

# Maureen Sullivan

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Submission Date Feb 29, 2024 12:39 PM

Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook Rainbow**

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**

<b>Organization Information</b>	Legal Name	DBA (if Applicable)
	Boys & Girls Clubs of North County	Boys & Girls Clubs of North County

<b>Contact Information</b>	Contact Name	Title
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Organization Physical Address **445 E Ivy St  
Fallbrook, CA, 92028**


Board of Directors



**Board List with affiliations 2023-24.pdf**

87.69 KB

Financial Documents - Audit



**Audit 2020-21.pdf**

517.08 KB

Financial Documents - P&L and Balance Sheet



Fiscal Year End P&L and Balance Sheet.pdf

112.59 KB

Financial Documents - 990



990 2021.pdf

2.95 MB

Organization's Mission Statement

To enable young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

Organization's Vision Statement

To provide a world-class Club experience that assures success is within reach of every young person who enters our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship and living a healthy lifestyle.

Organization History & Accomplishments

Boys & Girls Clubs of North County was established in the Fallbrook community in 1962. In our 62-year history, we have grown from a single site to now serving over 2,500 youth in Fallbrook, Bonsall, Rainbow, and Deluz. Boys & Girls Clubs of North County is a member organization of Boys & Girls Clubs of America, a federation, which provides technical assistance, training, program development, and other resources, along with standards for member organizations. Boys & Girls Clubs of North County began as the Boys Club of Fallbrook and later changed its name to better reflect the population and communities we serve. Programs were operated out of our clubhouse on Ivy Street until expansion began in 2005. Four new sites were added on school grounds in collaboration with Fallbrook Union Elementary School District. In 2015 we opened a site at Mae Ellis Elementary and added another at La Paloma Elementary in 2017. In 2019 a site was established at Turnagain Ars apartments, in collaboration with Community Housing Works and Better World Foundation. In 2020 two sites were established at Camp Pendleton schools, May Fae Pendleton, and San Onofre. In 2021 we expanded our partnership with Palomar Family Counseling to include services at four of our school sites every week. In 2022 we expanded our partnership with FUESD by significantly increasing the number of youths we could serve at each site and adding a wider variety of program offerings, including specialized programs with outside vendors. In 2023 we expanded our partnership with the Vallecitos and Bonsall School District and serve each district with a wide variety of programs and services. Boys & Girls Clubs of North County has been recognized by BGCA with numerous awards for youth attendance, marketing, and board strength.

Program Name/Title

Triple Play

Brief Program Description

Developed by Boys & Girls Clubs of America, Triple Play: A Game Plan for the Mind, Body, and Soul is a proven health and wellness program. Its three components teach youth Healthy Habits, provide Daily Challenges to improve physical activity, and Social Recreation for social and emotional development.

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).

YES

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.

Everyday components of the Triple Play Program are incorporated into Club activities positively impacting children’s physical and mental health. There were 1,180 participants in Q1 and,163 in Q2. On average approximately 90% of Q1 and Q2 participants were in the under 12 years old category with roughly 9% in the young adult category and 1% in the adult category. Between the two quarters, 88% of the participants were Low, Very Low, or Extremely Low for income limits. Participants are nearly half female and half male. 59% of Club members reported being physically active for at least 60 minutes 5 or more days a week on the 2023 **National Youth Outcomes Initiative** (NYOI) survey. Activities included soccer, kickball, soccer, and other team sports as well as recreational play all of which teach sportsmanship, social skills, and teamwork, and physical skills. Also, according to the NYOI survey, Club members reported eating more fresh fruits and vegetables with 47% reported eating 5 or more fruits and vegetables per day.

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



FRHD recognition 2023-24.pdf  
211.53 KB

Funding Amount Being Requested

40489.54

Program Information - Type

Ongoing

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

2500

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	90	1080
Young Adults (13-17)	10	120
Adults (18-60)	0	0
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

n/a

Target Population - Gender

	Percent of program participants
Female	49
Male	51
Non-binary	
Unknown*	

\*Target Population - Gender

n/a

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	10
Very Low (50%) Income Limits, ceiling of \$53,500	50
Low (80%) Income Limits, ceiling of \$85,600	20
Higher Than Listed Limits	20
We do not collect this data (indicate with 100%)*	

\*Target Population - Income Level

n/a

What language(s) can this program accommodate:

English

Spanish

What demographic group does this program predominately serve:

Youth - other setting

Program/Services Description - Social Determinants of Health

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and

## Literacy)

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

Healthcare Access &amp; Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood &amp; Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Social Determinants of Health -  
Education Access and Quality

We will address the Education Access & Quality Social Determinant of Health by improving the language and literacy skills of our Club members by weaving language and literacy throughout our programs utilizing a social setting to reinforce and teach these skills rather than the classroom. This way the children learn language and literacy skills in a more comfortable environment and experience full immersion in the English language. We also specifically teach health and healthy habits as part of the Triple Play program, such as when the San Diego County Oral Health Program visits and holds interactive sessions on dental health and the importance of good dental hygiene. Another example is when our partners, the student nurses from Cal State San Marcos, lead breakout sessions on a variety of health topics such as skincare and sun protection, emphasizing the need to prevent sun exposure using sunscreen, hats, clothing, and shaded areas.

