NC InCK

NC INTEGRATED CARE FOR KIDS

Integrated Care Round: Supporting Children and Family's Physical Health

February 15, 2023: 12:00-1:30 PM

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Welcome to NC InCK Integrated Care Rounds!

As we get started, do the following:

1

Think about the families with whom you work:

How do you, as a Family Navigator, approach sensitive topics with families?

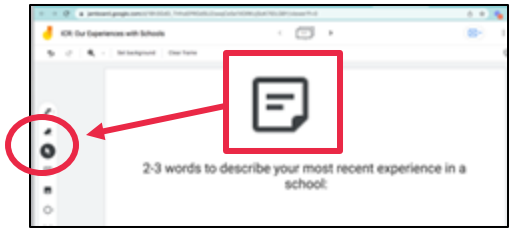
2

Open up the link:

https://jamboard.google.com/d/1xiAw-6ACR_Xq6QAQVk4hivkF6TCgInlghtBq_dse7bI/edit?usp=sharing

3

Click the "sticky note" button to make a new note.



Type the support you can provide as a Family Navigator and click "save."



Your sticky note will appear! Resize it/drag it where it can be seen on the slide.

Agenda

1. Clappers!
2. Setting the Stage
3. Ways to access healthy food
4. Physical Health
5. Summer Supports
6. A Look Ahead
7. Closing

Clappers!

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Liz Taylor (Duke)





Tara: Liz has been so helpful to all our members. Liz is always willing to collaborate on difficult situations and accepts a call from me when there is a lot to talk about. Liz elevated several Eat Well referrals to me. I truly appreciate all your hard work Liz!

Judy: No matter how straight-forward or complex a need may be, Liz goes beyond traditional care management and fully embraces the integrated vision of InCK! Care, compassion, and positivity radiate in every interaction I have with her and are evidenced in the outcomes of the youth she engages with. Liz readily adapts to changes in our processes and is an InCK rockstar in my book!



Jeanine Price (CCNC)













Seeing the bigger picture....

Jeanine has been working with children exposed to the foster care system for more than a year now. One county has been a slow adopter of the benefits of care management for these traumatized children.

She has been persistent in giving quality care management services filled with compassion and concern for the children she serves.

She has doggedly sought to keep communication meaningful and consistent with the ever- changing DSS guardians serving the same children.

Her persistent efforts to make sure children are not falling through the cracks have been key in learning how to build solid workflows. Many of the ways Jeanine has navigated communication problems will be replicable as we endeavor to carry "InCKy" case management across the foster care system.

