



# Managing Comprehensive Health Services in Head Start and Early Head Start: Medical, Nutrition, Oral, and Mental Health

December 10-12, 2019  
The DeSoto by Sotherly  
Savannah, Georgia

Health is the foundation of school readiness. Managing comprehensive health services in Head Start, Early Head Start, Migrant and Seasonal, American Indian/Alaska Native Head Start, and Child Care Partnerships is complex, conflicting, and ever-changing. It spans medical, nutritional, mental, and oral health, and serves those with differing abilities. Federal, state, local, tribal, and other regulations must be understood and followed – often regulations differ among themselves on the same topic. In addition, the role of Health & Nutrition Manager varies widely from program to program and is clearly impacted by the skill level, training, and partners who support the health arena. To top it all off, the Head Start Performance Standards, USDA regulations, and Head Start monitoring processes have all recently changed. **Managing Comprehensive Health Services in Head Start and Early Head Start: Medical, Nutrition, Oral and Mental Health** strives to provide content area staff overseeing these services (as well as their supervisors, colleagues, and partners) with accurate, consistent, credible, and realistic information and tools with which to deliver the mandated comprehensive health services. Since Health is Science-based and therefore always evolving, this event continually updates content based on the most up-to-date information available. New materials are added and no two iterations of this training are ever identical!

Participants in **Managing Comprehensive Health Services in Head Start and Early Head Start: Medical, Nutrition, Oral and Mental Health** refine their management skills, garner updated information, and gain insight into current medical health, mental health, nutritional sciences, and dental health practices for early childhood programs and the Head Start/Early Head Start/Migrant & Seasonal Head Start/American Indian, and Alaska Native/Child Care Partnership setting. They also learn to effectively monitor classrooms for health and safety and explore solutions to the tough issues facing programs today, such as the perfect PIR, short- and long-term exclusion, role of health and nutrition in school readiness goals, special diets, incomplete physical examinations, and inadequate numbers of providers willing to work with young children.

An intentional, teamwork and systems-based approach is stressed throughout this intensive institute, focusing on the management of medical health, nutritional, dental and oral health. The institute addresses the current health care system; recruitment, documentation, record keeping, health resources, and strategies for positively engaging families and children.

The institute integrates Hot Topics in Head Start/Early Head Start/Migrant & Seasonal Head Start/American Indian & Alaskan Native/Child Care Partnership Head Start health and nutrition.

The Standard Registration Fee is \$460 per person. Members of **T/TAS@Your Service** may qualify for the Subscriber Rate of \$415 per person. (Please visit [www.ttas.org](http://www.ttas.org) for information on how to become a subscriber.) For details on registering, including information on earning 1.75 Continuing Education Units (CEUs) for this event, please see page 3.

## Learning Outcomes

- ★ Participants will better understand the roles of federal mandates such as the Revised Head Start Performance Standards, updated USDA regulations, state requirements, and the Office of Head Start's Early Learning Outcomes Framework in the provision of comprehensive health and nutrition services.
- ★ Participants will recognize the value of an integrated team-approach in delivering quality, sustainable health services.
- ★ Participants will identify required services and best practice concepts and explore strategies to address barriers and challenges affecting service delivery.
- ★ Participants will expand their knowledge of appropriate, credible resources and develop a network of associates for continued sharing.
- ★ Participants will be able to explain the essential role of comprehensive health and nutrition service delivery in positively impacting child outcomes and school readiness goals for children aged birth to five and their families.

## Your Presenters



**Paula Mydlenski**, MS, RDN, LDN, CDN, a nationally acclaimed speaker and writer, has worked for more than 35 years with Head Start and Early Head programs, including over ten years of working as a Head Start Lead Health Consultant for the U.S. Public Health Service. Paula is both Infant and Preschool CLASS-reliable, a CLASS Affiliate Trainer, a CDA Professional Development Specialist, an I Am Moving, I Am Learning (IMIL) Facilitator, and a certified Cavity-Free Kids trainer. She is also a registered and licensed dietician, Wested Program for Infant & Toddler Caregiver Modules I-IV certified trainer, and has certificates in Infant Mental Health, Partners for a Healthy Baby Prenatal Home Visiting curriculum, and Administering the Ages & Stages Social & Emotional Questionnaire.



