

Implementation Training

September 25-26, 2018

Minneapolis, MN

Opening Prayer & Welcome

Introductions

National Congress of American Indians (NCAI)

Kurt Sodee, Chief Financial Officer

FirstPic, Inc.

Kelly Baird, Program Manager

Abrahm Neuser, Senior Project Coordinator

Robin Paterson, Project Manager

Matt Bieler, Project Assistant

Chris Clemens, Project Assistant

Boys & Girls Clubs Native Services Unit

Christian Weaver, Native Director of Development

Jacquie Van Huss, Native Director of Development

National Partners

HHS



IHS



NCAI



BGCIC



FirstPic, Inc.



Breaking the Ice!

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

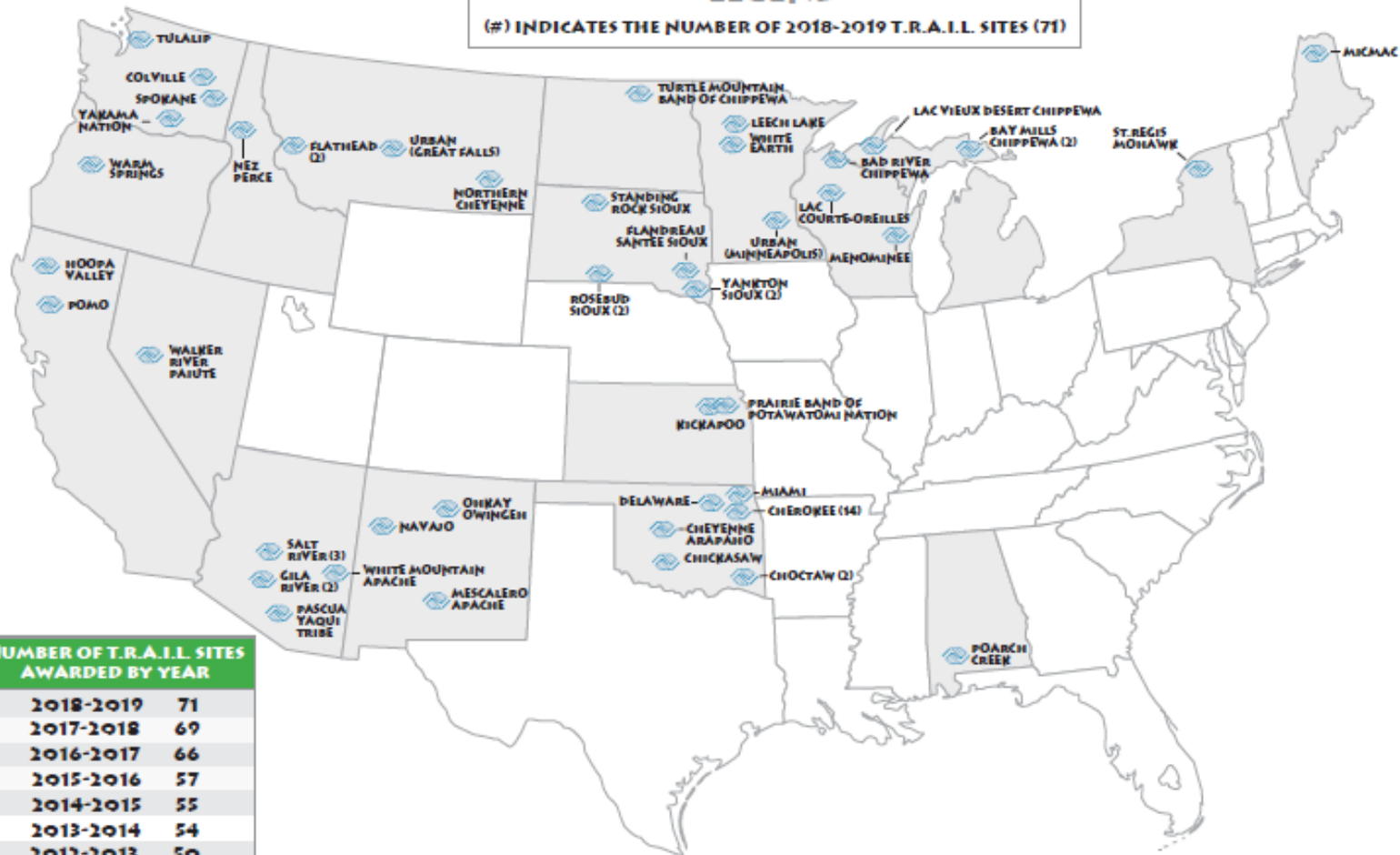
IMPLEMENTATION TRAINING

ON THE T.R.A.I.L. TO DIABETES PREVENTION PROGRAM TRIBES PARTNERING WITH BOYS & GIRLS CLUBS IN INDIAN COUNTRY 2018-2019

1-866-NA CLUBS | WWW.NACLUBS.ORG



LEGEND
(#) INDICATES THE NUMBER OF 2018-2019 T.R.A.I.L. SITES (71)



