

The Lamplighter Online

Autumn 2017

DHHS School Health Program

Helping Children Live Better Lives by providing consultation and training services to schools, school health professionals, families, and agencies serving children and families, in order to promote health and educational success for all

Contact

Carol Tucker BSN, RN, NCSN

School Health Program

402 471-1373

carol.tucker@nebraska.gov

www.dhhs.ne.gov/schoolhealth

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DEPT. OF HEALTH AND HUMAN SERVICES

Are You A Workforce Wonder Woman (Or Superman)?

Principles for Developing Your Public Health Superpowers through Workforce Development

Amy Mullenix, John Richards, and Dorothy Cilenti
The National MCH Workforce Development Center

"I'm willing to fight for those who cannot fight for themselves." – Diana Prince, aka Wonder Woman

The "Wonder Woman" movie got us here at the National MCH Workforce Development Center thinking about what it takes to keep getting better every day and the deliberate choices we make to improve. We need a maternal and child health workforce that can respond effectively to the changing environment of health transformation, never taking its eye off the prize of improved population-level health outcomes for families and communities. How can you make sure your professional skillset is just what your agency needs to achieve its goals?

Ask yourself: What new skill have I learned lately that will help my agency achieve its mission? What skill have I taught to someone else recently that will contribute to my team's success? How can I build a culture of learning into my own professional life, or that of my agency?

Each of us who leads a team, participates in a team, or even just shows up to work every day can contribute to a culture of learning through intentional workforce development practices. The key is to be intentional. Here are a few tips (and a few "Wonder Woman" quotes) to get you started.

A Culture of Learning through Mentoring

"Someday, I want to be as good as you are."

"Someday, you will be better than all of us." –

Young Diana talking with Antiope, her aunt and mentor

If you've seen "Wonder Woman," you might have noticed that the main character, Diana, was mentored throughout her "early career" to prepare her for the challenges that were to come. Does your agency have a formal mentoring practice for early career staff? Is there a formalized way for seasoned staff to share their wisdom and institutional knowledge with new team members? Well-planned mentoring programs can be empowering for agencies – they develop the skills of new staff, honor the wisdom of seasoned staff, and create a true learning community.

Self-Assessment and Individual Learning

"You are stronger than you believe. You have greater powers than you know." – Antiope, Amazon warrior and mentor

Discipline-specific skills are no longer sufficient in an interconnected world where we are challenged to address determinants of health in addition to their manifestations. Effective public health workers are also skilled in cross-cutting areas such as change management, systems thinking, and effective decision-making. Consider your capacity in those areas and talk with your supervisor about a plan to expand your horizons. Start with a [self-assessment on the MCH Navigator](#), designed for MCH public health professionals. The assessment will produce a customized learning plan for you. Consider adding some of the recommended learning opportunities to your growth plan for your annual review.

Commit to "Do Something"



"I guess I gotta try. My father told me once, 'If you see something wrong happening in the world, you can either do nothing, or you can do something,'"

*and I already tried nothing." – Steve Trevor,
Wonder Woman's contact to the outside world*

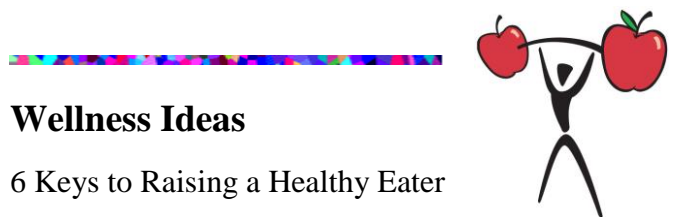
In the movie (as in most movies, and in life) part of the hero's struggle is the choice between taking a risk and staying comfortable on the sidelines. Making a small step forward toward the type of workforce development that can help you and your team requires a short-term sacrifice of time and planning for long-term benefits. Commit to taking a small step now to get you on your way. If you'd like to take a team approach, the National MCH Workforce Development Center can assist you with those small steps that may add up to big change for your team and your state. The Center offers multiple avenues to access skill development that is applied to your own challenges and MCH efforts.

Recognize that We Are All Superheroes

"Now I know that only love can truly save the world. So I stay, I fight, and I give, for the world I know can be." – Wonder Woman

There is a saying among comic book readers: If you need to stop a meteor, you call Superman, and if you need to solve a mystery, you call Batman; if you need to fix a problem, you call Wonder Woman. She, like all of us in MCH, uses intellect, training, and all the tools at her disposal to do her job. We may not have invisible jets, lassos of truth, or bullet-deflecting bracelets, but we have mentors, colleagues, and learning supports to help us every day when we go into the office to make a difference in so many people's lives. This issue of Pulse details some of those workforce development resources that you can call upon to build your own superhero powers.

Retrieved 8/8/2017 from <http://www.amchp.org/AboutAMCHP/Newsletters/Pulse/JulyAugust2017/Pages/Are-You-A-Workforce-Wonder-Woman-%28Or-Superman%29.aspx>



Wellness Ideas

6 Keys to Raising a Healthy Eater

1. Set regular meal and snack times.
2. Be persistent, but not forceful. Continue to offer healthy foods, even if your children don't like them at first. Encourage your children to try new foods, but do not force them to eat.
3. Be a role model. Children follow their parents' lead, so if you eat healthy, so will your kids.
4. Involve your kids. Let your kids help choose recipes, go shopping, and prepare meals.
5. Start with small portions. It's okay to have seconds if your child says he is still hungry, but start with small servings first.
6. Give positive rewards. Avoid using food as a reward. Instead, praise your child's good behavior with positive words, play time, or extra time with you.

