

# VAHSA Health & Family Institute

For Head Start Directors, Health Managers and Family Services Staff

DoubleTree Midlothian, Richmond, VA 23235

**November 13-15, 2019**

## Tuesday, November 12, 2019

4:00 – 6:00                      **Early Registration for Health & Family Institute**

**Note:** Participants were asked to choose from the Health or Family Services Track at the time of registration. We will provide participants with those choices in their registration envelope.

## Wednesday, November 13, 2019

7:30 – 8:30                      **Registration Open**

7:30 – 8:30                      **Buffet Breakfast** - Fluffy Scrambled Cage Free Eggs, Bacon and Sausage Links, Home Fried Potatoes, Steel Cut Oatmeal or Southern Style Grits, Assorted Breakfast Breads, Coffee Cake and Pastries Served with Marmalade, Preserves and Whipped Butter Sliced Seasonal Fruit, Freshly Brewed Coffee, Decaffeinated Coffee and Herbal Tea Orange Juice and Apple Juice

8:30 – 10:00                      **Keynote: A Liberating Cure - Dr. Matthew Allen, DDS**

In our technological age marked by rapid change and a demand for results, healthcare has often too easily acquiesced to the culture of the quick fix, and in the process, has prioritized cure over care. What might it look like to value the person in front of us instead of the improvement of their disease state? What style and skills can help us achieve this countercultural goal? In an interactive fashion, Dr. Allen will help participants explore these questions, building a solid foundation for a cure that is truly liberating.

10:00 – 10:15                      **Break** (Coffee and Hot Tea provided)

10:15 – 11:45

<p><b>Health – <u>Role of Farm to Early Care in Preventing Obesity in Children</u></b> <i>Jamie Lee –</i> Improving the Early Care and Education environment is vital to the prevention of obesity in children under the age of five. Early Care facilities may directly influence what children consume which helps develop a foundation of healthy habits for life. Farm to Early Care initiatives connect young children with healthy, locally grown foods and supports farmers in their communities. This workshop will address the obesity epidemic and how Farm to Early Care initiatives help decrease children's BMI. The workshop will answer questions on how to start up a Farm to Early Care initiative, provide next steps for those who already have one, give family engagement ideas, and curricula to run a successful Farm to Early Care program. <a href="#">Handout 1</a>, <a href="#">Handout 2</a>, <a href="#">Handout 3</a>, <a href="#">Handout 4</a>, <a href="#">Handout 5</a></p>	<p><b>Family Services – <u>Practicing Presence with Motivational Interviewing</u></b> <i>Dr. Matthew Allen, DDS</i> Building upon the morning keynote, Dr. Allen will guide participants through a series of exercises designed to foster familiarity and comfort with the style and skills of motivational interviewing. Specific focus areas will include patient and family engagement, sharing information, and reflective listening. Participants will practice via role and real play scenarios and will receive coaching and feedback designed to deepen their awareness and skillfulness in true patient centered communication. <a href="#">Handout</a></p>
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11:45 – 1:15

**Lunch** - Stuffed Ricotta Shells with Bolognaise Sauce, Mixed Green Garden Salad with Fresh Vegetables Ranch and Balsamic Dressing, Chef's Selection of Prepared Vegetables and Starch, Rolls and Butter, Chef's Selection of Dessert, Freshly Brewed Coffee, Decaffeinated Coffee and Iced Tea

1:15 – 2:45

<p><b>Health – <u>Healthy Meals in the CACFP</u></b> <i>Bee Thorp &amp; Ashley Smith</i> CACFP aims to increase access to healthy meals in childcare settings. Through this reimbursement program, Head Start organizations have the opportunity to improve their food service and receive funding for meals. Learn about innovative ways to elevate your meal service, connect to free resources to make it happen, and round out your knowledge of Farm to CACFP with VA-specific opportunities.</p>	<p><b>Family Services – <u>Technology and the Developing Child</u></b> <i>Daniel Savage</i> As technology advances in the community, we unfortunately are not recognizing the emotional impact that these advances have on our youth and how they process emotions. At an early age, we need to help children understand their emotions and how to properly process them. Technological distractions can lead to a world of false promises and deteriorated resiliency.</p>
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2:45 – 3:00

