

2019-2020 COMMUNITY HEALTH CONTRACT
342 Life I Can Program

Quarter 4 (April-June) Reporting Form

Goal 4

S.M.A.R.T. Objective 4a

DVP will plan social outings for the Mentor Program to help prevent student isolation, depression and anxiety.

Projected Cost:

12 months \$3,240.00

Contract Dollars Expended to Date:

12 months \$3, 240.00

Progress/Accomplishment of Goals & Objectives

The social outings have been very challenging due to the Covid pandemic and the Stay at Home Order. Our group has been meeting via zoom once a week for 2 hours. However, in the short few months we've been able to have limited outings and zoom socials, the level of isolation, depression and anxiety has been greatly reduced. When they started the social, not many of them wanted to say much and were very shy. Now they are vocal when discussing a variety of topics. Mary (not her real name) is one of our students who was very hesitant coming to the program. She says she gets very nervous in social settings but wants to get a job, so she decided that the socials would help her overcome some of her shyness. She has blossomed! Mary is all smiles when the zoom socials start and has an infectious giggle. She is excited that she now has a tribe to go to when she feels down or anxious especially through the pandemic.

Please find attached a few Thursday Social Club notes.

Social Club

5/25/2020

Attendees

Tanner(Lead facilitator), Jules(support staff), Jenifer(support staff), Ryder(mentor)Davis, Joel, Max, Kai, Stef, Marina

Topics of Social Zoom:

1. Memorial Day
2. What is something about you that we may not know?

Communication from Students

Davis: He shared the models he puts together, he started with the finished product but then wowed the students of what it looks when you receive the box of parts.

Max: was all information on different anima conversation.

Kai: shared with the class all his clippings, it was really fun because he got a new computer and took us outside to where he was working.

Stef: was very engage in smaller group, actually sat down in one place and was very engaged, she shared about her seizure and her fears

Marina: talked about how she misses going to places

Joel: invited everyone after the "lock down" to his house, he talked about his book he is writing about his Husky.

Notes from staff after Social Group:

- We disguised how the smaller group was great for students to be more engaged,

- Tanner, Jenifer, and I keep an open Facilitator text group... We talked about continued technical issues with Zoom, brainstormed to not send email until 10 min before but to send out a group text by Tanner by Sunday to keep an eye out for email, but encourage patience and flexibility. Julie's job is to support Tanner and send reminders for text if not done by early afternoon.

Action Items

1. Tanner cross check with Julie and Jenifer any communication from students, who is reaching out who isn't
2. Jenifer brings a very calming, funny, positive energy to the group, she speaks of how it's great to get close to the students
3. Julie talked with Facilitators about some parents who were asking about why their student wasn't "invited" to social group.... So, we disguised how to send private email to those students just in case some technical issue happened, and Julie will be in charge before and after Zoom to text those who are struggling to find, connect to Zoom so Tanner can be the person who keeps the Social club connecting in the actual time Zoom Social is, and Jenifer is back up why I problem solve

Next Meeting Agenda

Working on Zoom Consistancing and technical issues still

Social Club

6/4/2020

Attendees

Tanner(lead) Julie(support), Jenifer(support), Max, Davis, Marina, Jennifer, James

Topics of Social Zoom:

1. How does it feel to be back at the Ranch?
2. Field trips?

Communication from students

Max talked about how he was excited to see everyone mask to mask

Davis talked about how he missed going to Temecula to go to the antique stores.

Marina was a little anxious about getting out there but to see all the students support her was magic, this opened up a lot of communication of fears.

Jennifer talked about how she has been going out this whole time and she felt very happy getting more in shape by hiking

James of course was our constant encourager and talked about taking care of his mom.

Notes from staff

- **Tanner in charge of spearheading text and communication about next Zoom meeting**
- Jenifer talked to us about how there is going to be a heatwave so we need to speak to students about a change of venue next Social Club, no field trip to her house but to reschedule for 6/18.... We talked to students about who can get a ride out to her house, Max and Marina felt they could drive..Max offered to drive some students, Tanner and Julie agreed to help we talked about how we usually use a rental but during this time of uncertainty we felt us 3 need to get our students together at a place different than the Ranch but yet safe for them
- Julie will continue to be the person who reaches out to students all week, sending positive text, even sending info to individual students that they talked about...example sending text to Max about movies he may like on Netflix, and making sure that I respond to any text students send so they feel heard.

Next Meeting Ideas

The Facilitators talked about how changing plans and helping students process is a positive step for employment, we also talked about how we can help with anxiety and stress by being there for the students but as mentors as well as people who help positively encourage them to get outside of their comfort zone.

Social Club

Attendees

Tanner(lead), Jenifer(support), Jules(support), Davis, Max, Kai, Marina, Stef, Jennifer, Joel

Topics of Social Zoom

1. Social at Jenifer's
2. Where is the first place you want to go after all stages of quarantine
3. What was something you did during quarantine that surprised you?

