UNIT PLAN OF WORK (3 YEAR)

(TO IMPACT GRAND CHALLENGES/STATE PRIORITY ISSUES)

Table 1: Complete the information below		
Unit:	18	
Program Year	Oct 1, 2022 –Sept 30, 2025	

PURPOSE: TO PROVIDE AN OVERVIEW OF

- STATE PRIORITY ISSUES THAT WERE IDENTIFIED AS A RESULT OF THE UNIT IMPACT FOCUSED NEEDS ASSESSMENT
- INCLUSION PLANS FOR REACHING UNDERREPRESENTED AUDIENCES FOR PROGRAMMING AND COMMITTEE/COUNCIL RECRUITMENT AND RETENTION

PLEASE NAME THE FILE FOR YOUR PLAN USING THE FOLLOWING FORMAT:

2022-2025 Unit Plan of Work_Unit# e.g., 2022-2025 Unit Plan of Work_Unit03

Illinois Extension's Grand Challenge Goals and State Priority Issues

(ECONOMY)	(FOOD)
Grow a Prosperous Economy	Maintain a Safe & Accessible Food Supply
 Workforce Preparedness/Advancement 	Food Access
Financial Wellbeing	Food Safety
Economic Vitality	Food Production
(COMMUNITY)	(HEALTH)
Support Strong and Resilient Youth, Families, and Communities	Maximize Physical and Emotional Health for All
Involvement and Leadership	Chronic Disease Prevention and Management
Connectedness and Inclusion	Social and Emotional Health
Thriving Youth	Healthy and Safe Community Environments
(ENVIRONMENT)	
Sustain Natural Resources in Home & Public Spaces	
 Enhancing and Preserving Natural Resources 	
 Engagement with Home and Community Landscapes and Environment 	

Instructions: Complete each of the following tables.

Table 1: Overview of State Priority Issues Targeted Across Unit

Table 2: Goals to Address the Thriving Youth State Priority Issue 2022-2025 (4-H Statewide Goals)

Table 3: Unit Councils/Committees Your Unit Plans to Target for Improved REG Representation

Table 4: Programming Audience(s) Your Unit Plans to Target for Improved REG Representation

UNIT OVERVIEW

Complete Table 1 to summarize the rationale for the priority issue(s) your unit will address as a result of completing the Unit Impact Focused Needs Assessment process.

Table 1: Overview of State Priority Issues to Target 2022-2025			
State priority issue targeted	Rationale for selection (copy and paste from Table 5 in the FINAL_Step Selecting Unit Priorities to Impact.docx worksheet)	List each staff member who will be involved in addressing this priority issue for your unit. Include the staff member's role (e.g. Educator, Extension Program Coordinator, Community Worker, County Director) and program area.	
Thriving Youth	With a total possible score of 64, Thriving Youth received 63 points. This accounts for receiving all possible points in internal capacity, gaps in existing local resources, and opportunities for internal and external collaborators. In the category of evidence of needs/opportunities it received all but one potential point. Desired outcomes:	4H/YD Educator, Nutrition and Wellness Educator, Horticulture Educator, 4-H EPC, Ag. Lit EPC, Community and Economic Development Educator	
	 A place for youth to explore and practice their spark A place to youth to feel safe A young adult and above who is supportive Positive mental and physical health of youth 		
Workforce Preparedness/Advancement	With a total possible score of 64, Workforce Prep and Advancement received 60 points. This accounts for receiving all possible points in evidence of needs/opportunities and gaps in existing local resources. In the category of opportunities for internal and external collaborators it received all but one potential point, and in the category of possible internal capacity it received all but three potential points.	4H/YD Educator, Nutrition and Wellness Educator, Horticulture Educator, 4-H EPC, Ag. Lit EPC, Community and Economic Development Educator	
	Desired outcomes: 1. Individuals have basic workforce skills: communication, time management, and problem-solving skills.		
Chronic Disease Prevention and Management	With a total possible score of 64, Chronic Disease Prevention and Management received 51 points. This accounts for receiving all but one possible point in evidence of needs/opportunities.	4H/YD Educator, Nutrition and Wellness Educator, Horticulture Educator, 4-H EPC	

	Table 1: Overview of State Priority Issues to Target 2022-2025			
State priority issue targeted	Rationale for selection (copy and paste from Table 5 in the FINAL_Step Selecting Unit Priorities to Impact.docx worksheet)	List each staff member who will be involved in addressing this priority issue for your unit. Include the staff member's role (e.g. Educator, Extension Program Coordinator, Community Worker, County Director) and program area.		
	Receiving all but two possible points in the categories of internal capacity and opportunities for internal and external collaborators. In the category of gaps of existing local resources, this only scored eight of the potential 16 points.			
	Desired outcomes: 1. Individuals being physically healthier 2. Individuals increase activity 3. Individuals consuming more fruits and vegetables 4. Increase in access to medical facilities			
Social and Emotional Health	With a total possible score of 64, Social and Emotional Health received 43 points. This accounts for receiving all possible points within the category of opportunities for internal and external collaborators. This category received all but two points in the category of gaps of existing local resources, and all but four potential points in evidence of needs/opportunities. It received the lowest score in internal capacity by only receiving one of the 16 potential points available.	4H/YD Educator, Nutrition and Wellness Educator, Horticulture Educator, 4-H EPC		
	 Desired outcomes: Public is aware of where to go for mental and emotional help People are comfortable talking about their mental health The skill set to teach social and emotional health and trauma informed care 			

Table 2: Goals to Address the Thriving Youth State Priority Issue 2022-2025 (4-H Statewide Goals)

The Statewide Illinois 4-H Priorities for 2022-25 include:

