

Dexter Wellness Coalition | Plan Year 6

NAME OF THE INTERVENTION	"Mindful Dexter"
5HF Element* to Impact	Connect with others in healthy ways
Fiscal Agent	Dexter Wellness Center
Tax I.D	26-3040367
Implementation Contacts (2 or more required)	Jeanette Brooks Eric Connell Meagan Connell Doreen Murasky
Contact phones and emails	Jeanette: 734.476.8474 jeanette.m.brooks@gmail.com Doreen: 734.255.6772 doreena2c2@yahoo.com Eric: 734-223-5915 ejc0714@gmail.com
Date Funding Required	September 2018
Implementation Date	September 2018
Estimated Completion Date	March 2019 (this is the completion date for the plan year; we hope that the intervention will continue into future years as well)
Total Amount Requested from 5HF	\$1,200

Criteria	Descriptions
<p>1. Please provide a brief description for the intervention program you are proposing and indicate the target population.</p> <p><i>Typically one paragraph and 3-5 sentences</i> <i>Target population options: youth, adult, seniors, disabled, etc.</i></p>	<p>In an effort to expand the coalition's offerings of mental wellness opportunities, we would like to offer twice-monthly drop-in meditation sessions enabling anyone in the Dexter-area community to practice guided mindfulness meditation in a group setting at no cost. Sessions would be an hour in length, open to anyone 12 or older, and held in a public space such as the Dexter Wellness Center, the library, and/or other community-focused locations in or near the downtown Dexter area. Sessions would be guided by leaders who are current employees of the Dexter Wellness Center and are experienced in both meditation and facilitation. Elements of each session may include guided meditation, silent meditation, and discussion/idea-sharing around a mindfulness topic. Sessions would begin in September 2018 and continue through the end of the plan year (March 2019).</p>
<p>2. How does this intervention address the needs identified by your community and the coalition?</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 Dexter Wellness Coalition's 2017 Long-Range Action Plan identified "mental health support" as a top need in our community. Specifically, Goal 4 in the action plan is to "support community members in achieving better mental health," with the objective to "decrease the number of poor mental health days per month" for area residents. HIP data from 2015 indicated that 26% of Dexter/Chelsea residents said they had experienced poor mental health days (in the form of challenges such as stress, depression, or problems with emotions) during the month surveyed.</p>

	<p>The need appears especially great among respondents whose annual household income is in the \$20K-\$35K range: nearly <i>half</i> of that population experienced at least 1 poor mental health day during the month, and 23% experienced 10 or more days of poor mental health.</p> <p><u>Research is strong</u> for mindfulness meditation’s positive impact on several areas of mental health, including:</p> <ul style="list-style-type: none"> • Stress reduction: https://www.ncbi.nlm.nih.gov/pubmed/25053754 • Emotional regulation: http://psycnet.apa.org/doiLanding?doi=10.1037%2Fa0026355 • and anxiety: http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0096110 <p>Although meditation isn’t a substitute for therapy or other mental-health support, it can be a powerful component in any individual’s wellness toolbox. Doing it in a group setting is an effective way to build a consistent practice, as well as create healthy relational connections and skill-building opportunities where participants can learn and share with one another.</p>
<p>3. What are the specific goals for the intervention? <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"> • <i>State what you are trying to accomplish,</i> • <i>How you will measure progress toward and accomplishment of your goal</i> • <i>Who is responsible for collecting the data?</i> • <i>Why you think the goal is attainable</i> • <i>Describes how the goal is relevant to the coalition and community wellness related needs.</i> • <i>What is the timeframe for achieving the goal?</i> • <i>See http://www.wikihow.com/Set-SMART-Goals</i> 	<p>This intervention’s goal is to provide ongoing regular opportunities for Dexter-area residents to practice mindfulness meditation with others in a safe, affirming, areligious setting, without cost.</p> <p>Progress will be measured by tracking units of engagement and participant reactions/reflections via participant surveys. Facilitators who guide the sessions will collect data on units of engagement, and will also ask participants to provide feedback via a very brief survey. Paper copies of the survey will be provided at the sessions, and in early January 2019, we will also invite participants, via email, to complete an online version of the survey if they prefer. The champions of the initiative (see “plan contacts” on page 1 of this document) will be responsible for collecting, compiling, and presenting survey data to the coalition.</p> <p>We believe the goal is attainable because there currently is no similar cost-free offering in the community, yet anecdotal data (such as participant feedback from the Koru Mindfulness Workshop held periodically at the Dexter Wellness Center) seems to indicate strong interest.</p>
<p>4. What key data will be collected, analyzed, and used to evaluate the intervention? <i>Should include:</i></p> <ul style="list-style-type: none"> • <i>Units of Engagement</i> <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>	<ul style="list-style-type: none"> • Units of engagement • Survey data regarding participants’ reactions/reflections
<p>5. What are the estimated Units of Engagement for</p>	<p>For this first year, we are targeting 10 people per session x 14 one-hour sessions = 140 We believe this is an aggressive goal.</p>

