

Organization Information

Legal Name

Community Health Systems, Inc.

DBA (if Applicable)

Community Health Systems, Inc.

Program Name/Title

Wellness, Health, Education, & Empowerment for Life (WHEEL) Program

Brief Program Description

CHSI is proposing to initiate the Wellness, Health, Education, & Empowerment for Life (WHEEL) Program that will provide 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	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)	100	23
Adults (18-60)		
Seniors (60+)		
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

N/A

Target Population - Gender

	Percent of program participants
Female	70
Male	30
Non-binary	
Unknown*	

*Target Population - Gender

N/A

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 will not collect and/or report on information relating to income for this program.

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

23

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.

Objectives:

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.

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

3. By June 30, 2024, at least 67 teen participants will have completed at least one full 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.

2. Teen participants will be connected and/or referred to appropriate resources relating to their needs. This may be determined based on the questions asked in the group setting as well as by any assistance teens seek immediately following an educational workshop, or any other time throughout the 6 week period of the cohort. Referrals and connection to resources may also be made to teens in discretion if appropriate. Program facilitators will keep a log of all of the types of referrals made during or outside of workshop hours in order to aid in assessing impact of the program. 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.

3. CHSI will use a sign-in sheet to document how many teens participate in each workshop throughout each cohort, ensuring to keep a calculated measure of impact of the program. 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.

Anticipated Acknowledgment

Signage at Service Sites

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) does this program accommodate:

English

Spanish

Acknowledgment of District Support



FLB Teen Wellness Worksho... .pdf

Impact Story



Quarter 1 Participant Impactpdf

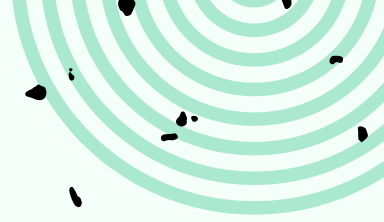
Program Budget



23_24 FRHD CHC Program B...xlsx



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:

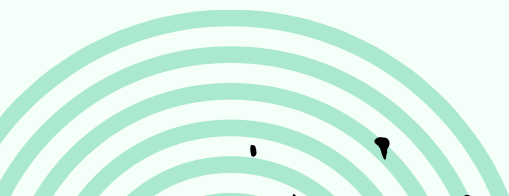
Fallbrook Family Health Center
1328 South Mission Rd,
Fallbrook CA, 92028

Fallbrook Regional
HEALTH  DISTRICT

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

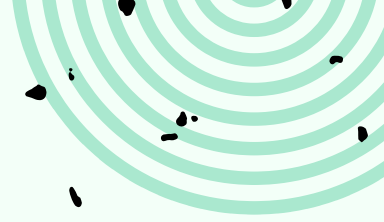
For more information,
please call or text Selene at:

 (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



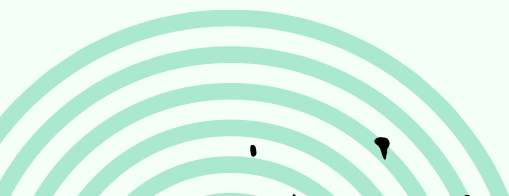
¡Rifas!
Bocadillos
refrescantes

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



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			
	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			
	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			
	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	\$0.00	\$0.00	\$0.00

Total funds expended to date: **\$7,500.00**