

SECTION 1	INTERVENTION INFORMATION
NAME OF THE INTERVENTION	Adaptive Movement for All
5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)	Move More and Connect with Others
Fiscal Agent	Ballet Chelsea
Tax I.D	38-326-0579
Implementation Contacts (2 or more required)	Jane Thompson Kayleigh Crummey
Contact phones and emails	Jane 734-730-2945 Kayleigh 734-560-2114
Date Funding Required	July 2019
Implementation Date	August 1 <sup>st</sup> 2019
Estimated Completion Date	July 31 <sup>st</sup> 2020
Total Amount Requested from 5HF	\$8,000

SECTION 2	CRITERIA
Criteria	Descriptions
<p><b>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</b></p> <p><i>Typically one paragraph (3-5 sentences)</i>  <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>In its fifth year Ballet Chelsea will continue to take the health benefits of movement to music to residents of Chelsea who experience physical and mental challenges. This population is often left out of organized activities and this program is targeted to their needs.</p> <p>The program has differently choreographed classes for the different ages (ranging from 3-93) and different abilities. There are currently 15 classes available in Chelsea, up from 13 the previous year. Additional classes are expected at Northcreek school and at the Washtenaw County Mental Health Adults Chelsea center</p>
<p><b>2. How does this intervention address the needs identified by your community and the coalition?</b></p> <p><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>The 2015 HIP report states that :</p> <ul style="list-style-type: none"> <li>• 55% of seniors under the age of 65 years are overweight or obese;</li> <li>• 71% of those between 65 and 74 years are overweight or obese.</li> <li>• 50 % of the adult population have less than the recommended 150 minutes of exercise per week. For children ag 6-17 this figure is 36%</li> </ul>

	<p>A CDC report in 2016 titled "Disability and Obesity" stated that</p> <ul style="list-style-type: none"> <li>• Adults with disabilities have 58% higher obesity rates than adults without disabilities;</li> <li>• Children ages 2-17 with disabilities have 38% higher obesity rates than their peers with disabilities;</li> <li>• People who are obese incur an average of \$12,429 per person per year in extra medical costs compared to people of normal, healthy weight.</li> </ul>
<p><b>3. What are the specific goals for the intervention?</b>  <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"> <li>• <i>State what you are trying to accomplish,</i></li> <li>• <i>How you will measure progress toward and accomplishment of your goal</i></li> <li>• <i>Who is responsible for collecting the data?</i></li> <li>• <i>Why you think the goal is attainable</i></li> <li>• <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i></li> <li>• <i>What is the timeframe for achieving the goal?</i></li> <li>• <i>See <a href="http://www.wikihow.com/Set-SMART-Goals">http://www.wikihow.com/Set-SMART-Goals</a></i></li> </ul>	<p><b>Goal 1 To encourage more people in this population to join the open community classes, particularly at the Senior Center. The current attendance average at the Center is 6.</b>          Where members of this population attend centers during the day - through school, residential centers or day centers we have a regular and enthusiastic group of attendees. However, where disabled people live at home and do not visit such centers they need to be aware of the open classes we offer at the studio and at the Senior Center and be able to get there.</p> <p>More marketing and press releases will be used to get the word out in the community. We will advertise strategically. In the last 12 months we have had a number of exciting press releases published and they have already increased the numbers of attendees. New press releases and advertisements will be placed in local papers, in the Senior Center Newsletter, social media and at other locations such as churches throughout the year.</p> <p>For other classes, we will also talk to parents/ aides of current participants to find out how they became aware of the classes and if they know of other people who might benefit from the program.</p> <p>Success will be measured by the increase in attendees and corresponding units of engagement. The teachers will be responsible for recording attendee numbers throughout the year. Recent press releases have already increased attendance at some classes and we believe these numbers will further increase with greater awareness of the program. The enhanced marketing will take place throughout the year.</p> <p><b>Goal 2 - to produce an integrated dance performance consisting of a number of disabled and non-disabled dancers performing together.</b>          In the fall of 2018 we had a disabled dance consultant work with us for a week and she suggested that this should be a goal. We are aiming for the performance to take place in April or May as part</p>

