



Organization Information

Legal Name

Boys Club of Fallbrook

DBA (if Applicable)

Boys & Girls Clubs of North County

Program Name/Title

Triple Play

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from approved application.

The 3 components of Triple Play-Mind, Body and Soul are incorporated into the daily Club schedules. The activities have a positive impact on the members physical and mental well being. Some of the components teach nutrition, physical education and social emotional well being. This approach supports all aspects of health literacy in our youth which leads to an overall healthy community. Triple Play reaches over 600 children each week day during the school year which is over 108,000 units of service each school year.

Number of residents that directly benefitted (participant/client) from this program.

5919

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)	94.5	872
Young Adults (13-17)	5	46
Adults (18-60)	.5	1
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	51
Male	49

	Percent of program participants
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	29
Very Low (50%) Income Limits, ceiling of \$53,500	53
Low (80%) Income Limits, ceiling of \$85,600	10
Higher Than Listed Limits	8
We do not collect this data (indicate with 100%)*	0

***Target Population - Income Level**

n/a

What language(s) does this program accommodate:

- English
- Spanish
- ASL

What demographic group does this program predominately serve:

- Youth - school based
- Youth - other setting

Social Determinants of Health (SDOH)

The Fallbrook Regional Health District has identified several Social Determinants of Health that demonstrate a significant impact on the long term health and well being of our community. The following questions address how your program and/or services address these concerns.

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

Our goal is to improve the overall health and resilience of the young people we serve. To reach this goal we provide healthy meals and snacks, nutrition and exercise curriculum, and social emotional learning programs at each of our 8 site during the school year. Our outcomes are measured using attendance data. Our program is ongoing and sustainable as it is incorporated into our daily activities schedule year round and is inseparable from our Club. Our partnerships with FRHD, Fallbrook Food Pantry, CHW and Palomar Family Counseling aid the families and make our approach even more holistic and far reaching.

Program Objectives & Measurable Outcomes

1. Hire and train staff for 8 sites to deliver program. Training in Q1 and Q3. Hiring and training logs are kept at the administrative office. 2. Provide 60 minutes of vigorous physical activity for 600 members each day during the school year. April- 678, May-655. Counts are kept at the site then recorded centrally each month. 3. We will provide 3 family nights per year. We had 3 family nights in Q2 and an additional 3 family nights in Q3.

Anticipated Acknowledgment

Please describe how the Fallbrook Regional Health District's investment in this program will be acknowledged. This includes all print and electronic materials, press releases, website references, and any other form of written and verbal publicity that relates to the funded program.

District Support Acknowledgment

Social Media Postings

Print Materials to Service Recipients

Website Display

Contact Information

Contact Name

Lisa Ware

Title

Vice Pres. of Operations

Primary Contact Phone

17607285871

Email Address

lisaw@bgcnorthcounty.org

Organization Physical Address

445 East Ivy Street
Fallbrook, CA, 92028

District Support Acknowledgment



SKM_C450i25070814500.pdf

Program Budget



Q4 Budget Report Form.pdf

Confirmation

YES - this information is accurate



Boys & Girls Clubs of North County

Published by Meredith Anderson

June 20 at 2:17 PM · 🌐

Healthy Habits Saturday
3rd Saturday of the Month

EMPOWERMENT DAY: BUILDING A HEALTHY FUTURE

Join us for the day of workshops focused on substance use prevention and prevention counseling. The health goal of ending the 20+ year gap in substance use and health-related disparities.

SATURDAY, JUNE 21ST

9:00 AM - 3:00 PM

1636 E. Mission Rd, Fallbrook, CA

(760) 731-9187

Scan QR Code to Register for Workshop

www.fallbrookhealth.org/healthy-workshops

Fallbrook Regional Health District is partnering with North Inland TUBH Behavioral Health Services to host this community event.

9 AM - 10 AM
Substance Awareness
NOT Spot It & Stop It
Gain the skills to recognize substances and their signs—this training empowers participants to identify use and respond appropriately.

10 AM - 11 AM
Clearing the Air: Vaping Facts & Risk
This interactive session explores the health risks of vaping, busts common myths, and equips attendees to make informed choices.

11 AM - 12 PM BREAK TIME

12 PM - 1 PM
The Hidden Toll of Alcohol: Long-Term Impacts
Discover how chronic alcohol use affects your health and why recognizing the signs early can make a difference.

1 PM - 3 PM
Narcotics in Action: Stop Opiate Overdoses
Attendees will get hands-on Narcotics training and take home a free life-saving kit.