- (EPC Focus) To increase the # of youth who are deepening/extending their 4-H pathway experience. Each unit is asked to identify one of the following as a focus area for 2022-23, with the intention to advance both over the next three years:
 - o Beyond Unit Experiences: Expanding the pathway of youth already in a 4-H experience
 - Example 1: Preparing county youth to participate in the state awards program with workshops to support youth in working on their applications
 - Example 2: Recruiting a county/unit delegation to attend JLC, accompanied by local staff as the chaperone
 - Beyond Group Enrollment: Increasing # of youth participating in school-based or other group enrollment program (such as embryology, Health Jam) who individually enroll/register for a follow-up 4-H experience (i.e. club, workshop, event)
- (Educator Focus) To implement a 4-H signature program in every county and metro area. Assumes full implementation of program and use of the provided evaluation form to collect participant data.
- (EPC and/or Educator Focus) To identify an Expansion & Review goal to reach a specific, targeted underserved audience in each county and metro area to reach with a positive youth development experience this year. Underserved audiences can be identified by review of the county's parity report. For counties already reaching parity, the goal is to reach a new audience not previously served.

Statewide Illinois Priority	Unit Focus	What actions will you take to meet the goal?	What unit staff will be working toward this goal or actions?
Goal 1 (EPC Focus) To increase the # of youth who are deepening/extending their 4-H pathway experience	Select 1 for 2022-2023: Beyond Unit ExperienceX_ Beyond Group Enrollment	Camp Panther – Increase the number of youth participating in Camp Panther that then go in to enroll in a permanent 4-H club in their area.	Sara Marten, Alexis McDowell, Rebecca Livingston
Goal 2: (Educator Focus) Implement a 4-H Signature Program in Every County and Metro Area	List the targeted signature programs: Christian County – Ready4Work or Winning in Life at Kemmerer Village	4-H Educator works on building partnerships or scheduling programs in identified areas.	Sara Marten

Goal 3: Expansion & Review Target Audience (Each county and metro area should identify a specific school, partner organization or neighborhood of focus)	applicable) targeted metro area in your unit with the target	In each targeted area, 4-H staff will reach out to build partnerships or schedule programming to build a 4-H presence in those areas.	Sara Marten, Jessica Jaffry, Kate Harding, Alexis McDowell
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Table 3: Unit Councils/Committees Your Unit Plans to Target for Improved REG Representation (add more rows if you plan to target more than two Councils/Committees) for 2022-2025			
Using the demographic data reported i	-	Annual Report, identify one or more	relevant goals to increase REG
representation among your unit councils or committees.			
Name of Council or Committee targeted for improved REG	What is your intended goal for improved REG representation?	What actions will you take to improve REG representation?	How will you document these actions?
representation			
1. Unit 18 Extension Council (Amanda Cole)	Increase diversity in membership.	Work to recruit a new council member that represents a minority group.	Provide documentation of recruitment efforts.
2. Unit 18 Family and Consumer Sciences Advisory Committee (Lisa Peterson)	Increase diversity in membership.	Work to recruit a new advisory committee member that represents a minority group.	Provide documentation of recruitment efforts.

3. Macoupin County 4-H Committee (Kate Harding)	Increase diversity in membership.	Work to recruit a new committee member that represents a minority group.	Provide documentation of recruitment efforts.
4. Montgomery County 4-H Livestock Committee (Alexis McDowell)	Increase diversity in membership.	Work to recruit a new committee member that represents a minority group.	Provide documentation of recruitment efforts.

Table 4: Programming Audience(s) Your Unit Plans to Target for Improved REG Representation (add more rows if you plan to target more than two audiences) for 2022-2025				
Using the County_CR_Parity_Analysis_1	Using the County_CR_Parity_Analysis_19_20_21 reports for your unit, identify one or more relevant goals to increase REG representation among			
your program audiences.				
Describe each audience targeted for improved REG representation in your unit programming.	What is your intended goal for improved REG representation?	What actions will you take to improve REG representation?	How will you document these actions?	
1. Creating Ag. Literacy Take Home Educational kits to be distributed at Royal Lakes and Kemmerer Village, intended audience youth. Target race group is individuals that identity as black or two more races. (Rebecca Livingston and Connie Niemann)	Increase diversity in program participants, with desired outcome of reaching parity within youth served for both Macoupin and Montgomery Counties.	Establish relationship with school personnel at Kemmerer Village and with community leaders in Royal Lakes.	Participant REG information will be collected from participants who receive the kits and entered into PEARS.	
2. Litchfield School District. Target race group is individuals that identify as black or two more races. (Valerie Belusko)	Increase diversity in program participants, with desired outcoming of reaching parity within CED program area for Montgomery County.	Provide iDREAMS and iCREATE at all grade levels within the Litchfield School District.	Participant REG information will be collected from participants entered into PEARS.	
3. Hillsboro School District and Litchfield School District. Target race group is individuals that identify as black. (Andrew Holsinger)	Increase diversity in program participants, with desired outcoming of reaching parity within ANR program area for Montgomery County.	Provide horticulture programming through Hillsboro School District and Litchfield School District.	Participant REG information will be collected from participants entered into PEARS.	
4.Cornerstone Academy in Nokomis. Target race group is individuals that	Increase diversity in program participants, with desired outcome of reaching parity within	Provide youth programming at Cornerstone Academy in Nokomis.	Participant REG information will be collected from participants entered into PEARS.	

identify as black or two more races.	youth served for Montgomery	
(Sara Marten)	County.	

EDUCATOR PLAN OF WORK (3 YEAR)

(TO IMPACT GRAND CHALLENGE GOALS/STATE PRIORITY ISSUES)

Table 1: Complete the information below		
Unit:	18	
Your Program Area:	Horticulture	
Educator Name:	Andrew Holsinger	
Program Year	Oct 1, 2022 –Sept 30, 2025	

PURPOSE: TO INCREASE THE LIKELIHOOD THAT PROGRAMS AND OUTREACH ACTIVITIES WILL BE INTENTIONALLY TARGETED TOWARD OUTCOMES/IMPACTS THAT ALIGN WITH OUR GRAND CHALLENGES/STATE PRIORITY ISSUES.

