

Minutes for January 18, 2019

Recorder: Michaela Horn

Present: Anita Alkire (SeaKing PH), Chris Benson (Wa DOH), Alexandria Deas (Snohomish Health District), Janet Fraatz (DCYF), Danette Glassy (AAP), Janis Harsila (Public Health Seattle King County), Bambi Fontana (Snohomish Co ECEAP), Naomi George (Private Nurse Consultant), Marilyn Gisser (Wa DOH), Enrica Hampton (Kindering), Janis Harsilla (SeaKing PH), Janice Heck (PSESD), Darcy Hermosa (Kitsap HS/ECEAP), Micha Horn (Snohomish Health District), Claudia Hume (Spokane HS/ECEAP), Hilary Juaregui (Neighborhood House), Leslie Keller (Kindering), Soo Kim (Kindering), Suzanne Kohaya (PSESD), Katy Levenhagen (Snohomish Health District), Sheila McMahon (Private Nurse Consultant), Coty Navarro (Sno Co ECEAP), Maria Rodriguez (ESD105), Leigh Rossi, Melody Stryker (Kindering), Rebecca Timmen (HeadStart Region 10), Joanne Tran (PSESD), Kristi Walters (PSESD), Caitlyn Young (Best Start For Kids/Encompass)

TOPIC	DISCUSSION	ACTION / DECISION
Welcome and Introductions	Introductions Review agenda and minutes	
Member/Agency Updates <i>Roundtable</i>	<p><u>In Person</u> Danette Glassy (AAP and Board of Directors of Best Start Washington) – Fiscal Associates for CSHEL</p> <p>Micha Horn (Snohomish Health District) – Launching new online learning management system, first locally but potentially to rest of the state in the future. Alexandria Deas – Behavioral Health Specialist at Snohomish Health District</p> <p>Soo Kim (Kindering) – Child Care health consultation development team. Developing a system of consultation for health consultation in King County. Working right now on the connection piece between consultants and providers.</p> <p>Janice Heck (PSESD) – after being only registered nurse for the last 1-2 years, they are working on hiring a second nurse for the team.</p> <p>Darcy Hermoso (Kitsap (HS/EHS/ECEAP) - Health service manager - ECEAP working on getting all of sites licensed; put a grant in to expand 3 classrooms from 3.5 hours to 6 hours</p> <p>Melody Stryker (Kindering) – Renton Early Care and Health Consultation Team – Registered nurse; In process of getting things rolling – infant mental health consultant, 3 educational consultants; funded through best start for kids grant; team started in July. Working on trying to reach family home providers. Actually doing health consultation in child cares – supposed to be mainly focused on classroom vs individual child consultations. Melody has picked up many infant</p>	<p>For information about upcoming King County Child Care Health Consultation Summit, please contact Anna Freeman anna.freeman@kindering.org</p>

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	<p>rooms because they haven't been able to find a consultant. All individuals have been MERIT certified and have started doing trainings in the community.</p> <p>Kristi Walters (PSESD) – Health Nutrition Safety consultant - will be hiring another dietician.</p> <p>Joanne Tran (PSESD) – HNS Consultant - hiring second nurse and nutrition consultant so team will get more support</p> <p>Sheila McMahon (independent nurse consultant) – has reached capacity at 34 centers in King County</p> <p>Leslie Keller (Kinderling) – program manager working on the Best Start for Kids work</p> <p><u>Online</u></p> <p>Anita Alkire (Public Health Seattle King County) - public health nurse - January 29th will be the third child care health consortium meeting at the Skyway library (king county library system) starting at 10:15am – networking meeting; if you aren't on the listserv, send her an email. Getting updates and sharing resources, especially with new WACs going into effect in August.</p> <p>Janet Fraatz (DCYF) – came up from Arizona in May – Arizona has a statewide mental health consultation system; looking at infant mental health statewide, including at the clinician level.</p> <p>Suzanne Kohaya (PSESD) – senior coordinator USDA / CACFP – meeting support for CSHEL.</p> <p>Claudia Hume (Spokane HS/ECEAP) - Registered Dietician, CACFP grant – training and consultation at 9 sites. Just applied for a couple of grants including EHS expansion grant and another to go from part day to full day.</p> <p>Caitlyn Young (Best Starts for Kids/Encompass) - PHN with child care health consultation team at Encompass in North Bent – grantee from Best Start for Kids – started doing consultation with local child cares. Putting together a training calendar for the next year</p> <p>Janis Harsilla (Public Health Seattle King County) – Registered dietician</p> <p>Bambie Fontana – (Snohomish County ECEAP) – Public health nurse, also some work with Early Head Start</p> <p>Naomi George – (Nurse Consultant) - Private Nurse Consultant in Thurston and Pierce county</p> <p>Marilyn Gisser – (WA DOH) - Essentials for Childhood Coordinator at Washington State</p>	