**Break** (Iced Tea and Lemonade provided)

3:00 – 4:30

<p><b>Health – <u>Health Advisory Committee Meeting</u></b> <i>Julie Greene</i> <a href="#"><u>Agenda</u></a></p>	<p><b>Family Services – <u>Virginia Fresh Match: Engaging families through healthy eating and local food</u></b> <i>Maureen Best</i> Learn how farmers markets, SNAP, and incentives increase equitable and affordable access to fresh fruits and vegetables. Virginia Fresh Match doubles the value of SNAP to help low-income Virginians increase their buying power and their consumption of healthy Virginia-grown produce at farmers markets and pilot grocery stores. Presenters Maureen Best and Analise Adams will share examples about practical ways to incorporate Virginia Fresh Match and other healthy food programming to involve kids, families, and Head Start centers in food fun. <a href="#"><u>Presentation, Handout</u></a></p>
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**November 13-15, 2019**

**Thursday, November 14, 2019**

7:30 – 8:30                   **Buffet Breakfast** - Fluffy Scrambled Cage Free Eggs, Bacon and Sausage Links, Home Fried Potatoes, Steel Cut Oatmeal or Southern Style Grits, Assorted Breakfast Breads, Coffee Cake and Pastries Served with Marmalade, Preserves and Whipped Butter Sliced Seasonal Fruit, Freshly Brewed Coffee, Decaffeinated Coffee and Herbal Tea Orange Juice and Apple Juice

8:30 – 10:00                   **Keynote: Why early childhood nutrition education is important**  
Dr. Yum (*Dr. Nimali Fernando, MD, MPH*) will explore the current rates of obesity and feeding disorders in preschoolers in Virginia and how diet related illnesses can manifest in a variety of symptoms. Attendees will learn about the importance of introducing a culture of wellness and establishing healthy eating habits early in life and some strategies to talk to families about introducing healthy foods at home. Attendees will also be introduced key concepts from Dr. Yum's Preschool Food Adventure, a preschool nutrition curriculum that has helped improve eating habits in preschoolers in Central Virginia.

10:00 – 10:15                   **Break** (Coffee and Hot Tea provided)

10:15 – 11:45

<p><b>Health – <u>Motivational strategies to help families teach healthy eating habits at home</u></b> <i>Dr. Nimali Fernando, MD, MPH, Wendy Cannon and Sarah Moran, RDN</i> The Dr. Yum Project team will help attendees understand hands on strategies to help promote a culture of wellness and healthy eating at home. Rather than telling parents what not to do, teachers will learn a language and approach to talking about food that is nonjudgmental, positive and encouraging. The team will show attendees how to help parents overcome barriers to eating healthy at home like cost, convenience and taste.</p>	<p><b>Family Services – <u>The Family Partnership Process: Engaging and Goal Setting with Families!</u></b> <i>Karla Sprouse</i> The work you do to build trusting relationships with families supports their growth and development as well as their children's school readiness. Join this interactive session to examine strategies and resources that support you in goal setting and collaborating with families to reach new heights for themselves and their children. <a href="#"><u>Handout</u></a></p>
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11:45 – 1:15                   **Lunch with Door Prizes at the end of lunch-** Turkey with Cornbread Stuffing, Sweet Potato and Fresh Seasonal Vegetables, Mixed Green Garden Salad with Fresh Vegetables Ranch and Balsamic Dressing, Rolls and Butter, Chef's Selection of Dessert, Freshly Brewed Coffee, Decaffeinated Coffee and Iced Tea

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1:15 – 2:45

<p><b>Health – Family Style Dining (FSD)</b> <i>Julie Weatherington</i> Learn how to integrate Family Style Dining into daily activities, including daily transitions and routines, dramatic play, small motor experiences, sand and water play, literacy and music/movement activities, exploratory centers, and outdoors. <a href="#">Handout 1</a>, <a href="#">Handout 2</a>, <a href="#">Handout 3</a></p>	<p><b>Family Services – A Story of Outcomes across the Five-Year Project Period</b> <i>Carolyn Porter and Amiee Aquino</i> In this Parent, Family and Community Engagement session, participants will broaden their understanding of how the connections from the classroom, to the family, and to the program are made and how together, they lead to practice change. Participants will have the opportunity to interact with each other and explore the use of National Center of Parent, Family, and Community Engagement resources to support programs in breaking down the silos and telling their story while measuring progress toward outcomes. <a href="#">Handout 1</a>, <a href="#">Handout 2</a>, <a href="#">Handout 3</a>, <a href="#">Handout 4</a></p>
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2:45 – 3:00