	<p>of a Ballet Chelsea studio performance.</p> <p>The objective of this goal is to show the community that dance can be for everyone, every age, every ability. It will raise the profile of disabled people and increase their self-esteem and confidence.</p> <p>This will be an on-going goal and we will record the numbers of people participating and the numbers attending each performance.</p>															
<b>SECTION 3</b>	<b>MEASUREMENT/DATA</b>															
<p><b>1. What key data will be collected, analyzed, and used to evaluate the intervention?</b></p> <p><i>Should include:</i></p> <ul style="list-style-type: none"> <li><i>Units of Engagement</i></li> </ul> <p><i>Might also include survey data, and other measures such as number of participants, pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>	<p>Our teachers record the number of participants at each class. These numbers together with the duration and frequency of each class enables us to give an accurate figure for Units of Engagement. We regularly survey parents and aides as to what improvements they see, or want to see, in the class members. Teachers/ caregivers or physical therapists set goals for their students and these are reviewed every 6 months.</p> <p>See sample questionnaire at the end of this intervention table.</p>															
<p><b>2. What are the estimated Units of Engagement for the intervention?</b></p> <p><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></p> <p><i>Example : 100 people * 6 events * 1 hour per event = 600 units of engagement.</i></p> <p><b>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</b></p> <p><i>Note- if participation is not part of the key data,</i></p>	<p>5 Healthy Towns Intervention 2019/2020</p> <p>Units of Engagement</p> <table border="1" data-bbox="808 1120 1575 1421"> <thead> <tr> <th>Location</th> <th>Length of class</th> <th># of weeks</th> <th># of people</th> <th>U of E</th> </tr> </thead> <tbody> <tr> <td>Northcreek Preschool x2</td> <td>0.5</td> <td>35</td> <td>10</td> <td>175</td> </tr> <tr> <td>Northcreek k-2</td> <td>0.75</td> <td>35</td> <td>8</td> <td>210</td> </tr> </tbody> </table>	Location	Length of class	# of weeks	# of people	U of E	Northcreek Preschool x2	0.5	35	10	175	Northcreek k-2	0.75	35	8	210
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Northcreek Preschool x2	0.5	35	10	175												
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<i>describe how you will measure engagement of community members.</i>	South Meadows	0.75	35	8	210
	Open classesx2	1	40	10	400
	Silver Maples	0.5	48	15	360
	Chelsea Snr center	0.75	48	6	144
	CRC x1	1	48	16	768
	CRC x2	0.5	48	21	504
	WISD	0.75	35	18	472
	St. Louis Center x2	1	48	21	1008
	Mental Health Adults Chelsea	1	40	8	320
	Totals			141	4571

<b>SECTION 4</b>	<b>COLLABORATION</b>
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<p><b>1. Who (specifically) will be responsible for what aspects of intervention implementation?</b>  <i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> <li>• <i>Obtaining all required permits and permissions and all other communication required</i></li> <li>• <i>Deciding on dates, times, locations</i></li> <li>• <i>Marketing – both developing and distributing</i></li> </ul>	<ul style="list-style-type: none"> <li>• There are no permits required for this program</li> <li>• The days, times, and duration of classes are agreed between the leaders of the class, teachers/ caregivers, activity directors and the Ballet Chelsea teachers.</li> <li>• The open classes will be marketed through Chelsea Recreation and Education brochure, the Chelsea Senior Center and on social media. Press releases will also be developed throughout the year by staff at Ballet Chelsea.</li> <li>• Volunteers are provided where necessary by the participating centers.</li> </ul>
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<p><i>marketing materials</i></p> <ul style="list-style-type: none"> <li>• <i>Recruiting necessary volunteers</i></li> <li>• <i>Developing tools to collect data and pictures</i></li> <li>• <i>Analyzing data collected</i></li> <li>• <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i></li> <li>• <i>Preparing and presenting presentations and reports</i></li> <li>• <i>All other specific tasks for this intervention to be successful.</i></li> </ul>	<ul style="list-style-type: none"> <li>• Data, surveys and photographs are collected and analyzed by Ballet Chelsea staff.</li> <li>• Improvement plans are discussed and agreed on an on-going basis with the staff of all the centers. This might include marketing, times for the classes and content of the classes.</li> <li>• Any presentations and reports are made by one of the Ballet Chelsea teachers or the Administrator of the intervention. The last presentation was in September 2018.</li> </ul>
<p><b>2. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b>  <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. Programs have now been run at these locations for a number of years with full and enthusiastic permission from the management of all the centers.</p>
<p><b>3. 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>  <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>This intervention would not be possible without the collaboration of all the centers where these classes take place. They provide space and volunteer assistance at no charge. These centers include: Chelsea School District, Silver Maples, Chelsea Senior Center, Chelsea Retirement Community, Washtenaw Intermediate School District, St. Louis Center and Washtenaw County Mental Health Services - Chelsea.          Additional financing is obtained from service organizations and family foundations.</p>
<p><b>SECTION 5</b></p>	<p><b>SUSTAINABILITY</b></p>
<p><b>1. If this is a continuing intervention:</b>          A. How many years has this intervention been funded by the coalition?          B. Have the outcome(s) been presented to the coalition and the report(s) been submitted to 5HF?  <i>If no, when will the presentation to the coalition be</i></p>	<p>1. Yes, it is a continuing intervention.          A. Funding was first provided by the 5 Healthy Towns in 2014 for the development of the intervention with the first classes being available in 2015.          B. There has been continued support by 5 Healthy Towns since that time.          There have been annual presentations to the coalition the last presentation being September 2018.</p>

