

# Chelsea Friends & Family Wellness Coalition | Plan Year 8

SECTION 1	INTERVENTION INFORMATION
<b>NAME OF THE INTERVENTION</b>	Yoga & Mindfulness (MFN) for Teens
<b>5HF Element to Impact: Eat Better, Move More, Connect with Others in Healthy Ways, Avoid Unhealthy Substances (select minimum of 1)</b>	Move More Connect with others in healthy ways Avoid unhealthy substances
<b>Fiscal Agent</b>	Eventually Group
<b>Tax I.D</b>	82-3317307
<b>Implementation Contacts (2 or more required)</b>	Susan Whitmarsh, Secretary, Freddie van Reesema, Director
<b>Contact phones and emails</b>	Sue: 734 680 9072 <a href="mailto:sue@breatheyogachelsea.com">sue@breatheyogachelsea.com</a> , Freddie: 734 707 6209 freddievanreesema@gmail.com
<b>Date Funding Required</b>	6/1/19
<b>Implementation Date</b>	Summer 19 Sampler class beginning 7/10/2019
<b>Estimated Completion Date</b>	6/1/2020 (would like to renew annually if a success)
<b>Total Amount Requested from 5HF</b>	\$1,500 (1 year's funding)

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>Eventually Group wishes to add to its programming a means of providing quality yoga and mindfulness instruction to its members, and all Chelsea and surrounding area youth, in order to combat the debilitating and oftentimes life-threatening potential of living with anxiety and depression. Our target population is local youth, ages 13-18 yrs, especially those who are identified as being at high risk.</p> <p>Eventually Group exists to organize and promote informed conversations about the impact of depression and mental health on our community's youth. Eventually Group began as a small student-led group advocating for greater mental health. These students now</p>

	<p>partner with business owners, mental health professionals, parents and local leaders to address the critical issue of depression and mental health in our community. Eventually, it gets better. Eventually Group is a 501(c)3 Tax Exempt Nonprofit.</p> <p>Yoga &amp; MFN classes will meet once a week at Breathe Yoga studio in downtown Chelsea, for an hour over the course of two, 12 week sessions, once beginning Fall 2019, the other in Winter of 2020. These full length programs will be preceded by a 4 week Summer Sampler Session, beginning June 2019, during which time local teens can be introduced to the practice of yoga and MFN.</p> <p>Typical Class Outline: Each time we meet, we will spend a short time in a sharing circle, checking in with each other. The students will share 'hi-lights' and 'low-lights' in a safe, non-judgmental environment. After that we will do some breathwork to center ourselves, energize and calm. After that, we will begin to add movement - sun salutations - to warm up the body. Students will learn different yoga poses that will prove challenging and provide a focal point for their minds. Some of these postures will be in partners, some in groups. Each session, we will discuss a concept such as kindness, compassion, gratitude, and students will be offered tools and techniques to engender positive thought and affirmations. The latter half of the session will be spent in a period of guided imagery or meditation, followed by some restorative yoga postures and deep relaxation.</p>
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<p><b>2. How does this intervention address the needs identified by your community and the coalition?</b> <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>Michigan Profile for Healthy Youth <b>Data taken from the MiPHY Student Survey in 2016</b> 2016 Beach Middle School 7th Graders: Percentage of students that felt so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months was 19.4% Percentage of students that ever seriously considered suicide was 10. 6%</p> <p><b>Chelsea High School Students</b></p>
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	<p><b>9th Grade</b>            Percentage of students that felt so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months was 21 %            Percentage of students that ever seriously considered suicide was 12.2%            Percentage of students who made a plan about how they would attempt suicide during the last 12 months was 10.7 %            Percentage of students who made one or more suicide attempt over the past 12 months was 5.9%</p> <p><b>10th Grade</b>            Percentage of students that felt so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months was 30. 3 %            Percentage of students that ever seriously considered suicide was 19%            Percentage of students who made a plan about how they would attempt suicide during the last 12 months was 16.3%            Percentage of students who made one or more suicide attempt over the past 12 months was 7.7 %</p> <p>Tragically, as I finish preparing this information, I learned of yet another Chelsea High School 10th grade student who has ended his own life. Please let us help these kids.</p>
<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>EG's Four <b>Specific</b> Intervention Goals:</p> <ol style="list-style-type: none"> <li>1 To reduce self-reported levels of anxiety &amp; depression</li> <li>2 To increase reported confidence and the ability to self-regulate</li> <li>3 To increase the overall level of satisfaction of life</li> <li>4 To increase hope and positive outlooks for the future.</li> </ol> <ul style="list-style-type: none"> <li>● <b>Measurable:</b> All participants will complete surveys prior to and after programs to ascertain shifts in the above. EG leader Freddie will devise survey questions, lead instructor Sue Whitmarsh will collect the data at intervals throughout programming, and Freddie will then assess the data.</li> <li>● <b>Attainable:</b> We believe our goals are attainable because of documented evidence and studies that have gone before. For example:  <a href="https://sophia.stkate.edu/cgi/viewcontent.cgi?referer=https://scholar.google.com/&amp;httpsredir=1&amp;article=1784&amp;context=msw_papers">https://sophia.stkate.edu/cgi/viewcontent.cgi?referer=https://scholar.google.com/&amp;httpsredir=1&amp;article=1784&amp;context=msw_papers</a></li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Relevant:</b> Mental health is at the root of overall wellness and being healthy. Stress manifests in the body as illness and disease if not addressed. Yoga &amp; MFN provides a full mind/body approach to wellness and fulfills a definite 3 out of the 4 5HT Elements. I would argue that it eventually fulfills the 4th: Eat better, also, since by adopting a yogic lifestyle, participants tend as a result, to examine their entire approach to living well, and will adapt their diet, often choosing a healthier vegetarian or vegan route. In addition, the fact that this community has seen more than the state’s average of suicide amongst this age group in the last several years makes this intervention not only relevant but also potentially lifesaving.</li> <li>● <b>Timeframe:</b> After a summer sampler program to get participants interested, we envision an initial 12 week program beginning fall 2019. We are confident that our goals will be met, either partially or in full, by the end of that Fall session, so by late December 2019.</li> </ul>
SECTION 3	MEASUREMENT/DATA
<p><b>1. What key data will be collected, analyzed, and used to evaluate the intervention?</b>  <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>Key data collected will include:  Names and ages of participants,  an initial mental wellbeing assessment of each participant.  a simple ‘Smiley face’ chart at the start and at the end of each session showing mindset shift before and after  attendance record during the program length  video soundbites from participants engaged in yoga and MFN at intervals during the program.  Final mental wellbeing assessment of each participant at the end of the 12 week program.  A video montage of participants talking about their experience, to document the group, and to encourage others to participate.</p>
<p><b>2. What are the estimated Units of Engagement for the intervention?</b>  <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>Estimated Units of Engagement proposed over the initial year of programming:</p> <p>Summer Sampler: Consisting of 4, one hour sessions, each engaging 20 teens = 80 UoE  Two term-time 12 week programs, each engaging 20 teens. Each 12 week program consists of 12, one hour sessions.=480 UoE.  Total UoE in initial year of programming: 560</p>