**Katrina Abadia**, BSN, RN, Health Specialist, obtained her B.S. in Nursing from Florida International University and worked previously in Ambulatory Care before entering the world of Head Start. As a former Head Start/Early Head Start Health Coordinator in one of the largest school districts in the nation, she is able to understand the intricate challenges faced by programs operating within school systems. Drawing on her experience as a Health Coordinator and her background in nursing, Katrina provides health training that is engaging, fun, and infused with practical, real-world advice and rooted in current, evidence-based practices. Her motto of keeping it simple is transferred to her training.



**Harry W. Bickel**, DMD, MPH, Special Health Consultant to T/TAS, has a Doctorate in Dental Medicine and a Post-Doctoral Master's Degree in Public Health. Harry was a Head Start Dental Consultant for the U.S. Public Health Service for over 20 years, is a nationally recognized expert on the Head Start Dental Program, and served on the Office of Head Start's 2008 Panel of Experts.

*(T/TAS reserves the right to substitute presenters.)*

## Hotel Accommodations

The **DeSoto by Sotherly** is located at 15 East Liberty Street in Savannah, Georgia. Hotel accommodations are available at the special conference rate of \$118 per night for single or double occupancy (plus applicable taxes and fees). To qualify for the special conference rate, please request the room block for **Head Start WKU**. Please make your hotel reservations no later than **November 12, 2019** by contacting the hotel at 1-800-239-5118 online at <http://tinyurl.com/2019-12-Health> using Group Code UKW.

The room block will be held until the stated deadline or until the block is sold out, whichever comes first. **Reservations are accepted on a space and rate availability basis by the hotel, and room blocks often fill quickly.** Please consult the hotel for information on their specific cancellation policies, to learn about additional charges that may apply to hotel guests (i.e., parking fees, local phone charges, internet access fee, etc.), and to learn about available amenities, such as room service, in-house dining, and additional area attractions.



The DeSoto by Sotherly is situated in the heart of Savannah's historic, dining, shopping and theatre districts, just a short stroll from bustling River Street, the Savannah City Market, and Forsyth Park. Surrounded by Savannah's beautiful landscaped squares, magnificent restored southern homes of the Colonial and

Victorian eras and historic landmarks, the hotel is just 15 minutes from the Savannah International Airport and is steps from treasured landmarks, museums, theaters, parks, dining, and shopping. Walk to exciting attractions like River Street, City Market, Forsyth Park, Historic Savannah Theater, Savannah Civic Center and Savannah College of Art & Design.

## Tentative Agenda Eastern Time Zone

### December 10, 2019

8:30 - 9:00 a.m.	Registration and Networking
9:00 a.m. - 12:15 p.m.	Welcome and Training Objectives Regulations & Mandates Health's Role in School Readiness Lunch on Your Own
12:15 - 1:15 p.m.	
1:15 - 4:30 p.m.	Cultural Considerations in Health & Nutrition Staffing Collaborating with Community Health Partners Joining the HS/EHS/AIAN/MSHS/EHS CCP Family Deadlines and Denials: Exclusion? Finding a Medical/Dental Home Planning & Budgeting Hearing & Vision Screenings

