

Valley Packaging Industries Inc. Summary Report

Information about the Applicant

Our story dates back to 1956, when families of individuals with disabilities and local manufacturers knew two things; individuals with disabilities were ready and capable to enter the workforce, and there was an overwhelming need for contract packaging services in the Fox Cities area . VPI was established as a solution to meet both needs. The concept of meeting community needs has guided us in becoming the successful 501(c)(3) non-profit organization that we are today. By providing efficient contract packaging and production services to private industry with an integrated workforce, VPI has been able to deliver community programming and services to support the changing needs of community members with disabilities or disadvantages. VPI's mission is to promote the dignity and worth of individuals who have disabilities, or are disadvantaged, and to assist them in developing their optimum level of social, vocational, and economic independence in the community. During 2021,VPI served more than 1,500 clients with disabilities and disadvantages across numerous services in Outagamie, Winnebago, Calumet, and Waupaca counties. One of these programs is the Community Day Center, which provides day services to clients with significant disabilities in Appleton,WI. In 2021,VPI served over 50 clients in the day services program and this number continues to grow in 2022.

Statement of Need

Individuals with intellectual disabilities experience heart disease as a leading cause of death, along with higher risks of death from pneumonia, influenza, choking, and diabetes mellitus than the general population (Landes SD,Stevens JD, Turk MA.Cause of death in adults with intellectual disability in the United States. J Intellect Disabil Res. 2021 Jan;65(1):47-59. doi: 10.1111/jir.12790. Epub 2020 Oct 12. PMID: 33043518; PMCID: PMC7710575.) By offering interventions focused on health and wellness, specifically on factors related to these illnesses, we hope to increase both the lifespan and quality of life for the individuals we serve. These age appropriate health and wellness activities allow clients to develop and enhance their fine and gross motor skills, stamina, flexibility, and overall health. In addition, we are able to work on developing coping skills and increasing community integration through these health and wellness activities. Without access to improved and expanded day services programming, clients are not able to develop and increase their skills as they do not have equal access to the community that individuals without disabilities have.

Although day services programming operates at a fee-for-service level, with hourly payments obtained through managed care organizations (MCOs) and IRIS, these funds are not sufficient to cover the costs of program updates and enhancements, and primarily cover staffing costs. VPI trains staff in health and wellness curriculums like Strong Bodies and HealthMatters. However, additional equipment and a variety in health and wellness programming is needed to increase effectiveness. Without grant funding, we are unable to expand our programming further due to the start-up costs of materials.

Project Goals and Expected Benefits

The purpose of the project is to increase and expand our health and wellness programming in day services. By offering this additional programming:

1. Clients will have understanding on how exercise and physical activity can change moods and regulate feelings .
 - a. Clients will be able to communicate how different types of activity make them feel.

- b. Clients will be able to select different exercise and physical activities to help change their moods.
- 2. Clients will increase community integration and access to the community as it relates to health and wellness through participation at local YMCAs in group fitness classes, health education activities, and community connection events.
 - a. Clients will attend the YMCA on a weekly basis.
 - b. Clients will identify what types of health and wellness activities in the community they would like to continue to participate in on an ongoing basis.
- 3. Clients will increase their fine and gross motor skills, physical fitness, flexibility, and stamina through participation in regularly scheduled activities.
 - a. Clients will have the opportunity to participate in at least one health and wellness activity per day.
 - b. Clients will try out different physical activities, exercises, and nutrition activities.
 - c. Clients will demonstrate improvements in health and wellness knowledge, fine and gross motor skills, stamina, flexibility, nutrition, and/or physical fitness through observation and self-report.

Project Implementation Plan

Item	Person(s) Responsible	Dates
Purchase Health and Wellness Equipment	Purchasing Manager	11/1/2022 - 12/31/2022
Purchase YMCA Membership	Purchasing Manager	11/1/2022 - 11/30/2022
Offer Recurring YMCA Field Trips (at least once/week)	Case Managers, Human Service Care Assistants	11/1/2022 - Ongoing
Offer Recurring Health and Wellness Activities (once/day)	Case Managers, Human Service Care Assistants	12/1/2022 - Ongoing
Track Attendance and Participation in all Health and Wellness Activities	Case Managers, Day Services Coordinator	11/1/2022 - Ongoing
Field Trip and Presenter Planning and Coordination	Day Services Coordinator, Bus Scheduler, Case Managers	12/1/2022 - Ongoing
Field Trips Occur, Community Presenters Attend	Day Services Coordinator, Case Managers	12/1/2022 - Ongoing
6-Month Reviews and Assessments to Determine Progress	Case Managers	5/1/2023 – 6/30/2023 and ongoing as required by Wisconsin DHS

Each activity leader records attendance. VPI uses a comprehensive case management system to document different group activities. Day services staff collect daily data on behavioral observations and self-report of clients. This data will be used to demonstrate that health and wellness activities have a positive impact on mood and emotion regulation in addition to overall health. Case managers will utilize person-centered planning principles and the Positive Person Profile at six-month review meetings to collect narrative information from clients, family members, and other care team members on the impact of the health and wellness activities in the client's life.

Evaluation Plan

Staff will measure outcomes through conversations with clients (and families or support teams), daily behavioral observations, Quality of Life surveys, and/or Positive Personal Profiles every six months as part of the person-centered planning process. These groups and program outcomes will assist clients in

developing healthy hobbies, habits, and coping skills that they will be able to carry with them throughout their lives.

Budget

Item	Quantity	Cost	Funder
YMCA Membership	1 annual membership (will serve all clients)	\$864.00	Wispect Foundation Grant
Field Trips - Transportation Costs	52 YMCA field trips, round trips	\$2,080.00	Wisconsin DOT Grant
Staff Time for YMCA Field Trips	312 hours	\$6,240.00	MCO/IRIS Revenue
Health and Wellness Equipment	98 items	\$2,124.05	Wispect Foundation Grant
Technology for In-House Health and Wellness Activities	1 set-up	\$2,276.98	Wispect Foundation Grant
Community Fitness Instructors for In-House Presentations	24 presentations	\$1,800.00	Wispect Foundation Grant
Staff Time for In-House Health and Wellness Activities	1 activity per day (356 working days/year)	\$28,480.00	MCO/IRIS Revenue
Total Cost		\$43,865.03	
Total Grant Request		\$7,065.03	

Staff Recommendation

The grant can be recommended for approval but must be applied across specific line items of the budget. We can provide funding for the following:

Annual YMCA membership	\$864.00
Field Trips	\$2,080.00
Health and Wellness Equipment	\$2,124.05
Technology for In-House Health	\$2,276.98
Total	\$7,345.03