ASPHN

Advancing Health Through Leadership

Lessons Learned from Missouri, Nevada ITCN, and Delaware

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- **Brittany Tybo** MHA, ALC, CLE, WIC Program Director, Inter-Tribal Council of Nevada
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"Learn the Signs. Act Early.": Missouri WIC Developmental Milestones Program

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Program Coordinator

WIC Promotes Healthy Development

WIC Action	Benefits to Child Development
Supports maternal health and adequate pre- and post-natal nutrition	Reduces intrauterine growth restriction (IUGR), small for gestational age (SMA), preterm births, and neonatal infections
Encourages optimal infant and child nutrition, care, and growth	Protects against malnutrition, infection, enteropathy, growth stunting Supports brain development and emergence of early milestones
Partners with parents to monitor developmental milestones	Provides education about healthy development, referral for screening and evaluation if concerns, support to access early intervention services

Linking the Program to Nutrition Education

- "Good nutrition is important to a child's physical and developmental growth—how they speak, move, play, learn, and act. Would you like some information on how to incorporate WIC foods into your child's diet?"

- *WIC Developmental Monitoring Implementation Manual* has additional examples

Integrating Nutritional and Developmental Supports (References)

- Black, M. M., Perez-Escamilla, R., & Rao, S. F. (2015). Integrating nutrition and child development interventions: scientific basis, evidence of impact, and implementation considerations. *Advances in Nutrition, 6*(6), 852-859. doi:10.3945/an.115.010348

- Schwarzenberg, S. J., Georgieff, M. K., & Committee On, N. (2018). Advocacy for improving nutrition in the first 1000 days to support childhood development and adult health. *Pediatrics, 141*(2). doi:10.1542/peds.2017-3716

- Vaivada, T., Gaffey, M. F., & Bhutta, Z. A. (2017). Promoting early child development with interventions in health and nutrition: A systematic review. *Pediatrics, 140*(2). doi:10.1542/peds.2016-4308

Missouri Program Evaluation
Pilot Clinics (9 sites)

- Process variables
  - Estimated number of clients engaged in program
    - Checklists distributed
    - Average monthly caseload (monthly and annual total)
  - Project Coordinator tracked contacts with staff (clinic, district, state)
    - Staff training presentations
    - Informal clinic visits
  - Tracked contacts with other health professionals and early child care providers

Missouri Program Evaluation
Pilot Clinics (9 sites)

- Outcome Variables
  - Parent Survey (pre and post)
  - Referral Tracking (during)
  - WIC Staff Survey (post)

- Tracked outcome of referrals to primary care provider for screening (see Referral Tracking form) and used goals and alerts in electronic record to prompt follow up with parent

- All clients were invited to participate in program, but only a subset participated in program evaluation

Pilot Data Collection Timeline and WIC Staff Roles

2 Weeks	2 Weeks	12 months	Last 2 months	2 Weeks
	Pre-implementation	Checklist Program Implementation		Post-implementation
Staff Training	Written Parent Survey I N = 450 Child age: 12 thru 47 mos	Referral Tracking N = 122 referrals in first 6 months Child age: 12 thru 47 mos	Written Parent Survey II N = 119	Staff Survey, Focus Groups
ALL STAFF	CERTIFIERS/ CLERKS	CPA'S	CERTIFIERS/ CLERKS	ALL STAFF

MO Statewide Expansion
(108 agencies/242 clinics)

- WIC website resources (enrollment, program/training materials)
- MO WIC Association Annual Meeting presentation—50 min
- Six District meetings—30 min each
  - WIC website review
  - Introductory Video (~13 min)
  - Talking Points/Desk Reference guide
  - Sample Toolkit
- Technical assistance (phone/email) from designated WIC state nutritionist and project staff, as needed

MO Statewide Evaluation

- WIC website data (agency enrollment, materials ordered, video views)
- Electronic staff survey after 12 months
- Lesson learned
  - Need a follow up measure to assess how many agencies implemented the program after enrollment

Inter-Tribal Council of Nevada WIC Developmental Monitoring Program

By: Brittany Tybo

Adapting missouri wic monitoring information

Pilot project

* February-April 2018 Pilot

* 2 Clinic Locations (Elko and Las Vegas)