### December 11, 2019

8:30 a.m. - Noon	Pediatric Nutrition "Hot Topics" Regulations & Mandates Nutrition Services Management Nutrition for Expectant Families Nourishing Infants & Toddlers Preschool Nutrition Considerations Mealtime Interactions Physical Activity in the Curriculum Food Sanitation and Safety Nutrition Follow-up and Individualizing/Special Diets Nutrition Education for Families Data Management in Nutrition Lunch on Your Own
Noon - 1:00 p.m.	
1:00 - 4:00 p.m.	EPSDT Lead and Other Mandates Immunizations Health Care Plans Documentation, Record-Keeping and Tracking Policies and Procedures Serving Expectant Families Health and Safety Concerns Monitoring PIR

### December 12, 2019

8:30 - 11:30 a.m.	Oral Health—More Important Than Ever! The Health Services Advisory Committee
11:30 a.m. - 12:30 p.m.	Lunch on Your Own
12:30 - 3:30 p.m.	Mental Health Requirements & Trauma-Informed Care Health Literacy

# Registering for T/TAS Events

**Payment Policy:** Payment or Purchase Order is due at time of registration. *If a purchase order, or payment by check or credit card is not received 10 (ten) business days prior to the enrolled event start date, the registration fee will be increased by 25% and full payment will be due from participant unless cancellation is received in writing per cancellation policy. POs not paid after 45 days from original invoice date, will be charged 2% of balance per month until paid.*

It is easy to register for events sponsored by T/TAS. There are three methods for registering:

- ★ **To Register Online:** To register for any T/TAS event, visit our web site at [www.ttas.org](http://www.ttas.org), locate the event for which you wish to register, and then click on the Register button.
- ★ **To Register By Mail:** Complete and return the Registration Form with check, money order, or Purchase Order (made out to WKU, T/TAS), or with credit card info (Visa, MasterCard, or Discover) to: **T/TAS, 1906 College Heights Boulevard, #11031, Bowling Green, Kentucky 42101-1031.** *Please do not send certified or express mail registration forms as it will delay your registration. Please call if you need assistance.*
- ★ **To Register By Fax:** Complete and fax the Registration Form with Purchase Order or credit card (Visa, MasterCard, or Discover) information to our office at 270-745-3340 or 270-745-2142.
- ★ **To Register By PDF:** Complete the Registration Form with Purchase Order or credit card (Visa, MasterCard, or Discover) information and save it as a PDF. Email your saved PDF to our office to [ttas.register@wku.edu](mailto:ttas.register@wku.edu).

**Enrollment is Limited:** T/TAS cannot guarantee enrollment at events. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. We recommend you do not make hotel or travel arrangements until you receive your registration confirmation. T/TAS is not liable for any hotel or travel penalties or fees that may be incurred by participants or registrants.

**Confirmation of Registration:** Registrations can only be confirmed by e-mail. Please provide a unique email address for the participant. If an administrator needs to receive a copy of the confirmation, please include administrative email address. If you do not receive a confirmation within five days of registering for the event, please contact the T/TAS office at [ttas.register@wku.edu](mailto:ttas.register@wku.edu) or call 800-882-7482.

**Cancellations/Substitutions Policy:** If you cancel your registration *in writing* 10 or more business days before the event, registration fees will be refunded, less a \$25 enrollment charge. No refunds will be made less than 10 business days prior to the event; however, you may designate a substitute to attend in your place. T/TAS reserves the right to cancel the event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, each registrant will be contacted. The liability of T/TAS is limited to the refund of registration fees only.

**Continuing Education Units (CEUs):** Western Kentucky University offers Continuing Education Units (CEUs) for participants successfully completing a T/TAS training seminar. To apply for CEUs, please complete the appropriate section of your registration form and include an additional fee of \$25 per person. Consult the event description to learn how many CEUs are offered for each event.

**Photo/Video/Recording Policies:** Recording this event with electronic devices is not permitted. Participants at this event may be photographed, videotaped and/or audiotaped. By registering for the event, authorization is given to being the subject of photographs, videotapes and/or audiotapes at the event, in connection with T/TAS' programs, publications, the Internet and public web sites. T/TAS and any employees, officers and associates, as well as any assignees, are released from any and all claims for damages for libel, slander, invasion of privacy, right of publicity, or any other claim based on use of the above-described material(s).

