



# **Introduction to Be Well Fox Valley AmeriCorps Information Session**

**2023-2024 service year**



- Overview of AmeriCorps & BWFV
- Overview of BWFV AmeriCorps
- Who are the members?
- Host site information
- Application overview
- Wrap up





# Overview of AmeriCorps



- What is AmeriCorps (Ameri-core)?
  - Federally funded agency
  - Funds programs that utilize members (through service) to address identified areas of need within the nation/community, etc.
  - Members = individual who serves in an AmeriCorps program



**AmeriCorps**

Federal level



State level



Local program

- Some issues that AmeriCorps can address:
  - Child and Adult Education
  - Community Development
  - Disaster Relief
  - Environmental Issues
  - **Health and Human Services**
  - Homeland Security
  - Mentoring
  - Senior Care
  - Service Learning



- What is Public Health AmeriCorps?
  - Partnership: AmeriCorps + CDC
  - Goals:
    - Address local public health needs
    - Public health workforce development



**AmeriCorps**

Federal level



State level



Local program



# Overview of BWFV



- Mission:
  - Partnering to advance a culture of health and well-being for all
- Vision:
  - The Fox Valley is a place where all people have the opportunity to live longer, healthier, and happier







## 5 Goals:

1. A vibrant regional food system that provides access to healthy, affordable food for all people.
2. A cohesive and connective multi-model network that provides recreational and transportation options for all people.
3. Local settings (hospitals, communities and neighborhoods, schools, early care centers, worksites, and faith institutions) that promote healthy choices and behaviors.
4. Strong community-clinical partnerships that help prevent and manage chronic disease.
5. Inclusive public spaces that foster social connection.



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# Overview of BWFV AmeriCorps

- **What:**

- Members provide capacity building services that support physical, mental, social health and wellbeing
- Member activities → support BWFV, host site organizations, and community members
- Grant funded = 9/1-8/31
- United Way Fox Cities = housing and fiscal agency to BWFV and BWFV AC





- **Where:**

- BWFV AmeriCorps jurisdiction = Calumet, Outagamie, Winnebago Counties and neighboring WI counties
- Host site = organization that has a member serving their time
- Members serve at eligible host site organizations:
  - Federally Recognized Indian Tribes
  - Educational Institutions
  - Governments Agencies
  - Nonprofit Organizations

- **Where:**

- Examples of past and current host sites:

- Local health departments: Calumet, Outagamie, and Winnebago Counties
- Local health systems/clinics: Ascension, Aurora, ThedaCare, Mosaic Family Health, Partnership Community Health Center
- Be Well Fox Valley
- Community Clothes Closet
- Feeding America Eastern WI
- First Five Fox Valley
- Fox Valley Advance Care Planning Partnership
- Menasha Joint School District
- NEW Hmong Professionals
- Pillars
- Riverview Gardens
- SOAR Fox Cities
- UW-O Head Start
- United Way Fox Cities
- YMCA





- **Goals:**

- 14 members will be enrolled in our program
- Members will support at least 8 host site organizations with capacity building services.
  - 6 of those organizations will report an increase in efficiency, effectiveness, and/or scale/reach in the member-supported programs
- Provide training and ongoing support to all participating host site organizations
- Provide, lead, and/or connect enrolled members to personal and professional development training opportunities
- Positive improvement in health and well-being throughout the greater Fox Valley region



• **When:**

- 2023-2024 service term options

Service Term Option	Service Term Start-End Dates	Types of member positions available for the Term Option.	Average hours/week	Host Site Cash Match Amounts	Living allowance amount per pay period	Education award amount
Yearlong	9/1/23-8/31/24	1700 hour	35-40	\$7,000	\$958.33	\$6,895.00
		1200 hour	23-29	\$4,941	\$676.47	\$4,826.50
		900 <a href="#">hour</a>	18-22	\$3,706	\$507.35	\$3,447.50
		675 <a href="#">hour</a>	13-17	\$2,779	\$380.51	\$2,626.27
		450 <a href="#">hour</a>	8 to 12	\$1,853	\$253.68	\$1,824.07
First half	9/1/23-2/28/24	900 <a href="#">hour</a>	35-40	\$3,706	\$1,014.71	\$3,447.50
		675 <a href="#">hour</a>	26-31	\$2,779	\$761.03	\$2,626.27
		450 <a href="#">hour</a>	18-22	\$1,853	\$507.35	\$1,824.07
		300 <a href="#">hour</a>	12 to 15	\$1,235	\$338.24	\$1,459.26
2024 term	1/3/24-8/31/24	1200 hour	35-40	\$4,941	\$1,014.71	\$4,826.50
		900 <a href="#">hour</a>	27-31	\$3,706	\$761.03	\$3,447.50
		675 <a href="#">hour</a>	20-24	\$2,779	\$570.77	\$2,626.27
		450 <a href="#">hour</a>	14-16	\$1,853	\$380.51	\$1,824.07
Second half	3/1/24-8/31/24	900 <a href="#">hour</a>	35-40	\$3,706	\$1,014.71	\$3,447.50
		675 <a href="#">hour</a>	26-31	\$2,779	\$761.03	\$2,626.27
		450 <a href="#">hour</a>	18-22	\$1,853	\$507.35	\$1,824.07
		300 <a href="#">hour</a>	12 to 15	\$1,235	\$338.24	\$1,459.26
Summer	6/3/24-8/31/24	450 <a href="#">hour</a>	35-40	\$1,853	\$1,014.71	\$1,824.07
		300 <a href="#">hour</a>	24-28	\$1,235	\$676.47	\$1,459.26

