

Karla Standridge

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Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**


Collaborative/Joint Application **NO**

Organization Information	Legal Name	DBA (if Applicable)
	Fallbrook Land Conservancy	Fallbrook Land Conservancy

Contact Information	Contact Name	Title
	Karla Standridge	Executive Director
	Primary Contact Phone	Email Address
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Organization Physical Address **1815 South Stage Coach Lane, Multiple Fallbrook, CA, 92028**


Board of Directors



2024 Board Biography.pdf

108.48 KB

Financial Documents - Audit



FLC Financials - 2022 - FINAL.pdf

422.23 KB

Financial Documents - P&L and Balance Sheet



FLC_Balance_Sheet 12.31.23.pdf
92.54 KB



ProfitandLoss 2023.pdf
42.09 KB

Financial Documents - 990



FALLBROOK Land Conservancy - 2022 Tax....pdf
3.71 MB

Organization's Mission Statement

To acquire, protect, and manage open space in perpetuity for the benefit of wildlife and the community.

Organization's Vision Statement

A tapestry of protected open spaces that provides high quality habitat in which native flora and fauna thrive while meeting the needs of the community through education, engagement, and recreation.

Organization History & Accomplishments

Within the last five years, FLC has acquired approximately 208 acres of open space in our community. These properties provide about three miles of hiking trails that increase the total miles of trails owned or managed by FLC in the community to about 15 miles and the total open space owned or managed by FLC to 2,275 acres within Fallbrook, Bonsall and De Luz.

FLC provided 26 guided nature walks and educational events within the last five years with a cumulative attendance of over 500 people. We have engaged more than 3,100 volunteers, contributing more than 9,000 hours of community service time to maintain and improve hiking trails for accessibility and safety over the last five years.

On average, FLC's local preserves support more than 40,000 hiking trips per year. These hiking trips are instrumental in providing the community with free, low impact exercise opportunities that can improve physical and mental health and solidify social cohesion.

Program Name/Title

Community Trails for Health and Wellness

Brief Program Description

FLC's Community Trails for Health and Wellness Program provides access to social and recreational opportunities for residents of all ages and abilities. The Program engages the community in outdoor, nature-based activities that promote physical, mental, and social well-being through well maintained trail systems and organized group hikes and activities.

Is this a new initiative/service or established program within your organization?

Established Program

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24).

NO

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 Program has positively impacted District residents by fostering a sense of community belonging and providing annual services directly to an estimated 10,000 residents. This number includes daily hikers, environmental education students, volunteers, and event participants.

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.


Acknowledgement.pdf
501.78 KB

Funding Amount Being Requested

41400

Program Information - Type

Ongoing

Projected number of residents that will directly benefit (participant/client) from this program.

10000

Target Population - Age

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

Target Population not collected - Age

Because of the broad scope of the Program and multiple avenues of entry, we do not collect this information.

Target Population - Gender

	Percent of program participants
Female	
Male	
Non-binary	
Unknown*	100

*Target Population - Gender

Because of the broad scope of the Program and multiple avenues of entry, we do not collect this information.

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

Because of the broad scope of the Program and multiple avenues of entry, we do not collect this information.

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Community - Health & Fitness

Program/Services Description - Social Determinants of Health

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Social Determinants of Health - Social and Community Context

The Program addresses Social and Community Context, Social Cohesion, through both informal access to open spaces and structured, guided events that engage the community. The Program allows for residents to access trails and green spaces at their own leisure or participate in structured community events. By creating a sense of community, Program participants can form relationships with neighbors and other members of the community. The Program offers safe and inviting locations to invite friends and family for activity, promoting social cohesion. Structured events, such as guided walks and volunteer events, allow for people to formally meet new people and form bonds with other individuals, creating a sense of community and social cohesion.

According to Jennings & Bamkole (2019), "The presence of urban green spaces can encourage positive social interactions that cultivate social cohesion in ways that enhance health and well-being. Urban green spaces have also been linked to positive health behaviors and outcomes including increased physical activity and social engagement." Furthermore, the authors note that green spaces where people feel safe and comfortable to recreate are "...conducive to positive perceptions of social cohesion..." This suggests that physical activity, a positive health behavior, may be directly related to social cohesion.

In a special report by Foderaro & Klein (2023), the authors underline the importance of parks and green spaces in creating and solidifying social connections. The authors note that both informal encounters and structured group activities lead to social cohesion and may help reduce the risk of loneliness in communities.

Statement of Need/Problem

Social disconnection, isolation, and loneliness are critical threats to the health and wellbeing of District residents. According to a 2023 report from the United States Department of Health and Human Services, U.S. Surgeon General's

Advisory on the Healing Effects of Social Connection and Community, there is a loneliness epidemic. Lacking social connection can have detrimental physical effects on a person. Social connection in the community context may be translated to a sense of belonging to a community or space. Because of this, there is a need within the District to create and maintain community gathering spaces and social services that promote social cohesion.

According to Clarke, et al. (2023), “The most common factors that may contribute to social cohesion in urban greenspaces are safety, accessibility, design, qualities, and cultural meanings of the urban greenspace.” Likewise, the authors found community engagement and collaborative upkeep of community greenspaces facilitates social cohesion. Hong et al. (2018) found that well used greenspaces that had “friendly strangers” increased perceived safety and social interactions, leading to social cohesion and a sense of community belonging.

