

Organization Information

Legal Name

D'Vine Path

DBA (if Applicable)

Dvine Path

Program Name/Title

LIFE I CAN HEALTHY 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.

The **Life I Can Healthy Lifestyles program** has made significant strides in empowering participants with the skills and knowledge to lead healthier, more independent lives while fostering social inclusion and vocational growth. By addressing mental health, nutrition, and social skills, the program has positively impacted the participants' well-being and long-term self-sufficiency.

In Q2, the program delivered workshops such as **Nancy Wright's Health & Nutrition Label Reading Course**, **Sonia Perez's Farm-to-Table Cooking Workshop**, and **CPR training**. New yoga mats were introduced to enhance wellness activities, and hands-on garden projects complemented nutritional and vocational goals.

Cumulative metrics indicate measurable progress. Mental health workshops have resulted in a **15% reduction in self-reported anxiety and depression**. Culinary workshops have increased participants' nutritional knowledge by **25%**, with **60% showing improved eating habits** based on food diaries. Social skills workshops and events have led to a **20% increase in social interaction capability**, with **85% active engagement**.

The program's hands-on, multi-disciplinary approach—combining functional skills training, peer mentorship, and community integration—has proven effective in achieving key objectives. Participants are gaining independence through real-world applications like meal preparation, budgeting, and teamwork in gardening and vineyard care.

With continued evaluations and adjustments, the program remains on track to meet its year-end goals, fostering healthier lifestyles and opening pathways to employment and social inclusion for all participants.

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	100	37
Seniors (60+)		
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

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

*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	
Low (80%) Income Limits, ceiling of \$85,600	
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	

*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

The **Life I Can Healthy Lifestyles program**

aims to empower participants with intellectual and developmental disabilities to lead healthier lives

through improved nutrition, enhanced mental health, and strengthened social skills, while exploring employment opportunities in sustainable agriculture and culinary arts.

This goal addresses critical needs such as unhealthy eating habits, social isolation, limited vocational skills, and lack of independence. The program utilizes workshops, mentorship, and hands-on training to promote healthier lifestyles and skill-building.

SMART Framework

- **Specific:** Teach nutritional benefits, cooking skills, and vocational readiness.
- **Measurable:** Track a 30% increase in nutrition knowledge, 20% reduction in anxiety, and social skill improvements through assessments.
- **Achievable:** Offer hands-on training, mentorship, and field trips with local professionals.
- **Relevant:** Address participants' health, independence, and employability.
- **Time-Bound:** Conduct weekly workshops and evaluate progress quarterly, achieving outcomes within 12 months.

This approach ensures measurable improvements in participants' health, confidence, and opportunities for independence.

Anticipated Acknowledgment

Anticipated Acknowledgment

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 Cox

Title

Fundraising Director

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

The **Life I Can Healthy Lifestyles program** is structured around three key objectives designed to achieve the program's overarching goal of empowering participants to lead healthier lives, gain independence, and explore employment opportunities. Each objective serves a critical function in addressing the participants' needs, with measurable outcomes and evaluation methods to

ensure success.

Objective 1: Improve Mental Health

Who:

Program participants aged 22 and older with autism, Asperger's, or other intellectual disabilities.

What:

Weekly mental health workshops addressing anxiety and depression, offering coping strategies, peer support, and stress management techniques.

How it Relates to the Goal:

Improved mental health enhances participants' confidence, emotional resilience, and ability to engage in social and vocational activities, essential for achieving independence and well-being.

What Will Be Measured:

- Reduction in self-reported anxiety and depression using pre- and post-program mental health surveys (Likert scale).
- Peer and facilitator observations of emotional growth and coping skills application.

Quantitative Data:

- Target: **75% of participants reporting reduced anxiety and depression symptoms** by the program's end, with a **20% improvement** measured through surveys.

Measurement of Success:

- Surveys administered quarterly to track progress toward the reduction target.
- Facilitator evaluations to assess participants' ability to apply coping strategies in real-world scenarios.

Objective 2: Improve Nutrition Knowledge and Habits

Who:

Program participants actively engaged in monthly culinary workshops.

What:

Hands-on workshops led by chefs and nutritionists, focusing on meal preparation, understanding nutritional benefits, and healthy eating habits.

How it Relates to the Goal:

Improved nutrition knowledge and habits promote healthier lifestyle choices, reduce unhealthy eating, and prepare participants for potential employment in culinary arts.

What Will Be Measured:

- Pre- and post-workshop quizzes to track increases in nutrition knowledge.
- Food diaries to monitor changes in eating habits.

Quantitative Data:

- Target: **70% of participants demonstrating improved dietary habits** and a **30% increase in nutrition knowledge** based on quizzes and food diary reviews.

Measurement of Success:

- Quizzes conducted at the start and end of each workshop to measure knowledge improvement.
- Monthly food diary evaluations to assess practical application of learned skills and eating habits.

Objective 3: Enhance Social Skills

Who:

Participants attending weekly social skills workshops and bi-annual social events.

