

Commonwealth Corps/MSA Host site application February 2016

Online format:

Executive Summary (850): **Must follow this template, see instructions**

The mission of Middlesex Community College (MCC) is “everyone teaches, everyone learns.” MCC will host three half-time service members who will be Wellness Ambassadors and will raise student, employee, and community member’s awareness of personal and community health and wellness and strive to build resilience. Service members will focus on three distinct topics – substance abuse prevention, mental health, and nutrition. Their efforts to educate, provide resources, and assess outcomes will ensure these critical issues and the connection between health and success is integrated across the curriculum and the Lowell community. Service members will collaborate on projects and presentations culminating in a robust calendar of opportunities for a minimum of 598 people. In addition, they will organize a new food pantry for 50 visitors, directly impact the lives of 180 individuals, and survey at least 400 members of the campus community.

Actual: Middlesex Community College (MCC) mission is “everyone teaches, everyone learns.” MCC will host 3 half-time service members who will raise student, employee, and community member’s awareness of personal and community health and wellness and strive to build resilience. Service members will focus on three distinct topics: substance abuse prevention, mental health, and nutrition. Their efforts to educate, provide resources, and assess outcomes will ensure these critical issues and the connection between health and success is integrated at MCC and in the community. Service members will collaborate on projects and presentations culminating in a robust calendar of opportunities, involving 598 people. They will organize a new food pantry for 50 visitors, directly impact the lives of 180 individuals, and and survey at least 400 people.

Organizational Background (4750):

“Everyone teaches, everyone learns,” is MCC’s mission statement. As one of the largest community colleges in MA, MCC has a total full time enrollment of more than 9,000 FTE students and over 12,000 people engaged in noncredit offerings. Founded in 1970 to serve Middlesex County, MCC has two campuses, one in Bedford and the other in Lowell, MA. MCC attracts students from eastern MA, including the City of Lawrence and Methuen (both in Essex County). MCC students are very diverse, 40.6% of the population is minority (17.5% Hispanic, 11.5% Asian, and 7.2% Black (4.4% two or more races or unreported). Over a third (37%) of enrollees are in the 19-21 year old age group, with 33% between the ages of 22 – 30, 12% are 30-39 and 7% are over 40 years old. Other demographics indicate 40% of MCC students attend full time, 73% are employed, and 48% receive financial aid.

The target population is post-secondary aged adults seeking academic, personal and/or career improvement or training. MCC is committed to providing many options to higher education. In

addition to bestowing accredited Associates degrees, MCC has more than 75 degree and certificate programs from which to choose, as well as many short term, targeted programs in selected career fields. Students have options of day, evening, or weekend classes, and/or online courses. MCC students may complete bachelor's degree programs in conjunction with MA state colleges and universities. MCC also has an extensive array of noncredit courses offering personal and professional-development opportunities.

The MCC's Student Affairs division works with students, faculty, and staff to provide a learning environment which encourages students' personal and intellectual growth, fosters their involvement in the college community, assists them in overcoming specific personal, physical or intellectual barriers, enhances their capacity to appreciate individual and cultural differences, and challenges them to increase their understanding of themselves and others as responsible members of society. Unlike other area organizations, MCC's Student Affairs offers students transformative experiences in and out of the classroom, integrating intellectual, social and emotional development, often through credit granting courses. The planned programming complements area services and is not duplicative.

MCC does partner with many local organizations and, through advocacy, diversity, and inspiration, Student Affairs provides opportunities for all students to become active and engaged leaders. MCC has worked with the Lowell National Historical Park (LNHP) and the City of Lowell for cultural and environmental enrichment programs, outreach efforts to educate the community about issues such as opioid and substance abuse, domestic violence and bullying. The MCC request is for three half-time service members to be positioned within this division to engage in health and wellness awareness building within and outside of the college. Three different departments within MCC will be involved: the Center for Health & Wellness, Personal Counseling, and the Center for Leadership & Engagement.