Communication from Students

- We talked about maybe some students and Julie can go to Sprouts to get supplies for Jenifer house to make pizza. Joel made sure to say that he needs gluten free crust and we talked about how important it is to voice your needs or specialty diets to make it all inclusive for everyone!
- Max wants the Ranch to have all the students there. He thought it was lonely without them, Stef wants to find a job, Davis was talking about when he and Julie go to lunch at Peking Wok and talk about Hannah Barbera cartoons, Kai said movies, and everyone agreed it was nice to be back together at the Ranch. Jenifer and Marina are dying to go shopping

Notes from Staff

We all agreed that Zoom is losing it's joy! Julie brought up that Lenila talked about moving Zoom tell later in the day, problem brought up from Staff is that Tanner works later in the day, Jenifer and Julie that is the time we are doing our home life (cooking, driving kids to friends houses, getting dinner ideas and prepped) We are finishing plans for Jenifer by Tuesday 6/16. Staff communicates all week with students and we share whom and how each other is talking with so we all stay on the same page.

CHC Quarter 4 Impact Narrative

I want to thank the Fallbrook Regional Health District for this CHC funds that have helped us to provide the mentor support to our students through this extremely hard, unprecedented and unpredictable pandemic of 2020.

These last few months have been so hard on all of us, but especially for the disabled population.

According to the American Psychological Association, some people with disabilities report higher levels of social isolation than their non-disabled counterparts (O'Sullivan & Bourgin, 2010). They may experience intensified feelings of loneliness in response to physical distancing measures. Social isolation and loneliness have been associated with increases in heart disease, dementia and other health problems according to the [National Academies of Science, Engineering, and Medicine](#)".

Now more than ever, D'Vine Path's Social Club is imperative to their mental health.

In the latest Zoom social on Thursday July 9 at 10 am, 90% of the students participated and were very happy to be in each other's company albeit through zoom.

They were all very talkative and expressed their excitement about going back to the program on Monday.

"Mary" is one of our students, who was very hesitant coming to the program. She says she gets very nervous in social settings, but eventually wants to get a job, so she decided to try our program and use the socials to overcome her shyness.

She has found some great kindred spirits and has now blossomed in class. Mary is all smiles when the zoom socials start and has an infectious giggle. We all enjoy her positive and buoyant personality that has surfaced. She is excited that she now has a tribe to turn to when she feels down or anxious especially through this pandemic.



A few Zoom "Socials"