<p><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</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><b>SECTION 4</b></p>	<p><b>COLLABORATION</b></p>
<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 marketing materials</i></li> <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>	<p>Freddie will be responsible for communicating programming plans to potential participants and their parents/caregivers, and obtaining permission to take part. Sue will be responsible for obtaining signatures on participation waivers.</p> <p>Both Sue and Freddie will decide on dates and locations, according to Eventually Group’s and Breathe Yoga’s existing schedules.</p> <p>Both Sue and Freddie will market the program. Most likely division of labor will fall as follows:          Sue - production of marketing materials          Freddie - distribution of marketing materials          Social media promotion - both Sue and Freddie. Press release, both Sue and Freddie.          Sue will recruit additional instructor assistance.          Freddie will construct surveys          Sue will collect pictures and video documentation during sessions, with Freddie’s assistance.          After each program, Freddie and Sue will jointly analyze data collected and discuss plans for how to improve the intervention.          Preparation of reports for presentation will be done both by Sue and Freddie.</p>
<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</i></p>	<p>No, it does not.</p>

<p><i>been granted. If it hasn't been granted, when will this be done. Include the name(s) of the approver(s).</i></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>Eventually Group has a board of directors, and they stand behind this intervention 100%. They will assist with future financing if necessary. Also, Breathe Yoga has a Karma Yoga program which raises money for non-profits, and will continue to offer support where possible.</p> <p>Breathe Yoga has already secured a donation from a supplier for 15 high quality yoga mats, worth \$80 each.</p> <p>Breathe Yoga will also sponsor Freddie van Reesema to become trained in teaching Yoga &amp; Mindfulness during June of 2019 at a Training event to be held at Breathe.. A value of \$425.</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 done and when will the written report and expense report be submitted to 5HF?</i>  C. Describe how the intervention will be improved (also include past improvements if this is the 3 or more year of funding).  D. Has the amount requested from the coalition increased or decreased? Why?  E. How many more years will this intervention request funds from the coalition?</p>	<p>No</p>
<p><b>2. Does your intervention have a sustainability plan?</b>  <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>See above response in Section 4/3.</p>

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<b>3. Provide citation(s) of similar programs used as a model in developing this intervention.</b>	This intervention is not based off of any other program known to us at this time.
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~ INSERT A BUDGET which shows all expenses, revenue and in-kind contributions\*. Please also indicate which expenses will be covered by the funds from the 5 Healthy Towns Foundation.

\* Note: Examples of in-kind contributions include volunteer hours, use of space, items, etc.

**Budget**

Staff cost for one year of classes (28 sessions): \$1,400. (summer sampler 4 sessions plus 2 x 12 week sessions)

(Instructor cost: \$50/class)

Supplies for class : Approximate cost: \$250

Supplies include books, journals, art supplies, healthy snacks, etc.

Marketing: Approximate cost: \$200 - possible in-kind donation from local printer.

In Kind Contributions:

Breathe Yoga will donate their studio space and equipment to hold these classes. Classes will be taught by qualified instructors with specific training in this age group.

Sue will donate her time to teach the Summer Sampler for free.

A donation of 15 high quality mats from Manduka has already been procured for this purpose, approx value \$1,200.

Also provide the information in the two tables below

SECTION 6	INTERVENTION	BUDGET
Budget Summary	Amount	Percentage
Amount of funds from Coalition	1,500 is requested	100
Total funds from other sources		
Marketing/Advertising	200(poss donated)	

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Compensation – to one or more people	1,200	
Infrastructure (structure that lasts 5 years or more)	-	
Other expenses	supplies \$250-300	

<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				
Year 4				
Year 5				