SNAP-ED EDUCATORS AND **EFNEP** EDUCATORS ARE **NOT** EXPECTED TO COMPLETE AN EDUCATOR PLAN OF WORK AS THEY WILL FOLLOW INEP GUIDANCE FOR PLANNING DOCUMENTS

PLEASE NAME THE FILE FOR YOUR PLAN USING THE FOLLOWING FORMAT TO INCLUDE YEAR AND NAME:

{Year} Educator Plan of Work_Lastname_Firstname e.g., 2022-2025 Educator Plan of Work_Welbes_Beth

Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues

(ECONOMY)	(FOOD)
Grow a Prosperous Economy	Maintain a Safe & Accessible Food Supply
Workforce Preparedness/Advancement	Food Access
Financial Wellbeing	Food Safety
Economic Vitality	Food Production
(COMMUNITY)	(HEALTH)
Support Strong and Resilient Youth, Families, and Communities	Maximize Physical and Emotional Health for All
Involvement and Leadership	Chronic Disease Prevention and Management
Connectedness and Inclusion	Social and Emotional Health
 Thriving Youth (plans for this priority will be addressed in the Unit Plan of 	Healthy and Safe Community Environments
Work)	
(ENVIRONMENT)	
Sustain Natural Resources in Home & Public Spaces	
Enhancing and Preserving Natural Resources	
Engagement with Home and Community Landscapes and Environment	

This plan of work is NOT intended to outline <u>all</u> outreach activities that you will conduct and report during the 2023-2025 program years.

This plan of work is focused on developing **one or more issue-focused impact plans** (see Table 1). Each issue-focused impact plan will include outreach activities that *directly align a state priority issue* and will represent a *concentrated focus* of your work. At the conclusion of each program year, you will be expected to contribute to one brief IMPACT Success Story in PEARS that describes a summary of the activities and outcome evaluation results associated with addressing a state priority issue.

Instructions:

Complete the **Table 2:** Issue-Focused Impact Plan (To Be Conducted and/or Led by Educator) for EACH state priority issue you will direct concentrated effort toward OR will lead a team in your unit or statewide to address. Add more rows to the table if you need additional space to describe your issue-focused impact plan. Copy the table to outline each issue-focused impact plan if you will (or will lead a unit team to) direct concentrated effort to more than one state priority issue during the program year.

Examples of types of programs/outreach activities you might include.

- Educational outreach onsite and online (direct education)
- Digitally and/or print-released information (indirect activities)
- Consultation and expert assistance for decision support
- Applied research
- Engaging in partnerships and coalitions to reach a common goal

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>): Workforce Preparedness/Advancement

	T	
What planned outreach will you	Describe the audience(s) you will	What are the specific intended outcomes that will result from this
conduct to intentionally address this	target with this planned outreach	planned outreach? Consider the following types of outcomes
priority issue? Specify the details e.g.	program or group of activities	when listing the intended, specific outcomes of your planned
name of programs, indirect		outreach program or group of activities:
intervention channel, focus of applied		Increase awareness/knowledge in
research, specific partnerships and/or		Increase positive attitudes towards
coalitions you will engage with, etc.		Participants report intent to change/adopt
		Increase/decrease in behaviors/practices such as
List each program or group of activities		Changes in policies/environment such as
that are intended to target the same		- Changes in policies, environment sach asim
audience(s) and outcome(s) in a		(also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
Eat Local Resource Development	Year 1: Christian County	Number of people who used Extension information to make
Consultation and expert assistance for	Year 2: Macoupin County	decisions on site selection, varieties, and /or maintenance.
decision support	Year 3: Montgomery County	
	, ,	Number of people who developed employment skills from participating in gardening.
Farmer's Market Resource	Voor 1: Christian County	
	Year 1: Christian County	Number of farmers and farmer market vendors who gained
Development	Year 2: Macoupin County	knowledge on crop diversification to improve marketing of
Consultation and expert assistance for decision support	Year 3: Montgomery County	products.
Value Added Agriculture Programming	Small Scale Farmers	Increase in knowledge and/or skills to provide the opportunity for
Educational outreach onsite and online	Commercial Farmers	healthy, sustainable food, and act as a catalyst for community
(direct education)	Landowners	
(Landowners	engagement and developing partnerships.

Illinois Master Gardener Program	Adults over the age of 18 in Christian,	Number of master gardener volunteers who believe they
Educational outreach onsite and online	Jersey, Macoupin and Montgomery	developed skills they can use in other areas of their lives
(direct education)	Counties who are interested in	
	becoming Extension volunteers	

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>):

Thriving Youth

What planned outreach will you	Describe the audience(s) you will	What are the specific intended outcomes that will result from this
conduct to intentionally address this	target with this planned outreach	planned outreach? Consider the following types of outcomes
priority issue? Specify the details e.g.	program or group of activities	when listing the intended, specific outcomes of your planned
name of programs, indirect		outreach program or group of activities:
intervention channel, focus of applied		Increase awareness/knowledge in
research, specific partnerships and/or		Increase positive attitudes towards
coalitions you will engage with, etc.		Participants report intent to change/adopt
		Increase/decrease in behaviors/practices such as
List each program or group of activities		Changes in policies/environment such as
that are intended to target the same		
audience(s) and outcome(s) in a		(also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
Junior Master Gardener (JMG)	Macoupin County (Intermediate	Number of people who gained knowledge in consumer and home
Educational outreach onsite and online	School). Year 1. Expand to additional	horticulture including: native plants, disease and pests,
(direct education)	sites in Years 2 and 3.	composting, site analysis, and proper maintenance
School Garden Programs	Teachers, parents, school garden	Increase knowledge in gardening practices*
School Garden Resource	volunteers, school administration,	Increased positive attitudes towards 4-H project area of
Material	Montgomery County	horticulture*
 School Garden assistance 	Cornerstone Academy, Nokomis. Year	 Increased number of school and community gardens
(technical assistance,	1	 Increased strategies and plans to grow food locally
programming, consultation)	Additional schools Years 2 and 3.	Increased amount of food supplied to low access areas (pounds of
		produce, meals packaged, etc.)
Youth Horticulture Education	Youth (5-18) that reside in Christian,	Increase knowledge in gardening practices*
4-H workshops	Jersey, Macoupin and Montgomery	Increased positive attitudes towards 4-H project area of
 Afterschool programs 	Counties.	horticulture