In addition to over 10 years as a placement site for AmeriCorps participants, MCC was a summer host for two MSA/CommCorps (CC) Members in 2011 who assisted with a science camp and an environmental clean-up and study in the LNHP. Since August of 2015, MCC has hosted four CC Members serving to improve the economic outcome potential of MCC students from disadvantaged families through peer-led job-readiness skill development. The unique model whereby four CC Members are supervised by different focus areas has been successful resulting in positive outcomes not only for the members themselves, but also for hundreds of MCC students who have connected their academic and leadership activities with future advanced college, employment and career goals through these efforts.

The service member placement vision for 2017 is inspired by the achievements of the current cohort. The goals and deliverables of the 2016 team will be sustained through existing structures, allowing focus for next year to turn to other pressing needs, specifically community health and wellness and its relationship to personal and institutional productivity and improved quality of life. Addressing these needs and serving the community advances the mission and MCC Core Values which include creating opportunity, partnerships and fostering empowerment as a key to growth.

Community and Organizational Need (3000):

MCC has selected the focus area of Health & Nutrition. Plans include activities to support substance abuse prevention and the improvement of nutritional and mental health of individuals and the community.

Much has been documented in regard to substance abuse problems in MA and the City of Lowell. The Lowell Sun newspaper reported that the city averaged 2.5 opioid overdoses per day in January 2015, and as of September of the same year, the rate had almost doubled to four per day. A February 2016 Sun article reported the number of opiate-related deaths in Lowell increased by 180% from 2014 to 2015 and across Middlesex County, deaths increased by 125%. Unfortunately, the increase in many risk behaviors have also been chronicled (Youth Survey Trend Report 2010-2014, Lowell High School) at Lowell High (LHS) with the use of marijuana and prescription drugs climbing dramatically from 2012 to 2014. In addition, other serious poor health indicators are on the rise such as the incidence of being drunk at school, selling drugs and carrying a handgun.

The inadequate knowledge base and experience to combat risk behaviors in youth continues into adulthood, as evidenced by trending increases in adult cases of diabetes, substance abuse and obesity. Most school environments have trimmed courses and time aimed at helping students achieve physical or emotional well-being in favor of test preparation. Most academic strategic initiatives do not include a wellness plan, yet staff know issues of substance abuse among secondary and post-secondary students are impacting grades, retention, persistence, and most importantly, lives every single day. National studies (citation: William James College) tell us that as many as 1 in 3 college students are experiencing depression, eating disorders, anxiety, or suicidal thoughts. And, in MA, 67.6% of LHS students were eligible for a free or reduced lunch indicating students do not have access to proper nutrition at home. LHS is the largest source of MCC's student body and the College needs to help this community become more aware of how nutrition and healthy lifestyles truly impacts their well-being, now and in the future.

Currently, MCC's Office of Student Affairs offers help and support to enrolled students through the MCC Wellness Center, Personal Counseling and Student Leadership Development activities. Free access to the Fitness Center and physical exercise programs are open to all students. There is self-help literature and face-to-face counseling available for students experiencing challenges and/or serious threats to their well-being. To increase usage of MCC services and to help the student and community learn more ways to help achieve better physical, mental and emotional health, MCC needs to expand outreach efforts and provide more educational opportunities for all ages. CC Members will be trained in presentation skills, how to ramp up current activities and enhance assets already in place.

Project Details (7500)

MCC has adopted the eight-topic “Wellness Wheel” as an educational tool that inspires goals for wellness across campus and informs co-curricular activities. The dimensions include the following wellness areas: Social, Intellectual, Occupational, Spiritual, Emotional, Physical, Financial and Environmental. This range of themes spanning the health spectrum is infiltrating the campus culture and the goal is for them to influence decisions of pedagogy, environment, and services at the College. CC Members would assist with propelling this mission forward and will focus on three significant health concerns by offering proactive support and education to MCC students and share them with the community.