Setting the Stage

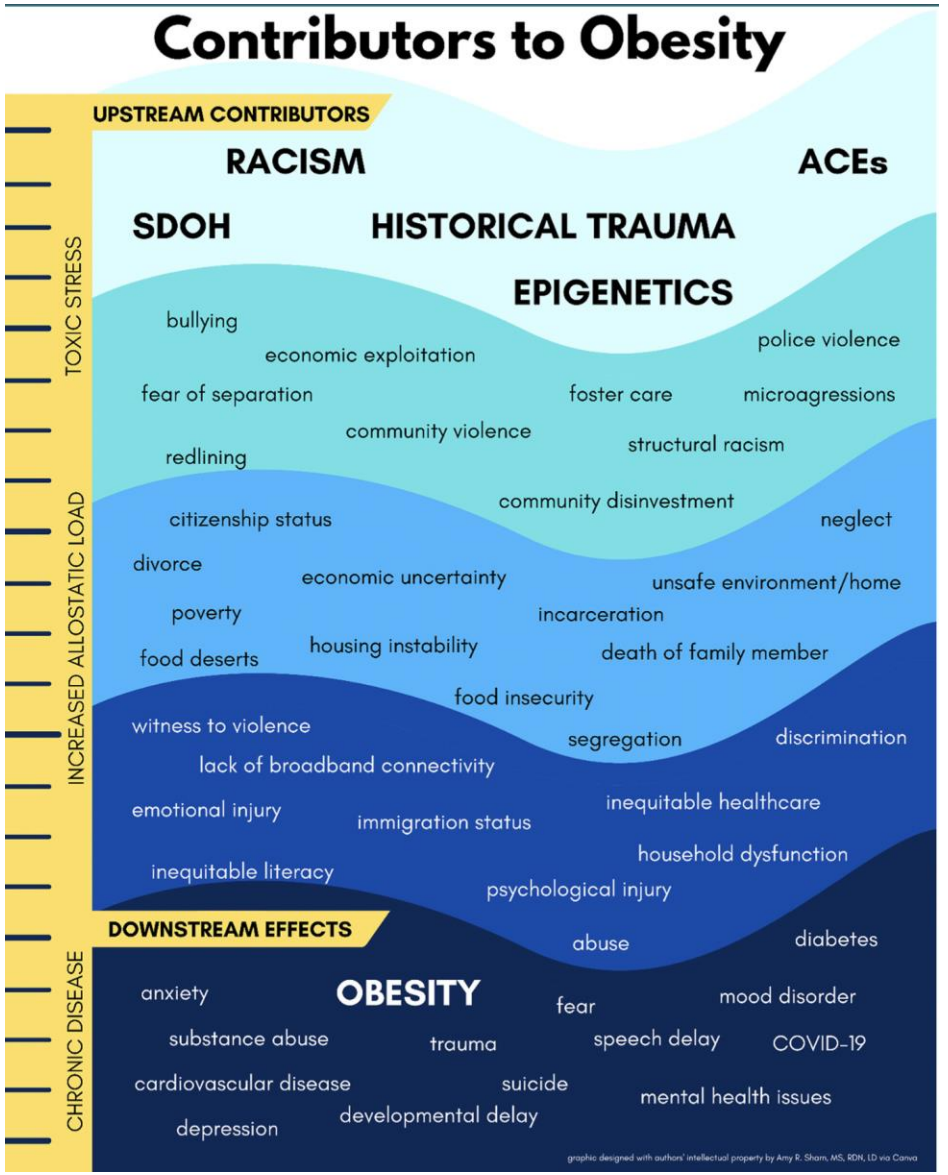
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Discussing Food and Nutrition with Families

- Terms like “obese”, “fat” or “overweight” are considered to be offensive. “BMI” merely confused parents across the board.

- What most parents agreed on was that terms like **“too much weight for the child's health”** or **“unhealthy weight”** .