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	<p>Department of Health – prevent abuse and neglect and provide safe environments for kids</p> <p>Enrica Hampton (Kinderling) – provide oversight to Child Care Health Consultation work funded by Best Start for Kids</p> <p>Chris Benson (Washington State DOH) – Nutrition and best practices in ECE settings – did a survey in 2013 and now again in 2018 and added infants to the survey and added breastfeeding. Almost complete with the data analysis and hoping to have a final report done by the end of the month. Will share survey results. Will give us a baseline for how the new licensing standards affect nutrition and physical activity in early learning settings and see comparison in 2023. Many changes occurred between 2013 and 2018 so several questions had to be changed making comparisons difficult.</p>	
Question	<p>WAC about handwashing for Diapering - WAC 110-300-0200 – new WAC says it is okay for using wet wipe on staff hands in the middle of diapering but there is no age under which infant hands can be “washed” using a wet wipe.</p>	
<p>Active Play Cards and Lesson Plans</p> <p><i>Update by Katy Levenhagen</i></p>	<p>Katy Levenhagen – grant funding was provided through DOH to provide 3 trainings to early achievers coaches on how mealtime practices and physical activity align with EA goals/domains (including their tools that they use for rating)> The focus was on how physical activity and mealtime can be supported by EA coaches. Provided 20 lesson plans and activity cards. Would like to get the cards and lesson plans into the hands of providers. Lesson plans can be put onto a website for access and there are about 1000 copies of the activity cards. Would like to have the materials distributed along with a trainer. Lesson plans give more information, but the cards are more practical for use. Statewide initiative. If you have any other ideas of where these materials can be disseminated, let Katy know. One idea was at the Infant and Early Childhood Education conference in the springtime.</p>	<p>Activity cards and lesson plans will be posted on the CSHEL website. http://cshelwa.org/downloads/ActiveLearningLessonPlans_Jan2019.pdf</p> <p>If you have ideas on where materials can be distributed, please email Katy Levenhagen, klevenhagen@snohd.org</p> <p>Infant and Early Childhood Conference will be held May 1-3 in the Greater Tacoma Convention Center. https://ieccwa.org/2019/</p>

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<p>Childhood Health Consultation and Mental Health Consultation</p> <p><i>Presentation by Janet Fraatz</i></p>	<p>Preschool Development Grant – This is the most secure funding we know about going forward. Overview – Federal grant that provided funding for birth to five needs assessment and planning the first year and then the opportunity to reapply for ongoing funding for years 2 thru 5. Enhance parental choice and expand and better use resources for the existing models that we have in this state (center, family, tribal, school-based, HS, ECEAP, etc.). Encouraging partnerships. Promoting family involvement. Washington state received funding of 5.2 million the first year.</p> <p>Focus on building parent knowledge and best practices – strengthening transition support from 0-5 to K-12. Exploring shared services model. Feasibility and readiness for early ECEAP. Strengthening inclusion practices and support for programs. Trauma informed practices and mental health consultation. Currently negotiating the scope of work due to smaller than expected award.</p> <p>OSPI just got an intensive technical assistance grant to look at whether Washington wants to go to a Pyramid model.</p> <p>Pyramid Model – center for the social emotional models of early learning; model that looks at social emotional learning practices and addresses it on a number of levels (strengthening work force, environment, classroom staff and caregivers with teaching strategies around social emotional learning, intensive interventions for kids who struggle with conventional settings) What are the meanings behind social emotional concerns and behaviors and how to support staff. Look at Center for Social and Emotional Foundations for Early Learning website – http://csefel.vanderbilt.edu – training modules on the left side – lots of tools; lots of tools available.</p> <p>Shared Services model – comprehensive services imbedded in the model; hoping to create a regional structure of shared services; consultation hubs in regional areas – plan may be to try this in a couple of regions.</p> <p>Welcome to Washington Baby Act – in the governor’s budget currently – family connect – universal home visiting program for every new family and then more intense support for those who need it. Family connect would be piloted in 2 communities and widespread by 2027. Sort of like “Help Me Grow” resource that would be attached to family connect.</p> <p>Expansion of ECEAP – also written into the budget; hoping to add a large number of slots and a slot-rate increase and ultimately to expand to 130% of the federal poverty level; and ultimate goal of service for all eligible 3 year olds; also increase access for early ECEAP (a Washington version of Early Head Start).</p> <p><u>Child Care Health Consultation Report</u> Report, prepared by Jennifer Helseth, outlines several options for funding going forward – one would be that state pays for comprehensive child care health consultation which would release the</p>	<p>Send any questions or comments to: Janet.fraatz@dcyf.wa.gov</p> <p>Group had the following suggestion - adding a nutritionist or dietician to the group since some mental health shows as eating disorders. Dieticians are included in the shared services model, along with maybe visual therapists, physical therapy, etc.</p> <p>Group had the following ask – please keep this group informed if there is any movement in the legislature on any of these bills or reports; if there is a legislator that is key to moving things along, please call that out.</p> <p>Jennifer Helseth will send out the report on the CSHEL listserv when it becomes publically available.</p>