4-H Horticulture Project Readiness Educational outreach onsite and online (direct education)	Youth (5-18) that reside in Christian, County in Year 3.	Increase knowledge in gardening practices* Increased positive attitudes towards 4-H project area of horticulture*
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Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>):

Social and Emotional Health

What planned outreach will you	Describe the audience(s) you will	What are the specific intended outcomes that will result from this
conduct to intentionally address this	target with this planned outreach	planned outreach? Consider the following types of outcomes
priority issue? Specify the details e.g.	program or group of activities	when listing the intended, specific outcomes of your planned
name of programs, indirect		outreach program or group of activities:
intervention channel, focus of applied		Increase awareness/knowledge in
research, specific partnerships and/or		Increase positive attitudes towards
coalitions you will engage with, etc.		Participants report intent to change/adopt
that work a construction of the Physics		Increase/decrease in behaviors/practices such as
List each program or group of activities		Changes in policies/environment such as
that are intended to target the same		
audience(s) and outcome(s) in a		(also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
Horticulture programs at senior	Year 1: Christian County	Number of people who improved or maintained physical,
centers, residential centers, or	Year 2: Montgomery County	emotional, or mental health from participating in gardening.
rehabilitation centers.	Year 3: Macoupin County	
Educational outreach onsite and online (direct education)		Increased time outdoors
(direct caucation)		
Sensory Garden Project	Year 1: Pana, IL	Number of participants in Extension horticulture programs at
	,	senior centers, residential centers, or rehabilitation centers.
Identify opportunities with local	Unit wide	Provide the tools and resources to help participants, who may
residential sites within the unit that		have chronic disease to engage in horticulture programming.
would like to build gardens for		
residents that support social and		
emotional wellbeing.		

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>):

Chronic Disease Prevention and Management

What planned outreach will you conduct to intentionally address this priority issue? Specify the details e.g. name of programs, indirect intervention channel, focus of applied research, specific partnerships and/or coalitions you will engage with, etc. List each program or group of activities that are intended to target the same audience(s) and outcome(s) in a separate row.	Describe the audience(s) you will target with this planned outreach program or group of activities	What are the specific intended outcomes that will result from this planned outreach? Consider the following types of outcomes when listing the intended, specific outcomes of your planned outreach program or group of activities: Increase awareness/knowledge in Increase positive attitudes towards Participants report intent to change/adopt Increase/decrease in behaviors/practices such as Changes in policies/environment such as (also indicate with an asterisk * any outcomes you plan to measure)
General Gardening – Vegetable Gardening Classes	Local Adult Community Members	Number of participants in Extension horticulture programs at senior centers, residential centers, or rehabilitation centers. • Increased knowledge of plant health and management • Increased knowledge of home environmental stewardship • Increase awareness of food production methods • Increase knowledge or food production and growing techniques • Changes adopted in growing techniques
Community Food Growing – Container Gardening – Raised Bed Gardening	Local Adult Community Members	Provide the tools and resources to help participants, who may have chronic disease to engage in horticulture programming.

Choosing Low Maintenance Plants and	Master Gardener, Gardeners, Small	Increased knowledge of plant health and management
Adaptive Gardening Techniques	Farm Producers	 Increased knowledge of home environmental stewardship
(Body Smart Gardening)		Increase awareness of food production methods
	Local Adult Community Members	Increase knowledge or food production and growing techniques
		Changes adopted in growing techniques

EDUCATOR PLAN OF WORK (3 YEAR)

(TO IMPACT GRAND CHALLENGE GOALS/STATE PRIORITY ISSUES)

Table 1: Complete the information below	
Unit:	18
Your Program Area:	4-H Youth Development
Educator Name:	Sara Marten
Program Year	Oct 1, 2022 –Sept 30, 2025

PURPOSE: TO INCREASE THE LIKELIHOOD THAT PROGRAMS AND OUTREACH ACTIVITIES WILL BE INTENTIONALLY TARGETED TOWARD OUTCOMES/IMPACTS THAT ALIGN WITH OUR GRAND CHALLENGES/STATE PRIORITY ISSUES.

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PLEASE NAME THE FILE FOR YOUR PLAN USING THE FOLLOWING FORMAT TO INCLUDE YEAR AND NAME:

{Year} Educator Plan of Work_Lastname_Firstname e.g., 2022-2025 Educator Plan of Work_Welbes_Beth

Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues

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Workforce Preparedness/Advancement	Food Access
Financial Wellbeing	Food Safety
Economic Vitality	Food Production
(COMMUNITY)	(HEALTH)
Support Strong and Resilient Youth, Families, and Communities	Maximize Physical and Emotional Health for All
Involvement and Leadership	Chronic Disease Prevention and Management
Connectedness and Inclusion	Social and Emotional Health
 Thriving Youth (plans for this priority will be addressed in the Unit Plan of 	Healthy and Safe Community Environments
Work)	
(ENVIRONMENT)	
Sustain Natural Resources in Home & Public Spaces	
Enhancing and Preserving Natural Resources	
Engagement with Home and Community Landscapes and Environment	

This plan of work is NOT intended to outline <u>all</u> outreach activities that you will conduct and report during the 2023-2025 program years.

