

Organization Information

Legal Name

D'Vine Path

DBA (if Applicable)

D'Vine Path

Program Name/Title

LIFE I CANHEALTHY LIFESTYLE 2024

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports.

In the first quarter, the farm-to-table workshops at D'Vine Path, supported by the **Life I Can Grant**, have made strong progress in engaging participants with hands-on experiences in sustainable gardening and culinary arts. Utilizing the Cordon and LEAFF Curriculums, participants have been learning to grow and cook with homegrown vegetables, promoting healthier eating and skill development.

Q1 Success Metrics:

- **Nutrition Knowledge and Eating Habits:** Participants demonstrated a **15% increase** in nutrition knowledge, with **60%** reporting improved eating habits through weekly food diaries, showing early progress toward the program's goals.
- **Mental Health and Social Engagement:** Participants reported a **10% reduction** in anxiety and depression, halfway to the target of a 20% improvement. Cooking and gardening in a supportive group setting have enhanced social connections and mental well-being.
- **Skill Development and Employment Exploration:** Guest chefs, including Chef Ryan from the Golden Door, introduced professional techniques, with **20% of participants** expressing interest in culinary careers or sustainable agriculture.

Program Highlights:

- **Guest Chefs:** Professional chefs have enhanced learning and provided exposure to the culinary field.
- **Sustainability Focus:** Participants engaged in growing their own produce, connecting to the importance of sustainability.

Looking Ahead:

As the program enters Q2, we expect continued growth in nutrition knowledge, mental health, and career exploration, building on the success of Q1. The **Life I Can Grant** has been instrumental in supporting these impactful outcomes.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	0	0

	Percent of program participants	Estimated number of participants
Young Adults (13-17)	0	0
Adults (18-60)	100	37
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*	0	0

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	51
Male	49
Non-binary	0
Unknown*	0

*Target Population - Gender

NA

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	100
Very Low (50%) Income Limits, ceiling of \$53,500	0
Low (80%) Income Limits, ceiling of \$85,600	0
Higher Than Listed Limits	0
We do not collect this data (indicate with 100%)*	0

*Target Population - Income Level

NA

Projected number of residents that will directly benefit (participant/client) from this program.

100

Social Determinants of Health (SDOH)

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher

Education, High School Graduation, Language and Literacy)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

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

Specific:

Empower participants with knowledge of nutritional benefits, cooking skills, and healthier lifestyle choices. Explore employment in sustainable agriculture and culinary arts.

Measurable:

Track participants' progress in cooking skills, health improvements, and employment interest. Monitor participation and social inclusion through group activities.

Achievable:

Provide hands-on training and regular assessments, with adjustments to meet individual needs. Collaborate with local businesses for real-world exposure.

Relevant:

Addresses issues like unhealthy eating, social isolation, and job skills, aligning with long-term health and self-sufficiency goals.

Time-Bound:

Set weekly workshops with quarterly assessments and evaluate employment or social outcomes within six months to a year.

Anticipated Acknowledgment

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Social Media Postings

Print Materials to Service Recipients

Website Display

Eligibility Check

You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.

Organization Information

Contact Information

Contact Name

Michele

Title

Cox

Primary Contact Phone

7609990238

Email Address

michele@dvinepath.org

Organization Physical Address

4735 Olive Hill Road
Fallbrook, CA, 92028

Writing Instructions:

Program Information

What language(s) can this program accommodate:

English

What demographic group does this program predominately serve:

Special Populations

Program Objectives & Measurable Outcomes

Objective 1: Improve Mental Health

Who: Program participants aged 22 and older with autism, Asperger's, and other intellectual disabilities. What: Weekly mental health workshops addressing anxiety and depression, offering coping strategies and peer support. How it will be measured: Pre- and post-program mental health

surveys (Likert scale) will track a 20% reduction in self-reported anxiety and depression. Quantitative Data: The number of participants reporting reduced symptoms, with a target of 75% of attendees showing improvement by the end of the program.

Objective 2: Improve Nutrition Knowledge and Habits

Who: Program participants involved in culinary workshops. What: Monthly hands-on culinary workshops led by chefs and nutritionists to teach meal preparation and nutritional benefits. How it will be measured: Pre- and post-knowledge quizzes will evaluate a 30% increase in nutrition understanding. Food diaries will track improved eating habits. Quantitative Data: Participant quiz scores and completion of food diaries will be analyzed, with the goal of at least 70% showing improvement in their diet and knowledge.

Objective 3: Enhance Social Skills

Who: Participants attending weekly social skills workshops and bi-annual social events. What: Workshops will use behavioral modeling and role-playing to teach effective communication, followed by social events for practice. How it will be measured: Social skills will be assessed using observational checklists and self-reported confidence scales, targeting a 25% increase in social interaction capability. Quantitative Data: Attendance, participation rates, and feedback from both participants and caregivers will be collected to measure social skill improvements, with the aim of 80% of participants demonstrating enhanced skills by program completion.