<p>the intervention?</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><i>Note- if participation is not part of the key data, describe how you will measure engagement of community members.</i></p>	
<p>6. Who (specifically) will be responsible for what aspects of intervention implementation?</p> <p><i>Please provide names for those responsible for:</i></p> <ul style="list-style-type: none"> • <i>Obtaining all required permits and permissions and all other communication required</i> • <i>Deciding on dates, times, locations</i> • <i>Marketing – both developing and distributing marketing materials</i> • <i>Recruiting necessary volunteers</i> • <i>Developing tools to collect data and pictures</i> • <i>Analyzing data collected</i> • <i>Developing plans for how to improve the intervention (on-going and for subsequent years)</i> • <i>Preparing and presenting presentations and reports</i> • <i>All other specific tasks for this intervention to be successful.</i> 	<p>Jeanette will spearhead the logistics for the items listed in green text at left, but will rely heavily on feedback, guidance, and support from the others listed as Implementation Contacts on page 1 of this document, as well as the facilitators. Tasks will include:</p> <ul style="list-style-type: none"> • Preparing, distributing, and analyzing a pre-launch pulse survey for interested parties that we know of (such as the ~52 graduates of the current Koru Mindfulness Workshop offered at the Dexter Wellness Center). The survey will attempt to gauge general interest level and preferences for dates/times/locations. • Informal idea-sharing with leaders of Ann Arbor Center for Mindfulness, a group of practitioners/educators who have successfully established free drop-in meditation sessions in Ann Arbor, Saline, and Ypsilanti. We believe that we can learn a lot from their experiences and processes. • Establishing a (simple) web presence to communicate schedule and location info. • Securing commitments from qualified facilitators and maintaining a facilitator schedule. • Working with Power Wellness (management company of the Dexter Wellness Center) to optimize marketing efforts, which may include developing a web page and print-based media.

<p>7. Does implementation of this intervention require approval from an organization other than the fiscal agent or organization implementing the intervention? <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>Yes. We would need support from the location(s) where the sessions would be hosted.</p> <p>Angela Sargeant (center director at the Dexter Wellness Center) has offered conference-room space. We've also started a conversation with Paul McCann (director at the Dexter District Library) who has indicated that we could use space in the library, but that availability is somewhat limited in the evenings. Both organizations could also be helpful in marketing the sessions.</p>
<p>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). <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>Both the Dexter Wellness Center and the Dexter Library have indicated the possibility of helping with marketing efforts if we hold the sessions at their locations. This would be great, since each organization has a different reach. Beyond this, we are not intending at this time to seek partnerships from other organizations; we would be relying on the foundation's financial support to meet our budget.</p>
<p>9. If this is a continuing intervention:</p> <p>A. How many years has this intervention been funded by the coalition?</p> <p>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></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>n/a</p>
<p>10. Does your intervention have a sustainability plan? <i>How the intervention will be sustained if the coalition does not grant/renew funding?</i></p>	<p>Currently, we don't have plans to solicit funding from sources other than the foundation. We believe this intervention is best kept as a cost-free service to the community, and as such, we aren't planning on soliciting donations from participants.</p>
<p>11. Provide citation(s) of similar programs used as a</p>	<p>In developing the proposal for this intervention, we've taken inspiration from two similar</p>

model in developing this intervention.	<p>programs:</p> <ul style="list-style-type: none"> • Yoga In the Park, which has successfully brought free community yoga classes to the Dexter community for the past several summers. • Drop-in mindfulness meditation sessions that are currently offered in Ann Arbor, Saline, and Ypsilanti by the Ann Arbor Center for Mindfulness.
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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.**

Our expenses are listed in the tables below. We don't anticipate any revenue, as we would like to keep this a free service.

The only in-kind contributions expected will be the volunteer hours spent by the Implementation Contacts (listed on page 1) prior to launch, to accomplish tasks such as the pre-launch pulse survey, marketing efforts, working with host locations to secure time and space, etc. Although we don't have a firm estimate of how many hours will be required, we're confident we have the bandwidth and the momentum to get these things done.

Also provide the information in the two tables below

Budget Summary	Amount	Percentage
Amount of funds from Coalition	\$1,200	100%
Total funds from other sources	n/a	n/a
Marketing/Advertising	\$100	100%
Compensation – to one or more people	\$950 <small>(covers salary and burden, to be paid through Power Wellness, for facilitators' time spent in preparation and facilitation)</small>	100%
Infrastructure (structure that lasts 5 years or more)	\$0	n/a
Other expenses	\$150 <small>(for web page development and hosting; we might be able to reduce or eliminate this if we piggyback on Dexter Wellness Centers' current resources)</small>	100%

Plan Year	Amount granted	Amount Spent	Amount carried over	Amount returned to 5HF
Year 1				
Year 2				

Year 3				
Year 4				
Year 5				