

# Chelsea Wellness Coalition | Plan Year 7

|   |   |
|---|---|
| <b>NAME OF THE INTERVENTION</b>                     | Camp GABIKA – Chelsea Community Education & Recreation  |
| <b>5HF Element to Impact</b>                        | Move More, Eat Better, Connect With Others, Avoid Unhealthy Substances                        |
| <b>Fiscal Agent</b>                                 | Chelsea School District   |
| <b>Tax I.D</b>                                      | 38-6004124  |
| <b>Implementation Contacts (2 or more required)</b> | Andrew Thomson      Chelsea Raupp   |
| <b>Contact phones and emails</b>                    | 433-2208, ext. 6074; athomson@chelsea.k12.mi.us/433-2208, ext. 6803; craupp@chelsea.k12.mi.us |
| <b>Date Funding Required</b>                        | June 18, 2018   |
| <b>Implementation Date</b>                          | June 18, 2018   |
| <b>Estimated Completion Date</b>                    | August 24, 2018   |
| <b>Total Amount Requested from 5HF</b>              | \$6,000   |

| Criteria  | Descriptions  |
|---|---|
| <b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b> | Camp GABIKA will provide a healthy daily environment for campers with a focus on movement, healthy choices, and friendship. Camp GABIKA focuses on providing children with a great experience during the summer months out of school, with elements of decision-making and interaction with peers in a substantive environment. The camp is intended for boys and girls from Chelsea and surrounding communities ages 5-12. The intervention will begin June 18 and conclude on August 24.  |
| <b>2. How does this intervention address the needs identified by your community and the coalition?</b>                          | Some of the biggest goals we plan to accomplish in camp are healthy decision-making (exercise, food, etc.) and connecting with others. This intervention has a far-reaching impact for the funding requested. Not only do the children benefit from the intervention, but when they take information home, others can benefit too. This summer camp fits the coalition’s vision for supporting the pillars of the Foundation, as well as Friends & Family wellness. This camp addresses physical well-being in terms of daily healthy and fitness tasks. It also addresses mental wellness through exercises with fellow campers and working together.  |
| <b>3. What are the specific goals for the intervention?</b>   | <ul style="list-style-type: none"> <li>Educate campers about healthy decision-making: We will continue to work towards healthy snacks (how many per day) and healthy activities (how many minutes). This year, we will continue our snack log, so that we can track exactly how many servings of healthy snacks we are able to provide. We also really would like to implement physical activity measurements (pedometers, heart rate monitors, etc.). These would be used by a different group of campers each day for the full day so we can track just how much work we are doing. We will work tirelessly to collect this data this year through the staff. We hope to incentivize these two</li> </ul> |

|  |   |
|--|---|
|  | <p>goals by measuring and displaying the data throughout the camp season. This goal is very attainable and highly relevant based on childhood obesity figures.</p> <ul style="list-style-type: none"> <li>• Encourage campers to work together and grow bonds with their peers:</li> </ul> <p>One of the fundamental goals of camp is to help campers learn how to engage with their peers. Through various activities and spending hours together each day, campers will learn appropriate ways to engage and interact with their fellow campers. This will be measured by the amount of behavioral corrective actions during the course of the summer, as well as surveying campers and parents at home. It is increasingly important to highlight and facilitate one-on-one and large group interactions between peers, as children seem to increasingly not seek out these interactions. This year we will do a pre-camp survey of campers and parents, as well as a follow-up survey at the end of camp.</p> <ul style="list-style-type: none"> <li>• Involve the campers with the many different groups in the Chelsea area (Seniors, Library, Police &amp; Fire Department, Farmer’s Market, SRSly, etc.):</li> </ul> <p>Camp will engage as many community groups and entities as possible again in 2018. It is important for the campers to know how to connect with others in a healthy way. Many groups will be engaged on a weekly basis, while some may only be engaged once during the summer. By connecting the campers with the community groups that offer support, they will have an awareness of what their community has to offer them.</p> |
| <p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b></p>   | <p>One of the main pieces of data we will collect is participation in the program. We believe very strongly that the number of children participating is a direct correlation to the success of the program. We fell short of our participation goal last year, so we will be re-focusing our energy on getting participation up for 2018.</p> <p>Examples of data other than participants and number of events:</p> <ul style="list-style-type: none"> <li>• Measure the total minutes of physical activity (games, walking, etc.)</li> <li>• Measure the number of healthy snacks consumed</li> <li>• Survey of campers and healthy decision-making</li> <li>• Survey of parents and healthy decision-making at home</li> </ul>   |
| <p><b>5. What are the estimated Units of Engagement for the intervention?</b></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>Because our camp is a full-day camp that lasts for 10 weeks, our units of engagement measurement is very high. We are working to make sure we accomplish our goals with these measurements.</p> <ul style="list-style-type: none"> <li>• Estimated number of participants each week (40)</li> <li>• Estimated time each participants spends at each event (7 hours)</li> <li>• Estimated number of events to be held (49 days of camp)</li> <li>• <math>40 \times 7 \times 49 = 13,720</math></li> </ul>   |