NUMBER OF T.R.A.I.L. SITES AWARDED BY YEAR	
2018-2019	71
2017-2018	69
2016-2017	66
2015-2016	57
2014-2015	55
2013-2014	54
2012-2013	50

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 a road map to grant implementation
- To learn programmatic and financial requirements of the T.R.A.I.L. program
- To navigate the new online reporting system effectively
- To navigate T.R.A.I.L. resources including www.NAClubs.org
- To become comfortable with the T.R.A.I.L. curriculum
- To become skilled at identifying healthy snacks to provide at your Club
- To network, make connections, and learn from each other

Setting ourselves up for success

- Please tell us...
 - 1) One unique thing you think you can bring to this Training
 - 2) One question you have about the training
 - 3) One goal you want to accomplish by the end of the training
- Q&A throughout the training

Setting ourselves up for success cont.

We are going to need a few things from each of you during the course of this training

From our experienced Coordinators and Youth workers: *Expertise, openness to new ideas and willingness to share*

From our new Coordinators and Youth workers: *Curiosity and a willingness to ask questions*

**WHAT IS T.R.A.I.L. AND WHAT DOES
IT ENTAIL?**

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

- Education
- Physical Activity
- Healthy Snacks
- Community Health Partner
- Community Education Project
- Data Collection
- Reporting
- Caretaker & Volunteer Involvement

T.R.A.I.L. is about Holistic Health

Using Your LOA as a Road Map



Mapping out success with your LOA

Nearly everything you need to complete as part of a successful T.R.A.I.L. program is listed on your Letter of Award.

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

Changes to your LOA this year

- Serving “A minimum of...”

Utilizing Your LOA

- Be mindful of both internal and external due dates.
 - Ways to track dates at your Club?
- Share your LOA or the sample LOA with all T.R.A.I.L. staff at your Club
 - How do you maintain regular communication with all Club Staff that work on T.R.A.I.L.?
- Use the Grantee Timeline as a reference
- Designate a “tool” to track grant deliverables
 - Utilize and review your Implementation plan
 - Outline 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 and report on Club-wide physical activity most days the Club is open for at least 60 minutes;
 - Collect and report T.R.A.I.L. program, youth, and fiscal data;
 - Recruit and sign a Memorandum of Agreement with a Community Health Partner.

Break Time



COMMUNICATION

Communication

- Successful implementation of the T.R.A.I.L. program requires smooth and regular communication
 - Internal communication
 - Communication with NCAI, DODs, and FirstPic
 - Communication with families and the community

Internal Communication

- All staff that work on the T.R.A.I.L. program should be in communication regularly
 - Healthy snacks
 - Program materials purchases
 - Reporting
 - Staff changes
- What are ways that your Clubs ensure quality flows of communication?

Communication with NCAI, DODs, and FirstPic

- We want to hear from you
 - Doors (Emails/phones) are always open
- NCAI
- DODs
- FirstPic

Club Staff Changes

In the event of staff turnover...

- 1) Please send Abrahm Neuser (ANeuser@firstpic.org) an e-mail notification with an updated contact form
- 2) New staff should be directed to review the existing training resources and webinars available to them via the T.R.A.I.L. Resource Center
- 3) FirstPic staff will also respond to welcome the new staff person and be available to give tailored training based on the new staff's needs

We need you to keep us in the loop for this process to work

Communication with Families and the Community

- Holistic health also means community health
- Who is part of the T.R.A.I.L. program?
- Why is community communication important?
- You are the experts
 - Don't be afraid to get creative with your outreach

Where does communication break down?

- What has been some difficulties you have had with communication and the T.R.A.I.L. Program?
- Who can help? (Firstpic, NCAI, DODs, Club staff)
- What can be done?