Trauma-
Informed
Care

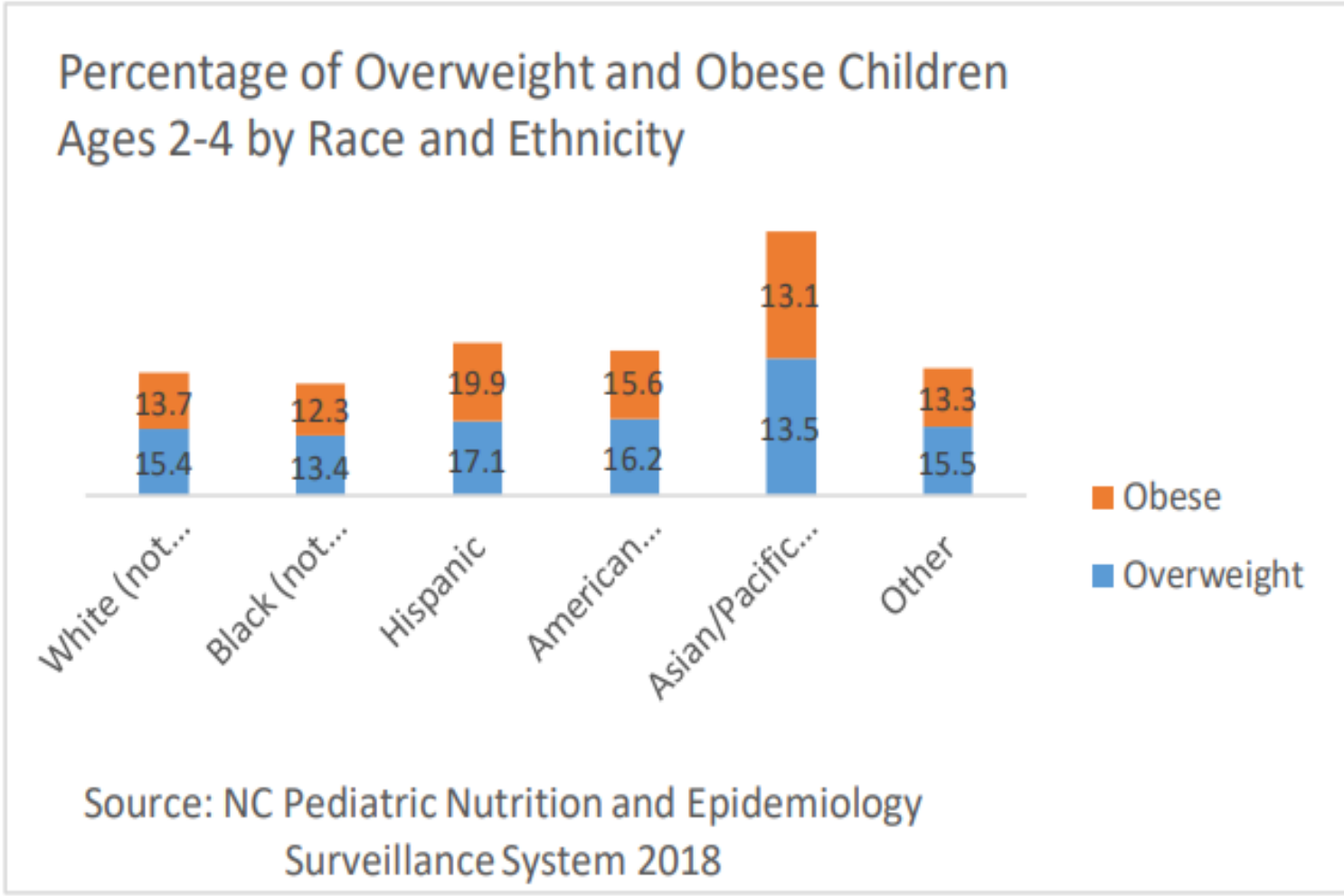

Contributors to Obesity
UPSTREAM CONTRIBUTORS
RACISM
ACEs
SDOH
HISTORICAL TRAUMA
EPIGENETICS
TOXIC STRESS
bullying
police violence
economic exploitation
fear of separation
foster care
microagressions
community violence
structural racism
redlining
community disinvestment
INCREASED ALLOSTATIC LOAD
citizenship status
neglect
divorce
economic uncertainty
unsafe environment/home
poverty
incarceration
food deserts
housing instability
death of family member
food insecurity
witness to violence
segregation
discrimination
lack of broadband connectivity
emotional injury
immigration status
inequitable healthcare
household dysfunction
inequitable literacy
psychological injury
DOWNSTREAM EFFECTS
abuse
diabetes
CHRONIC DISEASE
anxiety
OBESITY
fear
mood disorder
substance abuse
trauma
speech delay
COVID-19
cardiovascular disease
suicide
mental health issues
depression
developmental delay
graphic designed with authors' intellectual property by Amy R. Sham, MS, RDN, LD via Canva

Obesity in North Carolina

We are ranked the 15th WORST State Nationally.

- 15 percent of 2 to 4 year olds are obese
- 30.9 percent of 10 to 17 year olds

Mar 15, 2018



Environmental Factors

- Lack of access to safe opportunities for physical activity.
- Few free sporting opportunities exist outside school, and charges are often unaffordable.
- Screen time
- Sleep quality
- Ultra processed food vs real food access



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Access to Healthy Food



- The USDA has identified 349 food deserts in North Carolina affecting over 1.5 million residents. **Northeast Greensboro** qualifies as a food desert because of their lack of access to fresh food.