|   |  |
|---|--|
| <p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b></p>  | <ul style="list-style-type: none"> <li>• Chelsea Community Education &amp; Recreation obtains all permits for the camp</li> <li>• Our camp director works with the enrichment coordinator to finalize schedules, calendars and marketing</li> <li>• The camp director also is in charge of any volunteers and presenters at camp</li> <li>• The camp director and enrichment coordinator will work to collect and analyze data collected during and at the conclusion of the camp season</li> <li>• The enrichment coordinator will make the final presentation with data at the conclusion of the camp intervention</li> <li>• Based on feedback from the staff, campers and parents through direct feedback, as well as surveying and indirect feedback, the camp director and enrichment coordinator will work throughout the off-season on program improvements for the following year’s camp</li> </ul> |
| <p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b></p>  | <p>Chelsea Community Education &amp; Recreation receives both day care and site licenses from the State of Michigan for our summer camp. These licenses are in place for 2018. This coming camp year is an inspection year for camp. We will be visited by the inspector for our license renewal.</p>  |
| <p><b>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).</b></p>  | <p>Other organizations who have been partners with this intervention include: Chelsea Seniors, Chelsea District Library, SRSLY, Chelsea Police, Chelsea Area Fire, and Waterloo Nature Area. Many of these groups have already agreed to partner with camp for 2018.</p> <p>Other funding will come from camper registration fees. We have requested the same funding assistance for this intervention as we did for 2017. Since the initial Year 2 intervention, we had requested decreasing funding levels. We also receive campership considerations from the Chelsea United Way. We will be applying for those funds in February 2018.</p> <p>Other camp volunteers may crop up or donations do show up during the course of the summer.</p>   |
| <p><b>9. If this is a continuing intervention:</b><br/> A. How many years has this intervention been funded by the coalition?<br/> B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF?<br/> C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).<br/> D. Has the amount requested from the coalition increased or decreased? Why?</p> | <p>Camp GABIKA, formerly Camp Wile About Summer has been funded for five years (Years 2-6).</p> <p>We were able to present our final report on Year 6 of camp to the Coalition during fall 2017. We have filed our final reports for all five years, with Year 2 being filed on behalf of the Chelsea Recreation Council, which had ceased operations before the report had been submitted. Because of 5HF funding of the intervention, we have been able to continue providing great camp experiences, such as multiple visits to the pool each week to swim, provide transportation for campers to some of our partners that are too far to walk, and provide healthy snack options that may not otherwise be available. This year we will do additional surveying to see if that healthy decision-making carries over with the campers to their homes.</p>  |

|   |  |
|---|--|
| E. How many more years will this intervention request funds from the coalition?                     | Our funding request has decreased since the initial Year 2 intervention. We are continually striving towards running a self-sufficient camp without losing any of the elements that we believe make camp so valuable. After maintaining registration fees for several summers, we did increase fees by less than 5% in 2016. Rates were maintained for 2017, and will again increase by less than 5% for 2018. |
| <b>10. Does your intervention have a sustainability plan?</b>                                       | As mentioned above, we have requested funds at a decreasing level for the previous four years. This year, our request is the same as Year 6. This is based on our projections to get back to a growing trend with participation.   |
| <b>11. Provide citation(s) of similar programs used as a model in developing this intervention.</b> | Summer camps are run across the country every year. Programs can be wide-ranging in their focus. There are many camps that focus on health and wellness. Camp GABIKA has established its focus on health and wellness over the past two summers and will continue to grow those goals this year.   |

|  |                       |
|--|-----------------------|
| Morning/afternoon heathy snacks and supplies (est. \$200/week for 40 campers)          | <b>\$2,000</b>        |
| Swimming at Beach Middle School 2 days/week for \$2/visit/camper (based on 40 campers) | <b>\$1,600</b>        |
| Deliver of weekly events, activities and field trips (est. \$240/week)                 | <b><u>\$2,400</u></b> |
|  | <b>\$6,000</b>        |

| Budget Summary  | Amount          | Percentage |
|---|-----------------|------------|
| Amount of funds from Coalition                        | <b>\$6,000</b>  | <b>9%</b>  |
| Total funds from other sources                        | <b>\$59,000</b> | <b>91%</b> |
| Marketing/Advertising                                 | <b>\$1,000</b>  | <b>2%</b>  |
| Compensation – to one or more people                  | <b>\$37,000</b> | <b>57%</b> |
| Infrastructure (structure that lasts 5 years or more) | <b>\$0</b>      | <b>0%</b>  |
| Other expenses  | <b>\$27,000</b> | <b>41%</b> |

| Plan Year | Amount granted         | Amount Spent           | Amount carried over | Amount returned to 5HF |
|-----------|------------------------|------------------------|---------------------|------------------------|
| Year 1    | <b><u>N/A</u></b>      | <b><u>N/A</u></b>      | <b><u>N/A</u></b>   | <b><u>N/A</u></b>      |
| Year 2    | <b><u>\$13,000</u></b> | <b><u>\$13,000</u></b> | <b><u>\$0</u></b>   | <b><u>\$0</u></b>      |
| Year 3    | <b><u>\$12,127</u></b> | <b><u>\$12,127</u></b> | <b><u>\$0</u></b>   | <b><u>\$0</u></b>      |
| Year 4    | <b><u>\$11,00</u></b>  | <b><u>\$11,00</u></b>  | <b><u>\$0</u></b>   | <b><u>\$0</u></b>      |
| Year 5    | <b><u>\$8,100</u></b>  | <b><u>\$8,100</u></b>  | <b><u>\$0</u></b>   | <b><u>\$0</u></b>      |
| Year 6    | <b><u>\$6,000</u></b>  | <b><u>\$6,000</u></b>  | <b><u>\$0</u></b>   | <b><u>\$0</u></b>      |