

Child Health Specialty Clinics has the organizational capacity to serve as a host site for an AmeriCorps member. CHSC is prepared to provide the \$8700 required match and undertake all recruitment, interview, and supervisory requirements.

2. Organizational Capacity Assessment

Child Health Specialty (CHSC) is Iowa's Title V program for children and youth with special health care needs. CHSC has 14 Regional Centers located in urban and rural areas that serve approximately 4000 Iowa children and youth (birth – 21 years) annually. They may have a chronic condition (physical, developmental, behavioral, or emotional) or have increased risk for a chronic condition and have a need for special services. We recognize overweight/obesity as a special health care need. Each site houses webcams to provide real-time video connections over a secure network. This technology is used for clinical encounters, care coordination, and to provide family support. CHSC also helps families find and organize other local services their children may need, including home care, family-to-family support, insurance coverage, child care, and school health. CHSC works closely with other state and local organizations and encourages family participation in the care of their children. Several of the staff noted below are physical activity and healthy eating on the statewide Iowans Fit for Life committee that promotes for Iowans of all ages.

Debra Waldron, MD, MPH is Director of CHSC, Vice President of the Iowa Chapter of American Academy of Physicians, and Medical Director for the Division of Health Promotion and Chronic Disease Prevention of the Iowa Department of Public Health. She is also a Clinical Associate Professor in the University of Iowa College of Medicine. She will supervise the overall operation of the program.

Dr. Mary Larew supervises clinical operations within CHSC Regional Centers. She has extensive experience in delivering clinical care and in working on interagency collaborations.

Jody Kealey is a Registered, Licensed Dietitian with 18 years of experience working in special needs nutrition, in a variety of roles within CHSC. She is a member of both Behavior Health Nutrition Practice Group and Pediatric Practice Group for dietitians. Jody has participated in Nebraska Maternal and Child Health Leadership Training Institute and supervises CHSC Nutrition Services staff. She is on the Scott County Board for Early Childhood Iowa working with community-based organizations to address the health needs of children from 0-5 years. She will provide direct supervision, site orientation, ongoing mentoring, and ensure compliance with contractual obligations. Kealey will also oversee reporting and paperwork requirements.

Anne Crotty has a Master's in Public Health, with an emphasis in Community and Behavioral Health. She coordinates CHSC health literacy and cultural competence initiatives, as well as a program that encourages teens to begin taking responsibility for their own health.

3. CHSC collaborates with the Iowa Department of Public Health to collect data on several performance measures in the Maternal and Child Health Block Grant. Child Health Specialty Clinics also partners with the Iowa Department of Public Health and the Child and Family Policy Center to conduct the Iowa Child and Family Household Health Survey every five years. This survey includes a wide range of topic areas relating to health and the family environment, with a

special emphasis on early childhood issues. Nutrition/ physical activity (N/PA) are included as topic areas. Child Health Specialty Clinics also monitors patient health information through the University of Iowa electronic medical record system (EPIC). Local health departments also collect obesity data.

Care coordination and family support are essential components of every CHSC visit. Staff providing these services include: Advanced Registered Nurse Practitioners, Registered Nurses, Social Workers, Registered Dietitians, and Family Navigators. All CHSC Family Navigators are part of Family to Family Iowa. This is a family-driven process to improve overall family wellbeing and access community resources. All care coordination and family support staff keep detailed records of all encounters, including demographic data and resources provided. Staff often maintain ongoing relationships, as many families have multiple and complex needs. This long-term support is especially important in addressing obesity issues, as a family will not be successful in adopting a healthier lifestyle if there are unmet basic needs.

Clinical staff are currently unfamiliar with concepts such as motivational interviewing and stages of change, even though they are frequently used to increase client satisfaction and bring about positive behavior change. Motivational interviewing is a non-judgmental and non-confrontational technique that allows the client to address their own ambivalence, thereby sparking an internal desire to change. The Stages of Change model recognizes that there are six stages of behavior change, ranging from pre-contemplation (has not crossed individual's mind) to maintenance (individual has been practicing it regularly for at least six months). Behavior change is most likely when resources are targeted to their stage of change.