Retrieved 9/21/2017 from Kids Can Do it! School Wellness Resource Kit at <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/partner-resource-pdfs/ResourceKit-CanDo.pdf>

How to Talk to Your Kids about Tragic News

Retrieved 10/5/2017 from Help Your Child Understand Tragedy in the News – DHHS-OHDHE@LISTSERSVNEBRASKA.GOV

Tragic stories are reported by news outlets every day. Although you may try to avoid having your children see upsetting news reports about violence or natural disasters, you can't always be successful —especially

if your family is impacted directly. Use these resources to help make a difficult conversation easier:

- This talking points PDF from SAMHSA can help you explain things to your child: https://www.samhsa.gov/sites/default/files/tips-talking-to-children-after-traumatic-event.pdf?utm_campaign=%2B%20Health&utm_source=hs_email&utm_medium=email&utm_content=56922851&hsenc=p2ANqtz-3OH1B0usKSGq-ob8rs1Y4pZ-mTMK8ht2GQ_eX15d46_fJDicRWkY4KsEMF39K3DWbykb-LaMyaplaSTm5xqoKCfjFw&hsmi=56922820
- Learn how children perceive the news and how to talk to them about what they see with these tips from KidsHealth: http://kidshealth.org/en/parents/news.html?utm_campaign=%2B%20Health&utm_source=hs_email&utm_medium=email&utm_content=56922851&hsenc=p2ANqtz-97VzHE9mo-tRBJ7k2Ur3ZIK_GNns5hvC8JR4bIkzKX9FbenJc-6n-asoB7d1KnCK2LkcmDa92O4-j8Blv4UuCiGiensQ&hsmi=56922820
- Disabled children may be more severely impacted in some cases. The CDC has talking points to help you have that conversation: https://www.cdc.gov/ncbddd/disabilityandsafety/trauma.html?utm_campaign=%2B%20Health&utm_source=hs_email&utm_medium=email&utm_content=56922851&hsenc=p2ANqtz-EyDhgF3xbWYVvmZ44bFuCIJrm-sJcw_K1vXa-oSuEZGCs0SNiPrrDrN_ey-b3eBpxSeInk--u4ww0zFaMNXBL5Nfkqg&hsmi=56922820

Resource for Helping Children after Trauma

The National Child Traumatic Stress Network has a site called “Help Kids Cope”. It’s located at <http://www.nctsn.org/content/help-kids-cope>. This site allows a school nurse, teacher or the parent to select resources specific to their interest. IT offers what to do before, during, and after ten disaster types. It also offers things to say to help calm and support kids of all ages.

This is also available as an app on a phone.

Updates from:

- **Nebraska School Nurses Association**
 - Kay Duncan, President for 2017-2018
 - Website: <https://nebraskaschoolnurses.nursingnetwork.com/>
- **Central Nebraska School Nurse Association**
 - Tonja Frank, President for 2017-2018
 - Website: <https://centralneschoolnurse.nursingnetwork.com/>

Over 700 Children Have Died in Hot Cars – Help parents and caregivers in your community keep children safe in cars - <http://www.kidnurse.org/700-children-died-hot-cars/>

Integrating Mental and Behavioral Health

Listen to the recording of this one-hour webinar presented July 18 featuring two children's hospital's share the steps they've taken to integrate mental and behavioral health into primary care to improve patient and population health outcomes.

Recording: [Member Highlights: Integrating Mental and Behavioral Health](#)

Resources: [Presentation slides](#)

Presenters:
Robert Morrow, MD, President, Physician Organizations and Academic Relations Children's Health, Dallas. Robert.Morrow@childrens.com.
Sue Schell, MA, LPC Vice President and Clinical Director, Behavioral Health Children's Health, Dallas | Sue.Schell@childrens.com.

Jason Isham, LMFT, CCM, Manager, Integrated Behavioral Health, Children's Health, Dallas | Jason.Isham@childrens.com.
Elizabeth Fisher, PhD
Clinical Coordinator of Psychiatry and Behavioral Medicine Children's Hospital of Wisconsin | EFischer@chw.org.
Brittany Mathews, PhD
Licensed Psychologist, Children's Hospital of Wisconsin | bmathews@chw.org

The Member Highlights webinar series is offered in support of the Children's Hospital Association's Essentials in Population Health series.

Contact Us

Stacy Biddinger, 202-753-5341

Manager, Community and Child Health

www.childrenshospitals.org/populationhealth



October is National Bullying Prevention Month

Find resources to help prevent bullying at <http://www.pacer.org/bullying/nbpm/>

Thanksgiving is National Family History Day

“Each year since 2004, the Surgeon General has declared Thanksgiving to be National Family History Day. Over the holiday or at other times when families gather, the Surgeon General encourages Americans to talk about, and to write down, the health problems that seem to run in their family. Learning about their family's health history may help ensure a longer, healthier future together.”
Find more at <https://www.hhs.gov/programs/prevention-and-wellness/family-health-history/about-family-health-history/index.html>



Letters to the Editor

Do you have a story you want to share about school health? Is there a topic you would like to see in this newsletter?

Other suggestions?

Send your items and/or requests to:

Carol Tucker BSN, RN, NCSN,

School Health Program Manager, at:

carol.tucker@nebraska.gov or call 402-471-1373.

Check out the School Health Program website for updates to at:

www.dhhs.ne.gov/schoolhealth