



Grass Lake Community Wellness Initiative

GLCWI Coalition February 17th, 2014 Meeting Summary

Attendees: Doug Moeckel, Mike Hirst, Mike Willis, Rob Campbell, Joyce Sager, Debi Eneix, Ben Dandrow, Sue Weible, Ed Fuller, Jim Stormont, Matt Pegouskie, Ruth VanBogelen

1. Welcome and introductions

2. Proposal to change the start time of the Coalition meetings from 6:30 pm to 6:00 pm. No discussion. All approved time change. New coalition meeting time will be 6 pm starting next month, March.

3. **5H T shirts.** Proposal for the coalition to buy 50 T shirts at a cost of \$7 per shirt, for individuals to wear at coalition events, like the Business Expo in March. Discussion included getting a range of sizes, and what exactly would be on the front and back. Front would be 5H Wellness Ambassador, Back would be plain or would have "Ask Me". All approved the purchase

4. Year 1 Plan business (past year's intervention)

a) **Community Read** – report from Sue Weible on the Community Read which took place in the fall of 2013.

Library distributed 150 copies of the book, A Walk in the Woods by Bill Bryson and estimates are that 350 community members have read the book (books continue to be passed around the community). The Kick-Off event for the 5H Community Read program was held in Grass Lake as part of Heritage Days. There were 8 programs run in association with the book and attendance totaled 176 people. A written report was submitted by Sue Weible which provides comments from participants, examples of marketing materials, and flyers for the eight programs. This report will be posted at www.5healthytowns.org, scroll down to the bottom, in the Grass Lake section, select Coalition Documents, then look under 3. Reports and other information about intervention programs. **Next month Sue will bring a list of potential books for this year's community read. Coalition members will get to vote on their favorite on the list.**

b) **Summary of the STDI (Small Town Development Initiative) meeting held Feb. 13th**

20-25 people attended the meeting.

Materials distributed at the meeting:

- Concept plans for the Grass Lake County Park, Recreation and Trials Park and the Community Activity Park were distributed.
- Grass Lake Community Recreation Board 5 year plan (2014-19) was also distributed
- Spreadsheet of Grass Lake Community Sports and Trails recreation Park Funds (details of what has been spent to date)

One new project that was discussed is Disc Golf. These courses are at many of the other parts in Southeast Michigan. They are low cost to set up and require little maintenance. Skill level varies from touching a Frisbee, to those who invest in having a full range of Frisbees. Rob explained the game, said it is a good walking activity and he is getting information on pricing of the baskets.



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4. Year 2 Plan business (current interventions)

- a) Need volunteers to lead 2 interventions because Lissa is not able to continue leading these projects:
- Momentum Youth Support Group (intervention table on Page 2- 6)
 - Eating Disorders Awareness (intervention table on Page 7-12)

No volunteers were identified at the meeting- intervention tables on pages 4- 14.

Action – Doug to distribute intervention table to coalition members and to some school staff to try to identify an intervention lead.

5. Year 3 Plan business (Year 3 is 2014-15 plan to be submitted in Nov. 2014) See the table on page 3 for a list of health data identified by coalition members that could be areas to address in the Year 3 + plan(s).