**Break** (Iced Tea and Lemonade provided)

3:00 – 4:30

<p><b>Health – Virginia’s Family Nutrition Program – Resources for Teachers</b> <i>Stephanie C. Diehl, MS, RD &amp; Camille Back</i> Are you taking advantage of all the free resources available from the Virginia Family Nutrition Program? Participants will learn about the scope of the Virginia Family Nutrition Program’s resources and how they can be utilized in a Head Start classroom. A hands-on introduction to curricula – Literacy, Eating, and Activity for Preschoolers (LEAP) and OrganWise will be conducted. An overview of how to access these resources will be presented. Participants will also contribute to a brainstorming/focus group session facilitated with tablet technology that will help determine new preschool curricula options to be offered in the future by the Family Nutrition Program. <a href="#">Presentation</a></p>	<p><b>Family Services – Taking Care of Ourselves: Supporting the Wellness of Staff and Families</b> <i>Karla Sprouse and Rashanda Jenkins</i> During this interactive session, participants will engage in small and large group discussions and activities explore the concept of wellness, how stress impacts the early childhood education workforce, and identify strategies to support a culture of wellness. Activities will include exploring the Wellness Wheel and the dimensions of wellness, reviewing health data from a survey of Head Start staff, and discussing the kinds of stress and their impact on health. <a href="#">Handout 1</a>, <a href="#">Handout 2</a>, <a href="#">Handout 3</a></p>
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**Friday, November 15, 2019**

7:15 – 8:15                    **Continental Breakfast Buffet** - Breakfast Breads, Croissants, and Bagels Served with Jelly, Butter and Cream Cheese, Orange Juice, Freshly Brewed Coffee, Decaffeinated Coffee and Herbal Tea

8:00 – 8:15                    **Reflection**

8:30 – 10:00

<p><b>Health – <u>Raising Healthy Eaters: The Role of Early Childcare Centers</u></b> <i>Dr. Melanie Bean</i> Raising healthy eaters has become more challenging in today’s world due to the increasing presence of high sugar, highly processed foods, presenting numerous challenges to teaching kids healthy eating habits. Childcare settings have an important role in cultivating healthy eating behaviors in children. Dr. Melanie Bean will discuss normative eating behaviors in children and highlight developmentally appropriate and empirically supported strategies childcare centers can use to promote healthy eating behaviors in children.</p>	<p><b>Family Services – <u>FSS World Café Rashanda Jenkins</u></b> Family Services Staff, Home Visitors, Coordinators and Managers will engage in a facilitated round table discussion using the "World Café Model". Participants will engage and share best practices and consider common issues and challenges. Explore a variety of regular networking options to promote ongoing peer sharing, problem solving and the identification of common priorities. <a href="#"><u>Handout</u></a></p>
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10:00 – 10:15                    **Break** (Coffee and Hot Tea provided)

10:15 – 11:45

<p><b>Health – <u>Veggie Power: Growing a healthy generation with plant strong meals!</u></b> <i>Regan Karlsen</i> Participants will participate in a culinary demonstration incorporating plant-based protein and fresh produce. Unleash your inner foodie in this fun and interactive workshop!</p>	<p><b>Family Services – <u>The “R” in ERSEA: Let’s Talk About Recruitment! Roundtable Discussion</u></b> <i>Carolyn Porter</i> Recruitment begins the process of maintaining full enrollment. This session offers an opportunity for participants to share and discuss successful recruitment strategies in a facilitated roundtable discussion. Additionally, the session explores how grantees utilize the community assessment to guide decision making in identifying recruitment strategies.</p>
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## Biographies

**Matthew Allen, D.D.S.** is the president of M David MI LLC. Dr. Allen is the only US-based dentist member of MINT, the Motivational Interviewing Network of Trainers. He has had the privilege of working with a wide variety of dental professionals across the country over the past several years, and has helped champion and teach motivational interviewing in settings ranging from national oral health collaboratives through organizations like the DentaQuest Institute and National Network for Oral Health Access to small, private practice offices. Previously, Dr. Allen was the clinic dental director at Clinica Family Health, a nationally recognized federally qualified community health center serving the Denver metropolitan area, where he remains active in clinical practice. He also serves as part time volunteer faculty at the University of Colorado School of Dental Medicine. In these three roles, he is consistently able to demonstrate his passion for teaching, coaching, and mentoring other dental professionals to engage with and support patients along the road to oral health.

