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**Chabot-Las Positas Association of Retired Employees
CARE Fund Special Projects Grant Program
2012-2013 Application Form**

Please mail completed form to:
CARE Grants, c/o Sophie Rheinheimer
5933 McAndrew Drive
Oakland, CA 94611

Deadline: September 21, 2012
Award announcement: October 19, 2012

Applicant Information

Name ValJean Dale Site: Chabot LPC District Office
Campus e-mail address vdale@chabotcollege.edu Campus phone number 510-723-6615
(or home phone if no campus phone is available)
Division or Department Counseling Name of Mgr/Supervisor Matthew Kritscher

Project Information

Name of project Student Health 101 Digital Wellness Magazine
Amount of grant requested (max: \$1,500) \$1200.00 Expected completion date for project 12/31/13
Who will be responsible for completion of the project? ValJean Dale

Description - Provide a brief overview of project plan, stating the outcome goal:

- Please refer to the attached narrative description and brief overview of:
- Project plan and the outcome goal
 - List of sample activities planned to accomplish the goals and objectives.
 - Description of process for evaluation of the grant project
 - How to sustain the project financially for future years

Budget - Help us understand how you will spend the grant funds:
List each planned expenditure, showing: \$ amount, (to) payee, (for) description.
Example: \$56 to AcroScientific for laser pointer
Total budget should equal award request. (Provide additional narrative if desired.)

Budget Details

The budget for this resource is very simple. The annual cost of the SH101 newsletter cost negotiated down is \$2975.00 per year (includes setup --a negotiated waived setup fee):
Set up fee: \$ 0 (waived)
1 Year subscription \$2,975 (January through December 2013) Note: Coordination for the setup and customization will be performed as part of Ms. Dale's faculty load for Mental Health & Wellness.
Total = \$2,975
Note: Once the full license (1 Year Fee) is paid, we can begin using the magazine which essentially means we may have a "free month or two" in 2012 for the balance of the year as negotiated.
This cost includes the "Email Distribution" license permits with unlimited distribution of the magazine via email and web site access. It also includes campus customization plus top features used by other colleges.
Note: I am requesting the balance in "matching" funds from Chabot's ASCC (\$887.50), and from the Chabot College Student Health Fee budget (\$887.50) managed by the Chabot Dean of Counseling.
In summary, we are requesting a total of \$1,200.00 from the CARE - Chabot-Los Positas Association of Retired Employees Fund. We hope you will consider the tremendous value of this proposed resource, and will be willing to provide the partial funding to make this possible.

Benefits - Please briefly explain how the project will **improve service to the colleges** in your area of work responsibility. Describe what problem the project will solve, and how long the benefits will last. Be Specific.

An explanation of how the project can provide improvement to our campus community are outlined in the attached narrative document.

I agree to provide a one-paragraph outcome report to CARE at the completion of the project. (due: May 13, 2013)
Applicant's Signature ValJean Dale Date 9/11/12
Mgr. / Supervisor's Signature Matthew Kritscher Date 9/11/12

STUDENT HEALTH 101 – DIGITAL WELLNESS MAGAZINE -- Goals and Objectives

Personal health and wellness is one of the most important factors in a person's ability to succeed in life. At Chabot College, personal health is closely linked to student success, including academic, social, and co-curricular dimensions of their college experience. When health becomes compromised, academic success becomes difficult to achieve. Fortunately, good health can be achieved and maintained with a minimal amount of effort, barring a critical illness. Unfortunately, most of our students don't realize this. The proposal is being submitted with the goal of attaining necessary funding to purchase a 1-year subscription to Student Health 101 - a digital online, monthly, health/wellness publication geared specifically toward college students. This electronic publication offers content that is meaningful, credible, customizable to CHABOT COLLEGE, and specific to the community college population.

What benefits or unmet needs of the college does the proposal address?

Student Health 101 (SH101) will provide a remarkable *opportunity* and a wonderful resource to the Chabot's campus community. SH101 is currently offered at more than 350 colleges across the country. This newsletter can be e-mailed directly to Chabot students, and will also be linked directly to the Chabot's homepage on the web. As an electronic newsletter, it offers content that covers the spectrum of health related topics relevant to today's college students. In its most basic form, the newsletter content is supplied entirely by the editors/producers of SH101. However, each college has the opportunity to customize their own newsletter by including student video clips, student/staff articles, promotion or advertising for Chabot College events, activities, and resources, and Chabot College-specific surveys or quizzes. This customizable content provides terrific opportunities to include student work, student voices, and student feedback in the process. It also helps to make the newsletter much more "personalized" to Chabot. The possibilities for student and faculty contribution and collaboration are many. Individual students or entire classrooms can work together to create short video clips, articles, testimonials, or interviews related to health and wellness. Faculty can create assignments based on readings or written responses to newsletter content – Chabot College-specific quizzes can even be added to the newsletter content. For an online example of SH101, please visit <http://readsh101.com/stjohns.html?id=c5e19f6e> for the December version of SH101 at one of the Universities, St. Johns University.