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	<p>burden from centers; ranges to DCYF hiring a small cadre of nurses for areas where nurses are not available; Also includes some coordination for those nurses currently working.</p> <p><u>Trauma Informed Care Advisory Group</u> There is a bill 2861 for the establishment of a trauma informed care advisory group. Expand trauma-informed care for early learning providers; asked to look at Early Achievers practices to support children experiencing trauma and best practices in family home care; problem of preschool expulsion (track and prevent) – met from July through October – The report will be released soon. Everyone needs training and support in trauma-informed practices and some programs need it more than others. Also looking at exclusionary practices – but also children who go to the director’s office or parents need to pick up (and if that happens so often that the parents pull the child - is that considered expulsion?). Some money through PDG for planning and to pilot this in a couple of regions.</p> <p>ECLIPSE program – Early Childhood Intervention and Prevention Services program</p> <p><u>Children’s Mental Health Workgroup</u> – write an addendum to Jennifer’s Health Consultation report that included a brief overview of children’s mental health consultation</p> <p>Arizona has a comprehensive, evidence-based model of mental health consultation. Some mental health consultation happening in Head Start, ECEAP, Project LAUNCH, Early Achievers, King and Snohomish County; strengthen the capacity of the adults to help with the social and emotional development; this can be provided in any setting, but Washington may start with licensed child cares as there is a huge gap, but may expand to home visiting. Relationship based collaborative model and delivered in the natural setting. Increasing capacity of the adults working with the children rather than direct services to the children.</p> <ol style="list-style-type: none"> 1) Usually consultants are called in to address behavior of a particular child 2) Consultants work with teaching staff to address attitudes, beliefs, practices that affect the quality of the relationship between the staff and the children 3) Work at the programmatic level to affect practice and policy for all the kids in the setting <p>SAMHSA – Federal agency center for excellence has been pulling together best practice data and has good guidance for states on how to plan and move forward. Licensed clinicians should provide the service.</p> <p>Hope is that we can pilot this in a couple of communities and then build on the existing mental health consultant workforce. That we can support those who are already doing the work and provide a bigger network. No dollars designated up to this point but hoping for legislation to support.</p>	

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<p>CSHEL Business</p> <p><i>Update by Danette Glassy</i></p>	<p>Discussion of the history of CSHEL – Group originated as part of the legislative advisory group called the Child Care Coordinating Committee (CCCC) as the H&S Subcommittee; There used to be health and safety trainings, including train-the-trainers. These were based on the National Resource Center (NRC) on Health and Safety (AAP/Caring for Our Children). NRC in North Carolina is creating an online training on health consultation (Danette will get an update on that). The NRC houses CFOC online.</p> <p>Jennifer Helseth – how do we take the expertise of this group and roll it into DCYF. DCYF may consider CSHEL morphing into their advisory committee on all things health and safety and would provide support for running the meetings and function as an official pathway to provide advice. But then it is run for the sole purpose of the DCYF agenda.</p> <p>Some options discussed include:</p> <ul style="list-style-type: none"> • Remain CSHEL but with a sub-group to serve as advisory group • Goals of the group – promote the profession of health consultation (all disciplines, not just nurses) • Group focus may be to coordinate and train nurse consultants for the state, organize and network, have a way for providers and consultants to connect • We want to be able to share health expertise but we want to be able to remain able to focus on best practice • Maybe become a subcommittee/advisory committee of ELAC – Early Learning Advisory Committee • Would be great to have a central hub (such as the CSHEL website) for all the great things that individual groups are doing across the state so that the wheel doesn't need to be recreated over and over again. • Would like CSHEL to have a place to get information and networking, maybe a calendar of events, like Snohomish County and King County Consortium meetings 	<p>If anyone has any additional input on what future direction CSHEL should take, please provide feedback to Danette.</p> <p>Email for Danette Glassy: dsg@mipediatics.com</p>
<p>Next Meeting</p>	<p>Next scheduled CSHEL meeting will be May 17, 2019 at PSESD, Renton and online via Zoom.</p>	