1) MCC Center for Health & Wellness – The Center maintains health records, offers fitness opportunities, delivers wellness education, and coordinates an alcohol and drug education program. A CC Member placement would scale up the substance abuse prevention program specifically through the development of a calendar of events rich with educational opportunities. These might include film screenings, panel presentations, information tables, wellness fair exhibits, and classroom presentations. Videos of presentations or segments of Power Points will also be shared on the MCC intra-net and student information monitors visible in most buildings and submitted to Lowell Cable TV. Under professional supervision, CC Members would develop support literature or online content with local resources and investigate the initiation of support groups. The CC member would recruit student leaders to assist with these efforts and oversee the development of a peer educator program.

2) MCC Personal Counseling - Offering free personal counseling that is confidential, short-term, goal-oriented, this division has licensed mental health professionals who support and assist students as they cope with personal difficulties. The counselor’s role has expanded to include consultations with faculty and staff and guided support in and out of the classroom. A CC Member serving with the counselors would primarily focus on destigmatizing mental health through education and outreach. This individual would contribute to the wellness calendar through program design and implementation. They would serve alongside the counselors and other partners in relevant campus-wide trainings and presentations and manage a booth at wellness fairs.

3) Center for Leadership & Engagement – The Center introduces students to a variety of community service experiences and offers co-curricular civic learning. This work and recent attention by the Dept. of Higher Ed. has determined that there is a great need for education on nutrition and direct access to food. The CC Member would focus on developing programs and opportunities that teach the community about making healthy choices related to what they eat. In addition, the CC member will coordinate food donation efforts and assist with the development of a small pilot food distribution program. The CC Member will collaborate with a local food bank and pantries as a guide for developing this concept.

All three CC Members would meet regularly to ensure their efforts are aligned and complimenting and supporting each focus area. Each would be responsible for developing and executing a marketing plan that would include on-line resources. As a culminating project, the service team would collaborate on a campus-wide assessment survey to measure the climate

around wellness with a particular focus on these three areas of concern. The CC Members would devise a plan to survey those served through in-person questionnaires and focus groups. While designed during their time at MCC, the assessment would be implemented after most of their efforts had taken place and would not only reinforce the outcomes, but would inform the continuation and growth of these goals going forward.

Common Goals/Activities: 1) Collaborate with other CC Members to share resources, abilities and build team spirit; 2) Enhance personal communication skills; 3) Raise college-wide awareness of three identified health and wellness tracks; 4) Design and facilitate educational programs and experiences; 5) Design and implement classroom and small group presentations; 6) Research and design (in collaboration with MCC's Institutional Research) a campus climate survey related to health and the identified tracks; and 7) Learn MCC resources in depth to be able to do accurate referrals.

CC Members will build on MCC current systems and resources for health education and support and be extensively trained on the issues themselves as well as how to raise awareness and offer resources. Through mentoring they will model positive behavior and make referrals to resources at MCC or in the area. Overall, CC Members will improve awareness of the concerns impacting wellness and the preventative care and recovery services available. Through their education efforts, they will have a direct and positive impact by informing the choices hundreds of community members make each day. And, their deeper assessment of the current culture and perspective on these issues will greatly inform the direction of future wellness initiatives.

Serving as Wellness Ambassadors and as liaisons to support services and resources requires a general appreciation for the subject matter and specific knowledge about the focus areas. Some prior experience or education would be helpful, but is not required. More importantly would be a candidate's interest in the subject and desire to see the vision fulfilled. Recruitment would occur through traditional on-campus publications and posting procedures as priority would be given to MCC students. Additionally, recruitment through MSA, local partners such as the UMASS Lowell and regional graduate programs would occur.

Upon hire, the proposed timeline with benchmarks is as follows:

Quarter 1 (August-October): MSA Training; On Campus Training; Begin to recruit student leaders; Prepare materials for classroom presentations and facilitate introductions to faculty; Develop draft of program calendar, reserve spaces; Connection to area food pantry providers to begin pilot program; Offer first round of programs by end of October (one per focus area); 30 new beneficiaries involved

Quarter 2 (November-January): Minimum of one more program per focus area by semester end; Student leader meetings and assisting with efforts; Deliver a minimum of three classroom presentations; Research local resources and prepare informational publication; Compile ideas for on-line information; Refine spring calendar and update websites; Establish Food Pantry

membership rules, location and publicity materials; Research assessment best practice and begin to develop survey; 60 new beneficiaries involved