- In North Carolina, people of color make up almost half (47%) of the population of food deserts, but only 28% of the non-food-desert population

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Social-Emotional Contributors

- Children overeat to cope with problems or to deal with emotions
- Children overeat to fight boredom.
- Advertising pressures in our culture
- Children mimic their adult
- Do kids really need "kids' food“?



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Starting the Conversation:

Tips from Tara





Have a clear picture of what you want to ask; Choose your words thoughtfully.



Be prepared for member reaction to difficult questions and how you respond.



Inform the member/guardian that the question(s) might be hard to answer. Consider waiting to ask sensitive questions after rapport is established with the member/guardian.



ASK Permission: For example, you may want to ask, "Would it be OK if we talk about your weight today?" If your patient says, "No," respect your patient's choice. You can ask if it would be okay to revisit the topic in the future?



Use open ended questions: (Motivational Interviewing) For example; What types of foods seem most convenient for you to eat right now?



Follow up and Praise: Be the "cheerleader" to encourage your member; give praise and positive feedback for small milestones.



SAP: Acknowledge setbacks and challenges and offer support- remember to use the members VABs offered at some of the PHPs.

Remember: SAPs are member/family driven



Phone a friend: Call and IC or fellow Family Navigator for support

Family Navigator Experience

Shared by Debra Finley, WellCare of NC



Ways to Access Healthy Food

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Where to Access Healthy Food

- WIC – federal program that promotes healthy eating and nutrition education for infants and children up to age 5 and for women with low incomes who are pregnant, postpartum, or breastfeeding.
- SNAP –The Supplemental Nutrition Assistance Program provides food assistance to low- and no-income people and families.
- Value Added Services with PHPs
- InCK Food Guide
- Food Banks – local churches
- Farmer's Markets

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Healthy Eating for Healthy Weight

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Include a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Low in added sugars, sodium, saturated fats, trans fats and cholesterol.
- Stay within your daily calorie needs.
- Fruit- fresh, frozen, or canned fruits are good choices. Try fruits beyond apples and bananas such as mangos, pineapple or kiwi fruit. When fresh fruit is not in season, try a frozen, canned, or dried variety. Be aware that dried and canned fruit may contain added sugars or syrups. Choose canned varieties of fruit packed in water or in its own juice.

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FAQ

Transportation

- Appointments are required every 3 months for one one on one nutrition education contact and food benefit issuance.
- Granville Vance WIC has decreased the amount of in person appointments for a WIC participant from 4x/year to 2x/year.
  - **Certification (in-person)**: Bring in proofs, sign paperwork, collect measurements and bloodwork, full nutrition assessment with nutrition education and goals set for future appointments.
  - **Follow up required NE contact (remote appointment):** One on one nutrition education over the phone.
  - **Mid year assessment (in-person):** Collect height, weight, and hemoglobin if low at certification appointment, full nutrition education assessment with nutrition education and goals reviewed from certification appointment.
  - **Follow up required NE contact (remote appointment):** One on one nutrition education over the phone.
- Due to the requirement of height, weight, and hemoglobin needed at a certification appointment and midyear appointment, those appointments are in office (exception is when a family can provide these measurements via email/fax from the provider at midyear assessment appointment).
- WIC provides appointment scheduling 6 months out to allow for ample time to ask off of work or make arrangements to go to a healthcare provider to get measurements and bloodwork.
- WIC staff will sign any transportation reimbursement from Medicaid if asked.

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Additional Food Resources for families

- Food Pantries in Vance and Granville Counties to share with families.
- Attached for your use and distribution

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Physical Health

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Physical Activity Health Benefits

Physical activity helps you immediately feel better, function better, and sleep better. It also reduces anxiety. Benefits of exercise for children include:

- Academic performance – Improves attention and memory
- Brain health – Reduces risk of depression
- Muscular fitness – Builds strong muscles and endurance
- Heart and lung health – Improves blood pressure and aerobic fitness
- Cardiometabolic health – Helps maintain normal blood sugar levels
- Long-term health – Reduces risk of several chronic diseases, including type 2 diabetes and obesity
- Bone strength – Strengthens bones
- Healthy weight- Helps regulate body weight and reduce body fat