- **How:**

- Activities align with at least 1 of 5 BWFV Goals
- Primary member activity: capacity building services
- Secondary member activities:
  - Health education
  - Volunteer management





- **How:**

- Capacity building services

- **Definition:**

- Expand the scale, reach, efficiency, and/or effectiveness of host site's programs and/or initiatives that align with at least 1 of the 5 BWFV goals

- **Goal:**

- Positive increase in scale, reach, efficiency, and/or effectiveness of host site's programs and/or initiatives that align with at least 1 of the 5 BWFV goals.





- **How:**

- Capacity building services

- **Examples:**

1. Helped create, run, and support a new Prevent Type II Diabetes Program → completed and analyzed community needs surveys, created new educational materials for participants in the program, provided one-on-one support to the participants in the program, and assisted with program evaluation.
2. Data collection and research for community health needs assessment
3. Created and administered a survey to learn the barriers people of color and at-risk individuals may face when utilizing outdoor recreational spaces
4. Reviewing, and streamlining a consist employee training program (new employee orientation, continuing education, etc.)
5. Community outreach to promote COVID-19 vaccination clinics and provide community resources to individuals who attend the vaccination clinics
6. Provide information on community resources to address SDOH

- **How:**

- Capacity building services

- **Examples continued :**

1. Created a curriculum library for worksite wellness resources → trained staff on the resources, where to find them within their filing systems, etc.
2. Coordinated and led new health and wellness programs and activities for Special Olympic athletes and other individuals with disabilities.
3. Coordinate and lead fruit and vegetable taste tests in new early care centers, elementary, middle, and high school students.
4. Update current marketing plans to include new social media platforms and revised public newsletters.
5. Help organize and update a client intake process to improve case management.
6. Updated a standard opportunity procedure manual for organization's volunteer practices





- **How:**

- Secondary activities: Health education:

- **Examples of health education topics:**

- Nutrition education (i.e. Farm to School/Farm to Early Care topics, meal prep, grocery store tours, beverage choices, etc.)
      - Physical activity
      - Importance of sleep
      - Practice mindfulness
      - Chronic disease prevention
      - Resources to help improve health and well-being (i.e. apps, nutrition/sleep, physical activity logs)
      - Community resources to help address social determinants of health (i.e. transportation resources, local food pantries, basic needs assistance)
      - How to start, maintain, grow, harvest a garden
      - Healthy donations to food pantries
      - Importance of social connection/barriers of social isolation

- **How:**
  - Secondary activities: Health education:
    - **Examples of where health education may occur:**
      - Schools
      - Early care centers
      - Non-profit/public agency workplaces
      - Health care centers (i.e. waiting rooms, prevention programs, etc.)
      - YMCAs
      - Boys and Girls Clubs
      - Food pantries
      - Urban/school/community farms/gardens
      - Community events
      - ADRC facilities





- **How:**

- Secondary activities: Volunteer management

- **Definition:**

- Members directly manage volunteers to help with their service activities
      - Directly recruit volunteers to support the host site health and wellness programs and/or initiatives

- **Goal:** increase community engagement and service involvement

- **Examples:**

- Recruiting and using volunteers to help run a fruit and vegetable taste test during a lunch hour at a local school
      - Recruiting and using volunteers to help maintain a school or community garden/non-profit urban farm
      - Recruiting and using volunteers to help an outdoor 5k that a member helped coordinate



- **How:**

- **NOTE:** Per federal prohibited activities, members can't:
  - Take the place of or work of existing employee/volunteer
  - Partake in political engagement/lobbying/activism
  - support/promote/deter unions or collective bargaining agreements
  - Lead/coordinate religious instruction/worship, etc.
  - provide a direct benefit to a for-profit
  - help with census or voter registration activities
  - refer clients to abortion services
  - Raise federal funds
  - Raise funds for host site's general revenue streams



**Member Info-who are they,  
benefits, etc.**

Four light gray circles are scattered in the background behind the text: one at the top center, one at the bottom center, and two in the middle row.