Lenila Batali

First Place for Health Zoom2

Ryder Rogers

Estefania Landa

Marina Kreeger

James's phone

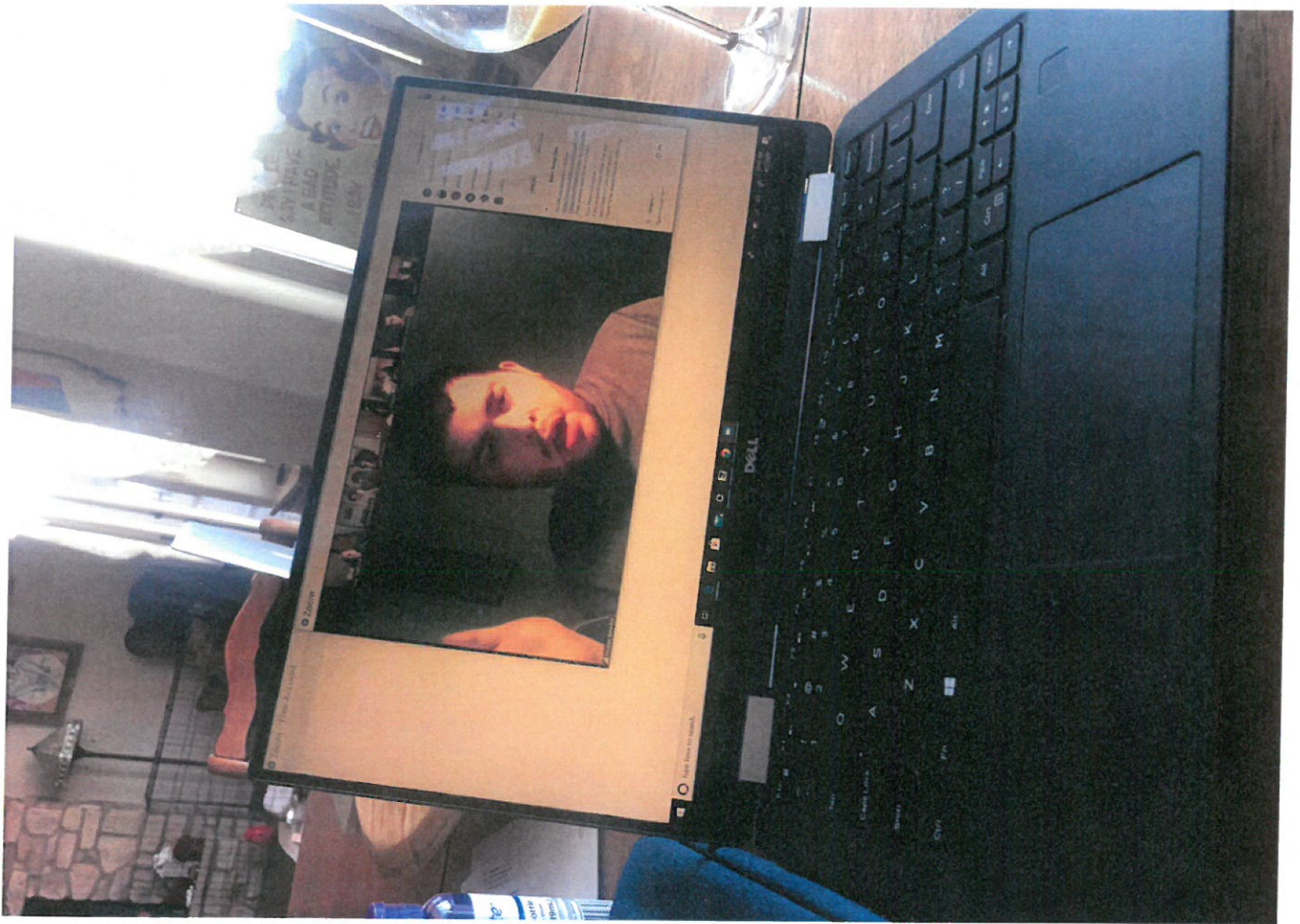
Lenila Batali

Davis

Jennifer Boldt

Jennifer DiMuzio





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sponsors, donors and volunteers!*



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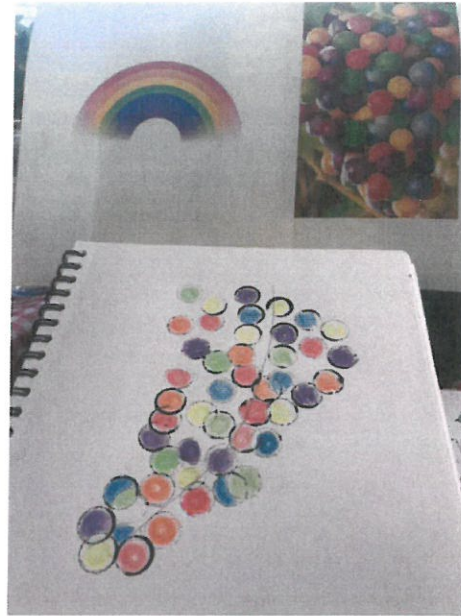
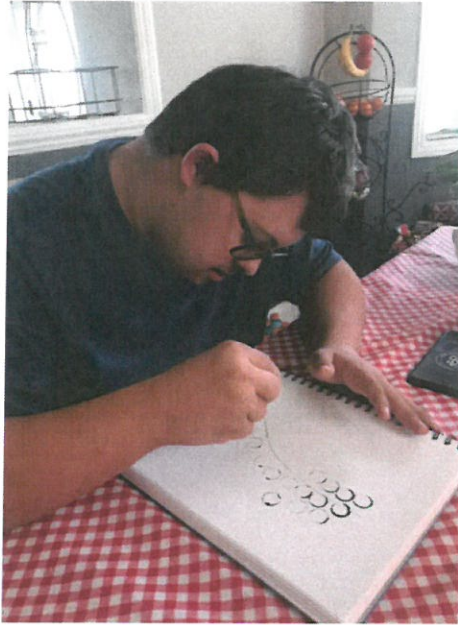
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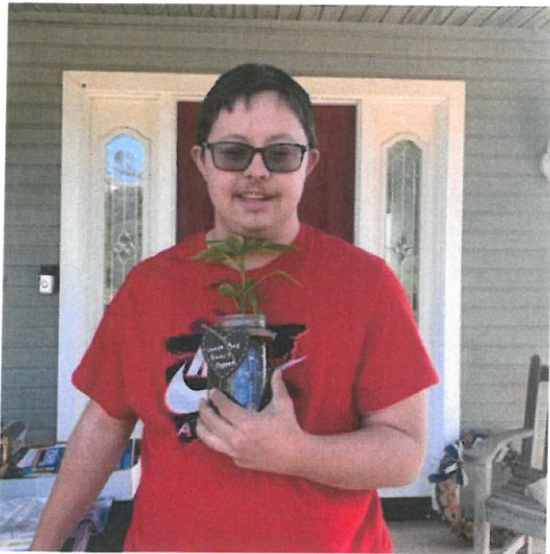
Our #1 goal during these isolating times is keeping our students busy and connected.

Weekly projects are being dropped off to our students...



D'Vine Path facilitators delivered sketchbooks to students so they could work on their vegetable garden design and art for our 2020 wine label contest!





The students are very happy to see each other and stay connected via Zoom on Mondays, Wednesdays and Fridays!