

## Organization Information

### Legal Name

Boys Club of Fallbrook

### DBA (if Applicable)

Boys & Girls Clubs of North County

## Program Name/Title

Triple Play Program

## Brief Program Description

Triple Play is a proven health and wellness program. It has 3 components to teach youth Health Habits, provide Daily Physical Challenges and social recreation to improve social emotional development.

## Funding Amount Awarded

40033.00

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	85	1049
Young Adults (13-17)	14.5	176
Adults (18-60)	.5	2
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	48
Male	52
Non-binary	0
Unknown*	0

## \*Target Population - Gender

n/a

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	38
Very Low (50%) Income Limits, ceiling of \$53,500	37
Low (80%) Income Limits, ceiling of \$85,600	15
Higher Than Listed Limits	10
We do not collect this data (indicate with 100%)*	0

## \*Target Population - Income Level

n/a

## Actual number of residents that directly benefited (participant/client) from this program during this quarter.

1227

## Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

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

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

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

To improve the overall health of youth members of the Boys & Girls Clubs of North County, specifically working to prevent obesity and diabetes, high blood pressure, hypertension and to increase social supports for youth and families while increasing healthy food/nutrition education and health literacy. Objectives#1. Hire and train staff to provide Triple Play Program at each of the sites. #2. Provide 60 minutes of vigorous physical activity each day for at least 400 youth. #3. Provide 3 family nights during the grant year for members and their families.

## Program Outcomes & Measurables

#1. Hiring and training logs for each staff are kept by the Director of Professional Development. #2. Staff members track participants on roll sheets at each site, those numbers are reported centrally each month. We use the BGCA NYOI survey tool to determine the range of impact the program is having on the members. #3. Participation counts will be kept on the annual family night events and reported centrally.

## Anticipated Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

**Terms and Conditions**

Accepted

**Authorized Signature**

*Lisa Ware*

## Contact Information

### Contact Name

Lisa Ware

### Title

Vice Pres. of Operations

### Primary Contact Phone

7607285871

### Email Address

lisaw@bgcnorthcounty.org

## Writing Instructions:

**What language(s) does this program accommodate:**

English

Spanish

### Acknowledgment of District Support



q3 social media.pdf

### Acknowledgment of District Support



q3 social media.pdf

## Impact Story



q3 impact narrative.pdf

## Impact Story



q3 impact narrative.pdf

## Program Budget



Budget Report.Triple Play.Q3.pdf

Felipe, 9, is one of the members of our community-based housing collaboration at Turnagain Arms Apartments. He is being raised by his aging grandmother, and together they have weathered many tribulations.

During the school day, Felipe experiences behavioral challenges and struggles to maintain forward progress academically and socially. His grandma tried putting him in jiu jitsu to curb his aggressive tendencies with limited success.

Through our program at Turnagain Arms, Felipe connected with one of our staff who majored in STEM, and he flourishes during her frequent STEM activities. He feels competent and confident during these projects because we highlight his strengths and appreciate his talents. Felipe was even chosen as the Turnagain Arms representative for our annual science fair during Boys & Girls Club Week!

He also remains connected with his community, especially the fellow students in the complex, by spending time playing sports and eating nutritious snacks with them.

He is learning to advocate for himself while remaining respectful and empathetic towards others. He's also developing necessary skills to make and maintain friendships during social recreation time in the program, where our staff emphasize social-emotional learning.











Boys & Girls Clubs of North County

Published by Loomly · February 26 at 1:01 PM ·



When you combine a safe space & some friends you get a GREAT day for learning.  
#GreatFuturesStartHere Fallbrook Regional Health District





Boys & Girls Clubs of North County

Published by Meredith Anderson · January 17 at 11:26 AM ·

## San Diego County Suicide Prevention Council Question Persuade Refer (QPR) North County IN PERSON Training

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 2 hour training designed to teach anyone the warning signs of a suicide crisis and how to respond.

QPR trains you on:

- Recognizing suicide warning signs
- Ways to initiate conversation
- Methods of providing help and hope



This is an **IN PERSON** training on  
**January 23, 2024 from 5:00pm-7:00pm**

at

**Fallbrook Regional Health District, Community Health & Wellness Center**  
1636 E. Mission Rd., Fallbrook, CA, 92028



To register for a session, scan  
the QR code above or [click here](#).



For any questions, please contact the SPC team at [spcsandiego@sdcchip.org](mailto:spcsandiego@sdcchip.org) or 858-609-7696.



COMMUNITY HEALTH  
INTEGRATED PARTNERS



**Fallbrook Regional**  
HEALTH DISTRICT



LIVE WELL



Fallbrook Regional Health District

January 15 at 3:00 PM ·

🟡 A crucial event coming to our doorstep! The San Diego Suicide Prevention Council is hosting an in-person QPR (Question Persuade Refer) training right here at t... See more





Boys & Girls Clubs of North County  
February 7 at 11:23 AM · 🌐

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# COUNSELING SERVICES

Tuesdays from 1:00 - 7:00 PM  
Wednesdays from 9:00 - 5:00 PM  
Walk-ins Accepted Tuesdays & Wednesdays from 1:00 - 2:00 PM

**What We Offer**

-  Counseling for Kids, Teens & Adults
-  Individual, Couples, and Family Counseling
-  Counseling Available in English & Spanish

Contact Us For More Information :  
1760 741-2660  
info@pfcs.agency  
www.palomarfamilycounseling.com

*When requesting an appointment or more information, please mention the "Community Health & Wellness Center"*

*Expanding the Collaborative Partnership Between Fallbrook Regional Regional Health District & Palomar Family Counseling Services, Inc.*



- ✓ ACCESSIBLE
- ✓ AFFORDABLE
- ✓ CONFIDENTIAL
- ✓ FEES DETERMINED ON A SLIDING SCALE

To Schedule an Appointment!  
Visit [www.fallbrookhealth.org/counseling-services](http://www.fallbrookhealth.org/counseling-services)



1636 East Mission Road, Fallbrook, CA 92028



Fallbrook Regional Health District is with Palomar Family Counseling Service, Inc.  
February 2 at 1:00 PM · 🌐

🟡 Exciting News! We're delighted to announce new hours for [Palomar Family Counseling Service, Inc.'s Counseling Services](#) at our Community Health & Wellness Center... See more

**FRHD CHC GRANT BUDGET REPORTING FORM**

Agency Name: **Boys & Girls Clubs of North County** PROGRAM NAME: **Triple Play**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$41,240.00	\$0.00	\$0.00	\$0.00	\$0.00	
B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL PERSONNEL EXPENSE	\$151,951.00	\$36,283.00	\$8,720.28	\$9,650.83	\$10,849.98		
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4	
	TOTAL OTHER EXPENSES	\$30,000.00	\$3,750.00	\$2,686.94	\$824.95	\$341.76		
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4	
		\$223,191.00	\$40,033.00	\$11,407.22	\$10,475.78	\$11,191.74	\$0.00	

Total funds expended to date: **\$33,074.74**