What:

Workshops utilizing behavioral modeling, role-playing, and peer interaction to teach effective communication, followed by social events for real-world practice.

How it Relates to the Goal:

Strengthened social skills reduce isolation, build relationships, and improve participants' employability through better communication and teamwork abilities.

What Will Be Measured:

- Observational checklists of social behaviors, including active listening, empathy, and participation.
- Self-reported confidence levels using confidence scales.

Quantitative Data:

- Target: **80% of participants demonstrating enhanced social skills**, with a **25% increase in social interaction capabilities** based on observations and self-reports.

Measurement of Success:

- Workshop participation and event attendance rates tracked to ensure consistent engagement.
- Pre- and post-program confidence assessments to measure growth in communication skills and social ease.

Program Evaluation and Reporting

The program's success will be evaluated using a combination of quantitative and qualitative data gathered through the following methods:

1. Quarterly Assessments:

- * Surveys and quizzes for mental health, nutrition, and social skills will provide ongoing insights into progress.
- * Adjustments will be made based on data to enhance outcomes for participants.

1. Facilitator Observations:

- * Weekly documentation of participants' engagement, skill application, and overall progress.

1. Participant Feedback:

- * Self-reports and testimonials collected to gain insights into personal growth and program impact.

1. Attendance and Participation Tracking:

- Weekly and monthly tracking of workshop attendance to ensure consistent engagement.

Summary of Objectives and Impact

The

Life I Can Healthy Lifestyles program

is structured to achieve measurable improvements in mental health, nutrition knowledge, and social skills, which are key to fostering independence and employability among participants. By focusing on specific, measurable, achievable, relevant, and time-bound objectives, the program ensures meaningful progress toward its goal.

Through quarterly assessments, data tracking, and real-world applications, the program addresses the participants' needs while providing a clear framework for reporting its impact. These evaluations ensure that services remain effective, adaptive, and aligned with achieving sustainable, positive outcomes for participants.

Financial Reporting & Budget

Program Budget



Q2 Budget Report - 2024-25 D'vine P... .xlsx



D'Vine Path
LEARNING. GROWING. EMPOWERING.

OCTOBER NEWSLETTER



STUDENT OF THE MONTH: CHIOMA IHEME

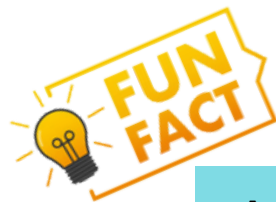
We are thrilled to announce that Chioma has been selected as our Student of the Month for October! As a member of our Culinary program, Chioma consistently excels at encouraging and helping others, showcasing her caring, creative, and charismatic nature. Her helpfulness and positive attitude has truly stood out this month! Congratulations, Chioma! We are so proud of you!

**“You do not just wake up
and become the butterfly.
Growth is a process.”**

Rupi Kaur



LATEST AT D'VINE PATH



A fun fact for fall is that pumpkins are actually fruits! They belong to the gourd family and are classified as a type of berry. This makes them a fruit, just like tomatoes and cucumbers. Pumpkins come in many varieties, and while they are often associated with Halloween and Thanksgiving, they're also packed with nutrients like vitamin A and fiber! A yummy pumpkin recipe from our Culinary team below!

A big thanks to Peltzer Pumpkin Patch for an amazing day! We had a blast learning how pumpkins are harvested, exploring the different varieties, and discovering all the creative ways to use them. We loved learning about all the wonderful animals they care for on their farm!



PROGRAM CURRICULUM HIGHLIGHTS

CORDON

Topics of the Month: Enology + Farming

October was an exciting and educational month for students in the Cordon program! They dove into the seasonal shift from warm-season to cool-season crops, learning about how weather changes impact planting and harvesting. The program also introduced students to enology, exploring different grape varietals in the D'Vine Path Vineyard and understanding the basics of winemaking. Field trips added hands-on experiences, with visits to Dirty Bird Ranch, where students interacted with a variety of farm animals and learned about animal care, and Peltzer Winery's Pumpkin Patch. At Peltzer, students not only discovered the diversity of pumpkins but also enjoyed time in the petting zoo, properly kicking off our Fall season!



LEAFF

Topics of the Month: Cool Season Crops + Empathy

October was packed with enriching activities in the LEAFF Department! From culinary adventures to life skills and garden projects. Students explored global ingredients, cooking techniques, and flavors that opened their minds and palettes to diverse cuisines. Kitchen safety lessons and independent life skills sessions empowered students to hone skills in budgeting and community awareness. As the garden shifted to cool-season crops, students took part in harvesting and planting, gaining hands-on experience in seasonal crop cycles. LEAFF focused on 1 of the 12 DVP attributes, Empathy, encouraging students to consider the perspectives of others, fostering a supportive, inclusive learning environment.



