

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 for the full grant cycle	Total number of participants
Children (infants to 12)	7	5
Young Adults (13-17)	93	68
Adults (18-60)		
Seniors (60+)		
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Final percent of program participants
Female	57
Male	43
Non-binary	
Unknown*	

*Target Population - Gender

NA

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.

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.

Q4 Update: The teens have demonstrated a genuine interest in exploring how different scenarios and behaviors can directly influence their well-being. They share real-life anecdotes from their daily lives and have grasped the significance of factors like diet, exercise, stress management, and communication in relation to their overall health. Furthermore, they have shown a strong determination to utilize this newfound knowledge to make informed decisions about their health and wellness.

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

Q4 Update: In this reporting period, 2 students were referred to community resources.

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

Q4 Update: 1 student successfully completed at least one full cohort in this reporting period. Due to staffing turnover in this reporting period, CHSI faced challenges with recruiting teens to participate in the final cohort of the WHEEL program.

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.

Q4 Update: Throughout the program year, teens have exhibited their understanding of risk factors that negatively influence their health through brief presentations of different subtopics they learn about, creating educational flyers about prominent health issues to disperse to community members, and advocating for an all-Spanish Teen WHEEL cohort which was successfully implemented during the program period.

1. Teen participants will be connected and/or referred to appropriate resources relating to their needs... 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.

Q4 Update: The program facilitators kept a log of how many teens were referred to community resources in which it was found that a total of 32 students were referred to resources appropriate to their needs within the program year.

1. 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.

Q4 Update: Out of a total of 73 students who have participated in the WHEEL cohorts throughout the program period, 57 students have completed at least one cohort, equating to approximately 78% of participants. In addition, 30 students became Teen Ambassadors throughout the program year.

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

n.khan@chsica.org

Writing Instructions:

What language(s) did this program accommodate:

English

Spanish

Acknowledgment of District Support



FLB Teen Wellness Worksho... .pdf

Impact Story



Quarter 4 Impact Story.pdf

Impact Story



Quarter 4 Impact Story.pdf

Program Budget



23_24 FRHD CHC Program B....xlsx

Actual number of residents that directly benefited (participant/client) from this program during the entire grant cycle.

73

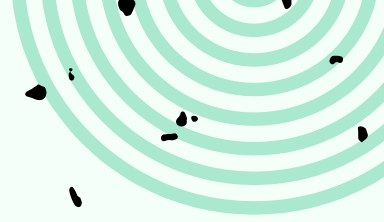
Quarter 4 Impact Story

A teen who participated in the Teen Wellness Program reflects on embarking on a transformative journey of personal growth and self-discovery over 6 weeks. The program aimed to nurture holistic well-being among teens, providing invaluable opportunities for this teen to explore mental health resources, emotional resilience, and physical health services. This teen's reflections and insights serve as a testament to the program's impact in fostering healthier lifestyles and equipping young individuals with the tools to thrive. Let's delve into this teen's transformative experience and discover the profound effects of investing in teenage wellness.

"My experience in volunteering in the Wellness group was incredible. It taught me many things and I'm glad I was able to learn from that. It also taught me who to trust when I'm going through certain stuff and be able to get help and support. Overall, I know that in the Fallbrook Family Health Center, we can trust."



COMMUNITY
HEALTH
SYSTEMS, INC.



Teen Wellness Program

JOIN US!

6 CLASSES, TOPICS WILL INCLUDE:

1. Introduction and HIPAA
2. Drug Awareness and Prevention
3. Mental Health Awareness, Nutrition, and Physical Activity
4. Family Planning and Sexually Transmitted Infections (STIs) Awareness
5. Healthy Relationships & Digital Wellness
6. Life Skills and Future Planning to include Community Engagement and Giving Back



Raffle prize!
Refreshments

Every Wednesday
Starting August 30th
From: 3:30 pm - 4:30 pm

LOCATION:

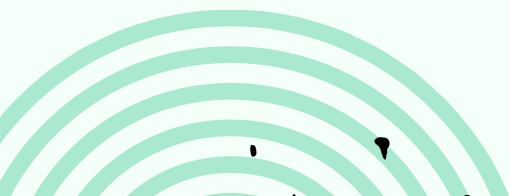
Fallbrook Family Health Center
1328 South Mission Rd,
Fallbrook CA, 92028

Fallbrook Regional
HEALTH  DISTRICT

- CERTIFICATE OF COMPLETION AT THE END OF THE PROGRAM
- VOLUNTEER HOURS AVAILABLE

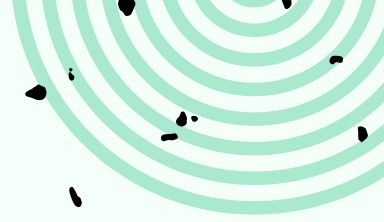
For more information,
please call or text Selene at:

 (951) 594-0201





COMMUNITY
HEALTH
SYSTEMS, INC.