- **Member info:**

- Who are the members?
  - Background:
    - must at minimum have high school diploma and be 18 or older at start of service
  - Typical requirements for BWFV AC members:
    - Associates/Bachelor's Degree (or upper level students) in Health/Human Services, Community Health, Health Promotion and Wellness or similar field
    - Members DO NOT have to be recent college grads!!!
- Host site will set member background/education requirements, interview, and select their member



- **Member info:**

- Member benefits:

- Receive living allowance → taxable!
    - Education award: federally qualified student loans; Future tuition costs; transferable if older than 55 yrs old at start of service
    - Student loans in forbearance during service term
    - Positions that average 35-40 hours/week = health, dental, and vision insurance and childcare benefits
    - Professional and personal development





**Host site info:  
Benefits/expectations, etc.**



- **Host site benefits:**

- Member will serve/support your organization's health and well-being goals
  - Programs, ideas, projects, goals that need dedicated person or more resources,
- Low cost to your organization → BWFV member costs less than less than hiring an employee
- No HR hassle
- Host sites can select the service term and member position that aligns best with their needs.
- Host sites recruit interview, select, train their AmeriCorps member
- BWFV AmeriCorps will provide training, support, etc. to site supervisors and members

- **Host site obligations/responsibilities**
  - Provide member with workspace and essential office supplies
  - Identify supervisor who will:
    - Help recruit, interview, select, and train/orient member
    - Attend AmeriCorps trainings
    - Provide clear direction/oversight to member throughout their term
    - Monitor hours/approve timecards
    - Complete required paperwork





- **Host site obligations/responsibilities**
  - Host site cash match:
    - supports living allowance, benefits
    - Non-federal source

Member position	Cash match amount
1,700 hour position	\$7,000
1,200 hour position	\$4,941
900 hour position	\$3,706
675 hour position	\$2,779
450 hour position	\$1,853
300 hour position	\$1,235



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# Host site application

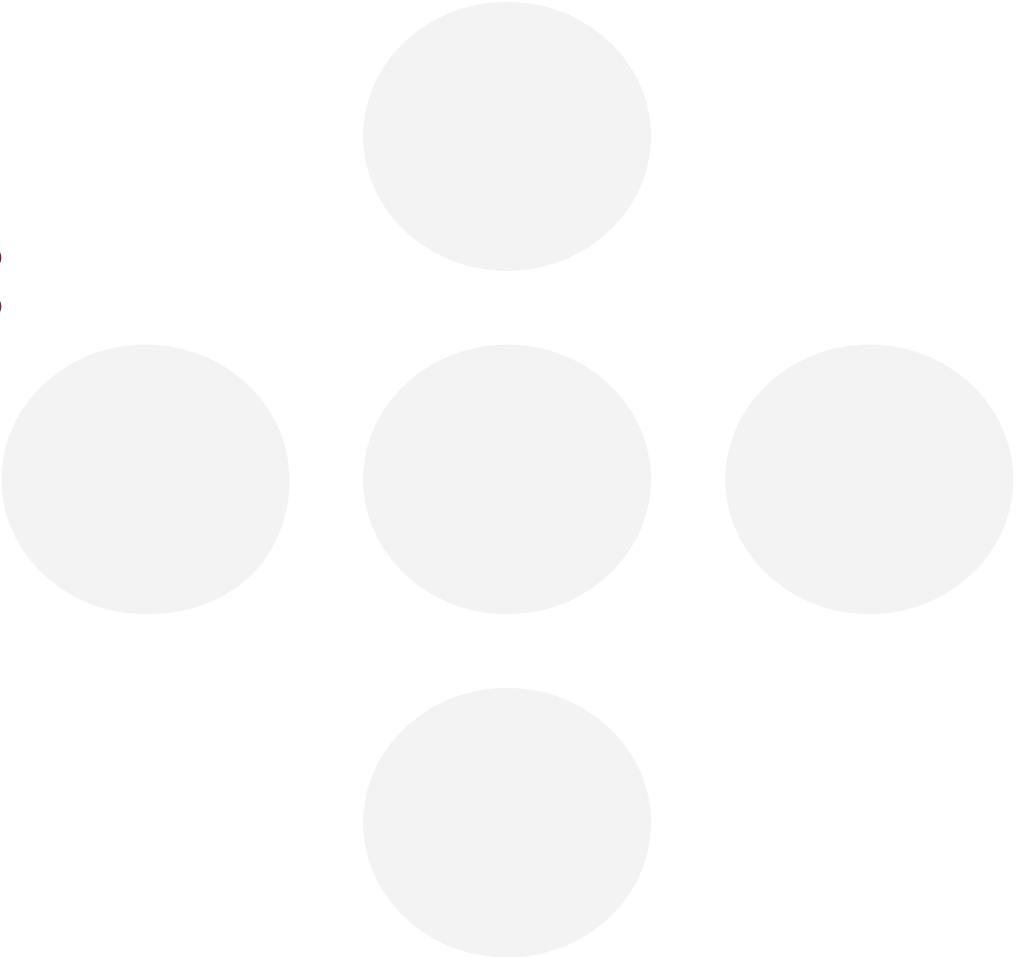
- **Applications:**

- Found on [website](#)
- Accepted on rolling basis. Due dates vary based on service term option
- *Sooner applications submitted = better. More time for recruitment!!*
- Please review the associated program information document before completing the application.





# Wrap up:





- Visit our website: [bewellfoxvalley.org](http://bewellfoxvalley.org) → AmeriCorps tab
- Contact me with questions:
  - [Amanda.Ross@unitedwayfoxcities.org](mailto:Amanda.Ross@unitedwayfoxcities.org)
  - 608-387-6533 OR 920-735-5479