

**2019-2020 COMMUNITY HEALTH CONTRACT**  
**344 GANAS**

*Quarter 3 (January-March) Reporting Form*

<b>Goal 3</b>	
During the third quarter of this contract, the GANAS Mentoring Program will run weekly group mentoring sessions serving up to 40 underserved youth at two site locations in Fallbrook and the surrounding areas that focuses on guiding youth to make positive health and lifestyle choices.	
<b>S.M.A.R.T. Objective 3a</b>	
Two to four GANAS Mentoring groups will meet once a week at two site locations in Fallbrook, with six to eight mentors serving up to 40 youth mentees.	
<b>Projected Cost:</b>	<b>Contract Dollars Expended to Date:</b>
\$5,500	
<b>S.M.A.R.T. Objective 3b</b>	
The FCCPC Board Members will recruit mentors and invite youth to join the GANAS Mentoring Program as needed and as space allows by placing posts on Facebook and distributing flyers throughout the local community	
<b>Projected Cost:</b>	<b>Contract Dollars Expended to Date:</b>
\$900	
<b>Progress/Accomplishment of Goals &amp; Objectives</b>	

## Progress of Goals and Objectives:

The Fallbrook Citizens Crime Prevention Committee (FCCPC) Board met on 1/6/2020, 2/4/2020, and 3/9/2020. Due to the COVID-19 pandemic and stay-at-home orders, the board did not meet in March or April. The next meeting of the board is scheduled for 6/8/2020.

During the third quarter of this contract, two trained mentors led one GANAS Mentoring group which met on Wednesdays from 3:30 pm to 5:00 pm at the VFW in Fallbrook. The group met every Wednesday, except for the weeks that school was not in session due to holidays or school breaks, for a total of nine meetings. Mentee participants ranged in age from eight to 12. The number of participants each week ranged from five to 12 youth, with an average weekly attendance of 10 youth.

Guest speakers included students from the Cal State San Marcos' Nursing Program and a local probation officer. The nursing students talked with the youth about sugar and sweets and how this food interacts with their bodies. They also focused on teaching the kids proper oral hygiene.

The probation officer spoke with the mentees about what can lead kids into the juvenile justice system, such as making poor decisions, the use of substances, and being impacted by people around them who may influence them to make bad choices. She focused on the importance of having friends who make good choices and are good influences. She shared that even if things are difficult for the youth, they can get help, and provided resources for families. She also shared why and how people become probation officers, that part of their job is to help youth get back on a good path, and that this is a possible career choice for those who are interested in the work. The youth were very interested and engaged in the presentations from both the nursing students and the probation officer.

In addition, the mentors focused on teaching the kids about making healthy food choices, exercising, goal setting, respect, and imagination. Each week the mentees were provided with healthy snacks; the mentors took this opportunity to teach the kids about the foods they were eating and why they were good for them. In February and March, the group spent time outside being active and exercising. One week they were led in a yoga session; the kids were taught how to move their bodies, focus on their breathing, and relax. They were taught that they can use yoga and breathing to calm down and control their emotions.

Other weeks involved using their imaginations to create arts and crafts projects, thank you notes for the guest speakers, for their families, and for important people in their lives. In celebration of MLK Day, the mentors led the mentees in an activity using Martin Luther King Jr.'s "I Have a Dream" speech. The youth were guided to "dream up" what they want to do/be when they're older and how they would like to help people. Using this, they created dream mobiles. One of the mentees had to memorize the speech for school, so she recited the speech for the GANAS group.

When Fallbrook schools closed on March 13, 2020, the FCCPC also closed its mentoring program as the group was not able to meet in person and the program was not able to be continued virtually. Due to the pandemic and stay-at-home orders, the GANAS Program is temporarily closed until it is deemed safe to meet in person again.

Throughout the first few months of 2020, FCCPC board members and GANAS mentors continued to seek community members who would be interested in serving as GANAS mentors in order to meet our goal of obtaining six to eight mentors to conduct three to four group meetings per week. The board began speaking with Father Leland at St. John's Episcopal Church early in the fiscal year to discuss both holding a group at the church and recruiting mentors within the church community. The board continued conversations with Father Leland throughout this quarter with the goal of engaging adults interested in leading a group.

### **Impact Narrative 1:**

Jazmine is a very shy girl who began attending the GANAS group in during the 2018-19 school year and returned again this year. Although she seemed to enjoy coming to the group, Jazmine did not talk much and didn't want to share during the "Good News, Bad News" section of the meeting. Both mentors had observed that some participants would talk over other mentees when they were sharing, and this often happened when Jazmine spoke. The mentors encouraged mentees who wanted to share with the group to share, and taught them to respect each other by being quiet and listening to all group members. As time went on and Jazmine continued coming to the group she began to open up and share more. The mentors shared that it was impactful to them to witness Jazmine's development as she began to feel more comfortable and learned to trust the mentors and the entire group. In turn, the other mentees learned to listen and respect others.

### **Impact Narrative 2:**

One family has had four children who have participated in the GANAS Mentor Program. The mother of the children shared that her two older children, who are now in their early 20's, both attended the program when they were young and benefitted tremendously from the opportunity to participate in a community group where they could learn about making positive choices, health and wellness, respect for others, and career opportunities. Both of her older children had gone on to college and one had recently graduated from nursing school. The two younger children have participated in the program in previous years and participated this year. The mother shared that not only do the kids benefit from what they learn when they are at the group and love it when guest speakers come to share about what they do, but they also have benefitted because they are so excited to get to the group that they quickly finish their chores and homework so that they may come to the meeting each week. She feels that all of her children learned to prioritize their responsibilities, respect others, and learn about opportunities they may not have known about otherwise.