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Preventing Childhood Obesity: 5 Things Families Can Do

1. **Support Obesity Prevention in Early Care and Education Settings by Implementing Obesity Prevention Standards:** Ask about nutrition standards in food served at the setting, access to outdoor physical activity during the day, and how much time the child will spend daily in front of a screen.
2. **Model a Healthy Eating Pattern:** Adopting healthy eating patterns as a family helps children reach and maintain a healthy weight as they age.
3. **Move More as a Family:** Make it a family affair. Walk the family pet before and after school, ride bikes, and have races in the yard. This all counts toward physical activity. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.
4. **Set Consistent Sleep Routines:** Sticking to a consistent sleep schedule, including on weekends, can help children sleep better. Children who don't get enough sleep are at risk for unhealthy weight gain.
5. **Replace Screen Time with Family Time:** Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food. Turn screens off an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep.

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Value Added Benefits

Some PHPs offer Value Added Benefits to help stay healthy. Some examples of these are:

- Fresh fruits and veggies for diabetes or obesity
- Weight Watchers
- Active and Fit Program
- Extracurricular support for after school activities (gym membership, sports, clubs, etc.)
- Youth club memberships (e.g. Boys & Girls Clubs, Girl Scouts)

These are just some of the VABs that may be offered by PHPs. Check the PHP website for current VABs available. They may change frequently.

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Clinical Services

Dietitian – A board-certified, licensed nutritionist with formal education and training who specializes in promoting optimal health and preventing and treating diseases through the science of nutrition. They blend scientific research, nutrition, behavioral science, and social science to shape the dietary choices of healthy and sick people.

- **Services Offered:**
  - **Basic Nutrition Education:** Dietitians guide individuals through learning about nutrition and making dietary changes.
  - **Chronic Disease Management:** They provide support for managing conditions like diabetes, high cholesterol, and more.
  - **Weight Management:** Dietitians assist with weight loss or weight gain goals.
  - **Meal Planning Services:** They help create balanced meal plans.
  - **Eating Disorder Recovery:** Dietitians play a crucial role in supporting individuals recovering from eating disorders.

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Summer Supports

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The Achievement Gap or Opportunity Gap?

Every year, nearly 400,000* NC children are impacted by child poverty

Math Loss
2.6 Months

Literacy Skills Loss
2 months



By 9th grade, more than 60% of the "Achievement Gap" stems from Summer Learning Loss

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"Learning from Summer"; RAND Corporation, Commissioned by The Wallace Foundation

The Impact of High-Quality Summer Opportunities

Connected to additional supports	Positive Child-Adult interactions	Social Emotional Development & Services	Physical Health

"Summer is a valuable time for families, students, and educators. Not only are the summer months an opportunity to improve social and cognitive development for children, but also to mitigate the impacts of instructional loss further widened by the COVID-19 pandemic." NC Department of Public Instruction

Character Development	Routine & Independency	Sense of Community & Belonging	Exposure to new careers

Important Topics to Focus On With Families

Food & Nutrition	Extracurricular Activities available through VAB	Summer Jobs & Internships
Enrichment & Learning Opportunities	At Home Activities	Childcare & Camps

In the Chat...

Where have you found enrichment for children & families?

-OR-

What topics have families brought to your attention as they prepare for the summer?

Alamance

Citygate Dream Center

Cost: Little to none

Why might this help the families we work with?

Citygate Dream Center is a hub of programs and services for children and families in Alamance. Connecting a child to one program will connect the family to a community.

Other Services Provided: Parent support classes, diaper bank, food bank, guitar lessons, English proficiency classes, computer literacy, etc.