**Dr. Melanie Bean** is an Associate Professor of Pediatrics at the Children's Hospital of Richmond at Virginia Commonwealth University. She is co-Director of the Healthy Lifestyles Center, CHOR's comprehensive pediatric obesity treatment and research center. As a health psychologist and National Institute of Health-funded investigator, Dr. Bean's clinical and research endeavors focus on developing and implementing strategies to facilitate health behavior changes and reduce obesity risk among children, adolescents, and families.

**Maureen Best** is the Director of Strategic Planning with Local Environmental Agriculture Project (LEAP), a 501(c)3 non-profit based in Roanoke, VA. Maureen is also a co-lead of Virginia's statewide Nutrition Incentive Network, Virginia Fresh Match, and oversees the USDA Food Insecurity Nutrition Incentive (FINI) grant on behalf of regional organizations, farmers markets, and grocery retailers across the Commonwealth. Maureen has over fifteen years of experience working with food, agriculture and community. Her work and professional experience is wide-ranging and includes teaching high school agriculture in Raleigh, NC, working with migrant farmworkers in eastern NC and in the Colorado plains, doing food safety inspections in Boulder CO, and studying the economic viability of the local food system in Northern Colorado. Maureen has a MA in Anthropology from Colorado State University and undergraduate degrees in Agriculture Education, Spanish, and Anthropology from North Carolina State University.

**Wendy Cannon** is an early childhood educator and preschool program director. Her work with The Dr. Yum Project includes cooking instruction, community outreach, new recipe development and helping in the teaching garden. She also serves as the Preschool Curriculum Liaison for Dr. Yum's Preschool Food Adventure.

**Nimali Fernando, MD, MPH** is a pediatrician and the founder of the nonprofit organization the Dr. Yum Project, featured in the New York Times, NBC Nightly News with Lester Holt, NPR and Voice of America. She graduated from the University of Pittsburgh School of Medicine and School of Public Health with an MD and MPH and pediatrics residency at UT Houston Health Sciences Center Houston. She is the co-author of *Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating* (2015) and "Dr. Yum's Preschool Food Adventure" Curriculum with Melanie Potock, MA, CCC-SLP. Yum Pediatrics, her general pediatrics practice in Virginia includes an instructional garden and an onsite teaching kitchen, where she and the Dr. Yum Project team teach cooking to hundreds of kids and families each year in addition to thousands more through community outreach. Her contact info can be found at [www.doctoryum.org](http://www.doctoryum.org).

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**Regan Karlsen** is a chef, certified health coach and passionate advocate for a plant-based diet as a force for personal and global change. She has led workshops and culinary classes equipping people with the vital skills to take charge of their health and live a more vibrant, sustainable and compassionate life. Originally trained in the French culinary tradition, she took a new direction when a family member was diagnosed with a chronic illness. She studied plant-based nutrition under Gabriel Cousens, MD MD(H) at his Tree of Life Rejuvenation Center in Patagonia, Arizona. She went on to work as chef in the center's cafe. She now lives in Washington D.C. working on Mid-Atlantic Food and Nutrition for the Humane Society of the United States. Here she helps large institutions —hospitals, universities, K-12 school districts— incorporate more plant-based options into their menus, the plates of their staff, students & customers.