Social Determinants of Health -  
Social and Community Context

One of the tenets of Boys & Girls Club's youth development strategy is social cohesion. The Club is committed to creating safe, inclusive spaces where every kid can reach their full potential and feel a sense of belonging. Our programs are designed to maximize opportunities for young people to acquire four basic "senses" which help them build self-esteem and grow into responsible citizens. These four "senses" are: 1. **A sense of competence** - Young people feel proud and confident when they acquire new skills and know they can do something and do it well. 2. **A sense of usefulness** - Young people know the satisfaction of doing something of value for others. 3. **A sense of belonging** - Young people know they are welcome and feel they fit in and are accepted. 4. **A sense of power and influence** - Young people know their opinions are heard and valued and that they can influence decisions. We will address the Social & Community Context Social Determinant of Health by teaching teamwork and participating in community service, partnering with Palomar Family Counseling to provide services and support to Club members, and playing team sports and participating in recreational activities teach our youth a sense of fairness, empathy, resiliency, and equity, as well as improves language and communication skills, and math skills are also utilized when scoring and playing sports. Social recreation is another powerful tool in addressing Social & Community Contexts. Youth are taught ethics and reinforced social skills while playing games.

Social Determinants of Health -  
Healthcare Access and Quality

We will address the Healthcare Access & Quality Social Determinant of Health by implementing Healthy Habits, part of the Triple Play program. Healthy Habits is the "Mind" component of the Triple Play program. The Healthy Habits curriculum focuses on making choices that support a healthy eating pattern and physical wellness. This targeted program is made up of interactive practical activities that develop a young person's ability, confidence, and motivation to eat healthy for life. We also partner with local health organizations and refer Club families to these resources and with the partnership of the Cal State San Marcos student nurses providing health services during the summer. Health literacy is taught to both parents and youth during one of our three family nights. Throughout Triple Play activities children

learn the importance of taking care of themselves by eating healthy, getting regular physical activity, and being part of a community, all important aspects of health literacy.

Social Determinants of Health -  
Neighborhood and Built  
Environment

We will address the **Neighborhood & Built Environment** Social Determinant of Health by providing daily well-rounded nutritious meals, and teaching health and healthy habits. We provide a healthy meal with healthy food, such as fruit, protein, dairy, and whole grains. The goal is for children to experience and taste healthy food and adjust their taste palettes to liking healthy food. Our partnership with the Food Pantry lets children experience the joy of growing fresh vegetables and fruit at the FRHD Wellness Center. We also partner with Cal State San Marcos student nurses and they teach an activity on healthy eating called "The Healthy Plate Model" formerly known as the food pyramid. One of our fun experiences is when we teach kids how to cook nutritious meals and snacks, they enjoy learning how to compose meals and follow recipes, they especially like eating the food they make.

Statement of Need/Problem

The Club serves nearly 2,500 youth members from Fallbrook and neighboring areas. A total of 85% of our Club members are low-income with 40% extremely low-income. There is a strong correlation between childhood poverty and a variety of health issues. According to the Southeastern Association of Community Action Agencies, low-income families are more likely to be food insecure and many cannot afford fresh food (illustrating the **Neighborhood & Built Environment** social determinant of health). Those living in poverty often have limited access to healthy and affordable foods. They often experience "cycles of food deprivation and overeating; high levels of stress, anxiety, and depression; fewer opportunities for physical activity; greater exposure to marketing of obesity-promoting products; and limited access to health care." Obesity is a high risk for our Club members and is a known precursor to many health problems. Boston Children's Hospital states "Obesity can increase a child's risk for serious and chronic medical problems, such as type 2 diabetes, high blood pressure, high cholesterol, orthopedic problems, and liver disease." According to the CDC, from 1999 –2000 through 2017 – March 2020, US obesity prevalence increased from 30.5% to 41.9%. In addition to leading to obesity, poverty also has a strong correlation with children experiencing mental health issues. **Illustrating Social & Community Context**, the CDC states for children living in poverty, more than 1 in 5 (22%) had a mental, behavioral, or developmental disorder. Often children being diagnosed with one disorder experience multiple disorders. The CDC reports about 3 in 4 children with depression also had anxiety (73.8%) and almost 1 in 2 had behavior problems (47.2%). For children with anxiety, more than 1 in 3 also had behavior problems (37.9%) and 1 in 3 also had depression (32.3%). For children with behavior problems, more than 1 in 3 also had anxiety (36.6%) and about 1 in 5 also had depression (20.3%). The CDC also reports the risk of suicide and substance abuse is also greater for adolescents experiencing poverty. Among ages 12-17 years in 2018-2019: 15.1% had a major depressive episode; 36.7% had persistent feelings of sadness or hopelessness; 4.1% had a substance use disorder; 1.6% had an alcohol use disorder; 3.2% had an illicit drug use disorder and 18.8% seriously considered attempting suicide. Many of our members are dealing with a language barrier illustrating both **Healthcare Access & Quality and Education Access & Quality** social determinants of health. According to the Fallbrook Union Elementary School District, 39% of their students are English learners. This leads to challenges with communicating needs to healthcare professionals and lowers overall health literacy for these Club