<p><i>done and when will the written report and expense report be submitted to 5HF?</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>C. When this program began around 50 people participated in the classes. There are has a steady increase in the number of centers and number of participants since then. We are now expecting around 150 people in 15 different classes at 9 different centers throughout Chelsea. This increase has been largely due to people in the community hearing of the benefit of the classes and requesting new classes for different groups of the population. In 2017 we introduced open classes for teens and older at the Ballet Chelsea studios. These were slow to develop but after some significant press releases and publicity through social media these classes are now beginning to take off. Increased marketing in 2019 is expected to increase the public awareness and interest in the program</p> <p>D. The requested amount for year 8 (\$8,000) is the same as for years 6 and 7 although we are doing more with the same amount of coalition funding. This is possible due to a number of small donations provided by service organizations, family foundations and private donors.</p> <p>E. We expect funding will still be needed for some years. We have applied for a number of county grants and are awaiting the results of these applications. Applications for grants from Chelsea Education Foundation and UMRC Foundation did not result in any financial support. We will be applying for other grants in 2019 from organizations such as Chelsea Community Foundation and additional service organizations.</p>
<p><b>2. Does your intervention have a sustainability plan?</b></p> <p><i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>We are trying to develop such a plan but receiving alternative funding has been difficult. Chelsea Education Foundation recently announced that they are no longer giving grants to organizations outside of the school district even if the programs benefit their students. Hence next year, (September), we will be working with the teachers to apply direct to the CEF. We will also be applying direct to the Chelsea Community Foundation.</p>
<p><b>3. Provide citation(s) of similar programs used as a model in developing this intervention.</b></p>	<p>We know of no other program in the country that accommodates such a wide range of ages and abilities as we cover in Chelsea. Our lead teacher, Kayleigh Crummey, attended a workshop at Boston Ballet for teachers of Adaptive Dance and they were amazed at what we were doing in this field. A consultant in dance for the disabled who visited our classes in the summer of 2018 was equally impressed with what we were doing across the ages and abilities. Other programs across the country tend to specialize in certain age groups or certain disabilities such as Parkinson’s disease, or spina bifida. We have no such demarcations. More information on our program is available at <a href="http://www.balletchelsea.org/about/ADP">www.balletchelsea.org/about/ADP</a></p>

<b>SECTION 6</b>	<b>INTERVENTION</b>	<b>BUDGET</b>
<b>Budget Summary</b>	<b>Amount</b>	<b>Percentage</b>
Amount of funds from Coalition	8,000	43%
Total funds from other sources	10,500	57%
<b>Total Income</b>	<b>18,500</b>	
Marketing/Advertising	500	3%
Compensation – to one or more people	16,500	89%
Infrastructure (structure that lasts 5 years or more)		
Other expenses *	1,500	8%
<b>Total Expenses</b>	<b>18,500</b>	

\*Prop such as scarves, hoops, bells etc. Training of teachers

**In Kind Costs**

<b>Space</b>	<b>\$4,300</b>	<b>Estimated 430 hours of classes at \$10 per hour</b>
<b>Marketing</b>	<b>\$300</b>	<b>In- house marketing at residential centers and Chelsea Senior Center</b>
<b>Volunteer Assistance</b>	<b>\$7,600</b>	<b>Estimates 300 hours at \$12/hr plus \$4,000 for administration</b>
<b>Total</b>	<b>\$12,200</b>	

<b>Plan Year</b>	<b>Amount granted</b>	<b>Amount Spent</b>	<b>Amount carried over</b>	<b>Amount returned to 5HF</b>
Year 1				
Year 2				
Year 3	<u>8,191</u>	<u>8,191</u>		
Year 4	<u>7,000</u>	<u>7,000</u>		
Year 5	<u>8790</u>	<u>8790</u>		
<b>Year 6</b>	<u>8,000</u>	<u>8,000</u>		
<b>Year 7</b>	<u>8,000</u>	<u>8,000</u>		

**ADP Student Evaluation Template**



Evaluation of Programs

Ballet Chelsea Teacher – \_\_\_\_\_  
Class Teacher and Evaluator \_\_\_\_\_  
Location of class \_\_\_\_\_  
Program day/ time \_\_\_\_\_

To be completed in at the start of the classes each year

As the class teacher/ physical therapist, what are two or three goals that you are hoping to see at the end of the program.

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The rest to be completed at the end of the classes each year.

Which of these goals have been achieved and in what way? Please give examples for either the class as a whole or for individual students.

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On average how many students have been in this class and what is the age range?

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Do you want this program to continue next year and if so what changes would you like to see?

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Signed \_\_\_\_\_ Date \_\_\_\_\_

Please use the reverse side of this form for extended answers or comments.

Thank you for your time in completing this form. The information is very useful to us in the further development of the Adaptive Dance Program

ADP Senior Evaluation Template



Evaluation of Programs – to be completed by participants.

Ballet Chelsea Teacher - \_\_\_\_\_  
Location of class \_\_\_\_\_  
Program day/ time \_\_\_\_\_

How long have you been attending these classes?  
A month/ 3 months/ 6 months or more than 6 months. Circle which applies)

Why did you decide to join these classes? What were your personal goals for this class?

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In what way have these classes benefitted you?

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Do you want this program to continue next year and if so are there any changes you would like to see?

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Would you recommend this program to someone else? \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please use the reverse side of this form for extended answers or comments.

Thank you for your time in completing this form. The information is very useful to us in the further development of the Adaptive Dance Program.