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Focus Area	Key indicators used in Year 1 & 2 Plan	Potential areas for Year 3 Plan
Move More	66% of adults participate in physical activity outside of work	
	approx. 52% of middle/high school students get adequate physical activity	
	22% diagnosed with hypertension	
	28% diagnosed with high cholesterol	
		Bike racks (PAC survey 2012 indicated insufficient bike racks), coalition members indicated that rack near whistle stop, downtown and at the parks would be good. Also that there is confusing signage about bike riding near the depot, lack of sidewalks on Mt. Hope, crossing near the BP station is difficult for bikes
		48% of students do not get 60+ minutes physical activity per day
		Students get 3+ hours of screen time on school days (after school)
		5% have diabetes (MI data is 10%), is this real or are there a lot of cases of undiagnosed diabetes in GL.
Eat Better	70% of adults are overweight or obese	70% of adults are overweight or obese
	residents consume 2.7 servings of fruits and vegetables a day (5 is recommended)	residents consume 2.7 servings of fruits and vegetables a day (5 is recommended)
	Approx. 30% of middle/high school students drink soda daily	
		Healthy signage at Grocery store and convenient stores
Connect with Others	Over 60% of high school girls trying to lose weight when they don't consider themselves overweight	
	18% of 11th graders report attempting suicide	18% of 11th graders report attempting suicide
	14% diagnosed with depression	
	25% of high school students have been bullied on school property	
	37% of 7th graders report same; 45% report cyber bullying	
Avoid unhealthy substances	9% smoke an average of 15 cigarettes a day	Observation: lots of people smoke in Grass Lake
	ave age of first alcohol use: 12.1 for 9th grade, 14.4 for 11th grade	
	14% of 7th grade have used prescription painkillers (no Rx)	
	66% of GL teens say alcohol is easy to obtain	
	9% of adults age 18-29 use substance to get high or feel better	
		City of Jackson legalized 1 ounce possession of marijuana in Nov 2014, though still illegal in state



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CWO-2 Momentum Youth Support Group

- CWF Element* to Impact Connect with others in healthy ways
- Fiscal Agent* Grass Lake Schools
- Tax I.D. 38-600-1844
- Implementation Contact* Lissa Cole
- Contact phone and email 517-795-5191 lissa@lifespringhelps.com
- Date Funding Required January 15, 2014
- Implementation Date October 7, 2013
- Total Amount Requested from CWF \$1,500.00

Criteria	Descriptions
Please provide a description of the intervention program you are proposing. (what, when, how, where & why)	This is a program developed for the youth community to increase self-confidence, build self-esteem, develop leadership skills, and form an alliance of unconditional support. Momentum is led by its own student body within our high school student population. Adult volunteers are involved to supervise, offer support and training, and provide resources so the students can successfully mentor to their own peers. The group will meet every other week at the high school. A peer-led group with the support of adult volunteers offers valuable benefits for the community youth. Youth will: -Gain skills they will need in order to become successful adults. - Create new relationships with peers, further connecting them to their community and enlarging their support network. - Begin to see own potential as limitless. – Begin to view the world, and their ability to affect it, in a positive way. - Feel accepted, needed and useful. - Feel enhanced power, autonomy, and self esteem. Momentum will offer support and education for youth to keep the challenges of life from becoming stumbling blocks to individual success and to help support the pursuit of their individual goals and dreams.



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Describe your action plan (steps) for implementing the intervention, including timeframe.	From October 7, 2013 through Wednesday, November 6, 2013, facilitator, Lissa Cole will market the program, recruit adult volunteers, and begin to train youth. Beginning November 6, 2013 through the end of the school year, June 2014 students will meet every other Wednesday.
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Criteria	Descriptions
Who (specifically) will be responsible for what aspects of intervention implementation?	Lissa Cole will be solely responsible for the content of the group and ensuring that the aspects of the intervention are being implemented. She will have cooperation and input from High School Counselor, Kim Sitarz and HS Principal, Brian Thompson, along with HS Assistant Principal Eric McCalla.
Do those responsible have the capacity* to implement?	Yes, Lissa Cole is Licensed through the State of Michigan as a Limited Licensed Professional Counselor, a Family Life Educator, and a certified Life Coach with many years of community service including youth director, facilitator, community education instructor, and program coordinator.
Does implementation of this intervention require support/resources from the broader coalition? If so, does the coalition have the capacity to support intervention implementation?	No, implementation of this intervention will not require support/resources from the broader coalition.



