

Organization Information

Legal Name

D'Vine Path

DBA (if Applicable)

NA

Program Name/Title

LIFE I CAN HEALTHY LIFESTYLES

Brief Program Description

The Life I Can Program provides vocational training and independent living skills for neurodivergent adults. Participants gain hands-on experience in agriculture, culinary arts, floristry, viticulture, and the arts, helping them develop employment readiness, social skills, and confidence to lead independent lives.

Service Area

Bonsall

De Luz

Fallbrook

Rainbow

Number of residents that directly benefit (participant/client) from this program.

45

What language(s) does this program accommodate:

English

Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)	0	0
Young Adults (13-17)	0	0
Adults (18-60)	100	45

	Percent of program participants	Number of participants
Seniors (60+)	0	0
We do not collect this data (indicate with 100%)*	0	0

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	0
Male	0
Non-binary/other	0
Unknown*	100

*Target Population - Gender

D'Vine Path does not collect gender-specific data because our program focuses on serving neurodivergent adults regardless of gender identity. Our primary objective is to provide vocational training, social skills developments, and independent living support based on individual needs and abilities, rather than demographic characteristics such as gender.

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	100
Very Low (50%) Income Limits, ceiling of \$53,500	0
Low (80%) Income Limits, ceiling of \$85,600	0
Higher Than Listed Limits	0
We do not collect this data (indicate with 100%)*	0

*Target Population - Income Level

NA

What demographic group does this program predominately serve:

Special Populations

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Education Access & Quality (Early Childhood Education and Development, Enrollment in Higher Education, High School Graduation, Language and Literacy)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Program Objectives & Measurable Outcomes

Program Objectives & Measurable Outcomes – Q3

The *Life I Can Healthy Lifestyles* program continued to make meaningful progress toward its goal of empowering neurodiverse adults to achieve healthier, more independent lives through vocational training, wellness education, and social engagement. Each objective remained aligned with the SMART framework outlined in the original application and was supported by measurable outcomes and consistent data collection.

Objective 1: Improve Vocational Skills & Employment Readiness

How this Objective Serves the Goal:

By providing hands-on training in agriculture, culinary arts, and retail through Farm & Garden, The Culinary Journey, and The Flower Stand, participants build real-world skills that support independence and employment.

Measured Outcomes:

- **71% of participants** maintained part- or full-time employment
- Participants demonstrated increased competency in task completion, teamwork, and workplace behavior based on facilitator evaluations

Successes & Challenges:

Participants showed strong engagement in hands-

on tasks and increased confidence in vocational settings. A continued challenge is matching participants with employment opportunities that align with their individual strengths; however, ongoing partnerships and mentorship opportunities are helping to address this.

Objective 2: Enhance Social & Community Engagement

How this Objective Serves the Goal:

Social skill development reduces isolation and builds confidence, which are essential for independent living and workplace success.

Measured Outcomes:

- **100% of participants** reported forming meaningful peer relationships
- **85% active participation rate** in group activities and community engagement

Successes & Challenges:

Group-based activities such as cooking, gardening, and community events fostered strong peer connections and communication skills. Some participants required ongoing support in navigating social cues, which was addressed through continued coaching and structured social practice.

Objective 3: Increase Health & Wellness Knowledge

How this Objective Serves the Goal:

Improving nutrition, physical activity, and mental health directly supports long-term well-being and independence.

Measured Outcomes:

- **25% increase in nutrition knowledge**
- **60% of participants improved eating habits**
- **20% reduction in anxiety and depression**

Successes & Challenges:

Hands-on workshops and guest instruction were highly effective in reinforcing healthy habits. A challenge remains in ensuring consistency of these habits outside the program setting; staff continue to

support this through reinforcement strategies and family communication.

Objective 4: Strengthen Independent Living Skills

How this Objective Serves the Goal:

Daily living skills such as meal preparation, time management, and self-care are critical for self-sufficiency.

Measured Outcomes:

- **80% of participants adopted consistent healthy routines**
- Participants demonstrated increased independence in meal preparation and daily task completion

Successes & Challenges:

Participants showed measurable growth in independence and confidence in daily routines. Some individuals required additional repetition and visual supports, which were successfully integrated into instruction.