Quarter 3 (January-April): Offer at least 1 program per focus area; Participate in Wellness Expo on each campus; Deliver a minimum of 3 classroom presentations; Begin to deliver assessment surveys and host focus groups early April; 60 new beneficiaries involved

Quarter 4 (May-June): Collaborate on year-end program during College Stress-Buster Week; Finalize survey and analyze data – 400 responses (goal); 60 new beneficiaries involved

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Project Impact/Outcomes: 1500

The project will directly benefit a minimum of 180 individuals benefiting from health and wellness services that include awareness of substance about prevention, nutrition and improved physical, emotional and mental health. A conservative estimate is for at least 50 individuals using a newly established food pantry. In the short term, CC Members will gain experience in collaboration, goal setting, and improve their written and verbal communication skills as well as learn health and wellness resources and education strategies in-depth. In the long term, students and community participants will have knowledge of resources to turn to in times of personal or family crises, tips and tactics to help themselves attain and/or maintain wellness and take preventative measures in regard to substance abuse and ill-health.

The project will be monitored through regular interaction with the CC Members, the review of time reported, attendance at presentations, discussions or workshops, literature/online content developed, food pantry inventories, information posted, weblinks accessed and downloaded forms/brochures/flyers in the various topics presented. Success will be determined by achieving established benchmarks and the increase of students utilizing the Wellness Center, Personal Counseling and engaged in Student Leadership. Interaction with the community resources will also be monitored and the post project survey will capture many of these details.

Sustainability (1500 characters)

During the project, CC Members will help build capacity by raising awareness of the resources available to both students and the community in regard to general health and wellness and a specific focus on substance abuse prevention and nutrition. The best practices created by the CC Members and the results of a community wide survey will inform future programs and student leadership experiences to continue and broaden outreach to MCC students and the community. Increased use and visibility of MCC Health and Wellness, Personal Counseling and Student Leadership will have a lasting impact on the school and community by assisting a greater number of students to embrace healthier lifestyles and be more positively engaged with the community.

The Food Pantry initiative will be a pilot program with plans for it to become a student run operation under supervision by Wellness Center staff. Many MCC service clubs and honors programs have shown interest in projects such as this to address the needs of disadvantaged students which will aid the sustainability of this project.

Member Training and Benefits (1500 characters)

Orientation and training:

CC Members will participate in a week long common orientation program that consists of team building exercises, workshops on conducting surveys, data gathering and developing materials using MCC resources. They will also receive a detailed introduction to College Health and Wellness programming including Personal Counseling and food and nutrition programs as well community resources serving the target populations. This orientation will be collaboratively planned by all the department-level supervisors and coordinated by the project director. CC Members will also hold meetings with departmental personnel who will link CC Members with student groups and activities. During this period, CC Members will also establish a timeline for regular meetings to get additional support and training on presentation skills, volunteer recruitment and retention, and research strategies for their individual topics. These meetings will also be used to plan common workshops and the Stress Buster week activities. At least one department supervisor or the project director will present at each meeting.

CC Members will have a college ID, library card and privileges; comprehensive community and campus orientation; free parking; and access to the cafeteria, the Fitness Center and other amenities. Professional development opportunities include being able to participate in teaching and learning workshops offered through MCC. In addition, CC Members may attend selected conferences and workshops.

Member Supervision (2000) characters

Overall management of CC Members will be provided by Rebecca Newell, Assistant Dean of Students, a full time MCC employee. Ms. Newell has 20 years' experience overseeing student engagement programs and supervises 13 MCC staff working directly with students every day. Ms. Newell will attend at least two thirds of all meetings of CC Members, in addition to the departmental supervisor at those meetings, to plan student outreach workshops and involvement with the campus based activities and for ongoing communications with the team. She will convene department-level supervisors at least four times over the course of the placements to review project outcomes. Department-level supervision will be provided by Susan Woods, Associate Dean, Student Support Services, Lynn Gregory, Personal Counselor, Jonathan Crockett, Coordinator of Athletics, Health and Wellness and Steve Rossi, Director of Leadership and Student Activities. All are full-time employees with many years' experience supervising students and professional staff. Each department director will meet at least every other week with their CC Member to assess progress. CC Members will also attend regular staff meetings and professional develop opportunities.