This plan of work is focused on developing **one or more issue-focused impact plans** (see Table 1). Each issue-focused impact plan will include outreach activities that *directly align a state priority issue* and will represent a *concentrated focus* of your work. At the conclusion of each program year, you will be expected to contribute to one brief IMPACT Success Story in PEARS that describes a summary of the activities and outcome evaluation results associated with addressing a state priority issue.

Instructions:

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Examples of types of programs/outreach activities you might include.

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- Digitally and/or print-released information (indirect activities)
- Consultation and expert assistance for decision support
- Applied research
- Engaging in partnerships and coalitions to reach a common goal

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>): COMMUNITY – Thriving Youth

What planned outreach will you	Describe the audience(s) you will	What are the specific intended outcomes that will result from this
conduct to intentionally address this	target with this planned outreach	planned outreach? Consider the following types of outcomes
priority issue? Specify the details e.g.	program or group of activities	when listing the intended, specific outcomes of your planned
name of programs, indirect		outreach program or group of activities:
intervention channel, focus of applied		Increase awareness/knowledge in
research, specific partnerships and/or		Increase positive attitudes towards
coalitions you will engage with, etc.		Participants report intent to change/adopt
		Increase/decrease in behaviors/practices such as
List each program or group of activities		Changes in policies/environment such as
that are intended to target the same		
audience(s) and outcome(s) in a		(also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
COMMUNITY – Thriving Youth	Unit 18 4-H Members – Christian,	Increase knowledge and/or skills in specific project areas (for
Improving 4-H Project Experiences	Jersey, Macoupin and Montgomery	future career or hobby)
(Increased Workshops, Focused SPIN	Counties	Increase life skill development, including teamwork, time
Clubs and Expanded Opportunities		management, resiliency, and communication skills
		Increase openness to challenge and discovery
		Increase growth mindset
		Increase academic achievement and motivation
		Increase personal responsibility
		Increase personal standards and accountability

COMMUNITY – Thriving Youth	Unit 18 4-H Members – Christian,	Increase knowledge and/or skills in specific project areas (for
Improving 4-H Culminating Event	Jersey, Macoupin and Montgomery	future career or hobby)
Opportunities (multiple opportunities	Counties	Increase life skill development, including teamwork, time
throughout the year)		management, resiliency, and communication skills
		Increase openness to challenge and discovery
		Increase growth mindset
		Increase academic achievement and motivation
		Increase personal responsibility
		Increase personal standards and accountability

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>): **ECONOMY – Workforce Prep**

	I =	
What planned outreach will you	Describe the audience(s) you will	What are the specific intended outcomes that will result from this
conduct to intentionally address this	target with this planned outreach	planned outreach? Consider the following types of outcomes
priority issue? Specify the details e.g.	program or group of activities	when listing the intended, specific outcomes of your planned
name of programs, indirect		outreach program or group of activities:
intervention channel, focus of applied		Increase awareness/knowledge in
research, specific partnerships and/or		Increase positive attitudes towards
coalitions you will engage with, etc.		Participants report intent to change/adopt
		Increase/decrease in behaviors/practices such as
List each program or group of activities		Changes in policies/environment such as
that are intended to target the same		
audience(s) and outcome(s) in a		(also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
ECONOMY – Workforce Prep	Christian County (Taylorville HS)	Increase knowledge of life skills, technology, and career specific
Welcome to the Real World	Jersey County (Jersey County HS)	skills
	Macoupin County (Mt. Olive HS,	Increase exposure to possible future careers
	Northwestern JH/HS)	Increase skills in personal finance management and stability
	Montgomery County (Nokomis HS,	
	Cornerstone Academy)	
ECONOMY – Workforce Prep	Christian, Jersey, Macoupin and	Increase knowledge of life skills, technology, and career specific
4-H Career Trips	Montgomery teens (13-18)	skills
		Increase exposure to possible future careers
ECONOMY – Workforce Prep	Jersey County (Jersey County HS)	Increase knowledge of life skills, technology, and career specific
Ready 4 Work	Montgomery County (Cornerstone	skills
	Academy)	Increase interviewing and career recruitment skills

ECONOMY – Workforce Prep	Christian County (Faith Bible Christian	Increase knowledge of life skills, technology and career specific
4-H STEM Programming	Academy)	skills
	Jersey County Afterschool (Panther Kidz Club)	

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>): HEALTH – Social & Emotional Health

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HEALTH – Social & Emotional Learning	Macoupin County (Carlinville Middle)	Increase awareness of stress, coping strategies and anxiety related
Your Thoughts Matter	Montgomery County	situations
		Increase knowledge of careers in mental health
		Increase knowledge of resources related to mental health
		Increase confidence discussing mental health issues
		Identify new opportunities for positive contributions that support
		mental health
		Increase social support

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>): HEALTH – Chronic Disease Prevention & Management

What planned outreach will you	Describe the audience(s) you will	What are the specific intended outcomes that will result from this
conduct to intentionally address this	target with this planned outreach	planned outreach? Consider the following types of outcomes
priority issue? Specify the details e.g.	program or group of activities	when listing the intended, specific outcomes of your planned
name of programs, indirect		outreach program or group of activities:
intervention channel, focus of applied		Increase awareness/knowledge in
research, specific partnerships and/or		Increase positive attitudes towards
coalitions you will engage with, etc.		Participants report intent to change/adopt
		Increase/decrease in behaviors/practices such as
List each program or group of activities		Changes in policies/environment such as
that are intended to target the same		,
audience(s) and outcome(s) in a		(also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
HEALTH – Chronic Disease Prevention	Jersey County (Jerseyville HS)	Increase knowledge of how to prevent chronic conditions
& Management	Macoupin County (Carlinville HS)	Increase belief that youth can have a vital role in managing their
4-H Food Challenge	Montgomery County (Nokomis HS)	own health
		Increase skill in preparing healthful foods
HEALTH – Chronic Disease Prevention	Jersey County (Jerseyville East	Increase knowledge of how to prevent chronic conditions
& Management	Elementary)	Increase belief that youth can have a vital role in managing their
4-H Health Jam	Macoupin County (Carlinville Middle	own health
	School)	Increase physical activity in youth through walking challenges and
		group exercise
		Increase knowledge in and exposure to health-related careers

