



## Children's in the Community Winter 2021 Newsletter

*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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## ***Getting Connected to COVID-19 Vaccination in Pennsylvania***

COVID-19 vaccination is underway across the state of Pennsylvania and in Allegheny County. Pennsylvania is currently in Phase 1A, which includes anyone over the age of 65 and those aged 16 – 64 with certain medical conditions. Stay up to date about state- and county-wide vaccination efforts with these resources:

- [Pennsylvania Department of Health COVID-19 Vaccines](#). Want to check if you are eligible for the vaccine or find a place to get vaccinated? Use this [tool](#) developed by the PA Department of Health to determine eligibility and learn more about vaccine locations in your area.
- [Allegheny County Health Department COVID-19 Vaccine Information](#). To get the latest information about the county's vaccination plan, [sign up for Allegheny Alerts](#).
- [UPMC Community Vaccine Sign-Up Process](#). UPMC has launched a new vaccine sign-up process to receive COVID-19 vaccines at UPMC

community vaccination clinics. Those eligible for Phase 1A vaccination can use this website to register to receive vaccine. After completing the on-line form, you will be contacted by UPMC via automated and personal calls, and by text and email via their Certify Care system to help you prepare for your vaccine and schedule an appointment. If you need assistance with the sign-up process you can call [844-UPMCVAC \(844-876-2822\)](tel:844-UPMCVAC).

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## ***Answering Questions About the COVID-19 Vaccine***

UPMC Children's strongly believes in COVID-19 vaccination. The more people who can be vaccinated, the better our communities are protected. UPMC Children's Community Health supports community partners with reliable and factual information about the vaccine:

- [Watch UPMC Children's Infectious Disease experts, Dr. Megan Freeman and Dr. Mike Green](#) answer questions about the vaccine during this recorded Q & A session for the PA Pediatric Health Network's Partners in Care Conversation Series.
  - Part of a comprehensive [COVID-19 Resource Folder](#), the [Vaccine Folder](#) houses materials from Centers for Disease Control and Prevention, Allegheny County Health Department, and UPMC including FAQs, translated materials, and more. Information is updated frequently as new resources become available so continue to check it often.
  - Developed by Pediatric Infectious Disease experts this [COVID-19 Vaccine FAQ](#) provides in-depth information related to vaccine development, safety, and effectiveness.
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## ***Building Vaccine Trust***

The Community Vaccine Collaborative (CVC) brings together community organizations and members, public health professionals, researchers, physicians, and scientists to share information about the development, testing, and importance of the COVID-19 vaccine. The CVC speaker's

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bureau, including scientists and community members, is available to give short presentations and answer questions about the COVID-19 vaccine at community meetings. If you'd like to schedule a presentation for your group, please contact [Victor Muthama](#).

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## ***Making Connections from the Clinic to the Community***

Through a partnership with PA Southwest 2-1-1, the Emergency Department at UPMC Children's is helping families get connected to transportation, food, housing, utility services, and more. Families who express concerns about needs such as these are now offered a warm referral to PA 2-1-1 Southwest, and with their permission, contacted by a 2-1-1 Resource Navigator who will help them connect with personalized resources in their area. In collaboration with PA 2-1-1 Southwest, UPMC Children's is more holistically supporting children and families. Contact [Abby Carpenter](#) for more details.



## ***Educating Youth About Sugar-Sweetened Beverages***

What is the leading source of added sugars in the American diet? The answer is sugar-sweetened beverages! The Sugar Show is an interactive nutrition education program about sugar-sweetened beverages containing information about nutrition labels, the definition of sugar, and oral health

tips. If you are interested in learning more about this topic for your students, staff, or families, request the Sugar Show at your school or program site using this [Sugar Show Interest Form](#). For questions or more information, please contact [Mira Patel](#).

**"I think every young person needs a space like Creating Peace. It's changed the way I've looked at things. Even when I talk to my friends-- like, before, we used to talk about celebrities or whatever. But now I know how to talk to them about the news and stuff. Like "Hey, how do you feel about this? What do you think we can do about this?"**

- CREATING PEACE PILOT  
PROGRAM PARTICIPANT,  
WILKINSBURG

### ***Creating Peace in Pittsburgh Communities***

Creating Peace is an anti-racist youth empowerment program that enables young people from under-resourced Pittsburgh neighborhoods to be grounded in their history, in control of their present, and to have hope for their future. After a successful pilot in Wilkinsburg, Creating Peace is gearing up to begin in Garfield, Homewood, North Braddock, and Knoxville. For more information about this program and research study, please reach out to [Namita Dwarakanath](#).

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### ***CAREing for Kids with Asthma***

CARE is a Community Asthma Registry for children and young adults ages 0-26 with a diagnosis of asthma. Families of children and young adults who are enrolled in CARE will be notified about relevant asthma resources

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and events in their communities. Additionally, they will be informed of asthma research studies and given information on how to enroll if they are interested. Families can email [communityasthmareg@chp.edu](mailto:communityasthmareg@chp.edu) for more information and to enroll in the registry.