**Rashanda Jenkins** joined the Region III Training & Technical Assistance Network Team as the Health Specialist in February 2019. With over 11 years of experience working in Early Childhood, Social Work and Mental Health, Ms. Jenkins has spent the vast majority of her career in Early Head Start and Head Start Programs in Northern Virginia. Ms. Jenkins has served in a variety of roles that include an Early Head Start Home-based Supervisor, Grantee Program Director, Regional Health & Nutritional Coordinator and worked as the State Health Advisory Chairperson for the Virginia Head Start Association (VAHSA) for over 3 years. Ms. Jenkins also served on the Virginia Head Start Association Board of Directors as the Northeast Region Director Chairperson. Ms. Jenkins earned a Master's degree in Social Work from Howard University in Washington, D.C. and a Bachelor's of Social Work Degree from Johnson C. Smith University in Charlotte, North Carolina. Ms. Jenkins is also a graduate of the UCLA Johnson & Johnson Head Start Management Fellows Program and was a participant in the UCLA-PMFO New Directors Mentor Initiative.

**Jamie Lee** has been practicing in the field of nutrition for six years. For the past three years, Farm to Early Care has been Jami's passion to help decrease the prevalence of obesity in children. She is the Child Nutrition Services Manager to Head Start/Early Head Starts and Migrant and Seasonal Head Starts throughout the state of Minnesota. As an advocate in the state of Minnesota, she partners with the Institute of Agriculture and Trade Policy to not only implement Farm to Early Care but also to pass the Farm to School Bill in MN.

**Sarah Moran, RDN** is a Registered Dietitian Nutritionist and Founder of Sarah Moran Nutrition. Through her work with individuals, groups, and the Dr. Yum Project, she helps people of all ages improve their nutrition with a non-diet approach.

**Carolyn Porter** is a Head Start Grantee Specialist with the Region III TA system. She has over 30 years of experience as an educator and school administrator, including 23 years as the Director of Head Start and Early Head Start in both an urban and suburban setting. She has extensive professional background in budget development, program development, management and evaluation. She has provided specialized T/TA in the area of program design and management including governance, human resources, planning, community, self-assessment, ERSEA, and ongoing monitoring.

**Daniel Savage** is the Head Start Mental Health Coordinator in Loudoun County. He has an undergraduate in Psychology and a Master's degree in clinical Mental Health Counseling. Daniel is dedicated towards working with young students who are struggling socially, emotionally and/or behaviorally in the school or home environment. Daniel began his Mental Health career at Virginia Baptist Hospital working within the child, adult and geriatric psychiatric ward. After a three-year stint at the hospital, he moved to working with patients through in-home and outpatient counseling agencies.

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**Karla Sprouse** is an Early Childhood Specialist with ICF who has been working with young children since 1989 and with Head Start/Early Head Start since 2004. She has been an Infant Toddler Specialist, a teacher, a family consultant, a Center Director, an Education and Disabilities Coordinator, and the Director of an Early Head Start program in Virginia. Throughout her career, Karla has been successful in promoting collaborative efforts to increase quality education for young children both in her community and across the state. Karla holds her Master of Teaching and Learning: Early Childhood from Liberty University, her Bachelor's in Human Services: Management, her Associate Degree in Early Childhood Development, and she is a 2013 graduate of the UCLA/Johnson & Johnson Head Start Management Fellows Program.

**Brittany “Bee” Thorp** is a Special Nutrition Programs Specialist with the Virginia Department of Health (VDH), where she works to implement the Child and Adult Care Food Program. Prior to joining VDH, she worked to increase healthy food access in Charlottesville, VA, Pittsburgh, PA, and Zambia. She holds a Master of Arts in Food Studies.

**Julie Weatherington** is an early childhood consultant engaged in both local and national projects. For nearly 30 years she has been dedicated to supporting teachers, caregivers, and program leadership to provide high quality programming for young children and their families. Julie is an expert in mission-driven education program assessment, planning, and development, with extensive expertise in training adult practitioners in a competency-based context model, in accordance with developmentally appropriate practices. As the Director of Training Development, Early Childhood Education for Foundations for Families, Julie delivers dynamic, inspiring training that enables educators to consistently provide best practice programming. Julie started in the field of early childhood as family childcare provider. In addition to the time she spent as a preschool teacher, preschool director and lead education specialist, she has worked with children and families dealing with significant loss as the Executive Director for Seasons of Hope Center for Grief Loss and Transition and the Director of Point of Hope Grief Camp. Julie earned a Masters in Human Service Administration and Leadership and a Master's Certificate in Preschool Education from Liberty University. Her B.A. in Communications is from Wright State University.