The AmeriCorps member will act as a "Healthy Weight Consultant" for CHSC staff working with children/youth that are overweight/obese, or have risk factors for becoming so (i.e. an overweight parent). Although the member will be able to choose an office based in either Davenport or Iowa City, he/she will be working closely with staff in both locations and in our other regional centers (often via telephone or webcam). Jody Kealey will select two Regional Centers to implement the program, expanding to two more after four months. By July 2012, the AmeriCorps member will spread the model to five additional CHSC Regional Centers, for a total of nine. Thus, the AmeriCorps member will not only influence families in the community where they are based, but in nine urban and rural counties. CHSC staff will utilize skills gained long after the AmeriCorps member finishes his/her service. Duties include:

- Provide staff trainings on motivational interviewing, stages of change, etc. This could include recording roleplays and providing online or face to face support.
- Identify and/or develop educational materials targeted to families' stage of change (written at an 8th grade level or below, with consideration for cultural diversity)
- Participate in statewide and local committees addressing obesity issues
- Assist CHSC staff in locating and promoting community resources related to N/PA
- Serve on the existing "Let's Move Davenport" coalition or start a "Let's Move Iowa City" chapter, with representatives from multiple sectors (faith-based, schools, government, etc.). The AmeriCorps member will recruit volunteers for and assist with events.

- Design a survey to measure increase in knowledge, literacy, and intention to increase physical activity of all reached.

4. As mentioned before, CHSC maintains detailed records of all patient encounters through EPIC. Each staff member that discusses obesity issues with families will note it in the clinic record, as well as the content discussed at the visit. If a family has several discussions on such issues, EPIC has the ability to count only the unduplicated visits. They will also track efforts using tally sheets, submitted in monthly reports.

To ensure at least 60% of those reached indicate an increase in literacy or knowledge on wellness, or an intention to increase physical activity, the AmeriCorps member will design a secure and brief survey to obtain this information after the visit. Targeting resources to stage of change and using motivational interviewing will also assist in reaching the 60% goal.

5. CHSC will use the existing community infrastructure by asking the AmeriCorps member to attend statewide and local (within the Davenport/Iowa City area) coalition meetings addressing N/PA. They will also assist CHSC staff in identifying gaps in available resources, thereby inspiring community members within communities served by Regional Centers to organize for change and volunteer.

6. Although to the exact data is not available due to the short deadline of this application, a significant percentage of CHSC patients live in rural areas, which typically have higher obesity rates and fewer resources. CHSC also serves a significant percentage of ethnically diverse families, including Hispanic, African American, Hmong, and Vietnamese. CHSC recently hired a Latino Parent Guide to expand outreach and target our programs to Hispanic groups. CHSC provides staff with regularly updated tip sheets (via website) explaining the beliefs of various cultures and how they could affect the care plan. We are also expanding efforts to provide patient education materials in the family's preferred language, either written or via a recording that they can listen to at home. The AmeriCorps member will work closely with Anne Crotty to ensure all efforts consider the health literacy and cultural beliefs of those involved.

7. Jody Kealey will be the primary supervisor and mentor for the AmeriCorps member. She will comply with all requirements, including training events, member evaluation, and supervisor time reporting. Kealey has been a Licensed and Registered Dietician for 18 years, including multiple roles within the agency and supervisory experience. She understands the serious commitment of hosting an AmeriCorps volunteer and is prepared to devote sufficient time for mentoring and supervision.

8. CHSC regularly hosts graduate students completing the Leadership and Education on Neurodevelopmental Disabilities (LEND) training program, a program funded by the Maternal and Child Health Bureau, Health Resources and Services Administration. CHSC staff provides meaningful work, supervision, and professional growth for all trainees. CHSC is interested in expanding our involvement in the Iowa Commission on Volunteer Services and national volunteer programs, as it will allow us to reach more people and further improve child health.