

# ADAPTIVE DANCE PROGRAM

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**Total amount granted from 5HF:  
\$8,000  
Total Expenses: \$13,000  
Total costs including  
in-kind costs: \$28,595  
Expenses paid with 5HF funds:  
\$8,000**

**Intervention start date:**  
August 1<sup>st</sup> 2017

**Intervention end date:**  
July 31<sup>st</sup> 2018

**Date funding received:**  
January 26<sup>th</sup> 2018

**Element:**  
Move More

# Continuing Intervention

## Funding

Intervention also funded in:

- Plan 1: Enter amount funded
- Plan 2: Enter amount funded
- Plan 3: \$8,191
- Plan 4: \$7,000
- Plan 5: \$8,790
- Plan 6: \$8,000

- Has the intervention made any improvements/changes from past year(s)?

- Yes
- There were a number of additional classes added to the schedule.

- If the amount requested has changed from the previous year please explain.

- Additional funding was obtained from Community Foundation of SE. Michigan through a collaborative grant with St. Louis Center.(SLC) This enabled additional classes to be run for SLC and relieve funding for other new classes elsewhere in Chelsea and lower our requested funding from 5HF.

## Key Evaluation Data

### Units of Engagement

- Number of participants - 126
- Time each participant worked – 30 minutes for pre-school students
- 45-60 minutes for all other classes
- Classes provided – 8 per week for 35 weeks. 8 per week for 45 weeks
- Units of engagement - 3164

- **Other measures – observed by teachers.**

Pre-school – improvements are significantly different between students - one improving listening and comprehension skills, another confidence, use of imagination etc.

Elementary students – these students had not previously had such a class. Over the months there has been greater participation, improved coordination and ability to understand and replicate more complicated patterns as well as leading moves for others to copy. This class has helped with physical therapy and occupational therapy goals.

Seniors – increase in numbers attending following advertising from an average of 5 to 11.

Seen an increase in coordination and mental sharpness particularly from those coming all year.

There is a large social element to this class and they love the music.

2 Open Classes held at Ballet Chelsea studios- participants and families danced together. Not only were new movements practiced but participants became more comfortable in unfamiliar surroundings over the weeks.

## Goal 1: 2 New Open Classes

Did the intervention meet specific goals listed on the intervention table?	Yes, 2 additional classes were accommodated at Ballet Chelsea Studios
State what you tried to accomplish	In previous years, classes for special education students only covered those in pre-school and high school. In year 6, we wanted to extend these classes to other school age special education students and special needs adults not in residential programs.
How did you measure progress towards the goal?	The numbers of students attending and their consistency of attendance.
Was the goal attainable?	Yes, to some degree. The numbers were small but attendance was very consistent.
Describe how the goal was relevant to the coalition and community wellness related needs	These classes gave new exercise opportunities to people with disabilities who rarely have the chance to have any exercise, let alone one that is fun and which they can replicate at home.

# Overall were there any major accomplishments?

## Yes

- The new Open classes encouraged family members to participate along side those with special needs. This has been a great success.
- It has resulted in more people getting regular exercise and some families now practice the exercises at home, hence increasing their units of engagement even further.
- The Open classes bring special needs students into the Ballet Chelsea studio. This has developed a very positive relationship between able bodied dancers and their families and those with special needs. It has been a joy to see.

# Setbacks

Were there any setback encountered during the implementation of this intervention?

- yes
- There is still a problem marketing the Open classes
- Transportation to the studio is difficult for some families.

# Media



Chelsea Retirement Community



Classes at Ballet Chelsea Studio

# Budget

<b>Revenue from 5HTs</b>	<b>\$ 8,000</b>	
Revenue from elsewhere	\$ 5,000	
Total revenue	\$13,000	
Expenses		
Salary and payroll costs	\$12,040	
Marketing	\$ 150	
Materials	\$ 350	
Training	460	
Total Expenses	\$13,000	

## In-kind expenses

960 volunteer hours at \$12 per hour = \$11,520  
 Space 320 hours @\$10 per hour = 3,200  
 Admin 35 hours @ \$25 per hour = 875  
 Total in kind expenses = \$15,595



## **End of Coalition Presentation**

Please complete information for the entire slide deck (slides 1-18). The slide deck will be used as your intervention evaluation report for the 5 Healthy Towns Foundation. Please use your intervention table as a reference when completing the slide deck.

**For the Coalition meeting you will only need to present on slides 1-11\***

\*Note: You do not need to complete slide 2 if this was the first year you implemented your intervention using 5HF funds. Slides 4-7 will also vary depending on the number of goals you had for your intervention.

# Intervention Information

## Brief Intervention Description

Primary goal --

to give the health benefits of movement to music to the residents of Chelsea who experience physical or mental difficulties.

Brief description of program –

These Movement to Music classes are different for all ages.

In year 6 there were 4 school classes – pre-school, grades K-2, grades 3- 5 and Young Adults. The dance teacher works with the classroom teachers on goals for the students.

There are classes at 5 residential centers where aides help to define the needs and goals for the classes. At the senior day center the seniors state their own goals and the choreography is devised to accomplish these goals.

Target population –

All ages from pre-school special education students through to seniors who have physical, mental, cognitive or developmental limitations.

## Evaluation data collected for this intervention

The dance teacher records the number of attendees each week so that the U of E can be determined.

Working to get evaluations from instructors and feedback from participants. Will send to 5HF when available.

# Collaborations

Did your intervention involve collaboration with any other organizations

Yes

Ballet Chelsea collaborates with Chelsea Schools, St. Louis Center; Chelsea Senior Center, Silver Maples, Chelsea Retirement Community and WISD. – Chelsea center.

Please comment on the value of the collaboration

We could not develop this program without the collaboration from these organizations. We have had tremendous help and support from all concerned. They provide space and aides to assist residents if needed, all at no additional cost to the program.

# Collaborations

Will the collaboration continue if the intervention continues?

- We believe that this collaboration will continue in the future

Are there additional collaborators you could work with in the future?

Not in the Chelsea area.

# Sustainability

- Does your intervention have a sustainability plan?
  - ☐ Yes to some degree.
- What steps are being taken to ensure sustainability of the intervention beyond 5HF funding?

- We are continually looking for additional funding opportunities.
- We have recently applied for a Washtenaw County Fitness grant through the Ann Arbor Area Community Foundation and have reached out to three different family foundations for funding.
- Additional funding was obtained from Community Foundation of SE. Michigan through a collaborative grant with St. Louis Center, although this runs out later this year.
- We plan to apply to the Chelsea Education Foundation for a grant in September 2018
- Recent press releases about grants for the new Dexter programs starting in September 2018 have produced a lot of interest and we are planning to have more press releases about this program in the future, hoping that it will generate financial support.