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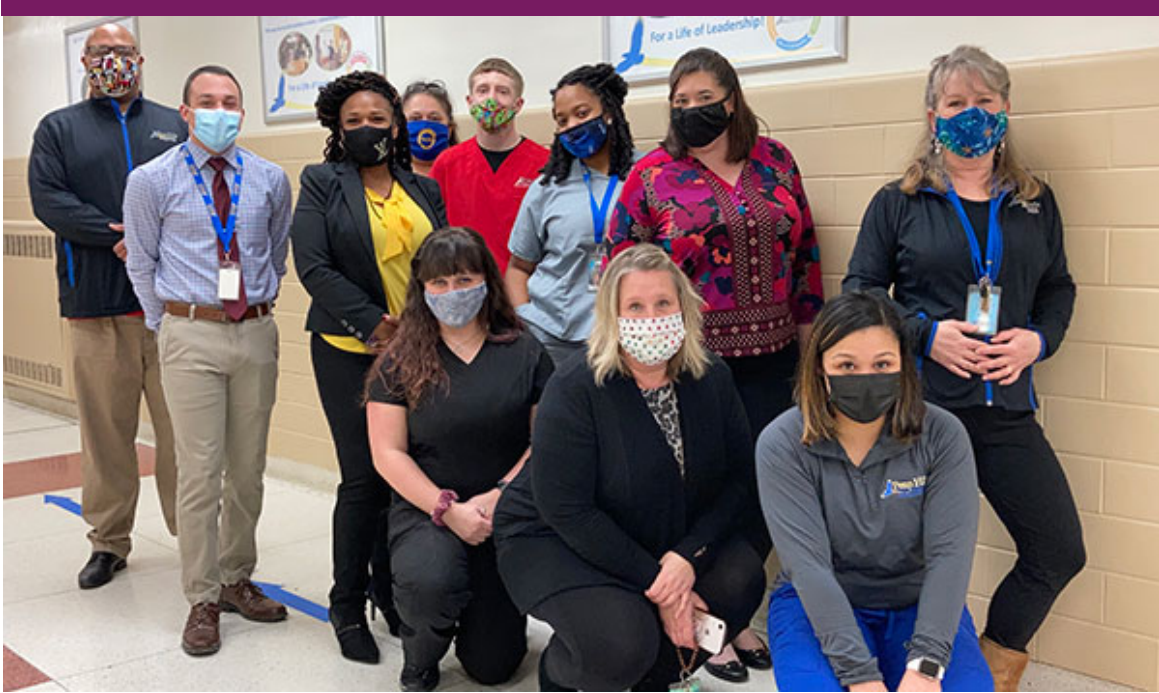
### ***Encouraging Healthy Relationships***

Seventh- and eighth-grade students in the Expect Respect program are provided a safe space where they can learn to communicate in healthier ways, form healthy relationships with others, and recognize and honor their emotions. Expect Respect groups have become a great source of support for students as they continue to navigate the challenges presented by the COVID-19 pandemic and connect with their peers. To bring Expect Respect to your school or community, please reach out to [Ethan Copperman](#).

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### ***Supporting Local Parents and their Newborn Babies***

Since October 2020, UPMC Children's Family Care Connection centers in Braddock, Rankin, Turtle Creek, Penn Hills, Mt. Oliver and Lawrenceville have provided outreach and support services to more than 400 parents with newborn babies through [Hello Baby](#), a collaborative effort among family-focused agencies in Allegheny County including the Department of Human Services and Health Department, Healthy Start, NurturePA, and United Way of Southwestern PA. Hello Baby offers a variety of supports to meet families' individual needs and interests. It includes information and resources about breastfeeding, child development, parenting, and more. Learn more about Hello Baby at UPMC Children's Family Care Connection by contacting [Darla Sherlock](#) or [Leah Johns](#).



## ***Celebrating Penn Hills Charter School of Entrepreneurship***

Congratulations to UPMC Children's Healthy Schools partner, Penn Hills Charter School of Entrepreneurship, for being one of just 96 schools in the United States to win the Alliance for a Healthier Generation's new Family Engagement Distinction award. Penn Hills Charter School of Entrepreneurship is committed to building strong relationships with caregivers and families to support student health and wellness needs and goes above and beyond to engage the families they work with. [Read the press release](#) and view the complete list of awardees.



## ***Educating Families on Home Safety***

The Injury Prevention program at UPMC Children's Hospital of Pittsburgh is planning [Home Safety Van events](#) for spring and summer 2021! We can provide outdoor, physically distant education to parents and caregivers of young children. Also, families receive a free home safety product during the event. The mobile van can travel throughout the Western Pennsylvania region. Contact [Marie Pagnotta](#) or call [412-692-5868](#) to schedule.





## ***Community Partner Spotlight: Girls on the Run***

### **Girls on the Run Spring Program Registration now open!**

Girls need Girls on the Run (GOTR) now more than ever! Give your girl the opportunity to connect, grow and thrive! GOTR establishes lifelong healthy habits and instills critical social-emotional skills at a time when girls need it most. Through safety and physical distancing modifications, and the ability to seamlessly shift to and from in-person and virtual programming, GOTR trained and caring coaches are ready to lead your girl and her team through an empowering, confidence-building program that will keep her active and strong! Find out more at [www.gotrmagee.org](http://www.gotrmagee.org) and register [here](#). Spaces are limited — financial assistance is available.

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UPMC Children's Community Health Division works together with health care and community partners to improve health outcomes, reduce health disparities, and elevate quality of life for children and families in the communities where they live, learn, work, and play. Visit [UPMC Children's Community Health](#) to learn more about our services and programs. Contact [Anne Marie Kuchera](#) for questions or more information.

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