38-6004124
Implementation Contacts (2 or more required)	Reiley Curran, Beth Morris
Contact phones and emails	(734) 593-5279, reiley.curran@stjoeshealth.org ; (734) 433-2200, bmorris@chelsea.k12.mi.us
Date Funding Required	8/1/2016
Implementation Date	8/1/2016
Estimated Completion Date	7/31/2017
Total Amount Requested from 5HF	\$5,000

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>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.</p>
<p>2. How does this intervention address the needs identified by your community and the coalition? <i>Please be specific and refer to local data (i.e. HIP, MiPHY, PAC, NEAT, etc.) and/or the coalition strategic plan. Should include specific health/wellness indicators.</i></p>	<p>This grant would provide funding for supplies and equipment related to health and wellness activities for youth facing housing instability. 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.</p> <p>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.</p> <p>The CSD reports 10% of students are currently enrolled in the free/reduced lunch program.</p>

	<p>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.</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 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. 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. Beth Morris, School Social Worker, will collect and report this data. 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. This goal will be achieved during the 2017/2018 school year.</p>
<p>4. What key data 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 produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>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.</p>
<p>5. What are the estimated Units of Engagement for the intervention? <i>Unit of engagement = number of people per event * number of events * timeframe for the event</i></p>	<p>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</p> <p>20 students x 2 programs each x 20 hours per program = 800 units of engagement (estimated)</p>
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation?</p> <ul style="list-style-type: none"> • 	<p>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.</p>
<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</p>	<p>No</p>

Chelsea Friends and Family Wellness Coalition | Plan Year 6

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).	The school district will collaborate with local sport clubs, as well as other organizations offering programs related to health and wellness for youth.
9. If this is a continuing intervention:	NA
10. Does your intervention have a sustainability plan?	No
11. Provide citation(s) of similar programs used as a model in developing this intervention.	NA

Expense	Cost	Source of Funding
Registration for Programs	Varies	In-Kind, Program Administrators
Supplies and Equipment for Programs	\$100/student	5H grant
Healthy Snacks/Fruit	\$300/month	5H grant
TOTAL	\$5,000	5H grant

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$5,000	Unknown/Varies
Total funds from other sources	Unknown/Varies	Unknown/Varies
Marketing/Advertising	\$0	0%
Compensation – to one or more people	\$0	0%
Infrastructure (structure that lasts 5 years or more)	\$0	0%
Other expenses	\$5,000	100%

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to SHF
Year 1	<u>\$0</u>			
Year 2	<u>\$0</u>			
Year 3	<u>\$0</u>			
Year 4	<u>\$0</u>			
Year 5	<u>\$0</u>			