In regard to physical workspaces, CC Members will have: a secure office/desk space with office supplies; daily access to phone and private voicemail; daily access to computer with Internet and individual e-mail account; access to fax, photocopier, and printer.

Past CC models (2000)

In 2011, MCC hosted to three CC Members, two of which completed the full term which was April 1 – August 31. CC Members assisted with the hosting of a summer educational camp of middle schoolers enrolled in MCC's GEAR-UP (Gaining Early Awareness and Readiness for Undergraduate Programs) with the objective to increase college and career awareness. The CC Members worked with the students and MCC Service-Learning groups to complete a variety of projects in conjunction with the Lowell National Historical Park. Projects included environmental clean ups, assisting with the set up and promotion of the Lowell Folk Festival and creating activities for children attending the Lowell Performing Arts Series. Goals were exceeded and over 90% of the youth completed the summer program.

The 2015 placement of four CC Members has also been very successful. The model was to have each CC Member aligned with a College division and embedded as a peer mentor and college and career advisor in the Academic Center for Enrichment, Office of International and Multicultural Affairs, Center for Leadership and Engagement and the Service Learning Department. CC Members were trained in: 1) workshop and presentation skills, 2) the College's resources for career development and job placement; and 3) extensive communication skills. Each member's goal was to engage with 25 students individually and another 100 at events (200 total), helping them write resumes, do career exploration and develop an understanding of how their academic experiences add to their job skills. This model is working well as students seek out the CC Member who is viewed as accessible and helpful, and of course, close in age. All participating divisions are reporting that CC Members are achieving target numbers.

Past performance/Lessons learned (2000):