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>): COMMUNITY – Involvement & Leadership

What planned outreach will you	Describe the audience(s) you will	What are the specific intended outcomes that will result from this
conduct to intentionally address this	target with this planned outreach	planned outreach? Consider the following types of outcomes
priority issue? Specify the details e.g.	program or group of activities	when listing the intended, specific outcomes of your planned
name of programs, indirect		outreach program or group of activities:
intervention channel, focus of applied		Increase awareness/knowledge in
research, specific partnerships and/or		Increase positive attitudes towards
coalitions you will engage with, etc.		Participants report intent to change/adopt
		Increase/decrease in behaviors/practices such as
List each program or group of activities		Changes in policies/environment such as
that are intended to target the same		
audience(s) and outcome(s) in a		(also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
COMMUNITY – Involvement &	Unit 18 4-H (Youth Leadership Teams)	Increase self-awareness
Leadership	Christian County (Taylorville HS)	Increase awareness of commonalities and differences in people
Real Colors	Macoupin County (Mt. Olive HS &	Increase ability to work with different personalities or cultures
	Gillespie HS)	·
	Montgomery County (Litchfield,	
	Hillsboro, and Nokomis HS)	

Identify the state priority issue to be targeted (see <u>Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues</u>): FOOD – Food Access

What planned outreach will you conduct to intentionally address this priority issue? Specify the details e.g. name of programs, indirect intervention channel, focus of applied research, specific partnerships and/or coalitions you will engage with, etc. List each program or group of activities that are intended to target the same audience(s) and outcome(s) in a	Describe the audience(s) you will target with this planned outreach program or group of activities	What are the specific intended outcomes that will result from this planned outreach? Consider the following types of outcomes when listing the intended, specific outcomes of your planned outreach program or group of activities: Increase awareness/knowledge in Increase positive attitudes towards Participants report intent to change/adopt Increase/decrease in behaviors/practices such as Changes in policies/environment such as (also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
FOOD – Food Access 4-H Hunger Ambassadors/Feeding & Growing Our Communities	Macoupin County 4-H (Hunger Ambassador Club) Montgomery County 4-H (Youth Leadership Team Montgomery County (Cornerstone Academy)	Increase awareness of hunger and food access issue Increase knowledge of strategies to address food access Increase strategies and plans to address food access issues in communities Increase number of volunteers and advocates for food access Increase in developed plans for community service projects addressing food access Increase in amount of food supplies to low access areas

EDUCATOR PLAN OF WORK (3 YEAR)

(TO IMPACT GRAND CHALLENGE GOALS/STATE PRIORITY ISSUES)

Table 1: Complete the information below	
Unit:	18
Your Program Area:	Nutrition and Wellness
Educator Name:	Lisa Peterson
Program Year	Oct 1, 2022 –Sept 30, 2025

PURPOSE: TO INCREASE THE LIKELIHOOD THAT PROGRAMS AND OUTREACH ACTIVITIES WILL BE INTENTIONALLY TARGETED TOWARD OUTCOMES/IMPACTS THAT ALIGN WITH OUR GRAND CHALLENGES/STATE PRIORITY ISSUES.

SNAP-ED EDUCATORS AND **EFNEP** EDUCATORS ARE **NOT** EXPECTED TO COMPLETE AN EDUCATOR PLAN OF WORK AS THEY WILL FOLLOW INEP GUIDANCE FOR PLANNING DOCUMENTS

PLEASE NAME THE FILE FOR YOUR PLAN USING THE FOLLOWING FORMAT TO INCLUDE YEAR AND NAME:

{Year} Educator Plan of Work_Lastname_Firstname e.g., 2022-2025 Educator Plan of Work_Welbes_Beth

Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues

(ECONOMY)	(FOOD)
Grow a Prosperous Economy	Maintain a Safe & Accessible Food Supply
 Workforce Preparedness/Advancement 	Food Access
Financial Wellbeing	Food Safety
Economic Vitality	Food Production
(COMMUNITY)	(HEALTH)
Support Strong and Resilient Youth, Families, and Communities	Maximize Physical and Emotional Health for All
Involvement and Leadership	 Chronic Disease Prevention and Management
Connectedness and Inclusion	Social and Emotional Health
• Thriving Youth (plans for this priority will be addressed in the Unit Plan of	 Healthy and Safe Community Environments
Work)	
(ENVIRONMENT)	
Sustain Natural Resources in Home & Public Spaces	
 Enhancing and Preserving Natural Resources 	
 Engagement with Home and Community Landscapes and Environment 	

This plan of work is NOT intended to outline <u>all</u> outreach activities that you will conduct and report during the 2023-2025 program years.

This plan of work is focused on developing **one or more issue-focused impact plans** (see Table 1). Each issue-focused impact plan will include outreach activities that *directly align a state priority issue* and will represent a *concentrated focus* of your work. At the conclusion of each program year, you will be expected to contribute to one brief IMPACT Success Story in PEARS that describes a summary of the activities and outcome evaluation results associated with addressing a state priority issue.

