



Children's in the Community Fall 2021

Children's in the Community is a quarterly newsletter that highlights UPMC Children's efforts in the community, celebrates the successes and achievements of program partners, and connects people and partners to important resources.

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Mitigating the Spread of COVID-19

UPMC Children's Community Health is partnering with UPMC Presbyterian's Pharmacy Team to coordinate COVID-19 vaccine clinics for school and community partners, offering anyone age 12 and older the opportunity to get vaccinated against COVID-19, and now expanding vaccination opportunities to children ages 5 - 11 years. Vaccination is a key method to slow the spread of COVID-19 and vaccines help protect people from serious illness, hospitalization, and death. If you are interested in hosting a clinic at your school or community organization, contact [Brianna Adamcik](#).

Looking for education about COVID-19 and vaccination? The Community Vaccine Collaborative (CVC) provides information and presentations to schools and community groups. Members of the CVC's speakers' bureau includes researchers, physicians, and community health deputies. Community groups and schools can request a presentation by submitting this [form](#). If you have questions about the CVC, please contact, [Maria Krakora](#). If you are looking for a vaccine clinic near you, please check out the [Allegheny County Vaccine Provider map](#).



Giving Patients a Lyft

Thanks to a partnership between UPMC Children's and United Way 2-1-1, families who live in Allegheny County and experience transportation challenges can now receive free round-trip rides to their medical appointments at UPMC Children's Hospital's main campus in Lawrenceville and other eligible locations. Patients and their families in need of a ride can simply dial 2-1-1 on their phone and ask to schedule a ride to Children's Hospital. For more information, contact [Abby Carpenter](#) or see information on the [Children's Community Health](#) website.



Nourishing Children's Hospital Patients and Families

UPMC Children's is proud to partner with [Christopher's Kitchen](#), a nonprofit organization dedicated to providing food and drinks to patients and their loved ones. Founded by Joni D'Alessandro and supported by board members and volunteers, this organization graciously provides UPMC Children's families with consistent food donations, available at the main hospital in Lawrenceville and various outpatient specialty and primary care centers in the region.

Welcoming New School Partners

UPMC Children's Healthy Schools team is excited to welcome five more school districts to [Healthier Generation's Healthy Schools Program](#) in 2021: Duquesne City, McKeesport, Riverview, Steel Valley and Washington School Districts. Thank you to the returning districts — Carlynton, Clairton, Cornell, Penn Hills, Penn Hills Charter School of Entrepreneurship, Pittsburgh Public Schools, and Woodland Hills — for their continued commitment to creating healthier environments for students and school staff.

THRIVING SCHOOLS INTEGRATED ASSESSMENT SCHOOL GUIDE

Strengthening Resilience in School Environments

UPMC Children's is pleased to expand the focus of Healthier Generation's Healthy Schools Program to help schools better support the social-emotional health and wellbeing of students and staff. Using the new [Thriving Schools Integrated Assessment](#), schools can identify their unique strengths as well as opportunities for improving policies and practices that impact attendance, discipline, and school climate. The assessment provides actionable steps and credible resources that help to advance improvements — all rooted in an equitable approach to whole child health.



Addressing Challenges in Reading Proficiency

The Early School-Age Cohort of The Pittsburgh Study has created a program called the 3Rs: Reading, Racial Equity & Relationships, that combines community voices and research to improve kindergarten through 3rd grade literacy in Allegheny County. The 3Rs initiative has delivered professional development and facilitated professional learning communities in six schools and for organizations that support literacy development outside of schools. The initiative has also facilitated a community of practice for Allegheny County school leaders and provided over 1,000 high-quality racially affirming picture books to those agencies, teachers, and educational leaders. In 2021-22, the 3Rs initiative will continue to support these efforts and study their impact on adult beliefs, knowledge, and skills. For more information on the 3Rs initiative, contact [Sharon L. Geibel](#).



Enabling Safer Firearm Storage

UPMC Children's Injury Prevention Department recently held a "Safer Firearm Storage Event" in partnership with Sportsman's Warehouse in Washington County. Education and resources on safer storage of firearms were shared with families, as well as education about suicide risk and prevention. Eighty biometric firearm safes and locks were distributed. Participants reported learning more than they expected, including information "they never knew." This event was made possible by a grant from Equitrans Midstream Foundation. A similar event is being planned for National Injury Prevention Day on November 18, 2021 at Elite Firearms in Bridgeville, PA. For more information, contact [Chris Vitale MSN, RN](#), Manager — Injury Prevention.