Available Resources

- NAClubs.org
 - Webinars & PowerPoints
 - Resource Documents
 - Just Remember: *healthylifestyles*
- Your Club's Implementation Plan
 - Club staff resource
 - Informs TA support from NCAI and FirstPic, Inc.
- Your Club's Budget & Budget Narrative
 - Collaboration between program and finance staff

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

1. Read *all* communications from FirstPic, Inc., NCAI, or IHS in their entirety.
2. Use your LOA as a guide to success. 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 via the Contact form.
5. Explore and utilize the resources available to you including FirstPic, Inc. staff! Don't be afraid to call/email to ask questions!

Lunch Time



ONGOING TRAINING, TECHNICAL ASSISTANCE AND KNOWLEDGE-SHARING

Training Doesn't Stop Here

- We at FirstPic and NCAI want to continue to support you throughout the grant year in ways that you believe will be most helpful and engaging

We want to hear from you!

- Break into Groups of 6-8 people
- Choose a writer for your group
- Choose a presenter for your Group

We want to hear from you!

1. What kind of training, technical assistance, or support would you like? (webinars, conference calls, training handouts, etc.)
2. How often would you like some kind of group training event/resource?
3. What topics would you like to see covered

Bring it back together

Each Group Present...

1. Three training topics
2. Two training types
3. One training interval suggestion

HEALTHY FOODS FOR HEALTHY LIFESTYLES

Why do healthy food choices matter?

- Program goal is to reduce onset of type 2 diabetes
- Promote health and wellness to youth
- Healthy, nutritious 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!
- Choice and accessibility

Incorporating Healthy Snacks

- Go, Slow, Whoa foods
 - Fresh is best
 - A balanced diet = healthy diet
 - Natural/organic does not automatically mean healthy
- Healthy Snacks Guidance resource
- Healthy snacking resource
- Budgeting for healthy eating

Common Challenges

We understand that each Club is different and will come with unique challenges

Distance from diverse and fresh
food options

Possible ways to help

- Planning Ahead
 - Budget more time and mileage
 - Make a list (turn it into an extra T.R.A.I.L. activity with the youth)
 - Shelf life

Getting Youth interested in healthy foods

Possible ways to help

- Mixing things up
- Disguising or mixing foods
- Tying foods back to local history

Roundtable Discussion

In your same groups, please consider the following:

- How can traditional foods from your community be integrated into the T.R.A.I.L. program? Are there any ideal collaborations that can help teach the youth about eating and harvesting traditional foods?
- How does access to fresh foods impact your T.R.A.I.L. program?
- What are the participants' perception of healthy foods/snacks? What are the staff perceptions about healthy food/snacks?
- Who can help with snack demonstrations for the T.R.A.I.L. participants?
- What is my Club's greatest challenges with this component of the program?
- What are successes we have seen with T.R.A.I.L. participants exploring or learning about healthy foods?

BREAK – 15 Minutes

PHYSICAL ACTIVITY BEST PRACTICES AND KNOWLEDGE-SHARE

Physical Activity

- Break into groups of 6-8 people
- Choose a writer for your group
- Choose a presenter for your group

In your groups

1. Review the Physical Activity Kits in your groups and discuss what you think are some that might be the most successful at your Clubs.
2. As a group, Choose one physical activity from the packet (or that you have created at your Club) that you believe other Clubs would benefit from
3. Give a Short (2 min) description of the activity

Share your experiences

- What have been the most successful ways to engage youth in Club-wide Physical Activity?
- What materials were needed?
- Are all the items reimbursable?
- Why do you think these activities worked?
- Who is/can be involved in facilitating Physical Activity?

Q & A

Looking ahead

What have we covered today

What to expect for tomorrow

- Program and Finance Tracks
- Interactive Training
- Q & A
- Evaluations
- Departures
 - If you are departing tomorrow, please be sure to check out of your room in the morning. We will provide space to store your luggage.

Connect with each other

- Please take this opportunity to connect with each other and strengthen the network of T.R.A.I.L.

Contact Information

National Congress of American Indians

trail@ncai.org

Kurt Sodee ksodee@NCAI.org

FirstPic, Inc.

Abrahm Neuser aneuser@firstpic.org

Matt Bieler mbieler@firstpic.org

Robin Paterson rpaterson@firstpic.org

Aji Bakare abakare@firstpic.org

Chris Clemens cclemens@firstpic.org