members and their families. The World Health Organization states, “weak health literacy skills are associated with riskier behavior, poorer health, less self-management, and more hospitalization and costs. Strengthening health literacy has been shown to build individual and community resilience, help address health inequities, and improve health and well-being.” The Mind, Body, Soul approach addresses these issues and provides an early intervention for our members and their families.

How are other organizations addressing this need in the community?

We are not aware of any other programs in our community that offer daily, low/no cost programs that provide youth with nutrition education, physical activities and positive social interactions/social emotional learning.

Program/Services Description - Program Entry & Follow Up

All members of Boys & Girls Clubs of North County can participate in the Triple Play program. To enroll as a Club member, a parent/guardian needs to complete a simple membership registration packet and pay our \$30 annual membership fee, although more than one-third of our members have this fee scholarshiped. Once a youth is a member, they can attend our Club every day after school and all day during the summer. Our Triple Play program is offered as a program option several times throughout each week, so a child simply needs to choose that program to participate in during an activity block. Throughout our program, staff members work to understand the needs of the youth and their families. If additional resources are needed, such as healthy food, additional counseling services, etc., staff can link families with these resources in our community through our connections with other non-profit agencies, governmental entities, and the local school districts.

Program/Services Description - Program Activities

Triple Play is a multi-faceted program designed to help young people become healthy and active and learn new ways to handle stress, maintain a healthy body, form positive relationships, and develop strong social-emotional skills. This comprehensive approach includes three major components focusing on different aspects of healthy living: Mind-Healthy Habits provides a wide-ranging approach addressing nutrition, education, and fitness. This approach incorporates healthy living and active learning into every part of the Club experience, from the gym to the learning center. Health literacy is further supported with daily healthy snacks and meals provided to model good nutritional patterns. Body-These elements promote fun with a purpose and physical fitness year-round in a non-competitive yet challenging environment. These sports, fitness, and recreation programs are designed to get members up and active through daily challenges, games, and tournaments to strengthen their bodies and help prevent obesity. Soul-Triple Play consciously incorporates elements of the Youth Development Strategy, which are belonging, usefulness, influence, and competence; all of which foster positive mental and behavioral health. Social recreation utilizes the games room and other group game experiences to teach and reinforce social and ethical skills that young people need to become successful adults. The progression of Triple Play activities is designed to build on knowledge over time, but still be able to stand alone as one-time activities. While each program component can stand alone, integrating them allows Club members to create lasting and powerful benefits. The theory of change for Triple Play describes the processes and outcomes of the program. Short-term outcomes include improved knowledge of healthy habits, good nutrition, and physical fitness; increased physical activity; and increased positive interaction with all youth. Intermediate outcomes are better nutrition; more youth meeting standards for vigorous activity; and more youth with healthy relationships with peers and a stronger sense of mastery and control. While providing fun and engaging activities for youth, Triple

Play also helps youth build vital skills in impulse control, self-efficacy, self-confidence, and decision-making, as well as relationship building, teamwork, and empathy. Triple Play is delivered to youth in a Boys & Girls Club environment with supportive and caring staff mentors and provides health promotion through practices that enable young people to develop social and emotional development skills that are critical in all aspects of their future health and development. A study conducted on the Triple Play program, delivered in a Boys & Girls Club setting, yielded the following results: A majority (66%) of Club youth report eating two or more servings of fruit per day, compared to 32 percent of youth nationally.-Two times as many Club kids consume three or more servings of vegetables every day (32% compared to 15% nationally)-After participating in Triple Play, the number of Club members who engage in vigorous activity for an hour or more at least five times per week increased by 35% (no change among control group). Each day youth members attend the Boys & Girls Club; they will participate in at least one component of Triple Play.