Camp details are still being finalized by DC Team

Eligibility

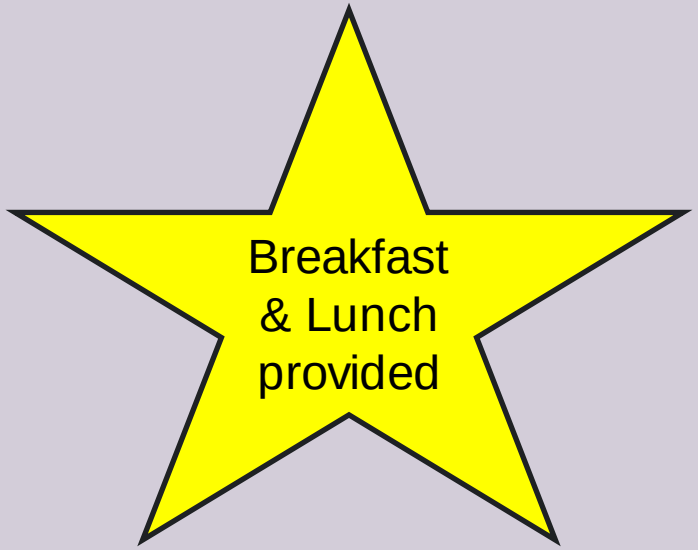
Rising 1st graders – Highschool

Live in Alamance County

Applying: Emilia Suarez, Health & Care Coordinator | emilia@citygatedreamcenter.com

Camp Days are *half days* from 8am-12pm

- Sports skills development
- STEM themed projects
- Arts & Crafts
- Character development
- Music production
- Entrepreneurship



Alamance+

Camp Green Leaves

Cost: $60/participant for 4 weeks

Why might this help the families we work with?

Summer day camp for children and adults with developmental disabilities.

Includes swimming, arts and crafts, music, sports and games, and supervised free time.

The camp also features field trips to local parks and recreation facilities, and trips around the Piedmont area.

Eligibility:

To be eligible for Camp Green Leaves: Child must have an IEP, have completed kindergarten **AND** be 6 years before August 31, 2024

To be eligible for CGL Alumni Week: Participants must be 23+ years and previously attended

Applying

- Registration OPENS March 18th for Alamance ONLY for first month.
- Registration form must be completed with payment at the Kernolde Senior Center (1535 S. Mebane St., Burlington, NC 27215). **Registration by appointment ONLY. To schedule, or email Brittany Bradsher** (336) 222-5028 **or** bbradsher@burlingtonnc.gov

Required Documentation

- 2024 Camp Green Leaves Registration Form with signed Waivers;
- Copy of the participant's birth certificate (annually);
- Proof of address (driver's license or current utility bill)
- IEP and BIP (Behavior Plan)
- Medical Report/Physical
- Medication Policy Packet

Camp Green Leaves Requires an Interview for New Campers.

More Information here.

Vance

Henderson Family YMCA

Cost: $129 /$144 + $30 registration (Without Scholarship)

Why might this help the families we work with?

YMCA camps offer kids a chance to explore places, activities and ideas outside their normal lives. At camp, they discover new talents, interests and friends. Parents have trusted YMCA camps for generations, because they are experiences that help foster leadership, self-confidence, and deepen respect for the environments and communities we live in.

Eligibility: Ages 5-12 years old

In house or online registration closes the Wednesday *before* each week of camp & when payments of any remaining balances are drafted.

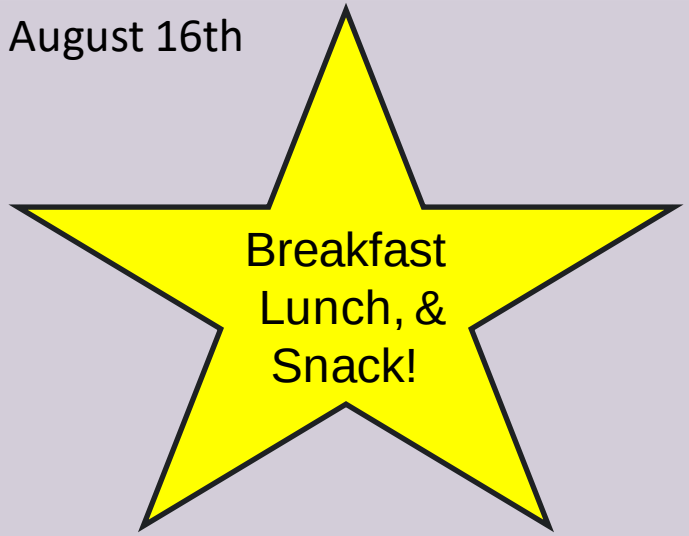
Camp runs from June 10th – August 16th

Open House: May 29th & June 5th 6:30-7:30pm

Day Camp Hours: 7:30am –6pm

Camp Activities Include:

- Swimming
- STEAM & Team Building
- Guest Speakers & Field Trips



Registration will open SOON!

Christine B. Williams | Christineb@henfamymca.org | (252) 438-2144

The YMCA is one of the few camps that will not only offer a scholarships or a sliding fee scale for campers, but many will also accept DSS vouchers!

Durham

ISLA
(Immersion for Spanish Language Acquisition)

Cost: $50 Registration + $350/week (Without Scholarship)

Why might this help the families we work with?

Give primarily low-income, Spanish-speaking students the opportunity to gain literacy skills in their native language of Spanish. Support students about their cultural heritage and navigate their own unique multicultural experiences. Decrease the academic opportunity gap.

Eligibility

Rising Kindergarten – Rising 5th Grade

Speaking Spanish is not a requirement and children may use this opportunity to be exposed to the language!

Applying

Registration is **OPEN NOW**

- Scholarships are available on a first come-first served basis (50% or 100%)
- Scholarships offered are for *one* week of camp
- Call Susana Benites or email to confirm availability of scholarships
- Fill out one scholarship application *per student*
- Send one of qualifying documents below
- Apply once you receive scholarship application approval

Applicants must show **one** of the following to demonstrate need for assistance.

1. Payment Stubs
2. Receive SNAP or Free/Reduced lunch
3. Other documents that demonstrate need.

Email Documents: Susana benites, Susana@laislaschool.org or 919 265-7692

Durham

ISLA
Scholarship Application Process

Cost: $50 Registration + $350/week (Without Scholarship)

Information Requested:

1) Date of Birth **| 2)** 2024-2025 School Year (Rising K-Rising 5th) **| 3)** Weeks of preference for scholarship **| 4)** Parent/Guardian Contact Information & Address **| 5)** Financial dependents "in home" **| 6)** Household Income **| 7) & 8)** Select and upload supporting documents

9) Family statement

¿Por qué se debe considerar al estudiante para una beca (qué limitaciones financieras enfrenta el individuo/familia)? //// Why should the student be considered for a scholarship (what financial limitations does the individual/family face)? *

Enviar // Submit

Tips for Navigating Summer Camp Costs

Call the Camp Director & ask about scholarships, financial assistance, or if they will accept a DSS voucher. Follow up with an email.

Families with DSS childcare vouchers can **request a list** of camp options that will accept them. Families with children in foster care can **ask the social worker *and* the Guardian Ad Litem's office.**

Counselor in Training programs are great opportunities for teens and don't usually cost anything

Ask School Social Workers about:
Internships, jobs, summer school, volunteer opportunities, training programs



Free Transportation!
Ages: 13 – 18

A Look Ahead

For more events in the 5 NC InCK Counties, check out our NC InCK Webpage and Facebook. Also, explore our new NC InCK training page for archived ICRs, takeaways, and shared resources.

Upcoming NC InCK Events

Integrated Care Rounds: Early Childhood
Thursday, March 14th: 12:00 pm – 1:30 pm

Echo Series
Thursday, April 11th: 12:00 pm – 1:30 pm

Please contact Josie Hatley (anna.hatley@duke.edu) if you need the invitation for the ICR/Echo series.

NC Pre-K Applications are OPEN!

Are you are working with a family that needs childcare and whose child will be age 4 on or before August 31, 2024?

Consider sharing about NC Pre-K!

For more information and instructions on applying direct to the county/district link:

- Alamance
- Chapel Hill/Carrboro
- Durham
- Granville
- Orange
- Vance