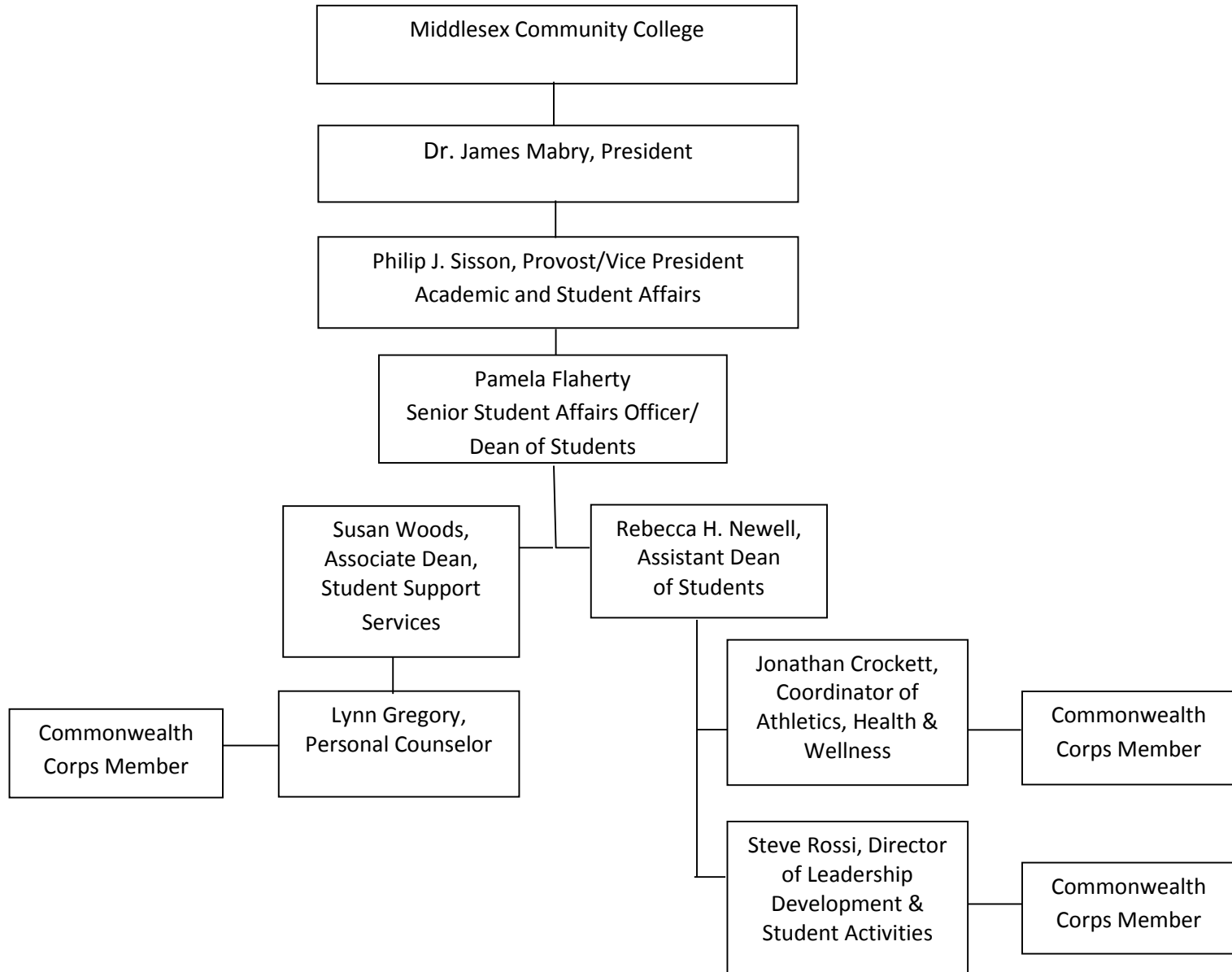
The 2011 experience was instructive as MCC students proved very responsible for assigned tasks and were motivated to complete their service term. The CC Members and the participants met or exceeded all performance measures and MCC was able to fulfill all MSA requests for information and track data.

The 2014 placements are currently in place and have been meeting benchmarks on schedule. The midyear report states that all four of the CC Members are continuing with their placements, completing over 1,500 hours as of the beginning of January and have engaged over 150 students in career preparation, well on track to meet the projected goal of 200.

Lessons learned include introducing technology where possible to help CC Members and their supervisors consolidate gathered data and reporting. Current service members and related MCC staff are using a Dropbox site and other document sharing systems to facilitate the development of materials and reporting. Several divisions have utilized Twitter and other social

media for outreach purposes. CC members also requested specific training in presentation skills as they found themselves in public speaking situations more often than anticipated. At a recent meeting regarding tactics useful for addressing achievement gaps in the college experience, the current CC Member model was promoted as a way to reach students struggling with persistence and who are falling short of success. MCC plans to continue with and adapt the model for College programming beyond career and job skill development.

Middlesex Community College Commonwealth Corps Member Organizational Chart





Commonwealth Corps Service Position Description



MIDDLESEX COMMUNITY COLLEGE

Positions in each department of:

Center for Health & Wellness (1)

Personal Counseling Office (1)

Center for Leadership & Engagement (1)

Commonwealth Corps Wellness Ambassador

The mission of the Commonwealth Corps is to engage Massachusetts residents of all ages and backgrounds in service to strengthen communities, address unmet community needs, and increase volunteerism.

Commonwealth Corps members with Middlesex Community College (MCC) will serve 10.5 months in a half-time capacity. What they have in common is a desire to put their talents and ideas to use in the service of their communities and the Commonwealth.

Established in 1970, MCC is one of the largest community colleges in the state with enrollment exceeding 9,000 FTE students.

The Wellness Ambassadors will serve the college community by promoting an overall sense of wellness while improving awareness of the following critical health concerns: substance abuse prevention, mental health awareness, nutrition information and access. The Ambassadors will be part of a team who will design and implement programs and opportunities for the MCC student body, employees, and the larger community to promote healthy living and access to resources.