#### Program Goal

To improve the overall health of 600 Club members of Boys & Girls Clubs of North County, specifically working to improve the following social determinants of health during the next year with Triple Play: 1. **Education Access & Quality** by improving language and literacy skills; 2. **Social & Community Context** by creating social cohesion; 3. **Healthcare Access & Quality** by improving health literacy by partnering with local resources to aid families and with Cal State San Marcos student nurses to provide basic services during the summer and 4. **Neighborhood & Built Environment** by providing healthy, nutritious meals daily along with partnering with the Fallbrook Food Pantry to plant gardens at the FRHD Wellness Center to support healthy eating patterns. Triple play is instrumental in preventing obesity and diabetes, high blood pressure, and hypertension and increasing social support for youths and families, healthy food/nutrition education, and health literacy.

#### Program Objectives & Measurable Outcomes

1) Hire and train staff members to provide daily Triple Play activities at eight Boys & Girls Clubs of North County sites during the 2024-25 school year. 2) Provide 60 minutes of vigorous physical activity each day at each Boys & Girls Clubs of North County sites for at least 600 youth per day during the 2024-25 school year. 3) Provide three family nights each year at eight Boys & Girls Clubs of North County sites for families of Boys & Girls Clubs of North County members during the 2024-25 school year.

Hiring and training logs will be kept for each site. Staff members will receive an orientation upon hire to familiarize them with the Boys & Girls Club, our programs, and our expectations. Staff will also receive annual training specifically on the Triple Play program, its implementation, and program curriculum. Participation counts will be kept at each site each day to track the achievement of our goal to reach 600 youth. Staff members will track participation on roll sheets, which will be accumulated and reported centrally each month, and then compiled in preparation for grant reporting. In the spring, youth participants over the age of 9 will complete the National Youth Outcomes Initiative (NYOI) survey. This tool developed by Boys & Girls Clubs of America measures the impact of our programs. From this survey, we can determine the wide range of impacts we are having on our youth including fruit and vegetable consumption, water consumption, physical activity participation, ability to cope with challenges, identifying emotions, impulse control, problem-solving, relationship building, self-efficacy, and empathy. Responses in these



areas will demonstrate the impact that Triple Play is having on our youth participants. Participation counts and other documentation will be kept on the family night events held three times each year at each site. Staff will track attendance using roll sheets, which will be accumulated and reported centrally each month, where the data will be compiled in preparation for grant reporting. Other documentation, such as flyers and photos, will also be collected centrally.

Organization Collaborations

Boys & Girls Clubs of North County has a long history of strong collaborations within the Fallbrook and surrounding communities. We will continue to work closely with many other organizations and businesses to ensure the success of our program.

Fallbrook Union Elementary School District: This strong partnership has been in place for nearly 15 years. We currently partner at eight school sites. FUESD also assists with staff training opportunities.

Community Housing Works: In collaboration since 2019, we partner at the Turnagain Apartments Site. With this partnership, we have created an afterschool site right in the apartment complex to serve residents.

Fallbrook Music Society: provides group music instruction to our youth.

Save Our Forest: assists with outdoor programs.

Fallbrook Gardening Club: assists with youth gardening programs.

Fallbrook Public Library: provides educational activities and resources for our youth.

Cal State San Marcos: provides nursing students as volunteers in health-related activities and screenings.

Fallbrook Food Pantry: provides service projects for youth and food for families, as well as gardening and cooking facilities.

Palomar Family Health: provides behavioral health services to youth in our program.

Fallbrook Chamber of Commerce: collaborates on events, marketing and community needs.

The Foundation for Senior Care: provides service projects for youth.

North County Fire District and Sherriff's Department: Special event volunteers and tours/guest speakers.

Local Sports Teams: provides tickets and sports clinics for our youth and families.

Local organizations and businesses that volunteer and sponsor our programs: Rotary Clubs, Angel Society, Rally for Children, Masonic Lodge, National Charity League, Fallbrook High School, Bonsall Women's Club, Fallbrook Women's Club, Major Market, Del Rey Avocado, Yogurt Palace, Chase Bank, Mountain Mike's Pizza, The UPS Store, Panda Express and Pacific Western Bank.

Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Other

Anticipated Acknowledgment

The Fallbrook Regional Health District's generous support of our Triple Play program will be acknowledged in all printed materials regarding Triple Play. In addition, FRHD will be recognized in a post at least quarterly highlighting our Triple Play program on our Facebook and Instagram pages. FRHD's partnership with the Club will also be recognized in a press release, an emailed newsletter, and the annual report.

Funding History

NO

Program Budget



24.25 Program Budget Form.Triple Play.xlsx  
63.08 KB

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to read 'M. Sullivan'.