Objective 5: Expand Community Partnerships & Real-World Opportunities

How this Objective Serves the Goal:

Partnerships provide real-world training, mentorship, and employment pathways, reinforcing program outcomes.

Measured Outcomes:

- Increased number of guest workshops and community-based learning opportunities
- Continued job placements and skill-building experiences through local partnerships

Successes & Challenges:

Collaborations with local businesses and professionals enriched participant learning and exposure to career pathways. Scheduling and coordination with external partners occasionally presented challenges, but flexibility and strong relationships helped maintain consistency.

Evaluation Methods

Program success was measured through:

- Attendance and participation tracking
- Pre/post surveys (nutrition, mental health, social confidence)
- Individual goal tracking and progress reports
- Employment placement data
- Facilitator and partner feedback

Summary

Overall, the program continues to demonstrate strong alignment with its intended goals. Through structured, hands-on interventions and ongoing evaluation, participants are making measurable progress in health, independence, social connection, and employment readiness. Challenges are addressed through individualized support and adaptive instruction, ensuring continued success for all participants.

Please upload an Impact Story (Word doc or pdf preferred).



Kaylee.pdf

FRHD Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

FRHD Acknowledgment



Q3 Acknowledgement.pdf

Program Budget



25_26 FRHD CHC Program Budget R... .xlsx

Please type the name of the person submitting this report.

Michele Cox



D'Vine Path Program is with Fallbrook Regional Health District at D'Vine Path Prog... ..

Published by Instagram · March 24 at 5:31 PM · Fallbrook · 🌐

Lettuce turnip the beet! Harvesting beets, kale and swiss chard and planting chives in the D'Vine Path garden!

From soil to table, every moment is an opportunity to learn, grow, and connect 🌱

We are deeply grateful to the Fallbrook Regional Health District for supporting our Life I Can Healthy Lifestyles program and helping make these meaningful experiences possible for our participants. Your partnership is truly helping our community thrive ❤️

#DVinePath #HealthyLifestyles #FarmToTable #Gratitude #CommunityGrowth



See insights and ads

Boost post

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Comment as D'Vine Path Program



Kaylee's Journey to Confidence in the Kitchen

Kaylee came to D'Vine Path with a willingness to learn and a quiet determination to grow. While she explored multiple programs and showed strength across each area, it was in the kitchen where Kaylee truly began to shine.

Through the Life.I.Can.Healthy.Lifestyles program, Kaylee engaged in hands-on experiences in The Culinary Journey, where she discovered a passion for food preparation. With the guidance and mentorship of our Chef, Kaylee's skills quickly developed—and so did her confidence. What began as curiosity soon turned into capability, as she embraced new techniques, followed recipes with precision, and contributed meaningfully to team-based cooking projects.

Over time, Kaylee's dedication and strong work ethic set her apart. She was promoted to **sous chef**, a milestone that reflects not only her growing technical skills but also her leadership and reliability in the kitchen. Her commitment to learning and her positive attitude led to further recognition, including a promotion and a raise—an incredible achievement that highlights her readiness for real-world employment.

Beyond skill development, Kaylee has blossomed socially and emotionally. She now works confidently alongside visiting chefs, communicates effectively with her peers, and takes pride in her role within the team. Her growth is a testament to the power of hands-on learning, mentorship, and a supportive environment.

Kaylee's journey is a beautiful example of what happens when passion meets opportunity. Through D'Vine Path's programming, she has not only found her calling but is building a future filled with purpose, confidence, and independence.



FRHD CHC GRANT BUDGET REPORTING FORM

 Agency Name: **D'Vine Path** PROGRAM NAME: **Life I Can Healthy Lifestyles**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$695,452.99	\$20,000.00	\$3,000.00	\$3,000.00	\$3,000.00	
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	\$813,465.25	\$15,000.00	\$3,000.00	\$3,000.00	\$3,000.00	
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$171,500.00	\$30,000.00	\$8,625.00	\$8,625.00	\$8,625.00	
D	TOTALS		PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$1,680,418.24	\$58,500.00	\$14,625.00	\$14,625.00	\$14,625.00	\$0.00

 Total funds expended to date: **\$43,875.00**