

## Organization Information

### Legal Name

Boys Club of Fallbrook

### DBA (if Applicable)

Boys & Girls Clubs of North County

## Program Name/Title

Triple Play Program

## Brief Program Description

Triple Play: A Game Plan for the mind, body and soul is a proven health and wellness program developed by Boys & Girls Clubs of America. It's 3 components teach youth Healthy Habits, provide daily physical challenges and social recreation for social and emotional development.

## Funding Amount Awarded

40033.00

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	91	1078
Young Adults (13-17)	8.5	99
Adults (18-60)	.5	3
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

## Target Population not collected - Age

n/a

## Target Population - Gender

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

## \*Target Population - Gender

n/a

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	35
Very Low (50%) Income Limits, ceiling of \$53,500	38
Low (80%) Income Limits, ceiling of \$85,600	15
Higher Than Listed Limits	12
We do not collect this data (indicate with 100%)*	0

## \*Target Population - Income Level

n/a

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

1180

## 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 & Objectives

To improve the overall health of youth members of the Boys & Girls Clubs of North County, specifically working to prevent obesity and diabetes, high blood pressure, and hypertension. As well as increase social supports for youth and families, healthy food/nutrition education and health literacy. Our objectives to serve the goal are 1. Hire and train staff to provide the Triple Play Program at each site. 2. Provide 60 minutes of vigorous physical activity each day at every site reaching over 400 members each day. 3. Provide 3 family nights each year for our members and their families.

## Program Outcomes & Measurables

1. We will keep hiring and training logs for each site.
2. Staff members will track participation on roll sheets. Every spring members over the age of 9 will complete a survey the results of which will help us track other daily healthy habits.
3. Participation counts and other documentation will be kept on the family nights.

## Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

**Terms and Conditions**

Accepted

**Authorized Signature**

*John Ware*

## Contact Information

### Contact Name

lisa ware

### Title

Vice Pres. of Operations

### Primary Contact Phone

7607285871

### Email Address

lisaw@bgcnorthcounty.org

## Writing Instructions:

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

English

Spanish

## Acknowledgment of District Support



Triple play q1 23.pdf

## Impact Story



triple Play impact q1 23.pdf

## Program Budget



Budget Report.Triple Play.Q1.pdf



Boys & Girls Clubs of North County

# CLUB NEWS

OPENING THE DOOR TO GREAT FUTURES EVERY DAY

Summer 2023



## Summer at the Club

It's a busy summer at the Club! Now that June gloom is a memory, Club kids are enjoying the pool for swim lessons, swim team, and afternoon free swim.

Our partnerships with many local organizations are offering much-needed support and enrichment for our Club members. Fallbrook Regional Health District helps sponsor our Water Safety Program, helping educate our Club members on how to safely save someone experiencing distress in the water. Club members also learn how to save themselves from drowning.



Our partnership with Cal State San Marcos Nursing Students provides nurses to take care of our kids, and many of our Club



**Boys & Girls Clubs of North County**

August 1 at 10:12 AM · 🌐



TUE, AUG 8

**Blood Drive with the San Diego Blood Bank**

Fallbrook

You like Fallbrook Regional Health District

☆ Interested

[See insights](#)

[Boost post](#)



**Boys & Girls Clubs of North County**

Published by Meredith Anderson • September 12 at 11:43 AM • 🌐



**SAT. SEP 30 AT 9 AM**

### Eye on Health Youth Festival

Fallbrook Regional Health District

1 person going

☆ Interested

See insights

Boost post

👤 3

👍 Like

💬 Comment

➦ Share



Write a comment...





When these programs are combined with caring Club professionals, we get stories like Elsita and Araceli's, two immigrant sisters. Elsita and Araceli are deaf and hard of hearing, they can sign but cannot speak nor read and write. Their mother only speaks Spanish and found it difficult to navigate our community for additional resources to help her daughters. After joining our Club, Spanish speaking staff helped their mother find community resources. Several staff know ASL and were able to sign with the girls helping them to communicate. ASL posters were placed in all Clubhouse rooms and soon Club members were learning to sign with Elsita and Araceli. Both girls love swimming and staff modified swimming procedures to allow them to safely use the pool. Both girls definitively blossomed out of their shells this summer





Agency Name:

Boys & Girls Clubs of North County

PROGRAM NAME:

Triple Play

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	\$41,240.00	\$0.00	\$0.00			
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	\$151,951.00	\$36,283.00	\$8,720.28				
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL OTHER EXPENSES	\$30,000.00	\$3,750.00	\$2,686.94				
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4	
		\$223,191.00	\$40,033.00	\$11,407.22	\$0.00	\$0.00	\$0.00	

Total funds expended to date: \$11,407.22