PROGRAM CURRICULUM HIGHLIGHTS

VITICULTURE

Topics of the Month: Empowerment + Creativity



October has been an exciting month for the Trellis program! This month, our students delved into the fascinating world of winemaking, applying their newly acquired skills with a bladder press to continue the wine production process. This hands-on experience not only enhanced their understanding of viticulture but also reinforced the importance of teamwork and precision in crafting quality wines. In addition to our winemaking endeavors, we received funding from D'Vine Path to embark on an ambitious project: creating a haunted house for our annual Halloween party! With this funding, our students learned essential budgeting and accounting skills, gaining valuable insights into managing finances effectively. They worked diligently to design and construct a haunted house that was not only extraordinary but also loads of fun for everyone involved.

CULINARY

Topics of the Month: Seasonal Recipes + Collaboration

In October, our Culinary program at D'Vine Path dove into a variety of cooking techniques. Each Tuesday began with a morning shopping trip where students practiced budgeting for our weekly meals. To celebrate fall, Christal led a pumpkin culinary day where they harvested pumpkins to make fresh pumpkin puree, which became the base for a selection of pumpkin breads. These breads went through a blind taste test, comparing gluten-free, store-bought, and homemade versions. The homemade version won! For Halloween, Elaine led a festive cooking class where students crafted spooky-themed snacks, adding a fun seasonal touch. Throughout the month, students expanded their skills with essential kitchen techniques, such as breaking down a whole chicken, learning how to use every part to minimize waste. Culinary made roasted spatchcock chicken, and students prepared traditional and gluten-free, dairy-free chicken and dumplings, accommodating various dietary needs. Our month's celebrations wrapped up on 'Wow Wednesday' with Chioma's recognition as D'Vine Path's Student of the Month a fitting honor for her dedication and growth here at D'Vine Path!



PROGRAM CURRICULUM HIGHLIGHTS

PETALS

Topics of the Month: Customer Service + Compassion

In October, our Petals program focused on key aspects of the floral industry, emphasizing customer service and merchandising techniques. Students engaged in flower and plant identification, gaining valuable knowledge to enhance their skills. They explored the differences between wholesale and retail pricing, learning how to create a standard retail price for various arrangements. To strengthen their math skills, students practiced using calculators for transaction. Additionally, students assisted with the preparation of flowers for three weddings, gaining firsthand experience in event floristry. This opportunity allowed them to apply their knowledge in a professional setting, contributing to beautiful celebrations while honing their teamwork and organizational skills.



ART STUDIOS

Topics of the Month: Workshops + Leadership

This month in the Art Studios, worked on studying multiple different artists and practicing new styles, such as surrealism, impressionism and gothic surrealism. Studying Edward Gorey and Tim Burton in order to create different Halloween inspired pieces for the Halloween party on October 26, including glow in the dark bug drawings and a Vincent Van Gogh scarecrow for the Manor. Our artists worked tirelessly all month drawing Tim Burton inspired portraits of every student and staff member at D'Vine Path, every person at D'Vine Path acted as a model and allowed the artists to draw their portraits live. These spooky portraits were later posted in Shakke Hall for the Halloween celebration. Also, the artists worked on collaborating with other programs. We hosted multiple workshops one film photography workshop led by Emily for each art student, with the LEAFF program and Cordon, including a feather dyeing workshop, pumpkin painting and wine spill art. The artists created many new pieces this month and practiced demonstrating leadership skills, flexibility and enthusiasm all month by trying new styles and being open to new ideas.



RECIPE OF THE MONTH!

PUMPKIN BREAD!

CREATED BY THE
CULINARY ARTS TEAM



Ingredients

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1½ sticks (¾ cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 (or 15-oz) can 100% pure pumpkin

Directions

- Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour
- In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
- In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin.
- Add the flour mixture and mix on low speed until combined.
- Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.

MADE POSSIBLE BY



Fallbrook Regional
HEALTH DISTRICT



THANK YOU TO OUR SPONSORS!

SPONSOR OF THE MONTH

Brenda + Gene Batali

We are grateful for the Batali's and their generous ongoing support of our programs! Brenda Batali, artist and author, has provided art workshops with our students and enjoys their curiosity and love of learning.



NORTH COAST
COMMUNITY SERVICE



MASCO

RS Growers Supply, Inc.



BATALI RANCH, INC.



Watkins Wellness
Feel good. Live well.

DREAM MAKERS

PAUL & TERRI SCHAAKE
GENE & BRENDA BATALI
MIKE SIRKIN & JANICE PHOENIX
JIM AND JEN VAMPOLA
NORTH COAST CHURCH

4735 OLIVE HILL ROAD
FALLBROOK, CA 92028

WWW.DVINEPATH.ORG

(760) 626-6116
TAX ID# 83-0790460

@DVINEPATHPROGRAM

D'VINE PATH PROGRAM

FRHD CHC GRANT BUDGET REPORTING FORM

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

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	\$550,715.08	\$19,000.00	\$4,750.00	\$4,750.00		
	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	\$644,052.50	\$12,000.00	\$3,000.00	\$3,000.00		
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$164,592.00	\$20,000.00	\$5,000.00	\$5,000.00		
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$1,359,359.58	\$0.04	\$12,750.00	\$12,750.00	\$0.00	\$0.00

 Total funds expended to date: **\$25,500.00**