

Managing Comprehensive Health and Nutrition During the Pandemic

For Head Start, Early Head Start, American Indian & Alaskan Native, Migrant and Seasonal Head Start and Early Head Start Childcare Partnership Program Staff

A Virtual Event

July 13-15, 2021

9:00 AM – 2:00 PM CDT each day

(10 AM-3 PM ET | 8 AM-1 PM MT | 7 AM-Noon PT)



Health is the foundation of school readiness. Managing comprehensive health services in Head Start, Early Head Start, American Indian/Alaska Native and Migrant and Seasonal Head Start, as well as 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 area. In addition, we are smack in the midst of a viral pandemic, which has required a myriad of processes, timelines, and expectations to be adjusted, while still implementing the Head Start Performance Standards, USDA regulations, and Head Start monitoring processes.

Managing Comprehensive Health and Nutrition During the Pandemic 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 and Nutrition During the Pandemic** 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, and 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 safety considerations during the pandemic, identifying the impacts of stress and trauma on behavior and health, short- and long-term exclusion, role of health and nutrition in school readiness goals, special diets, incomplete physical examinations, identifying food insecurity and intervening, inadequate numbers of providers willing to work with young children, and adjustments to service delivery associated with the coronavirus.

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

The institute integrates *Hot Topics* in Head Start, Early Head Start, and Child Care Partnership health and nutrition.

The Standard Registration Fee is \$550 per person. Members of **T/TAS@Your Service** may qualify for the Subscriber Rate of \$510 per person. (Please visit www.ttas.org for information on how to become a subscriber.) For details on registering, including information on earning 1.2 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 Head Start Performance Standards, USDA regulations, state requirements, and the Office of Head Start's Early Learning Outcomes Framework and role of adult-child interactions 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, especially during the pandemic.
- ★ Participants will expand their knowledge of appropriate, credible resources.
- ★ Participants will be able to explain the essential role of comprehensive health, mental 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, CDN, a nationally acclaimed speaker and writer, has worked for more than 35 years with Head Start and Early Head Start 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 dietitian, 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.

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

IMPORTANT Participation and Technology Information Required to Participate

- ★ *We highly recommend participating from [desktop or laptop computer](#), as opposed to a mobile device, for the best participation and audiovisual experience. A high speed internet connection is recommended as the training may be bandwidth intensive at times.*

Tentative Agenda

Agenda is in the **Central Time Zone**
Sessions are live. No recordings will be available.

July 13, 2021

9:00–11:00 AM CDT (10-12 ET/8-10 MT/7-9 PT)

- Welcome and Training Objectives
- Breathing Activities and Desk Stretch
- Comprehensive Health Regulations, Mandates, and Waivers
- Coronavirus Impact on Health Services
- School Readiness: All About Health!
- Staff Wellness and Self-Nurturance
- Mental Health Pandemic Impacts
- Mental Health Program Requirements Part 1

NOON - 2:00 PM CDT (1-3 ET/11-1 MT/10-12 PT)

- Collaborating with Community Health Partners
- The Health Services Advisory Committee
- Staffing
- Policies and Procedures
- Documentation, Record-Keeping, and Tracking
- Monitoring
- Utilizing Data for Planning Purposes
- Joining the HS/EHS/AIAN, MSHS, and EHS FCC Family

July 14, 2021

9:00–11:00 AM CDT (10-12 ET/8-10 MT/7-9 PT)

- Finding a Medical/Dental Home
- Health Insurance
- Hearing and Vision Screenings
- EPSDT
- Lead and Other Mandates
- Immunizations

NOON - 2:00 PM CDT (1-3 ET/11-1 MT/10-12 PT)

- Nutrition Services Regulations, Mandates, and Pandemic-Related Waivers
- Nutrition Management
- Pediatric Nutrition "Hot Topics"
- Food Sovereignty and Food Insecurity
- COVID-19 Nutrition Services Delivery Considerations
- CLASS & Nutrition
- Nutrition for Expectant Families
- Nourishing Infants and Toddlers
- Preschool Nutrition Considerations
- Nutrition Follow-up and Individualizing/Special Diets