Instructions:

Complete the **Table 2: Issue-Focused Impact Plan (To Be Conducted and/or Led by Educator)** for EACH state priority issue you will direct *concentrated effort* toward OR will lead a team in your unit or statewide to address. Add more rows to the table if you need additional space to describe your issue-focused impact plan. Copy the table to outline each issue-focused impact plan if you will (or will lead a unit team to) direct *concentrated effort* to more than one state priority issue during the program year.

Examples of types of programs/outreach activities you might include.

- Educational outreach onsite and online (direct education)
- Digitally and/or print-released information (indirect activities)
- Consultation and expert assistance for decision support

- Applied research
- Engaging in partnerships and coalitions to reach a common goal

Identify the state priority issue to be targeted (see Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues):

HEALTH: Chronic Disease Prevention and Management

Other unit or program team staff collaborating on/contributing to planned outreach addressing this issue:

4-H Youth Development

What planned outreach will you			
conduct to intentionally address this			
priority issue? Specify the details e.g.			
name of programs, indirect			
intervention channel, focus of applied			
research, specific partnerships and/or			
coalitions you will engage with, etc.			

List each program or group of activities that are intended to target the **same** audience(s) and outcome(s) in a separate row.

Describe the audience(s) you will target with this planned outreach program or group of activities What are the specific intended outcomes that will result from this planned outreach? Consider the following types of outcomes when listing the intended, specific outcomes of your planned outreach program or group of activities:

- Increase awareness/knowledge in...
- Increase positive attitudes towards...
- Participants report intent to change/adopt...
- Increase/decrease in behaviors/practices such as....
- Changes in policies/environment such as....

(also indicate with an asterisk * any outcomes you plan to measure)

Diabetes:

"I on Diabetes" Curriculum

Diabetes Focused Walking Club (Adults and Youth)

Developing a youth-focused diabetes curriculum

Develop diabetes videos (social media & part of in-person classes)

Diabetes webinar series

CHRISTIAN

Partner with Taylorville Memorial Hospital to provide I on Diabetes curriculum in 2023 targeting adults who have diabetes and caregivers ages 18-65 who live in and around Taylorville

Partner with Pana Wellness Center to offer diabetes cooking programming to adults 18-65 who live in Pana

JERSEY

Partner with JCH Wellness Center, Hospital, and Health Department to provide I on Diabetes. Work with partners to create a social media campaign around diabetes awareness (focus: 18-29 years old); a walking club focused on diabetes prevention and management at Wock Lake (focus: 30-65-year-olds with prediabetes/diabetes and their caregivers).

Focus on youth with prediabetes/diabetes who live in and around Jerseyville

- Increased awareness of risk factors for diabetes
- Increased knowledge of what diabetes is and the different types
- Increased knowledge of blood glucose control
- Increased knowledge of Extension diabetes resources
- Increased confidence in speaking to healthcare professionals regarding health concerns
- Increased confidence in reading nutrition facts labels
- Increased confidence in preparing diabetes-friendly meals
- Increased knowledge of the importance of physical activity and it's effects on diabetes

Heart Health: Meals for a Healthy Heart Cooking classes focused on low-sodium and heart-healthy fats. Walking club with a focus on heart health	MACOUPIN Heart Healthy Classes in the underserved community of Staunton. Potentially partnering with Community Hospital of Staunton or the Macoupin County Health Department. Target Audience: Adults 18-65 living in Staunton who have or caring for someone with heart disease. A walking club focusing on physical activity and heart health with Carlinville Area Hospital. Target Audience: Adults 65+ living with or caring for someone with cardiovascular disease. JERSEY Offer cooking classes with the Jerseyville Library focused on intergenerational meal preparation and low sodium options. Target Audience: Adults 18-65+ living or caring for someone with hypertension in the Jerseyville area.	 Increased confidence in lowering blood pressure through lifestyle changes Increased confidence in lowering cholesterol through lifestyle changes Increased confidence in reading nutrition facts labels and recognizing heart-healthy options in the grocery stores Increased confidence in preparing heart-healthy meals Increased knowledge of cardiovascular disease risk factors Increased knowledge of high blood pressure Increased knowledge of the importance of physical activity and cardiovascular health

Identify the state priority issue to be targeted (see Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues):

HEALTH: Social and Emotional Health

Other unit or program team staff collaborating on/contributing to planned outreach addressing this issue:

4-H Youth Development

What planned outreach will you conduct to intentionally address this priority issue? Specify the details e.g. name of programs, indirect intervention channel, focus of applied research, specific partnerships and/or coalitions you will engage with, etc. List each program or group of activities that are intended to target the same audience(s) and outcome(s) in a separate row.	Describe the audience(s) you will target with this planned outreach program or group of activities	What are the specific intended outcomes that will result from this planned outreach? Consider the following types of outcomes when listing the intended, specific outcomes of your planned outreach program or group of activities: Increase awareness/knowledge in Increase positive attitudes towards Participants report intent to change/adopt Increase/decrease in behaviors/practices such as Changes in policies/environment such as (also indicate with an asterisk * any outcomes you plan to measure)
Developing an Intuitive Eating Class and Health at Every Size Curriculum	Montgomery & Macoupin County Middle School/High School Young Adults (18–23 year olds) Target Locations Lincoln Land Community College Blackburn Community College Lewis and Clark Community College	Increased awareness about nutrition Increased knowledge about the benefits of physical activity An increased positive attitude about body image Increased self-confidence Participants report intent to adopt healthy behaviors, specifically around eating, physical activity, and self-talk. Increased knowledge about intuitive eating

EDUCATOR PLAN OF WORK (2-YEAR)

(TO IMPACT GRAND CHALLENGE GOALS/STATE PRIORITY ISSUES)

Table 1: Complete the information below		
Unit:	Unit 18	
Your Program Area:	Community & Economic Development	
Educator Name:	Valerie Belusko	
Program Year	Oct 1, 2023 –Sept 30, 2025	

PURPOSE: TO INCREASE THE LIKELIHOOD THAT PROGRAMS AND OUTREACH ACTIVITIES WILL BE INTENTIONALLY TARGETED TOWARD OUTCOMES/IMPACTS THAT ALIGN WITH OUR GRAND CHALLENGES/STATE PRIORITY ISSUES.

