

## Organization Information

### Legal Name

Community Health Systems, Inc.

### DBA (if Applicable)

Fallbrook Family Health Center

## Program Name/Title

Wellness, Health, Education, & Empowerment for Life (WHEEL) Program

## Brief Program Description

CHSI is implementing the Wellness, Health, Education, & Empowerment for Life (WHEEL) Program which provides teens with the appropriate education and tools necessary to navigate through the social, emotional, and physical challenges they face in their everyday lives relating to health, wellness, and safety.

## Funding Amount Awarded

30000

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	100	25
Adults (18-60)	0	0
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*	0	0

## Target Population not collected - Age

N/A

## Target Population - Gender

	Percent of program participants
Female	44
Male	56
Non-binary	
Unknown*	0

## \*Target Population - Gender

N/A

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	
Very Low (50%) Income Limits, ceiling of \$53,500	
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	100

### \*Target Population - Income Level

N/A All teens - Income level may be important for factors relating to referrals to resources in the community that address a certain need in which participants may need assistance with. However, the WHEEL Program is open to all teens from all levels of income. Therefore, CHSI does not collect and/or report on information relating to income for this program.

### Actual number of residents that directly benefited (participant/client) from this program during this quarter.

25

### Program/Services Description - Social Determinants of Health

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

### Program Goal & Objectives

Goal: The WHEEL Program has been established to educate adolescents on various health and wellness subjects, and to create awareness of high-risk situations and empower them with the tools necessary to prevent them.

1. By the end of each workshop, 80% of teen participants will be able to recognize risk factors and behaviors that may negatively influence their health.

Q3 Update: After the instructor-led discussion, students showcased their understanding of risk factors and their grasp of behaviors influencing health through the teach-back method. They were grouped to facilitate brief presentations on specific subtopics, serving as evidence of their ability to apply knowledge gained from the workshops. During the presentations, students effectively communicated identified risk factors and corresponding prevention methods related to their assigned topics, demonstrating a deep understanding of how lifestyle choices, environmental factors, and genetic predispositions can impact health outcomes. Additionally, students displayed a keen awareness of the importance of proactive measures in mitigating these risks.

2. By June 30, 2024, at least 45 teen participants will have been referred to resources in the community that are appropriate to their needs.

Q3 Update: In this reporting period, 25 students were referred to community resources.

3. By June 30, 2024, at least 67 teen participants will have completed at least one full cohort of the WHEEL program.

Q3 Update: 21 students successfully completed at least one full cohort in this reporting period. Out of a total of 69 students who have participated in the WHEEL program thus far, 56 students have completed at least one cohort.

## Program Outcomes & Measurables

1. Program facilitators will assess the teen participants' understanding of the education provided at the end of each workshop when the questions and answers session of the workshop is in progress.

Q3 Update: Program facilitators have noted the students' impressive understanding of the provided education through their articulation of personal strategies for prevention or refusal when faced with risky situations. Whether discussing strategies to resist peer pressure, advocating for healthy habits, or seeking support from trusted adults, each of the presentations from the students thoughtfully considered real-world scenarios. Mandatory Q&A sessions also fostered critical thinking and deeper student engagement. They responded confidently to their peers' inquiries, demonstrating a willingness to engage in constructive dialogue and share additional insights.

2. Teen participants will be connected and/or referred to appropriate resources relating to their needs. Program facilitators will keep a log of all of the types of referrals made during or outside of workshop hours in order to aid in assessing impact of the program. CHSI's aims to have an outcome of at least half, or 45, of program participants referred and/or connected to resources appropriate to their needs.

Q3 Update: 25 teens were connected to resources in quarter 3.

3. CHSI will use a sign-in sheet to document how many teens participate in each workshop throughout each 4 cohort... Sign-in sheets will help program facilitators keep track of retention rate. Retention rate will be determined based on how many teens complete one full cohort from beginning to end. CHSI expects a retention rate of at least 75% of all program participants. CHSI will also keep a log of how many teen participants become Teen Ambassadors, by completing cohorts 1 & 2, for the program.

Q3 Update: The retention rate for this reporting period is 84% and 14 students have become Teen Ambassadors in quarter 3.

## Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

## Terms and Conditions

Accepted

## Authorized Signature



## Contact Information

### Contact Name

Naureen Khan

### Title

Director of Grants Management

### Primary Contact Phone

(949)697-8814

### Email Address

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## Writing Instructions:

**What language(s) does this program accommodate:**

English

Spanish

### Acknowledgment of District Support



FLB Teen Wellness Worksho... .pdf

### Acknowledgment of District Support



FLB Teen Wellness Worksho... .pdf

## Impact Story



Quarter 3 Impact Story - Teen....pdf

## Impact Story



Quarter 3 Impact Story - Teen....pdf

## Program Budget



23\_24 FRHD CHC Program B....xlsx