This most trying time in history with a rise in crime, disproportionate poverty, cuts in jobs, classes, and services and the perceived attack on education, which was once thought of as "a plan and solution," provokes anger, panic, and increases anxiety on our campus community. This is a credible and timely intervention for Chabot College to make this valuable resource available to the campus community. This semester, CHABOT COLLEGE completed final steps to approving Institutional Student Learning Outcomes (ISLOs) which will guide present and future curriculum development in a very significant way. Simultaneously, CHABOT COLLEGE has also just completed a comprehensive and far-reaching Strategic Plan. Both of these are important institutional blueprints. Additionally, as a licensed mental health professional, I recommend specific attention should be paid to the concept of "community wellness," on an institutional level. Wellness in our college community is necessary for everyone in order to meet or exceed our goals; this newsletter is not only for students, but for the Chabot College community at large. Faculty will be engaged and motivated, as a result of promotional activities, to include "health and wellness" assignments or activities within their syllabus. They undoubtedly will be looking for quality, available, relevant, meaningful resources to help them meet the respective needs of students. *SH101 will serve a very important purpose in this regard.* SH101 provides an easily accessible, free (for students, faculty/staff), high-quality, interactive, tech-savvy, aesthetic, tried-and-tested health and wellness resource, which can be

used in a variety of curricular applications. With regards to personal and professional development, SH101 provides a breadth and depth of content that can be especially useful to faculty and valuable to students as a resource.

CHABOT COLLEGE is in the ranks of several other community colleges that have gone “smoke free” on campus, in a clear effort to support a more healthy campus environment and healthy personal choices. All these health-related initiatives will be supported and reinforced by this newsletter, and can actually be included as content for the newsletter.

List of sample activities planned to accomplish the goals and objectives.

It is my plan to chair a newly formed Mental Health & Wellness Advisory Committee, committed to the creating a culture of health and wellness for CHABOT COLLEGE faculty and staff this Fall semester. The primary objectives with this newsletter will be to (1) make students and faculty/staff aware of it as a valuable resource, (2) to include collaborative newsletter content using Chabot College student, faculty, and staff voices (written and filmed), (3) to support faculty in meeting their curriculum requirements for personal and professional development, (4) to support the “wellness” and to provide the entire CHABOT COLLEGE campus community with an informative, meaningful health and wellness newsletter, in an effort to inspire and support an increased commitment to institutional health and wellness.

These goals and objectives will be met in a wide variety of ways – including formal and informal discussions, flex day events, and as part of Mental Health & Wellness Informational activities on campus. Additionally, the plan is to contact specific faculty and staff if their academic discipline or department makes them a “natural fit” for utilizing a resource like this – health careers programs, (nursing, dental hygiene, etc) specific courses (nutrition, psychology and positive psychology, public speaking, journalism, creative writing, theater and performing arts, etc), academic advisors, and departments (personal counseling, fitness and recreation, etc). In addition, to faculty/staff outreach. Peer Advisors will also be utilized to outreach to students. Information sessions at Opening Day, informational tabling in the lobbies, table tents and flyers, word-of-mouth, and class-based assignments will assist in the outreach goals.

How will you evaluate the success of the grant?

SH101 is able to track the number and frequency of all Chabot College users, and to provide quantitative monthly data with that information. Additionally, at the end of the 12-month subscription, we will have 12 completed newsletters, complete (hopefully) with a wealth of customized, Chabot College-specific information and content. This collection of newsletters, including a great deal of Chabot College student voices, will represent a tremendous success.

Also meaningful will be the qualitative data collected, in the form of formal and informal feedback, by faculty, staff, and students who have utilized SH101 as a resource. We will simply ask students, faculty, and staff if SH101 has been a valuable resource for them, and if so, in what way(s). That simple inquiry should provide a wealth of positive information about the variety of ways in which the newsletter has been beneficial to the campus community. More specifically, we will also reach out to faculty/staff who have integrated the use of SH101 into their curriculum and assignments to ask about their experience with this resource. We will also rely on feedback from their students in those specific classes/programs for their direct feedback as well.

Note: In consideration of submitting this grant request, several faculty members have been engaged in informal discussion about this possible resource. A group of faculty members

indicated that they are strongly in favor of this, and would be highly likely to utilize it in their classroom as a resource for reading and possibly responsive writing assignments

How to sustain this financially for future years?

This newsletter provides an incredibly valuable resource for the Chabot College community. If it is utilized to its potential, and to the degree that we anticipate, it will quickly transform from “an incredibly valuable resource” to an “absolutely must have” resource. In the anticipated scenario in which the newsletter is being used by a variety of faculty/ staff and students in a variety of curricular and co-curricular settings, there will be no doubt that annual funding for this resource is imperative. At that point, having seen and experienced the value of this newsletter, various divisions and departments will be willing to share finances to make this an annual subscription. The funding requested for this first year will simply help to provide the chance to bring this resource to Chabot College, in order to demonstrate the myriad benefits and uses.

It is certainly also worth noting that we anticipate the first year of this newsletter to serve as a pilot program. The implementation process will require much effort and outreach, and it will likely take a while to “create a buzz” about this resource. However, if after 12 months there is positive momentum and increased readership each month, we will view that as a sign of success and a signal to keep moving forward. At that point I will approach the our student government, division deans, and the President of the college to request support from divisions to fund the continuation of SH101 on Chabot’s campus. I feel certain that there will be buy-in once the constituencies are presented with facts and benefits.

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Many thanks in advance.

Sincerely,

ValJeán Dale, L.M.F.T.