SNAP-ED EDUCATORS AND **EFNEP** EDUCATORS ARE **NOT** EXPECTED TO COMPLETE AN EDUCATOR PLAN OF WORK AS THEY WILL FOLLOW **INEP** GUIDANCE FOR PLANNING DOCUMENTS

PLEASE NAME THE FILE FOR YOUR PLAN USING THE FOLLOWING FORMAT TO INCLUDE YEAR AND NAME:

Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues

(ECONOMY)	(FOOD)
Grow a Prosperous Economy	Maintain a Safe & Accessible Food Supply
Workforce Preparedness/Advancement	Food Access
Financial Wellbeing	Food Safety
Economic Vitality	Food Production
(COMMUNITY)	(HEALTH)
Support Strong and Resilient Youth, Families, and Communities	Maximize Physical and Emotional Health for All
Involvement and Leadership	Chronic Disease Prevention and Management
Connectedness and Inclusion	Social and Emotional Health
Thriving Youth (plans for this priority will be addressed in the Unit Plan of	Healthy and Safe Community Environments
Work)	
(ENVIRONMENT)	
Sustain Natural Resources in Home & Public Spaces	
Enhancing and Preserving Natural Resources	
Engagement with Home and Community Landscapes and Environment	

This plan of work is NOT intended to outline <u>all</u> outreach activities that you will conduct and report during the 2022-2023 program year.

This plan of work is focused on developing **one or more issue-focused impact plans** (see Table 1). Each issue-focused impact plan will include outreach activities that *directly align a state priority issue* and will represent a *concentrated focus* of your work. At the conclusion of each program year, you will be expected to contribute to one brief IMPACT Success Story in PEARS that describes a summary of the activities and outcome evaluation results associated with addressing a state priority issue.

Instructions:

Complete the **Table 2: Issue-Focused Impact Plan (To Be Conducted and/or Led by Educator)** for EACH state priority issue you will direct *concentrated effort* toward OR will lead a team in your unit or statewide to address. Add more rows to the table if you need additional space to describe your issue-focused impact plan. Copy the table to outline each issue-focused impact plan if you will (or will lead a unit team to) direct *concentrated effort* to more than one state priority issue during the program year.

Examples of types of programs/outreach activities you might include.

- Educational outreach onsite and online (direct education)
- Digitally and/or print-released information (indirect activities)
- Consultation and expert assistance for decision support
- Applied research

Identify the state priority issue to be targeted (see Illinois Extension's Grand Challenge Goal Statements and Related State Priority Issues):

Workforce Preparedness/Advancement

What planned outreach will you conduct to intentionally address this priority issue? Specify the details e.g. name of programs, indirect intervention channel, focus of applied research, specific partnerships and/or coalitions you will engage with, etc. List each program or group of activities that are intended to target the same audience(s) and outcome(s) in a	Describe the audience(s) you will target with this planned outreach program or group of activities	What are the specific intended outcomes that will result from this planned outreach? Consider the following types of outcomes when listing the intended, specific outcomes of your planned outreach program or group of activities: Increase awareness/knowledge in Increase positive attitudes towards Participants report intent to change/adopt Increase/decrease in behaviors/practices such as Changes in policies/environment such as (also indicate with an asterisk * any outcomes you plan to
separate row.		measure)
Expand community partnerships in Christian, Macoupin, and Jersey Counties	Year 1 (2023-2024): Macoupin Year 2 (2024-2025): Jersey	Work to build relationships with these audiences to expand CED programing opportunities, look for regional efforts which can be developed, and build leadership capacity.

Build workforce preparation through soft skill development: Real Colors Generations Training Customer Service Training Team Building and Leadership	2023-2024 Macoupin County: Gillespie School District Litchfield School District Area non-profits 2024-2025 Jersey County Jerseyville School District Jerseyville Wellness Center Christian County Christian County Economic Development Corporation Pana School District Taylorville School District Area non-proftis	Through pre and post tests I hope to show increased subject matter knowledge and skill development.
● iCREATE/ K-12 Program	 Litchfield School District 2024-2025 Expand to a second location outside of Montgomery County 	 Create pre and posts assessments that are online and can be shared via a link for middle 6th through 12th grade students* Create an assessment for the classroom teacher (part of the assessment would as how this teacher/grade level may be teaching on the same information to make sure the program is fresh and meaningful to the teachers)* Create an assessment for the community leader facilitating the lessons* Dollar value of volunteer hours (NCRCRD Indicator)* Number of teacher/administrator contacts (NCRCRD Indicator)* Number of volunteer hours (NCRCRD Indicator)* Number of new schools implementing the program*

Community development iDREAM K-12 Program	2023-2024 Litchfield School District 2024-2025 Expand to a second location outside of Montgomery County	 Create pre and posts assessments that are online and can be shared via a link for middle 6th through 12th grade students* Create an assessment for the classroom teacher (part of the assessment would as how this teacher/grade level may be teaching on the same information to make sure the program is fresh and meaningful to the teachers)* Create an assessment for the community leader facilitating the lessons* Dollar value of volunteer hours (NCRCRD Indicator)* Number of teacher/administrator contacts (NCRCRD Indicator)* Number of volunteer hours (NCRCRD Indicator)* Number of new schools implementing the program*
Community development/Social and emotional health	2024-2025 Unit Wide to community leaders, teachers, business owners • Poverty Simulation	 Pre and Post evaluations to measure the understanding of what it is like to live in poverty and the challenges those in poverty endure. * Conduct follow-up interviews with participants to track and changes which they may have made in their on professional or leadership role to create equity.