



On the   
T.R.A.I.L. to



Diabetes Prevention

# Program Training Webinar

# 2017-2018 Implementation Training Series

- ✓ Welcome – Program Overview and Budget Development
- ☐ Program Introduction, History, Framework, and Requirements
- ☐ National Training - December 5-7, 2017
  - Location (TBD)

# Learning Objectives

- To understand the framework and purpose of T.R.A.I.L.
- To become skilled at using a Letter of Agreement (LOA) as road map to grant implementation
- To learn programmatic and financial requirements of the T.R.A.I.L. program
- To navigate [www.NAClubs.org](http://www.NAClubs.org) as a resource for the T.R.A.I.L. Program.
- To make connections and learn from each other

# T.R.A.I.L. Team

## National Congress of American Indians (NCAI)

**Natasha Anderson**, Native Youth Strategy Coordinator  
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## FirstPic, Inc.

**Kelly Baird**, Project Director  
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# Introduction to T.R.A.I.L.

WHAT IS THE PURPOSE OF T.R.A.I.L.?

WHAT DOES T.R.A.I.L. STAND FOR?

WHO FUNDS AND SUPPORTS T.R.A.I.L.?

# Fast Facts about T.R.A.I.L.

- Type II diabetes prevention program for Native American/Alaskan Native youth ages 7-11 in Boys & Girls Clubs
- Promotes physical activity and good nutrition
- Encourages self-respect and self-worth
- Increases healthy habits and well-being among families, the community and Club
- What does T.R.A.I.L. stand for?
  - Together **R**aising **A**wareness for **I**ndian **L**ife

# National Partners

U.S. HHS



IHS



NCAI



BGCA



**BOYS & GIRLS CLUBS**  
OF AMERICA

FirstPic, Inc.



# History of T.R.A.I.L.

HOW LONG HAS T.R.A.I.L. BEEN RUNNING?

HOW MANY YOUTH HAVE BEEN SERVED?

HAS THERE BEEN ANY CHANGES TO T.R.A.I.L.?



# History of T.R.A.I.L.

- Established in 2003
- Created as a program to prevent diabetes in tribal communities
- Began with 6 pilot sites
- Over 16,000 youth served
- Curriculum revision published in 2013
- 2017 curriculum updates
- Age of eligibility changed for 2014-2015 grant year
- Youth can now participate in multiple grant years

Year	Number of Grantees	Youth Served
2003-2004	6	150
2004-2005	25	1,250
2005-2006	28	1,541
2006-2007	40	1,979
2008-2009	38	1,691
2009-2010	40	1,673
2010-2011	40	1,762
2011-2012 (extension)	39	860
2012-2013	50	1,066
2013-2014	53	1,165
2014-2015	50	1,259
2015-2016	59	1,217
2016-2017	65	Approx. 1,073
<b>Total (approx):</b>		<b>16,686</b>

# **T.R.A.I.L. Framework**

PROGRAM FOUNDATION

PROGRAM FRAMEWORK

# Program Foundation: The Circle of Life

- A concept generally recognized by most Native communities.
- Ability to be expressed in various ways
- Teaches four aspects to our nature:
  - physical
  - mental
  - emotional
  - spiritual

# T.R.A.I.L. Program Framework

- Education
  - Backbone of the program
- Physical Activity
  - Physical Activity Challenges= T.R.A.I.L. participants only!
  - Daily Physical Activity= Club members
- Healthy Snacks
- Community Health Partner
- Community Education Project
  - Chapter 11 of curriculum
- Data Collection and Reporting
- Caretaker & Volunteer Involvement

# Program Requirements

GRANT ADMINISTRATION

CURRICULUM IMPLEMENTATION

# Using Your LOA as a Road Map



# On the T.R.A.I.L. to Success: What is in your Letter of Agreement (LOA)?

- Program Description
- Program Requirements
- Administrative and Financial Requirements
- Reimbursement Requirements
- Disbursement and Use of Grant Funds



# Utilizing Your LOA and Grantee Timeline

- Be mindful of both internal and external due dates.
- Designate a “tool” to track that you are making grant deliverables.
- Use your LOA as a roadmap for separating the 3 “R’s”:
  1. Requirements
  2. Recordkeeping
  3. Reporting

# Program Requirements Overview

- During the grant year, you must...
  - Implement at least one 12 week round of the T.R.A.I.L. curriculum (including pre-tests, post-tests, and PA Challenges);
  - Complete one youth-led, T.R.A.I.L. focused community education project (Chapter 11) per round of implementation;
  - Complete two hands-on, healthy snack demonstrations per round of implementation;
  - Offer Club-wide physical activity most days the Club is open for at least 60 minutes;
  - Collect and report T.R.A.I.L. program data;
  - Recruit and sign a Memorandum of Agreement with a Community Health Partner.