Programa de Bienestar para Adolescentes

¡ACOMPÁÑANOS!

6 CLASES, LOS TEMAS INCLUIRÁN:

1. Introducción y Reglas de Privacidad HIPAA
2. Concientización y Prevención de Drogas
3. Concientización sobre la salud mental, nutrición y actividad física
4. Concientización sobre planificación familiar e infecciones de transmisión sexual (ITS)
5. Relaciones saludables y bienestar digital
6. Habilidades para la vida y planificación futura para incluir la participación de ayuda comunitaria

Todos los Miércoles
Apartir del 30 de Agosto
De: 3:30 pm - 4:30 pm

UBICACIÓN:

Fallbrook Family Health Center
1328 South Mission Rd,
Fallbrook CA, 92028



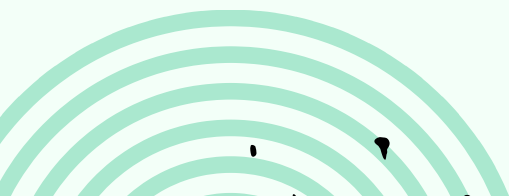
¡Rifas!
Bocadillos
refrescantes

Fallbrook Regional
HEALTH DISTRICT

- CERTIFICADO DE COMPLETAMIENTO AL FINAL DEL PROGRAMA
- OPORTUNIDAD DE RECIBIR HORAS VOLUNTARIAS

Para obtener más información,
por favor llame o envíe un texto a Selene al:

 (951) 594-0201



FRHD CHC GRANT BUDGET FORM

Agency Name: **Community Health Systems, Inc.** PROGRAM NAME: **Teen WHEEL Program**

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				-
A2	General Insurance (not program specific)				
A3	Accounting & audit expenses				
A4	Consultant/Contractor Fees				
A5	Physical Assets (Rent, Facility Costs)	600.00	400.00		200.00
A6	Utilities	300.00	150.00		150.00
A7	IT & Internet	122.00	122.00		-
A8	Advertising	700.00	-		700.00
A9	Office Supplies	337.00	37.00		300.00
A10	Training & Education	500.00	-		500.00
A11	Other: Janitorial Supplies	119.00	119.00		-
TOTAL INDIRECT EXPENSE		2,678.00	828.00	-	1,850.00
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
B1	Nurse Practitioner	20,850.00	20,850.00		-
B2	Medical Assitant I	5,616.00	5,616.00		-
B3	Medical Assitant II	7,176.00	7,176.00		-
B4	Registered Nurse	9,000.00	-		9,000.00
B5	Patient Services Representative I	5,928.00	5,928.00		-
B6	Community Relation Coordinator	6,242.00	-		6,242.00
B7	Community Health Educator	6,000.00	-		6,000.00
B8	Payroll Expenses (WC, taxes)	5,086.00	3,288.00		1,798.00
B9	Benefits	10,954.00	6,444.00		4,510.00
TOTAL PERSONNEL EXPENSE		76,852.00	49,302.00	-	27,550.00
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
C1	Medical & Vaccine Supplies	1,761.00	1,761.00		-
C2	Lab Fee	443.00	443.00		-
C3	Meeting Supplies	600.00	-		600.00
C4					
C5					
C6					
C7					
C8					
C9					
C10					
C11					
C12					
C13					
C14					
C15					
TOTAL OTHER EXPENSES		2,804.00	2,204.00	-	600.00

W X Y Z

D	TOTAL ALL EXPENSES	PROGRAM COST	% REQUESTED FROM FRHD
		\$ 82,334.00	36%

2) FUNDING SOURCES

E	FUNDS FOR PROGRAM	
E1	APPLYING ORGANIZATION	X 52,334.00
E2	OTHER FUNDERS	Y -
E3	REQUESTED FROM FRHD	Z 30,000.00
TOTAL FUNDING SOURCES		\$ 82,334.00

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

3) % OF AGENCY BUDGET

F	CALCULATE % of Total Agency budget that this Program represents.	\$ 35,438,719.41	\$ 82,334.00	0%
		AGENCY BUDGET**	PROGRAM COST	% of AGENCY BUDGET

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

Agency Name:

Community Health Systems, Inc.

PROGRAM NAME:

Teen WHEEL Program

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$2,678.00	\$1,850.00	\$462.50	\$462.50	\$462.50	\$462.50
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	\$76,852.00	\$27,550.00	\$6,887.50	\$6,887.50	\$6,887.50	\$6,887.50
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$2,804.00	\$600.00	\$150.00	\$150.00	\$150.00	\$150.00
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$82,334.00	30,000.00	\$7,500.00	\$7,500.00	\$7,500.00	\$7,500.00

Total funds expended to date: **\$30,000.00**