Boys & Girls Clubs of North County

Published by Meredith Anderson

June 20 at 2:17 PM · 🌐

Mindful Family Moments

Con Yoga, Pranayama, Meditación y P.S.E. (Mindfulness) Educativa

Join us for a fun and calming experience designed for the whole family!

In Mindful Family Moments, kids and grown-ups learn simple, powerful ways to slow down, breathe deeply, and reduce stress together.

Through movement, breathing, and simple games, families will learn how to:

- ✓ Stay calm during busy or stressful times
- ✓ Improve focus and emotional awareness
- ✓ Strengthen family connection through shared presence
- ✓ Build healthy habits that last a lifetime

This class teaches mindfulness, meditation, and yoga for adults and kids 10+. No experience needed. Learn calm together as a family!

Workshop Details:
Tuesday June 24th
English: 5-6 PM
Spanish: 6:30-7:30 PM

Momentos de Atención Plena en Familia

Con Yoga, Pranayama, Meditación y P.S.E. (Mindfulness) Educativa

Accompanied by una experiencia serena y hermosa.

En Momentos de Atención Plena en Familia, niños y adultos aprenden juntos formas simples y efectivas de desacelerar, respirar profundamente y reducir el estrés.

A través de movimiento, respiración y juegos simples, las familias aprenderán a:

- ✓ Mantener la calma durante momentos ocupados o estresantes
- ✓ Mejorar la concentración y la conciencia emocional
- ✓ Fortalecer la conexión familiar a través de la presencia compartida
- ✓ Crear hábitos saludables que duren toda la vida

Esta clase combina atención plena, meditación y yoga para más los edades - no se necesita experiencia. ¡Una forma divertida de cultivar la calma en familia!

Detalles del Taller:
Martes, 24 de junio
Inglés: 5-6 PM
Español: 6:30-7:30 PM

Escanea el QR para obtener más información.



Fallbrook Regional Health District

June 14 at 4:00 PM · 🌐

Take a pause and connect with your loved ones through Mindful Family Moments. 🌸 ... See more



Boys & Girls Clubs of North County

Published by Loomly



May 26 · 🌸



Wednesday is the last day to register for our first week of Summer! 🌞 Be sure to make your payment and join the fun . 📍 bgcnorthcounty.org/programs/summer/
Fallbrook R... See more

BOYS & GIRLS CLUBS OF NORTH COUNTY
SUMMER 2025
June 2 - August 1

BOYS & GIRLS CLUBS OF NORTH COUNTY
VERANO 2025
2 de junio - 1 de agosto

DAY CAMP MONDAY - FRIDAY 6:30AM-6PM \$60/session per member 	SWIM LESSONS 2 WEEK SESSIONS MORNINGS Monday - Friday \$60/session per member 	DIA DE CAMPO LUNES - VIERNES 6:30AM-6PM \$60/session per member 	LECCIONES DE NATACION SESIONES DE 2 SEMANAS MAÑANAS DE LUNES A VIERNES \$60/session per member
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VISIT bgcnorthcounty.org FOR DETAILS & JOIN IN THE FUN

bgcnorthcounty.org



Boys & Girls Clubs of North County

Published by Loomly



May 23 · 🌸



Wednesday is the last day to register for our first week of Summer! 🌞 Be sure to make your payment and join the fun . 📍 bgcnorthcounty.org/programs/summer/
Fallbrook Regional Health District

BOYS & GIRLS CLUBS OF NORTH COUNTY
SUMMER 2025
June 2 - August 1

BOYS & GIRLS CLUBS OF NORTH COUNTY
VERANO 2025
2 de junio - 1 de agosto

DAY CAMP MONDAY - FRIDAY 6:30AM-6PM \$60/session per member 	SWIM LESSONS 2 WEEK SESSIONS MORNINGS Monday - Friday \$60/session per member 	DIA DE CAMPO LUNES - VIERNES 6:30AM-6PM \$60/session per member 	LECCIONES DE NATACION SESIONES DE 2 SEMANAS MAÑANAS DE LUNES A VIERNES \$60/session per member
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VISIT bgcnorthcounty.org FOR DETAILS & JOIN IN THE FUN

bgcnorthcounty.org



Boys & Girls Clubs of North County

Published by Loomly

May 21

Swim Lessons at the Club begin in June! Sign up today and splash into summer. bgcnorthcounty.org/programs/summer/ Fallbrook Regional Health District

SWIM LESSONS
2 WEEK SESSIONS MORNINGS
Monday - Friday
\$40/session per member

BOYS & GIRLS CLUBS OF NORTH COUNTY

bgcnorthcounty.org
760.728.5871

See for details

Fallbrook Regional Health District



Boys & Girls Clubs of North County

Published by Loomly

May 17

Summer! 🌞 bgcnorthcounty.org/programs/summer/
Sign up now for day camp & swim lessons at the Club... See more

