

## 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

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## 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 Impact ... .pdf

## Program Budget



23\_24 FRHD CHC Program B...xlsx