# Daily Physical Activity

- 60 minutes per day, a minimum of 5 days per week
- Examples: SPARK, Triple Play, sports leagues or clubs, etc.
- Data will be collected and tracked on the number of days physical activity occurred, daily how many minutes of physical activity occurred, and how many boys and how many girls participated in the physical activity each day.
  - **Track the total number of participants at the Club, not just T.R.A.I.L. participants.**

# Healthy Food Options

WHAT FOODS ARE T.R.A.I.L. APPROPRIATE?

# Incorporating Healthy Snacks

- A healthy diet = balanced diet
- Five food groups
- Healthy snacks guidance resources
  - [NAClubs.org](http://NAClubs.org)

# Does organic mean T.R.A.I.L. appropriate?

- Definition: Grown without the use of artificial chemicals
- Take the “fresh is best” approach when grocery shopping.
- Remember that natural does not automatically equal healthy, so shop with caution.
- Organic sugar is still sugar which can be harmful to one’s diet.
- Read more at [diabetes.org](http://diabetes.org).

# Why do healthy food choices matter?

- Program goal is to reduce onset of type 2 diabetes.
- Promote health and wellness to youth.
- Healthy food helps youth have the fuel needed to do physical activity.
- Unhealthy foods will not be reimbursed with the T.R.A.I.L. grant!

# Curriculum vs. Grant

## Activities, Requirements, & Reporting

**Curriculum Implementation Dates:**  
Depends on your organization  
(Ex: Jan 2018-May 2018)

Entails tracking and reporting **curriculum implementation:**

- One or Multiple Rounds (min. of 12 weeks)
- Youth Data/Participating Youth
  - Pre-tests/post-tests
  - Physical Activity Challenges
- Curriculum Lessons
- Volunteer & Caretaker Participation
- Healthy Snack Demonstrations
- Program activities
- Community Education Project

**Grant Implementation Dates:**  
Oct 2017 - Aug 2018

Entails tracking and reporting **status of grant requirements:**

- Recruitment
- Retention
- Daily Physical Activity (Club-wide)
- Community Health Partner
- Volunteer & Caretaker Participation
- Quarterly Progress Reports
- Reimbursement Requests
- Administrative requirements



# Multiple Rounds of Implementation

- Curriculum and Physical Activity Challenges can be implemented more than once.
- Split youth awarded in LOA into multiple groups
- Example: 20 youth required by LOA
  - 10 youth will participate in Round 1 from November until January/February .
  - 10 different youth will participate in Round 2 from May until July.

# Community Health Partner

- A Community Health Partner should be identified and confirmed
  - Signed MOU/MOAs with a Community Health Partner are due to FirstPic by January 31<sup>st</sup>
  - Existing MOU/MOA agreements – valid if no end date
    - Please resubmit to FirstPic by January 31<sup>st</sup> confirming
- Establishing strong partnerships in your community to compliment your efforts to educate Club youth about type II diabetes
  - Provide direct access to real health care professionals with resources, specialized knowledge and medical expertise
  - Assist with implementation of the curriculum lessons and/or community education project

# Updates & Changes

- Online Reporting Site
  - Contact Form
  - PA Logs
  - Youth Data
- Curriculum
- Physical Activity Challenges
- MOU with Community Health Partner
- Community Education Project
- T.R.A.I.L. Participation Notice & Club Membership Forms

# Additional Changes and Potential Opportunities

- Behavioral Health Curriculum Pilot
- Providing healthy snacks to all Club members
- Redefining healthy snacks
- Expanding purposes of supplies
- Summer Camp Pilot

# Take a Deep Breath

- What have we learned?
- What questions do you want answered about the program and requirements?

# Club Staff Changes

- In the event of staff turnover, please send Ildefonso Pillot-Olive ([ipillotolive@firstpic.org](mailto:ipillotolive@firstpic.org)) a new hire e-mail notification with the following details:
  - Name:
  - Email:
  - Phone #:
  - Role/Title:
- FirstPic will conduct program and finance trainings in order to provide a smooth transition and quick on-boarding process for new T.R.A.I.L. staff at your organization.
- Approximately one hour training webinar customized for program, finance and managerial staff facilitated by a member of the FirstPic team.

# 5 Tips to be Successful with the T.R.A.I.L. Grant

1. Read *all* communications from FirstPic, Inc., NCAI, and IHS in their entirety.
2. Use your LOA as a guide and share with staff involved with the program.
3. Prepare a calendar with deadlines and reporting due dates.
4. Inform FirstPic, Inc. of any staffing changes at your site.
5. Explore and utilize the resources available to you including FirstPic, Inc. staff! Don't be afraid to call/email to ask questions!

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# Contact Information

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