

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 is a proven health and wellness program. It has 3 components to teach youth Healthy Habits, provide Daily Physical Challenges and Social Recreation to improve social and emotional development.

Funding Amount Awarded

40033.00

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	88	1020
Young Adults (13-17)	11.5	140
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	48
Male	52
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	38
Very Low (50%) Income Limits, ceiling of \$53,500	37
Low (80%) Income Limits, ceiling of \$85,600	13
Higher Than Listed Limits	12
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

n/a

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

1163

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, hypertension and to increase social supports for youth and families while increasing healthy food/nutrition education and health literacy. Objectives: #1 Hire and train staff to provide Triple Play Program at each of the sites. #2. Provide 60 minutes of vigorous physical activity each day for at least 400 youth. #3. Provide 3 family nights during the grant year for the members and their families.

Program Outcomes & Measurables

1. Hiring and training logs for each staff are kept by Director of Professional Development.
2. Staff members track participants on roll sheets at each site, those numbers are then reported centrally each month. We use the BGCA NYOI survey tool to determine the range of impact the program is having on the members.
3. Participation counts will be kept on the annual family night events and reported centrally.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Terms and Conditions

Accepted

Authorized Signature

Jana Lora

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



Healthcare District q2 23-24.pdf

Impact Story



Families in Need 2024 (002).docx

Program Budget



Budget Report.Triple Play.Q2.pdf



Boys & Girls Clubs of North County

October 4 at 11:04 AM · 🌐



COUNSELING SERVICES

LAUNCHING OCTOBER 3RD:
Every Tuesday from 1:00 - 7:00 PM
Walk-ins/Makeups 1:00 - 3:30 PM
By Appointment ONLY 3:30 - 7:00 PM



Contact Us for More Information:

760.741.2660
info@falbrock.org
www.falbrock.org/counseling-services

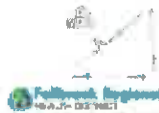
*We are not a mental health provider. We are a community resource.

Expanding the Collaborative Partnership Between
Fallbrook Regional Regional Health District and
Palomar Family Counseling Service, Inc.



- ✓ ACCESSIBLE
- ✓ AFFORDABLE
- ✓ CONFIDENTIAL
- ✓ FEES DETERMINED ON A SLIDING SCALE

To Schedule an Appointment
Visit www.falbrockhealth.org/counseling-services



1636 East Mission Road, Fallbrook, CA 92028



SERVICIOS DE CONSEJERÍA

LA INAUGURACIÓN SERÁ EL 3 DE OCTUBRE:
Estará abierto todos los martes de la 1:00 - 7:00 PM

De lunes a viernes de 9:00 AM a 5:00 PM
De sábado a domingo de 10:00 AM a 2:00 PM



Contactenos para más información:

760.741.2660
info@falbrock.org
www.falbrockhealth.org/counseling-services

*No somos un proveedor de salud mental. Somos un recurso comunitario.

Ampliando la asociación colaborativa entre el Distrito de Salud Regional de Fallbrook y Palomar Family Counseling Service, Inc.



- ✓ ACCESIBLE
- ✓ ECONÓMICO
- ✓ CONFIDENCIAL
- ✓ TARIFAS DETERMINADAS SEGUN UNA ESCALA MOVIL

¡Agendar una cita!
Visita www.falbrockhealth.org/counseling-services



1636 East Mission Road, Fallbrook, CA 92028



Fallbrook Regional Health District is with Palomar Family Counseling Service, Inc.

October 3 at 4:00 PM · 🌐

The Fallbrook Regional Health District is thrilled to be expanding its collaborative partnership with [Palomar Family Counseling Service, Inc.](#)!

Launching Octob... See more



Boys & Girls Clubs of North County

November 29 at 3:27 PM · 🌐



TUE DEC 19 AT 12 PM

San Diego Blood Drive

Fallbrook

You like Fallbrook Regional Health District

☆ Interested



Boys & Girls Clubs of North County

Published by Meredith Anderson · December 1, 2023 ·



Scripps Wellness Institute, Scripps Ranch
Fallbrook Regional Health District, Scripps Ranch
Scripps Ranch

Live Fit Program

FREE 3-week class series
December 4, 11 & 18
10:00 - 11:30 AM

Focused on educating and supporting individuals in making lasting, positive changes to improve heart-healthy lifestyles, well-being and about a healthy lifestyle.

- Make healthy nutrition choices
- Incorporate regular physical activity into your daily routine
- Stay motivated & sustain healthy habits
- Prevent or help manage heart or metabolic related conditions

Sign up Today!
Space is LIMITED



Fallbrook Regional Health District

November 20, 2023 ·

🌱 Get ready to level up your health with the Live Fit Program! 🏃🏻‍♀️ 🍏 Join us for a free 3-week class series, starting on December 4th from 10-11:30am that will... See more

Boys & Girls Clubs of North County Children and Families are in Need

It is easy to live in our own comfortable bubble and it is sometimes difficult to hear how other families live. We have many children that come from financially struggling homes. In fact 88% of our members live in low income homes. Often, the children sleep on the floor of their one- or two-bedroom apartment because they simply do not have enough beds or room.

One such family was in deep need this holiday season and our BGC team made sure this family of 7 kids ages 3 to 18 each had new outfits, gift cards, toys, and other presents. But most special to them was that each child received their own blanket to sleep on the floor with. This family would not have had a holiday without our assistance and as our staff gathered, organized, and wrapped the presents they experienced such joy.

Many of our families struggle to make monthly bills such as rent and groceries, and before and after school care is a necessity for these parents, single parents, or grandparents to work.

No child is turned away from the Club due to lack of money, any child in need not only has a safe place to stay after school but experiences a second home. The Club provides structure, programs, and support to help local children thrive. Our programs nurture children holistically addressing their minds, bodies, and souls. They receive homework help, a healthy dinner, music lessons, art, sports and develop life-long friendships with their peers. Our Club members learn leadership skills and how to make healthy choices setting them up for success academically, and personally. We ensure our Club members have future plans for themselves whether that be pursuing advanced academic degrees or choosing a career path.

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	\$9,650.83		
	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	\$824.95		
	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	\$10,475.78	\$0.00	\$0.00

Total funds expended to date: \$21,883.00