July 15, 2021

9:00–11:00 AM CDT (10-12 ET/8-10 MT/7-9 PT)

- Oral Health Requirements
- Deadlines and Denials: Exclusions?
- Supporting Children with Special Health Care Needs
- Health & Safety Concerns
- Serving Expectant Families

NOON - 2:00 PM CDT (1-3 ET/11-1 MT/10-12 PT)

- Mental Health Requirements, Part 2
- Trauma-Informed Care
- Health Literacy
- Workshop-to-Work Considerations

All topics will be covered, although not necessarily in the order listed

- ★ Participants must register individually and must have a valid and active individual e-mail address to participate. Groups of individuals cannot participate using a single e-mail address.
- ★ **This event will require you to access the T/TAS learning management system, *Adobe Captivate Prime*.**
 - Participants will be sent an email before the start date which will provide a link to login to Captivate Prime.
 - The first time you use Captivate Prime, you will be required to use your email address to create an Adobe ID (if you already have an Adobe ID connected to your registered email address, you can use your current Adobe ID). Your T/TAS Captivate Prime account is a free service provided as part of the online course or virtual event, and you can use the same Adobe ID for future T/TAS events.
 - After you sign in to Captivate Prime, you will be able to access the event dashboard to download the agenda, the live Zoom Webinar URLs, any PDF materials, or suggested external resources.
 - If you will be accessing the training on a *desktop or laptop computer*, you will not need to download any Captivate Prime add-ons.
 - If you will be accessing the training on a *mobile device*, you will need to install the free Captivate Prime mobile app to participate.
- ★ **The event will also require you to access the *Zoom Video Conferencing* website or app.**
 - If you are participating in the live Zoom session on a *desktop or laptop computer*, you will find the Zoom link in your Captivate Prime training content. We recommend participants create a free Zoom account with their FIRST and LAST name before the event start date at <https://zoom.us/freesignup/>. You may be asked to install the free Zoom program file.
 - If you are participating in the live Zoom session on a *mobile device*, you will need to install the free Zoom Cloud Meetings app to join the session.
- ★ Participants may experience delays in accessing the training based upon the speed and reliability of their computer or mobile device and internet access.
- ★ Participants are responsible for completion of the event within the stated timeframe.

Registering for T/TAS Virtual Events

It is easy to register for events sponsored by T/TAS! Register online for any T/TAS virtual event. Visit our web site at www.ttas.org, locate the event for which you wish to register, and then click on the Register button.

Payment Policy: *Payment or Purchase Order is due at time of registration.* Registrations received without copy of Purchase Order or payment by check or credit card will not be confirmed to participate in this virtual event.

Registration Deadline: Unless the event fills first, registrations for this virtual event must be received by **July 5, 2021**.

Enrollment is Limited: T/TAS cannot guarantee enrollment at virtual events. If available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations.

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 on the Group Contact Profile. 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 or call 800-882-7482.

Cancellations/Substitutions Policy: To obtain a refund of registration fees (less \$75 enrollment charge), cancellations must be received by email to ttas.register@wku.edu by **July 5, 2021**. If you do not receive an email confirmation of your cancellation from T/TAS within 3 business days, you must call 800-882-7482 to confirm your cancellation email was received in order to be eligible for the refund. Substitutions can be made up to the cancellation deadline date. **After the cancellation deadline date, no refunds will be provided.**

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 or taking images of this event is not permitted. Participants of this event may be recorded. By registering for the event, authorization is given by you to be included in any recordings made of live webinar or meeting sessions of this 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).

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You have questions...T/TAS Specialists have solutions.

Let the highly qualified T/TAS at WKU Training Specialists bring up-to-date information and best practices to your program leadership, as we work together to develop individualized strategies and solutions for your program.

- Customized program roadmap planning
- Staff in-service/pre-service trainings delivered from a variety of remote platforms
- Need-based learning designed by you to engage in creative discussion and problem solving

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