* 45 Appointments resulted in 12 referrals

* Feedback and Further Assessment

Statewide Implementation

* **Training of the rest of the staff**

* **4 hour Training**

- Learn the Signs Act Early
- Implementation Manual and Policy Expectation
- How to empower caregivers to follow up on referrals
- Case Studies and practice

Materials USED and Obtained

KATMARKETING
DRAFT
Developmental milestones:
How your child plays, learns, speaks, acts and moves for their age

ProCESS

* Caregivers seen every 3 months
* Clerk provides CDC Milestone Checklist
* WIC Educator reviews checklist with caregiver
* Referral if necessary
* Follow up with next 3 month appointment

Referrals

* Nevada Early Intervention Services
* Pediatricians
* Child Find
* Family Ties
* Early Head Start Home Visiting Program

Challenges

* Prepping the system to track

* Staff buy in > Pilot staff crucial

* Follow through

* Pediatricians

* Follow through with caregivers

Outcomes

* Since April 2018 1400 Appointments > 123 referrals

* Increased collaboration with other programs

* Increased referrals in general

* Increased use of food dollars (special formulas)

“Act Early, Read Daily”

Developmental Monitoring & Language Enrichment Educational Intervention in Delaware WIC Clinics

Brittany Powers

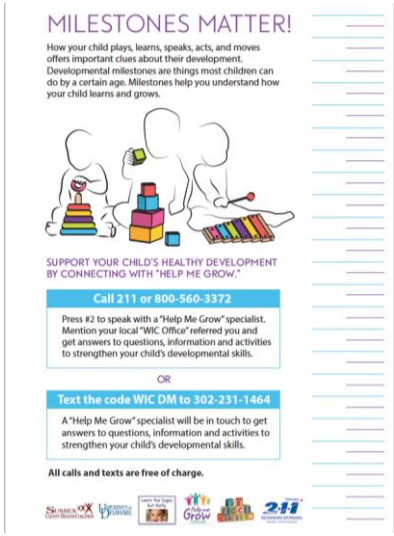
Program Manager, Autism & Other Health Initiatives

CDC Act Early Ambassador to Delaware

University of Delaware Center for Disabilities Studies

Getting Started

- **Identifying partners**
  - Division of Public Health (DPH), 2-1-1/Help Me Grow, Sussex County Health Coalition, ECCS COiiN Grant Team


MILESTONES MATTER!

How your child plays, learns, speaks, acts, and moves offers important clues about their development. Developmental milestones are things most children can do by a certain age. Milestones help you understand how your child learns and grows.

SUPPORT YOUR CHILD'S HEALTHY DEVELOPMENT BY CONNECTING WITH "HELP ME GROW."

Call 211 or 800-560-3372

Press #2 to speak with a "Help Me Grow" specialist. Mention your local "WIC Office" referred you and get answers to questions, information and activities to strengthen your child's developmental skills.

OR

Text the code WIC DM to 302-231-1464

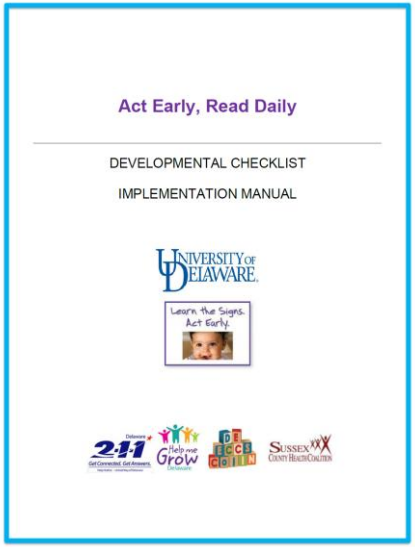
A "Help Me Grow" specialist will be in touch to get answers to questions, information and activities to strengthen your child's developmental skills.

All calls and texts are free of charge.

- **Establish data collection measures**
  - New codes in DE-WOW, development of staff surveys, MOU with DPH and WIC
- **Materials**
  - Ordering, printing, customizations, new materials (referral cards, video public service announcement, project email)

Training & Support

- **Statewide WIC training:** in-person on inservice days
  - Initial training: January 29th, 2019
  - Setup & start dates: February 11th – 28th, 2019
- **On-site coaching & support:** offered biweekly for two months
  - Additional check-in being offered in June



Workflow

- LTSAE **checklist completed with families of children 0-5 years**
  - Certification, midcertification, recertification, newborn education six month visits
- Developmental concerns arise =
  - Documented in electronic record
  - **Referral to 2-1-1/Help Me Grow** for follow-up screening & evaluation
- Families receive an **educational "Parent Kit"**
- Materials available in **English, Spanish, Haitian Creole**