Responsibilities:

Essential:

- Complete a minimum of 750 hours of service, serving through June 24, 2017.
- Attend all required Commonwealth Corps trainings and service events held by MSA and Middlesex Community College including a new member orientation on August 15 & 16, 2016.
- Participate in a minimum of 30 minutes of MSA-related activities each week, in person or virtually.
- Conduct outreach on campus and electronically with students and employees, creating awareness of the importance of health and wellness and making referrals to MCC resources.
- On a daily basis, partner with MCC students, recruiting volunteers to assist with these efforts, inviting their engagement in activities, and generally informing and connecting in myriad ways regarding the subject matter.
- Design and implement at least five educational programs such as film screenings, panel presentations, and interactive activities related to the subject matter.

- In collaboration with the other MCC Commonwealth Corp members, prepare materials and content for classroom and small group presentations on the subject matter. Facilitate at least four presentations.
- In collaboration with the other MCC Commonwealth Corp members, develop a survey related to this topic; collect and analyze results.

Additional:

- Attending meetings, presentations, and trainings when those activities apply to the above roles and responsibilities of their service placement.

Qualifications:

Required

- Massachusetts residency and legal authorization to work in the United States
- 18 years of age or older
- Experience with or interest in volunteerism and community engagement
- Ability to balance service commitment with other family/work/school/community commitments in a sustainable way.
- Ability to work as part of a team
- Ability to oversee and lead college students
- Strong organization and interpersonal communication skills

Preferred

- Current enrollment as a student at MCC
- Experience or interest in health-related matters

Member Benefits:

- **Stipend** of \$239.58 every other week while in service, up to \$5,750, minus taxes and withholdings;
- **Completion award** of up to \$1,000 upon successful completion of service, minus taxes and withholdings;
- **Training and other professional development** opportunities;
- **Limited reimbursement for travel** to Corps-wide MSA-sponsored activities;
- Limited travel reimbursement for service-related travel away from campus, according to MCC/departmental policies;
- The opportunity for at least five days of planned absences (may include holidays); and
- Opportunity to join with others with a common sense of purpose as part of the Commonwealth Corps.
- Opportunities to use MCC facilities and resources such as access to the cafeteria and fitness center, free parking, library card, and college ID.

Please note that receipt of these stipends/benefits may impact an individual's eligibility for certain public benefits.

Term of Service:

- **Position Start Date:** August 15, 2016
- **Position End Date:** June 24, 2017
- Service commitment will average 18-20 hours per week over 10.5 months, beginning in mid-August 2015 and conducted during usual college hours/semesters (generally 9am-5pm Monday-Friday, with alternate scheduling during school vacations).
 - On average one evening and one weekend day of service per month are expected, with advance notice given.

Application Instructions:

- To apply, please submit a cover letter and resume to Rebecca H. Newell, Assistant Dean of Students, via email at newellr@middlesex.mass.edu. Application period is rolling with preference given to submissions received before May 13.

Accepted members will be required to undergo a criminal offender and sexual offender background check.

Middlesex Community College is an affirmative action/equal opportunity employer and does not discriminate on the basis of race, color, national origin, sex, disability, religion, age, veteran status, genetic information, gender identity or sexual orientation in its programs and activities as required by Title IX of the Educational Amendments of 1972, the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act of 1973, Title VII of the Civil Rights Act of 1964, and other applicable statutes and college policies. The College prohibits sexual harassment, including sexual violence. Inquiries or complaints concerning discrimination, harassment, retaliation or sexual violence shall be referred to the College's Affirmative Action and/or Title IX Coordinator, the Massachusetts Commission Against Discrimination, the Equal Employment Opportunities Commission or the United States Department of Education's Office for Civil Rights.

ATTACHMENT A: PERFORMANCE MEASURE WORKSHEET

Applicants must **complete (1) the capacity-building section AND (2) the section appropriate to their one selected focus area.** See page 19 for details and instructions on completing this section. In your submission, please delete the sections for the focus areas not selected.