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What indicator* will this intervention impact? Describe any data and/or research that demonstrates a need for this intervention, in your community.	MiPhy 2010 High Results indicates bullying, victimization, mental health, and suicidal behaviors are still serious issues.
Primary target population*	Grass Lake High School student population.
Number of people impacted annually*	Possibility of impacting over 400 students.

Criteria	Descriptions
Intervention Specific goals, what do you hope to accomplish?	<p>By supporting healthy Mental Health behaviors we can help youth to:</p> <ul style="list-style-type: none"> • Gain skills they will need in order to become successful adults. • Create new relationships with peers, further connecting them to their community and enlarging their support network. • Begin to see own potential as limitless. • Begin to view the world, and their ability to affect it, in a positive way. • Feel accepted, needed and useful. • Feel enhanced power, autonomy, and self esteem. • Improve self image • Reduce absences • Improve behavior • Keep the challenges of life from becoming stumbling blocks to individual success



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	<ul style="list-style-type: none"> Support the pursuit of their individual goals and dreams.
Key Evaluation Data*	Increase in mental health stability with a decrease of teen depression symptoms, a decrease in suicidal thoughts and attempts. Fewer discipline referrals and fewer days of missed school.
Provide a detailed evaluation plan. How will you know this intervention is making the difference?	At the end of the school semester and at the end of the school year we will conduct a survey to be completed by the participating youth, volunteers, and school staff (counselor, principal, and assistant principal) prompting them to give their opinions toward the success of the program related to the specific goals we have set.
If this is a continuing intervention in your community provide evidence of how the intervention has been successful, or describe changes you're making to improve the potential for success.	n/a
With whom will you collaborate? How will you collaborate? Other organizations solicited for financial support (include name, amount requested, date requested, and amount promised or received).	Collaboration will be between our facilitator, our High School Principal, our High School Assistant Principal, and our High School Counselor. Funding has not been requested from any other organization.

Criteria	Descriptions
Describe any models or best practice examples of other	Best practices. Engaging Youth, a program of Sierra Health Foundation http://www.sierrahealth.org/assets/files/reach/Engaging_Youth_Report



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<p>successful programs similar to the one you are proposing, if known. Include citation/s</p>	
<p>Provide a detailed sustainability plan for the intervention and sustainability for any health improvements resulting from the intervention.</p>	<p>The sustainability comes from continuing financial support of the CWF.</p>



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~ Momentum Youth Support Group Intervention Budget~

Marketing and materials		\$1,500.00
	Total	\$1,500.00

EB – 3 Eating Disorder Awareness & Body Image Education

- CWF Element* to Impact Connect with others in healthy ways
- Fiscal Agent* Grass Lake High School
- Tax I.D. 38-600-1844
- Implementation Contact* Lissa Cole
- Contact phone and email 517-795-5191 lissa@lifespringhelps.com
- Date Funding Required January 6, 2014
- Implementation Date October 14, 2013
- Total Amount Requested from CWF \$3,000.00

Criteria	Descriptions
Please provide a description of the intervention program you are proposing. (what, when, how, where & why)	This is a program developed for the youth, community, and parents to increase awareness of eating disorders, education to promote positive body image, and educate youth about healthy weight. A forum or workshop will be promoted in November, 2013 with a follow up in March, 2014 at the Grass Lake High School. Speakers and programming will be experienced through the day for the students and in the evening



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	for the parents and community.
Describe your action plan (steps) for implementing the intervention, including timeframe.	From October 14, 2013 through November 18, 2013, Lissa will work to coordinate scheduling with the community education director, counselors, and speakers for an event planned the third week of November and the second week of March, 2014. She will begin to market and publicize the events as well.