## T/TAS Also Brings the Training to You

Did you know that T/TAS is also a leading provider of **onsite** professional development opportunities? Our knowledgeable experts deliver the same high-quality training and materials in your local program setting, reaching all of your staff at a cost competitive with the cost of sending just a few to a conference or seminar. Most of the events on our training schedule can be adapted for presentation to your local program or to a cluster of programs in your geographic area. T/TAS also specializes in adapting our training style and content to meet the specific needs of your program, staff, and colleagues. To learn more, to discuss your local training needs, or to schedule training, call **800-882-7482**.



# Event Registration Form

PLEASE COMPLETE ALL FIELDS AND print name & position of person attending exactly as it should appear on the name tag.

Participant Name: \_\_\_\_\_ Position: \_\_\_\_\_

Participant E-Mail Address: \_\_\_\_\_

(Optional) Administrative E-Mail Address: \_\_\_\_\_

*Will get copied on any communication sent to the Participant*

Agency/Program: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

**Enrollment is Limited:** T/TAS cannot guarantee enrollment in any event. In the event that available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations. **We recommend you do not make hotel or travel arrangements until you receive your registration confirmation.** There will be no on-site registration. Room blocks often fill quickly; please make your hotel reservations by the date listed in the conference description.

EVENT	SELECT FEE(S)
<p><b>Managing Comprehensive Health Services in Head Start and Early Head Start: Medical, Nutrition, Oral, and Mental Health</b> December 10-12, 2019 The DeSoto by Sotherly Savannah, Georgia</p> <p><i>Participants at this event may be photographed, videotaped and/or audiotaped. By registering for the event, authorization is given to being the subject of photographs, videotapes and/or audiotapes at the event, in connection with T/TAS' programs, publications, the Internet and public web sites.</i></p>	<p><input type="checkbox"/> Standard Registration: \$460</p> <p><input type="checkbox"/> <b>T/TAS@Your Service</b> Subscribers: \$415*</p> <p><input type="checkbox"/> Check if requesting 1.75 CEUs (17.5 contact hours) from Western Kentucky University and include an additional \$25 in payment.</p>

\*Subscribers, please include **T/TAS@Your Service** Enrollment No. \_\_\_\_\_.  
Visit [www.ttas.org](http://www.ttas.org) for information on becoming a subscriber.

**Payment Policy:** Payment or Purchase Order is due at time of registration. *If a purchase order, or payment by check or credit card is not received 10 (ten) business days prior to the enrolled event start date, the registration fee will be increased by 25% and full payment will be due from participant unless cancellation is received in writing per cancellation policy. POs not paid after 45 days from original invoice date, will be charged 2% of balance per month until paid.*

**CHECK METHOD OF PAYMENT:**

- Check payable to T/TAS.
- Purchase Order No. \_\_\_\_\_ payable to **WKU, T/TAS**. Send or attach PO with your registration.
- Credit Card (Mastercard, Visa, Discover only): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Expiration Date \_\_\_\_\_ Name on Card \_\_\_\_\_  
 Billing Zip Code \_\_\_\_\_ 3-digit CV number on back of card \_\_\_\_\_

**RETURN...**

**By Mail:** **Do not send certified or express mail**

**T/TAS**  
1906 College Heights Boulevard #11031  
Bowling Green, KY 42101-1031

**By Fax:** 270-745-3340 or 270-745-2142

**By Email PDF:** Save completed form as a PDF and email PDF to [ttas.register@wku.edu](mailto:ttas.register@wku.edu)

**Cancellations:** To obtain a refund of registration fees (less \$25 enrollment charge), cancellations must be received **in writing** 10 working days prior to the start of the event. EIN 61-6055628.

**ACCESSIBILITY NEEDS:**

Do you have any disability that requires special materials or services?

Do you have a special dietary need?