<p>BOYS & GIRLS CLUBS OF NORTH COUNTY</p> <p>SUMMER 2025 June 2 - August 1</p> <p>OPORTUNIDAD MEMBRÍA Y PAQUETE DESEMPLEO PARA TODOS LOS PROGRAMAS</p>		<p>BOYS & GIRLS CLUBS OF NORTH COUNTY</p> <p>VERANO 2025 2 de junio - 1 de agosto</p> <p>OPORTUNIDAD MEMBRÍA Y PAQUETE DESEMPLEO PARA TODOS LOS PROGRAMAS</p>	
<p>DAY CAMP MONDAY - FRIDAY 6:30AM-4PM \$40/session per member</p> <p>See for details</p>	<p>SWIM LESSONS 2 WEEK SESSIONS MORNINGS Monday - Friday \$40/session per member</p> <p>See for details</p>	<p>DIA DE CAMPO LUNES - VIERNES 6:30AM-6PM \$40/session per member</p> <p>See for details</p>	<p>LECCIONES DE NATACION SESIONES DE 2 SEMANAS MARIANA DE LUNES A VIERNES \$40/session per member</p> <p>See for details</p>
<p>VISIT bgcnorthcounty.org FOR DETAILS & JOIN IN THE FUN!</p> <p>Visita bgcnorthcounty.org para obtener más detalles y unirse a la diversión!</p>		<p>VISIT bgcnorthcounty.org FOR DETAILS & JOIN IN THE FUN!</p> <p>Visita bgcnorthcounty.org para obtener más detalles y unirse a la diversión!</p>	
<p>bgcnorthcounty.org</p>		<p>bgcnorthcounty.org</p>	



Boys & Girls Clubs of North County

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May 16

Thanks to our partners at [Fallbrook Regional Health District](#), Boys & Girls Clubs of North County engages Club members in the Triple Play Program. Triple Play is a dyna... See more



BOYS & GIRLS CLUBS OF NORTH COUNTY



Boys & Girls Clubs of North County

Published by Loomly

May 7

Summer! 🌞 bgcnorthcounty.org/programs/summer/
Sign up now for day camp & swim lessons at the Club
Fallbrook Regional Health District

<p>DAY CAMP</p> <p>MONDAY - FRIDAY 6:30AM - 6PM</p> <p>📍 @Fallbrook Regional Health District</p>	<p>SWIM LESSONS</p> <p>2 WEEK SESSIONS MORNINGS Monday - Friday</p> <p>📍 @Fallbrook Regional Health District</p>	<p>DIA DE CAMPO</p> <p>LUNES - VIERNES 6:30AM - 6PM</p> <p>📍 @Fallbrook Regional Health District</p>	<p>LECCIONES DE NATACION</p> <p>SESIONES DE 2 SEMANAS MAÑANAS DE LUNES A VIERNES 6:30 AM, 6:45 AM, 7:00 AM</p> <p>📍 @Fallbrook Regional Health District</p>
<p>VISIT bgcnorthcounty.org FOR YOUR DETAILS & JOIN IN THE FUN!</p> <p>OFFICE: 225 W. HARRISON ST. FALLBROOK, CA 92028-1000 bgcnorthcounty.org</p>		<p>VISIT bgcnorthcounty.org PARA MÁS DETALLES Y ÚNETE A LA DIVERSIÓN!</p> <p>OFICINA: 225 W. HARRISON ST. FALLBROOK, CA 92028-1000 bgcnorthcounty.org</p>	

See insights and ads

Boost post



Boys & Girls Clubs of North County

Published by Loomly



April 28



Summer! bgcnorthcounty.org/programs/summer/

Sign up now for day camp & swim lessons at the Club ... See more



Boys & Girls Clubs of North County

Published by Loomly



April 17



Thanks to our partners at [Fallbrook Regional Health District](#), Boys & Girls Clubs of North County engages Club members in the Triple Play Program. Triple Play is a dyna... See more




BOYS & GIRLS CLUBS OF NORTH COUNTY

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	\$49,322.00	\$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	\$153,478.54	\$36,739.54	\$6,588.00	\$9,984.17	\$9,145.02	\$10,657.49
	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	\$1,506.91	\$1,236.78	\$1,690.75	\$464.47
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$232,800.54	\$0.17	\$8,094.91	\$11,220.95	\$10,835.77	\$11,121.96

 Total funds expended to date: **\$41,273.59**