Criteria	Descriptions
Who (specifically) will be responsible for what aspects of intervention implementation?	Lissa Cole will be solely responsible for the content of the group and ensuring that the aspects of the intervention are being implemented. She will have cooperation and input from High School Counselor, Kim Sitarz, Dietician, Lisa Lutchka, and Social Worker, Lynn Beilfuss.
Do those responsible have the capacity* to implement?	Yes, Lissa Cole is Licensed through the State of Michigan as a Limited Licensed Professional Counselor, a Family Life Educator, and a certified Life Coach with many years of community service including youth director, facilitator, community education instructor, and program coordinator.
Does implementation of this intervention require support/resources from the broader coalition? If so, does the coalition have the capacity to	No, implementation of this intervention will not require support/resources from the broader coalition.



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support intervention implementation?	
What indicator* will this intervention impact? Describe any data and/or research that demonstrates a need for this intervention, in your community.	<p>Youth are trying to loose weight and too many of these youth are resorting to unhealthy methods to lose weight including fasting, vomiting, and taking laxatives.</p> <p>Eating disorders -- such as anorexia, bulimia, and binge eating disorder -- include</p> <p>extreme emotions, attitudes, and behaviors surrounding weight and food issues. Eating disorders are serious emotional and physical problems that can have life-threatening consequences for females and males. Eating disorders are potentially life-threatening conditions that affect a person’s emotional and physical health. They can have serious consequences for health, productivity, and relationships.</p>
Primary target population*	Teens age 13-18
Number of people impacted annually*	Approximately 500

Criteria	Descriptions
Intervention Specific goals, what do you hope to accomplish?	By supporting awareness of eating disorders and body image education we can help youth, parents, and community to:



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	<ul style="list-style-type: none">• Improve self image• Model and encourage healthy eating in front of child/youth• Begin to find other solutions for reward or positive reinforcement, not using food.• Encourage physical activities for fun and join in them.• Gain skills they will need in order to become successful adults.• Become healthy role models.• Develop healthier eating habits• Communicate with youth about unrealistic media images and messages.• Increase communication between youth and parents• Create new relationships with peers, further connecting them to their community and enlarging their support network.• Begin to see own potential as limitless.• Begin to view the world, and their ability to affect it, in a positive way.• Feel enhanced power, autonomy, and self esteem.• Improve behavior choices
Key Evaluation Data*	MiPHY, education participation, and post tests. As shared via the MiPHY, youth are reporting to unhealthy methods to lose weight with 9.2% of MS students and 7.9% of HS students reporting fasting for 24 or more hours, and 2.4% of MS students and 4>5% of HS students reporting haven taken diet pills, powders, or liquids w/out a doctor's advice, and 2.3% of MS students and 7.2% of HS students reporting having vomited or taken laxatives.
Provide a detailed evaluation plan. How will you know this intervention is making the difference?	At the end of the events we will conduct a survey to be completed by the participating youth, parents, community, and school counselor prompting them to give their opinions toward the success of the program related to the specific goals we have set.



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<p>If this is a continuing intervention in your community provide evidence of how the intervention has been successful, or describe changes you're making to improve the potential for success.</p>	<p>n/a</p>
<p>With whom will you collaborate? How will you collaborate? Other organizations solicited for financial support (include name, amount requested, date requested, and amount promised or received).</p>	<p>Collaboration will be between our facilitator, our High School Counselor, Dietician, and Social Worker. Funding has not been requested from any other organization.</p>

Criteria	Descriptions
<p>Describe any models or best practice examples of other successful programs similar to the one you are proposing, if known. Include citation/s</p>	<p>Innovative models from Dove and National Eating Disorders. Encouraging youth to embrace their unique beauty with our workshops, guides, activities and videos.</p> <p>http://www.nationaleatingdisorders.org, http://www.allianceforeatingdisorders.com, http://www.dove.us/Social-Mission/default.aspx</p>
<p>Provide a detailed sustainability plan for the intervention and sustainability for any health improvements resulting from the intervention.</p>	<p>The sustainability comes from continuing financial support of the CWF.</p>



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~ Eating Disorder Awareness & Body Image Education Budget ~

Marketing and materials		\$1,500.00
Speakers		\$1,500.00
	Total	\$3,000.00