

## Dexter Wellness Coalition | Plan Year 6

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| <b>NAME OF THE INTERVENTION</b>                     | STRIVE (Students Taking a Renewed Interest in the Value of Education) Health and Fitness Plan   |
| <b>5HF Element* to Impact</b>                       | Primary: Move More (secondary: eating better; tertiary: avoiding unhealthy substances)  |
| <b>Fiscal Agent</b>                                 | Dexter Wellness Center (DWC) – Angela Sargeant, Center Director   |
| <b>Tax I.D</b>                                      |   |
| <b>Implementation Contacts (2 or more required)</b> | Joe Evans, Angela Sargeant, Brian Castle and Terry McNeely  |
| <b>Contact phones and emails</b>                    | Joe (703-969-5957 & <a href="mailto:joseph.henry.evans@gmail.com">joseph.henry.evans@gmail.com</a> )<br>Angela (734-580-2500 & <a href="mailto:asargeant@powerwellness.com">asargeant@powerwellness.com</a> )<br>Brian (734-580-2500 & <a href="mailto:bcastle@powerwellness.com">bcastle@powerwellness.com</a> )<br>Terry (734-580-2500 & <a href="mailto:tmcneely@powerwellness.com">tmcneely@powerwellness.com</a> ) |
| <b>Date Funding Required</b>                        | 01 September 2018   |
| <b>Implementation Date</b>                          | 01 September 2018   |
| <b>Estimated Completion Date</b>                    | 30 April 2019   |
| <b>Total Amount Requested from 5HF</b>              | \$4140  |

| Criteria   | Descriptions  |
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| <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 and 3-5 sentences</i><br/><i>Target population options: youth, adult, seniors, disabled, etc.</i></p> | <p>The STRIVE ‘Health and Fitness Plan’ is designed to be a component of the Dexter Rotary STRIVE “project.” The STRIVE “project” was built to augment the DHS Alt Ed program by providing engaged mentorship, scholarship opportunities, life-skill coaching, and professional development to high-risk youth that continues through high school and into either community college education or vocational training. A 5HF grant funding the STRIVE Health and Fitness ‘Plan’ would solely target <i>graduates</i> of the DHS Alt Ed program who will have been selected for STRIVE academic and</p> |

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|  | <p>mentorship scholarships. The grant would in effect facilitate an extension of the current Alt Ed fitness program grant by providing a continuum of health education and training regime to Alt Ed graduates as they pursue their post high school education or vocational training. The overall objective of this proposal is to expose these “at risk” students to better fitness practices and provide them with a competent baseline of health and wellness knowledge.</p> <p>The grant would fund five students who will be selected in May/June of 2018. Applicants are initially nominated by the DHS Alt Education faculty. Nominated students then submit an application that includes a written essay, and all nominated applicants sit for panel interviews. Scholarship awardees are selected based upon three criteria: (1) financial need; (2) social need; (3) and propensity to succeed against adversity. Every awardee receives a monetary scholarship, an adult mentor and the opportunity (determined by the Rotary STRIVE committee) for follow-on tuition scholarships with continued mentorship.</p> <p>If approved for a grant, the STRIVE Health and Fitness Plan would become a component of the parent Rotary Club STRIVE Program and be offered to each awardee.</p> |
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| <p><b>2. How does this intervention address the needs identified by your community and the coalition?</b><br/> <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 intervention plan will directly support the 5 Healthy Towns objectives of promoting (1) more movement and (2) better eating habits. The intervention plan would also help achieve the third goal of the Dexter Wellness Coalition’s Strategic Action Plan, “supporting community members in reaching and maintaining a healthy weight,” by focusing on a community population subset that has less than optimum access to both fitness activities as well as nutritional education.</p> |
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| <p><b>3. What are the specific goals for the intervention?</b><br/> <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>The goal of this intervention plan is to cultivate sustainable personal fitness habits through training and to improve health awareness by way of education with each student. Ultimately, we want to provide these students with the tools to make healthy lifestyle choices without future assistance.</p> <p>Healthy life changes are fostered by education and the creation of good habits. This plan would seek to employ both of those strategies within the timeframe of one academic year (8 months). Individual extensions to that time frame would be considered on a case by case basis.</p> <p>Timeframe: 8 months</p> <p>Data Collection Responsibilities:</p> <ol style="list-style-type: none"> <li>(1) Individual Health and Fitness Goals: DWC fitness specialist</li> <li>(2) Attendance: DWC “usage reports”</li> <li>(3) Health and Fitness Assessment: DWC fitness specialist</li> <li>(4) Participant Surveys: Rotary club coordinator</li> </ol> <p>Assessments:</p> <ol style="list-style-type: none"> <li>(1) DWC fitness specialist - goal progress evaluation at 3 different midpoint periods</li> <li>(2) DWC fitness specialist - Health and Fitness assessment upon program commencement and program completion.</li> <li>(3) Rotary STRIVE committee - program continuation evaluation [using all available (FERPA considered) data] at midpoint and upon program completion.</li> </ol> |
| <p><b>4. What key data will be collected, analyzed, and used to evaluate the intervention?</b><br/> <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 pounds of produce grown, miles of trail maintained, number of books distributed, etc.</i></p>   | <ol style="list-style-type: none"> <li>(1) Individual Health and Fitness Goals: Personal goals will be created during five initial ‘1-on-1 training sessions’ with DWC fitness specialists. Progress will be evaluated at three different mid-phase evaluation points.</li> <li>(2) Attendance: Students will have full membership privileges and will be expected to exercise their membership benefits on average of twice per week. Students will also be required to participate in five 1-on-1 “training sessions” within the first two months of the program, a kick-off and post-completion health assessment, and three mid-phase evaluations.</li> <li>(3) Health and Fitness Assessments: 1 hour assessment (e.g., BMI, % BF, BP, HR, Push-ups, etc.) to be accomplished by DWC fitness specialist at both the kick-off point and the program termination point.</li> <li>(4) Participant Surveys.</li> </ol>  |