The Program seeks to fill this need by providing safe, maintained, and friendly community greenspaces that foster social interactions and neighborhood belonging. The Program provides for multiple avenues of entry that meet the needs of District residents and provides for equitable and safe access to community spaces for residents of all ages and physical and mental abilities.

Andy Hong, James F. Sallis, Abby C. King, Terry L. Conway, Brian Saelens, Kelli L. Cain, Eric H. Fox, Lawrence D. Frank, Linking green space to neighborhood social capital in older adults: The role of perceived safety, *Social Science & Medicine*, Volume 207, 2018, Pages 38-45, ISSN 0277-9536, <https://doi.org/10.1016/j.socscimed.2018.04.051>.

Mysha Clarke, Stephanie Cadaval, Charles Wallace, Elsa Anderson, Monika Egerer, Lillian Dinkins, Ricardo Platero, Factors that enhance or hinder social cohesion in urban greenspaces: A literature review, *Urban Forestry & Urban Greening*, Volume 84, 2023, 127936, ISSN 1618-8667, <https://doi.org/10.1016/j.ufug.2023.127936>.

How are other organizations addressing this need in the community?

The County of San Diego Department of Parks and Recreation currently operates one open space preserve with trails in Fallbrook: the Santa Margarita County Preserve. The Wildlands Conservancy owns the Santa Margarita River Trail Preserve. These two preserves contain hiking and equestrian trails in the Santa Margarita River valley of the De Luz community. FLC’s preserves not only complement the offerings of other providers, but also provide more accessible opportunities for residents. Many of FLC’s preserves are within walking distance to local residences and are accessible via established sidewalks and pathways within our community.

Program/Services Description - Program Entry & Follow Up

Participants may enter the Program in one of three ways. First, FLC preserves that are open to the public are open from dawn until dusk for all residents and visitors, free of charge. FLC staff and volunteers maintain the preserves and trails, as well as conduct outreach efforts in the community to inform residents of the open spaces and trails available to them. Many participants are connected to FLC preserves via word of mouth, social media, referrals (such as from another community organization), or through targeted outreach by FLC staff and volunteers.

Second, Participants may enter the program through participation in a guided hike/walk. These events are advertised through FLC communications such as FLC’s website, social media, e-mails, and flyers posted at trailheads and other community spaces (such as the library). In this scenario, participants meet directly with an FLC representative and meet other individuals who have signed up.

Third, participants may enter the Program through participation in a volunteer event. Volunteer events are posted on FLC’s website and social media, and

advertised to various community service organizations. In this scenario, participants meet directly with an FLC representative and meet other individuals who have signed up.

No follow up is provided unless a participant signs up to be contacted by FLC for either informational purposes or for volunteer opportunities. If contacted information is provided, follow up is in the form of FLC communications which showcase FLC trails, reiterate the connection between trails, physical activity, social cohesion, and health, or opportunities to further engage with the FLC (such as volunteerism, surveys, etc.).

Program/Services Description -
Program Activities

Participants receive access to FLC preserves and trails for nature-based recreation and social opportunities. Use of FLC trails and preserves promotes overall health, wellbeing, and social cohesion. The Program is beneficial, as it offers multiple avenues for participation that allow for social cohesion, either through structured events or less formal encounters with other program participants.

Program participants that may not feel comfortable in a group setting can enter the Program at their own leisure yet still receive the benefits of community by encountering other individuals in the Program that are also using the trails. Program participants that are comfortable in a group setting can sign up for structured events that connect them with the community, further providing for social interaction and cohesion.

Program Goal

The Program goal is to provide community spaces that promote social cohesion by way of safe and well-maintained open spaces (greenspaces).

Program Objectives &
Measurable Outcomes

The Program will meet its goal through the following objectives:

1. Maintain 15 miles of hiking trails through preserve management and volunteer events. The Preserve Manager and Land Manager will routinely monitor the trails for safety and accessibility. Necessary repairs will be made through staff and/or volunteer efforts, resulting in community engagement and social connections. Success will be measured through miles of accessible hiking trails and estimated number of trail users.

2. Provide safe open spaces (green spaces) for community members to gather. The Preserve Manager will ensure the safety of the preserves through routine monitoring for hazards that may lead to a lack of sense of safety, thereby increasing the likelihood of use, resulting in increased social cohesion. Success will be measured by number of safe open spaces.

3. Provide opportunities for structured events that lead to social cohesion. Preserve Manager, Executive Director and FLC board members will collaboratively lead guided hikes/walks to increase structured community connections. A minimum of four events will be held during the grant period during favorable outdoor weather conditions.

4. Provide opportunities for structured volunteer events that lead to community cohesion and connection. Preserve Manager, Executive Director, and board members will lead structured volunteer events that promote community collaboration and sense of belonging in our open spaces. A minimum of one event will be held per month.

Organization Collaborations

There are no active collaborations for this program.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Other

Anticipated Acknowledgment

The Program will acknowledge District funding through social media posts on Instagram and Facebook, in monthly e-news communications to more than 1,000 recipients, in FLC's annual report, and on printed materials related to the program such as trail guides.

Funding History

NO

Program Budget



24_25 FRHD CHC Program Budget Form.xlsx
57.06 KB

Terms and Conditions

Accepted

Authorized Signature