



Purpose:

Improve the health and wellness of Community Mental Health adult consumers with intellectual and/or developmental disabilities (I/DD) through gym memberships, increasing health and wellness opportunities, accessing local community events related to health, and providing transportation stipends for health-related activities, as needed.



Grant Overview

Funder: Michigan Health Endowment Fund (MHEF)
Grant Period: 10/1/2021-9/30/2024 (original end date 9/30/2023)
Funding: \$155,000, CMHOC in-kind contribution through staff time allocation



Participation

100 participants have signed-up and completed baseline self-assessments of their current health status, nutrition and activities of interest

31 memberships or eligibility for Planet Fitness (Holland, Grand Haven), Spring Lake Aquatic Center and Holland Aquatic Center



Program Highlights

Developed **monthly events calendar** to highlight free or low-cost health and wellness activities occurring throughout the county

Directly coordinated **cooking and nutrition classes** through MSU Extension which focused on nutritional education, kitchen skills (measuring, food prep) and food sampling.

Two collaborative **community health fairs**

Planet Fitness **specialized class and onboarding session** offered to promote the facility

Distributing **gas cards** to participants to aid in access to health and wellness opportunities (in progress)

Distributing funder-approved at-home **supplies** to support health journeys, such as a pedometer, odometer, stretch bands or water bottle (in progress)



Future Activities

Contract with local I/DD organizations to directly provide nutritional education and health-related activities (17 contacted, 4 interested)

Programming in residential homes to incrementally improve the culture of food and health perceptions based on the unique needs of the facility. In partnership with MSU Extension program.

Continued promotion of the grant program to all eligible individuals (emails, direct mailings, and regularly updating CMH Supports Coordinators)

Increase gym membership distribution to participants

Collaborative 2024 community health and wellness fair

Expand gas card and at-home supply distribution (pending participant interest and funding availability)