Measurement of Success: Success will be defined by achieving or exceeding the quantitative targets in mental health, nutrition, and social skills. Data will be collected quarterly and at the end of the 12-month program, ensuring ongoing evaluation and adjustments to maximize impact.

Financial Reporting & Budget

Program Budget



FRHD 2024-25 Life I Can Bu... .xlsx

Fallbrook Regional Health District Q1
Acknowledgements

Acknowledgment of the Fallbrook Regional Health District

As part of the grant requirements from the Fallbrook Regional Health District, D'Vine Path has acknowledged their generous support through multiple channels. One such instance was a social media post created to highlight the impact of their contribution on our Farm-to-Table Culinary workshop. The post can be viewed at the following link: [Fallbrook Health District Acknowledgment](#).

Summary of Actions:

- A social media post was created on Facebook, featuring a reel that highlights the contributions of the Fallbrook Regional Health District.
- The same post was mirrored on Instagram, further amplifying the acknowledgment and reaching a broader audience.
- Both posts provide recognition for the District's support in funding the Culinary workshops through the Life I Can Grant, showcasing the positive impact on the participants and the community.

This acknowledgment complies with the requirements outlined in the grant agreement and demonstrates our gratitude for their continued support in fostering sustainable agriculture, healthy eating habits, and skill development within the community.

If further recognition is needed or additional proof of acknowledgment is required, we are happy to provide additional information.

Best Regards,

Michele Cox
michele@dvinepath.org
office: (760) 999-0238

FRHD CHC GRANT BUDGET FORM

Agency Name: **D'Vine Path** PROGRAM NAME: **Life I Can Healthy Lifestyles 2024**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or group it in the best category possible. However, be sure your program budget is fully itemized.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	A1	Administrative Support	150,000.00	145,000.00		5,000.00
	A2	General Insurance (not program specific)	11,322.33	11,322.33		
	A3	Accounting & audit expenses	33,981.47	33,981.47		
	A4	Consultant/Contractor Fees	41,440.67	41,440.67	5,000.00	
	A5	Physical Assets (Rent, Facility Costs)	245,000.00	240,000.00		5,000.00
	A6	Utilities	27,000.00	26,000.00		1,000.00
	A7	IT & Internet	9,000.00	3,000.00	4,000.00	2,000.00
	A8	Marketing & Communications	12,000.00	6,000.00	5,000.00	1,000.00
	A9	Office Supplies	2,257.61	2,257.61		
	A10	Training & Education	18,713.00	18,713.00	5,000.00	5,000.00
	A11	Other: specify				
		TOTAL INDIRECT EXPENSE	550,715.08	527,715.08	19,000.00	19,000.00
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	B1	Program Manager	66,500.00	51,500.00	10,000.00	4,000.00
	B2	Curriculum Directors x4	153,088.00	140,088.00	10,000.00	3,000.00
	B3	Facilitator x 9	344,448.00	323,605.93	15,842.07	5,000.00
	B4	Uniforms	4,157.93	4,157.93	4,157.93	
	B5					
	B6	Payroll Expenses (WC, taxes)	67,051.85			
	B7	Benefits	8,806.72			
		TOTAL PERSONNEL EXPENSE	644,052.50	519,351.86	40,000.00	12,000.00
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	C1	Equipment	40,000.00	25,000.00	15,000.00	
	C2	Program/Project Supplies	60,592.00	41,465.66	14,126.34	5,000.00
	C3	Printing/Duplicating	2,000.00	1,000.00	1,000.00	
	C4	Travel/Mileage	27,000.00	17,000.00	5,000.00	5,000.00
	C5	Program Specific Insurance				
	C6	Student Events	30,000.00	25,000.00		5,000.00
	C7	Guest Speakers	5,000.00			5,000.00
	C8					
	C9					
	C10					
	C11					
	C12					
	C13					
	C14					
	C15					
		TOTAL OTHER EXPENSES	164,592.00	109,465.66	35,126.34	20,000.00

W X Y Z

D	TOTAL ALL EXPENSES	PROGRAM COST	% REQUESTED FROM FRHD
		\$ 1,359,359.58	4%

2) FUNDING SOURCES

E	FUNDS FOR PROGRAM		
E1	APPLYING ORGANIZATION	X	1,156,532.60
E2	OTHER FUNDERS	Y	94,126.34
E3	REQUESTED FROM FRHD	Z	51,000.00
	TOTAL FUNDING SOURCES		\$ 1,301,658.94

NOTE: THIS AMOUNT SHOULD BE EQUAL TO YOUR PROJECT COST.

3) % OF AGENCY BUDGET

F	CALCULATE % of Total Agency budget that this Program represents.	\$ 1,466,828.25	\$ 1,359,359.58	93%
		AGENCY BUDGET**	PROGRAM COST	% of AGENCY BUDGET

** Agency budget is your agency's entire budget for the year. Fill in the amount.