CAPACITY BUILDING (Required for all sites)	
Goal: To expand the scale, reach, efficiency, or effectiveness of programs and organizations.	
Please indicate your anticipated target for each indicator as a result of the Commonwealth Corps members' activities.	
REQUIRED MEASURES:	
Indicator	Target
Number of community volunteers recruited and/or managed by projects/members.	36
Number of hours of service contributed by community volunteers recruited and/or managed by projects/members.	137
Dollar value of cash and/or in-kind support leveraged by members, including member-managed volunteers (DO NOT include value of Commonwealth Corps members).	\$9,580
Number of unique individuals who have been directly impacted by/benefited from your members' service/projects?	180
Describe the instrument(s) or tools you will use to track these data: attendance counts; online requests, class and focus group participation, weblink downloads; food pantry usage, survey results.	
Number of member projects aimed at increasing sustainability/documentation of program.	11
Describe at least one member activity aimed at increasing sustainability/documentation: campus wide survey to influence future programming and establishment of a food pantry at MCC	
Describe the impact you expect in this area as a result of the Commonwealth Corps project: Survey will impact curriculum development, potential credit and non-credit offerings, professional development	
<u>ADDITIONAL MEASURES (select at least one):</u>	
Indicator	Target
Number of new beneficiaries served as a result of the project/member activities.	180
Number of additional activities completed and/or program outputs produced by the program as a result of the project/member activities (apart from those sustainability projects listed above). Post program activities survey, estimated number of respondents	400
Number of existing beneficiaries reporting improved program services as a result of the project/member activities.	70
Describe the instrument(s) or tools you will use to track these data: attendance counts; request for materials, class and focus group participation, weblink downloads; food pantry usage, survey results.	
Describe the impact you expect in this area as a result of the Commonwealth Corps project: Best practices documented, student training guidelines updated, increased awareness re: substance abuse prevention, nutrition, emotional and mental health and physical wellness among MCC students and public, increased amount of students using Wellness Center, public awareness of more community resources for health and wellness.	

HEALTH AND NUTRITION	
Goal: To improve the physical and mental health of communities and individuals.	
Please indicate your anticipated target for each indicator as a result of the Commonwealth Corps members' activities.	
<u>MEASURES (select at least two):</u>	
Indicator	Target
Number of individuals utilizing preventive and primary health care services and programs.	
Number of clients to whom information on health insurance, health care access, and health benefits programs is delivered.	
Number of clients enrolled in health insurance, health services, and health benefits programs.	
Number of individuals participating in health education programs.	598
Number of individuals enrolling for Food Pantry distributions and nutrition information.	50
Number of individuals from the overall population served in this focus area who received substance abuse prevention or treatment related services. <i>(Applicants are strongly encouraged to include this measure, if relevant, which does not count toward required minimum of two measures.)</i>	250
What specific instrument(s) will be used to measure results? Attendance forms; request for materials forms, class and focus group participation, weblink downloads; food pantry usage, survey results.	
Describe the impact you expect in this area as a result of the Commonwealth Corps project: Best practices documented, student training guidelines updated, increased awareness re: substance abuse prevention, nutrition, emotional and mental health and physical wellness among MCC students and public, increased amount of students using Wellness Center, public awareness of more community resources for health and wellness.	

HEALTH AND NUTRITION

Goal: To improve the physical and mental health of communities and individuals.

Please indicate your anticipated target for each indicator as a result of the Commonwealth Corps members' activities.

MEASURES (select at least two):

Indicator	Target
Number of individuals utilizing preventive and primary health care services and programs.	
Number of clients to whom information on health insurance, health care access, and health benefits programs is delivered.	
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Number of individuals enrolling for Food Pantry distributions and nutrition information.	50
Number of individuals from the overall population served in this focus area who received substance abuse prevention or treatment related services. <i>(Applicants are strongly encouraged to include this measure, if relevant, which does not count toward required minimum of two measures.)</i>	250
What specific instrument(s) will be used to measure results? Attendance forms; request for materials forms, class and focus group participation, weblink downloads; food pantry usage, survey results.	
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