



Performance Measures Summary

Mindful Mentor and Me; REST Program

Performance Period From: 10/1/2020 To: 12/31/2020

Performance Type: All

Grouped by Program

Narratives included

Quarter	Doc	Targ	Actual	Variance	Achieved	Submitted	Lock	Approved
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Program Title: Mindful Mentor and Me; REST Program	Contract #:
Agency: Mindful Youth Academy	Contract From / To: 07/01/2020 06/30/2021

01. Number of digital views (YouTube)

Mindful Mentor and Me

2Q-20/21	No Goal	<input type="checkbox"/>	0	43	43	<input checked="" type="checkbox"/>	01/14/21	Sumiko Sprague	<input type="checkbox"/>	<input type="checkbox"/>
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Total: 0 43 43

02. Number of digital views (Facebook)

Mindful Mentor and Me

2Q-20/21	No Goal	<input type="checkbox"/>	0	149	149	<input checked="" type="checkbox"/>	01/14/21	Sumiko Sprague	<input type="checkbox"/>	<input type="checkbox"/>
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Total: 0 149 149

03. Number of parents and caregivers (not client identified; duplicated; and day of)

Mindful Mentor and Me

2Q-20/21	No Goal	<input type="checkbox"/>	0	0	0	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
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No in-person classes allowed per CA state guidelines and restrictions.

Total: 0 0 0

04. Number of children (not client identified; duplicated; and day of)

Mindful Mentor and Me

2Q-20/21	No Goal	<input type="checkbox"/>	0		0	<input checked="" type="checkbox"/>	01/14/21	Sumiko Sprague	<input type="checkbox"/>	<input type="checkbox"/>
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Total: 0 0 0

05. Number of people who take survey

Mindful Mentor and Me

2Q-20/21	No Goal	<input type="checkbox"/>	0	0	0	<input checked="" type="checkbox"/>	01/14/21	Sumiko Sprague	<input type="checkbox"/>	<input type="checkbox"/>
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Total: 0 0 0

06. Number of parents (not client identified; duplicated; and day of)

REST Program

2Q-20/21	No Goal	<input type="checkbox"/>	0		0	<input checked="" type="checkbox"/>	01/14/21	Sumiko Sprague	<input type="checkbox"/>	<input type="checkbox"/>
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Current Covid19 restrictions have modified the way REST is providing resources to families without walls. However, REST program is still in operation, and so far, Mindful Youth Adventures has not been called upon since no children have been present.

Total: 0 0 0

07. Number of children (not client identified; duplicated; and day of)

REST Program

2Q-20/21	No Goal	<input type="checkbox"/>	0	0	0	<input checked="" type="checkbox"/>	01/14/21	Sumiko Sprague	<input type="checkbox"/>	<input type="checkbox"/>
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since no children have been present.

Total: 0 0 0

08. Number of Referrals

REST Program

2Q-20/21 No Goal 0 0 0 01/14/21 Sumiko Sprague

Total: 0 0 0

09. Were your planned activities on track this quarter? Please describe any successes or highlights.

2Q-20/21 No Goal 0 0 01/14/21 Sumiko Sprague

During Quarter 2, our community continues to shift and modify "normal" activities due to Covid19 guidelines and restrictions. With this, Mindful Youth Adventures remains as a virtual platform. Weekly segments continued for most of the quarter, with a shift toward a monthly segment in the final month. Planned activities were absolutely not on track, but with adjustments, and reviewing the views on the videos, it seems that more families were actually reached - though there is no way to tell how many caregivers and how many children were actually reached by view count. Overall, it's a success when a caregiver tells you how their child reminded them to take three deep breaths to calm and reset.

Total: 0 0 0

10. Please describe any barriers you had and how you plan to address them?

2Q-20/21 No Goal 0 0 01/14/21 Sumiko Sprague

While virtual production and management is not necessarily a strong point, it's been a great opportunity to learn, be frustrated, pause, and get creative - all inspiration for future classes. One major hiccup was technology not working as expected which continues to cause a delay in Q3. MYA should be back on track soon, and new programming available for our families to enjoy. Meanwhile, MYA will re-post previous recordings to maintain connection with our audience. (Please also see Milestone 11)

Total: 0 0 0

11. Please describe any programmatic adaptations you made due to COVID-19?

2Q-20/21 No Goal 0 0 01/14/21 Sumiko Sprague

Weekly in-person 45-60 min classes following the Sutter County Library schedule, became brief 10 minute or less mindful "shorts". From that schedule continuing from Q1 through Q2, new adjustments were found to be necessary. In addition, virtual and local digital space for hosting is very limited and caused many delays. Q3 is modifying to a longer, monthly segments hosted by MYA on a YouTube channel, with more sharing across media to reach and engage more families with the same material. It's important for children to have the opportunity to learn through repetition; with this in mind, the monthly programming moving forward will (hopefully) inspire families to embrace that repetition.

Total: 0 0 0

12. If available, please share a short compelling story, vignette or quote that showcases the value of support for children, families and providers in Sutter County.

2Q-20/21 No Goal 0 0 01/14/21 Sumiko Sprague

(paraphrasing)
Caretaker to MYA host Sumiko: We were having a really difficult time doing their online classes and she just would not focus and just get her work done. I was getting more and more frustrated and she turned to me and said Mom, "lets take three deep breaths", and directed me like you (Sumiko) do in you videos.

(Small part of the) mission accomplished.

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Total:		0	0	0				
Total by Program:		0	192	192				
Grand Total:		0	192	192				

Definitions:

Detailed report of each performance measure for each program selected. Report output includes targets, totals, and submitted/approved information.