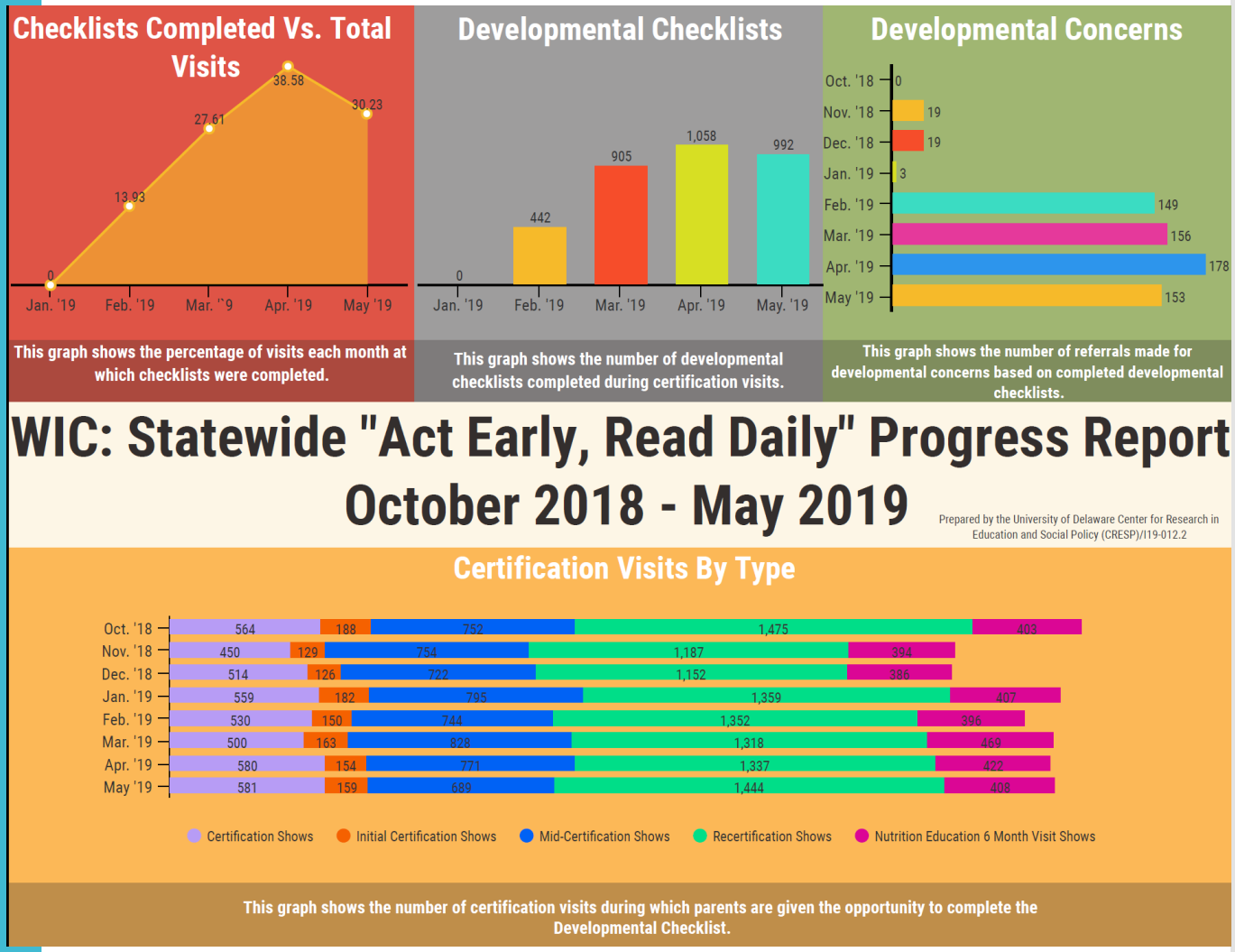
Data Collection

- **Staff surveys:** feedback, feasibility
- **WIC electronic record reports:** documented concerns, referrals
- **Family interviews:** feedback, impact of resources & referrals

Progress

Almost 3,400 checklists

Over 630 individual referrals to 2-1-1/Help Me Grow



Questions?

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Questions??