

Action Plan and Implementation Timeline

Thrive and Rise Above MS is a 13-week program consisting of 4 weeks of planning, 8 weeks of program delivery, and 1 week of review and stakeholder reporting. Baseline data collection takes place in Week 1, and post-program data collection takes place in Week 8 in the eight-week intervention. The final week is when the official outcome review is done. Journals, text messages, and peer support activities may be provided post-program but are not included in the official review as outlined in this framework.

Task Name	Assigned To	Start Date	End Date
Phase 1: Preparation and Advocacy Planning			
Finalize Site MOU and Preceptor Orientation	Javelin Lawrence	2026-04-06	2026-04-12
Stakeholder Collaboration (Church, Transit, Providers)	Program Lead	2026-04-06	2026-04-19
Draft Community MS Wellness Access Policy and Advocacy Brief	Javelin Lawrence	2026-04-13	2026-04-26
Marketing & Recruitment (Text Alerts, Flyers)	Marketing Team	2026-04-13	2026-05-03
Ambassador Training (Pastors/Leaders)	Clinical Lead	2026-04-27	2026-05-03
Stakeholder Presentation of Community MS Wellness Access Policy	Program Lead	2026-04-27	2026-05-03
Phase 2: Eight-Week Program Implementation			
Week 1: Foundation including MS education, personal goal setting, baseline survey, and introduction to health belief model	Clinical Lead/Evaluator	2026-05-04	2026-05-10
Weeks 2-3: Nutrition Workshop including anti-Inflammatory education, cooking demonstrations and culturally appropriate food modifications	Nutritionist	2026-05-11	2026-05-24
Weeks 4-5: Movement, adaptive yoga, chair exercise and individualized movement strategies	Fitness Trainer	2026-05-25	2026-06-07

Weeks 6-7: Support, mental health education, stress management, peer support and caregiver support	Mental Health Professional	2026-06-08	2026-06-21
Week 8: Program Evaluation and Future Planning, post-program survey, focus group, review of personal goals and personal action planning	Evaluator / Program Lead	2026-06-22	2026-06-28
Post-Program Administration Reporting			
Final Data Analysis and Stakeholder Summary Report	Evaluator / Program Lead	2026-06-29	2026-07-05