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| <p><b>5. 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><i>UNITS OF ENGAGEMENT DO NOT NEED TO BE CALCULATED FOR INFRASTRUCTURE (i.e. parks, sidewalks, trails, etc).</i></p>   | <p>Units of Engagement for this program are as follows:</p> <p>5 students * 2 classes/week * 34 week * 1 unit-hour/class = 340 units of engagement</p> <p>The term “class” is used in the above formula to mean any activity conducted in the DWC for the purpose of improved health or fitness.</p> <p>Our participants will be expected to engage on average in 2 one-hour fitness sessions a week throughout the 8-month program. A minimum attendance percentage of 70% per month will be expected in order to maintain program continuation (unless waived).</p>   |
| <p><b>6. Who (specifically) will be responsible for what aspects of intervention implementation?</b></p> <p><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>Joe Evans, Rotary STRIVE Program Chair (overall STRIVE coordinator)<br/>         Angela Sargeant, Center Director (fiduciary agent and intervention plan support)<br/>         Brian Castle, Fitness Manager (intervention plan oversight)<br/>         Terry McNeely, Medical Integration Program Coordinator (fitness specialist)</p> <p>The Dexter Rotary Strive committee will exclusively determine student scholarship eligibility. Furthermore, the Rotary STRIVE program committee will also make all student enrollment, continuation and suspension decisions.</p> <p>The DWC will provide the following:</p> <ul style="list-style-type: none"> <li>● A total of six 1-on-1 contact hours per student             <ul style="list-style-type: none"> <li>○ Five 30-minute 1-on-1 “training sessions” within the first two months</li> <li>○ Three 30-minute mid-phase evaluations</li> <li>○ Two one-hour pre-program and post-program health and fitness assessments</li> </ul> </li> <li>● Complete access to the DWC facility and all group exercise classes as part of program enrollment</li> <li>● A personalized training schedule for each student which may include individual workouts, group workouts or a combination thereof.</li> </ul> |

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| <p><b>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention?</b><br/> <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. This intervention proposal does not require any outside organization approval.</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><br/> <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>Rotary Club of Dexter<br/> Dexter Wellness Center<br/> Dexter Wellness Coalition</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/> <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><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?<br/> E. How many more years will this intervention request funds from the coalition?</p> | <p>No. This is the first year for this proposed Health and Wellness Plan. The parent project, the Dexter Rotary STRIVE program (scholastics, life-skill building and professional development without health and wellness), is currently in its first year of operation.</p> |

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| <b>10. Does your intervention have a sustainability plan?</b><br><i>How the intervention will be sustained if the coalition does not grant/renew funding?</i> | No. There is no immediate funding source to sustain this plan without a grant. |
| <b>11. Provide citation(s) of similar programs used as a model in developing this intervention.</b>   | Dexter Alternative Education Fitness Class grant                               |

~ 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.

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| <b>Revenue</b>       |   | \$0 |        |
| <b>Expenses</b>      | DWC Fitness Specialist: 6 hours/student X 5 students = 30 hours contact hours (\$160/student) |     | \$800  |
|                      | Dexter Wellness Center 8-month membership: 5 @ \$552 per student                              |     | \$2760 |
|                      | Additional specialty/group/individual instruction as needed                                   |     | \$580  |
| <b>In-Kind Costs</b> |   |     | \$0    |
| <b>Total Budget</b>  |   |     | \$4140 |

Also provide the information in the two tables below

| Budget Summary  | Amount | Percentage |
|---|--------|------------|
| Amount of funds from Coalition                        | \$4140 | 100%       |
| Total funds from other sources                        | 0      |            |
|   |        |            |
| Marketing/Advertising                                 | 0      |            |
| Compensation – to one or more people                  | \$4140 |            |
| Infrastructure (structure that lasts 5 years or more) | 0      |            |
| Other expenses  | 0      |            |

| Plan Year | Amount granted | Amount Spent | Amount carried over | Amount returned to SHF |
|-----------|----------------|--------------|---------------------|------------------------|
| Year 1    |                |              |                     |                        |
| Year 2    |                |              |                     |                        |
| Year 3    |                |              |                     |                        |
| Year 4    |                |              |                     |                        |
| Year 5    |                |              |                     |                        |