Encouraging Park Use among New Parents

UPMC Children's Family Care Connection centers have teamed up with Pittsburgh Parks Conservancy and Pittsburgh Parks Rx to support new parents as part of Allegheny County's [Hello Baby initiative](#). Our friends at the Parks Conservancy are lending their expertise to help new parents connect with the rejuvenating power of nature and explore the outdoors with their little ones. Parents and caregivers have enjoyed yoga in the scenic outdoor classroom at Frick Environmental Center and a relaxing hike led by a park naturalist. The hike was complemented by a handy baby wearing how-to session led by [Laura McCarthy, a local postpartum doula](#). A big thank you to Laura and our parks partners. We are looking forward to more nature-filled adventures.



Teaching Parents about Children's Language Development through Visual Arts

[Family Care Connection \(FCC\) in Lawrenceville](#) is teaming up with neighborhood partner, [Contemporary Craft](#), for a five-week Nursery Rhyme Time program, a wonderful collaborative that offers FCC-enrolled parents an opportunity to take a deeper exploration of children's language development and receive hands-on learning of studio art. Parents are bringing popular nursery rhymes to life; creating 2D works of art from components they produce during instructor-led Contemporary Craft studio classes. Participating parents are learning metal stamping, copper enameling, sewing, and laser cutting. Each parent also receives a Mother Goose Nursery Rhymes book to read with their children.



Keeping Infants and Toddlers Safe and Healthy

UPMC Children's Injury Prevention experts have also connected with new parents through [Hello Baby](#), providing [invaluable safety information](#) through [brief educational videos](#) that can be viewed (and re-viewed) anytime. Thank you to our colleagues in Injury Prevention for providing relevant and accessible ways for parents to learn about child safety!

Community Connections:

Duquesne Light Company

UPMC Children's Community Health and the Children's Hospital of Pittsburgh Foundation thanks Duquesne Light Co. for their partnership and tremendous support of [Family Care Connection \(FCC\)](#). Through their support for health & wellness, behavioral health, and fatherhood services and programs, Duquesne Light Co. is helping FCC achieve its mission of strengthening families to help children achieve brighter futures.



Tobacco Free Adagio Health (TFAH)

[Tobacco Free Adagio Health \(TFAH\)](#) aims to prevent and reduce tobacco use and increase education about tobacco hazards and secondhand smoke through a variety of services for tobacco prevention including clinical assessment, tobacco cessation programs, community outreach, policy initiatives, and therapeutic approaches using individual and group activities. Adagio Health is now the primary contractor for tobacco services in Allegheny and ten surrounding Southwest Pennsylvania counties. For more information about their services for your group or organization, contact Adrianna Simon, TFAH Program Manager, at asimon@adagiohealth.org. You can also learn more by calling [1-800-215-7494](tel:1-800-215-7494).



Highmark Caring Place and Grief Awareness Day

Show your support for Children's Grief Awareness Day on Thursday, November 18, 2021 with Highmark Caring Place. This year's theme is, "It's Ok to Not Be Ok" in hopes of normalizing the full emotional experience following a death and making it more comfortable for children, teens, and families to share their feelings openly and honestly. Take part in their [virtual programming](#) or show your support by wearing blue. If you are interested in supporting Highmark Caring Place, you can order this year's t-shirt and wear it on November 18th. T-shirts are \$8 with a minimum order of 10 shirts and \$3 from every shirt goes directly to support the Highmark Caring Place! The order form can be found [here](#).

Community Health Staff Spotlight

Welcome to 2021-22 National Health corps service members, **Terin Phillip** and **Abbey Trippel**.



Terin, serving in the role of Youth Engagement Program Coordinator, grew up and attended college in Florida where she studied Biology, Public Health, and Honors Transdisciplinary Studies. Her goal this year is to give back to the community she has the privilege of serving. She'll be assisting with the Ronald McDonald Care Mobile and Adolescent & Young Adult Medicine. Outside of her service, she loves to explore new food spots and new cities.



Abbey is a recent graduate from Furman University in South Carolina where she majored in Public Health. In her role of Health & Prevention Program Coordinator, she will assist with the Healthy Schools, Healthy Early Childhood, and Healthy Out of School Time programs where she will provide content knowledge, technical assistance, and training to community partners, as well as health education to youth. In her free time, Abbey enjoys spending time outside and trying new restaurants with friends.



And welcome to graduate student, **Katie Southwick**. Katie is pursuing a Master's in Social Work with an emphasis in Community Organizing and Social Administration at the University of Pittsburgh. Originally from Norman, Oklahoma, Katie is looking forward to learning more about program development and implementation in urban settings, combining clinical and community approaches in professional practice, and gaining educational experience through her field learning. Katie enjoys playing basketball, practicing mindfulness, watching hockey games, and getting outside to explore new areas of the city. Her favorite place in Pittsburgh so far is Kards Unlimited, a store for all your weird stationary needs!

Learn more at [Children's Community Health](#). Please contact Anne Marie Kuchera, annemarie.kuchera@chp.edu, if you have questions or requests related to UPMC Children's work in the community.
