



## Children's in the Community Fall 2019 Newsletter

*Children's in the Community* is a quarterly newsletter highlighting the work of UPMC Children's Hospital of Pittsburgh's Division of Community Health, and the successes of UPMC Children's community partners.

Community Health 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.

If you have questions about UPMC Children's Hospital's Division of Community Health or any of the articles in this newsletter, contact Anne Marie Kuchera at [annemarie.kuchera@chp.edu](mailto:annemarie.kuchera@chp.edu).

### **In this issue:**

- Creating Healthier Schools
- Supporting Trauma-Sensitive Learning Environments
- Promoting Fun AND Safety on Wheels
- Empowering Youth Leaders
- Connecting Families to Food
- Providing Neighborhood-Level Care
- Training the Next Generation of Community-Minded Pediatricians
- Community Partner Spotlight — Pittsburgh Linden K - 5
- Community Health Staff Spotlight — Lauren Dunbar, Family Development Specialist



## ***Creating Healthier Schools***

Congratulations to UPMC Children's Healthy Schools partners that were recognized among America's Healthiest Schools by the Alliance for a Healthier Generation. Penn Hills Charter School of Entrepreneurship, Pittsburgh Classical Academy, Pittsburgh Phillips, and Woodland Hills Jr./Sr. High School earned the prestigious bronze award by meeting a rigorous set of criteria for serving healthier meals and snacks, getting students more physically active throughout the school day, implementing district wellness policies and empowering school staff to become healthy role models. [Follow this link to view the entire list of America's Healthiest Schools.](#) Congratulations to all Healthy Schools partners for creating healthier environments for youth!

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## ***Supporting Trauma-Sensitive Learning Environments***

UPMC Children's Hospital and [Futures without Violence](#) are working together with Pittsburgh Public and Penn Hills school districts to create trauma-informed safe and supportive learning environments that promote school success and healthy development for all children. Staff from both districts participated in Changing Minds K-12, a train-the-trainer workshop for multi-disciplinary school teams to learn practices that strengthen supports for all students and enhance healing and resiliency for those who experience the impacts of violence and trauma. We look forward to continuing this work throughout the 2019-20 school year and beyond.



### ***Promoting Fun AND Safety on Wheels***

UPMC Children's Injury Prevention and Safety program, Kohl's Hard Heads, had a truly active summer with the students from Pittsburgh Public Schools Summer Dreamers Academy. Students at each of the four camp sites received helmet and bike safety education, a new and properly fitted bike helmet, and three sites were treated to a professional bike stunt show provided by The Wheel Mill BMX. Six campers won new bikes! Another successful year with Summer Dreamers — 1,600 campers, 1,600 helmets, three shows, and six bikes — looking forward to next year!

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### ***Empowering Youth Leaders***

Youth Leadership in Action (YLIA) is a youth empowerment program that provides teenagers in the Pittsburgh area with opportunities to take ownership of their communities. Opening Doors for Youth and Families and Community Forge in Wilkinsburg adopted YLIA with a group of young people who are motivated to make positive changes in their community. The group hosted a car wash at Community Forge this fall and raised funds for a resource fair for their neighbors and community members, to connect each other and to different community partners. Join us in applauding the Wilkinsburg youth for their awesome civic and community engagement!



### ***Connecting Families to Food***

Thanks to a gift from the Whole Foods Foundation, UPMC Children's clinicians have placed nearly 150 grocery gift cards in the hands of families experiencing major financial stressors and minimal food resources in their homes. Gift cards are provided for families to purchase fresh produce, infant formula, and other essential food items following their hospital visit.

Families served by Mt. Oliver Family Care Connection visited the Carrick Farmers' Market this summer and fall to explore and practice using food stamps and WIC Farmers' Markets Nutrition Program vouchers. Each family received a bag, a children's book, a recipe book, and educational materials, while children over 3 years old received \$1 to use at the market to buy something of their choice.



## ***Providing Neighborhood-Level Care***

Mt. Oliver Care Connection has recently deepened the service it offers families in the South Pittsburgh neighborhoods through the Hilltop Health Hub. This extension of the pediatric services offered in Oakland through UPMC Children's provides health supports to children through the age of 25. The Hilltop Health Hub has already seen the strengths that this service offers families. Families have been able to maintain appointments that had been missed over the last year or more because transportation is easier for this location. This has allowed them to receive education and treatment options for reoccurring health conditions, like asthma. In addition, families have been connected with other important health supports that are located in the building (Magee, WIC, and ACHD Dental) and offered ways to strengthen their food security. The Hilltop Health Hub was made possible by a Community Block Grant from Allegheny County Department of Human Services, Office of Community Services.



## ***Training the Next Generation of Community-Minded Pediatricians***

In addition to clinical rotations that residents complete as part of their training at UPMC Children's Hospital of Pittsburgh, all first-year pediatric residents complete an innovative two-week rotation with the Division of Community Health. During this rotation, residents spend time in a variety of community settings learning about social, environmental, educational,

neighborhood, and other factors that may influence the health and well-being of children – factors such as housing, transportation, access to healthy food and green space, school environment, and more.

More than 30 partners and organizations work with UPMC Children's to enable community experiences for the residents. Recently, residents spent time at Crescent Early Learning Center. Early Childhood Health Coordinator Sherry LaFrance shared, "Dr. Jayde and Dr. Michelle taught the children how to feel their own pulse and explained in preschool terms the function of the heart. That was never done before. It proved to be a true learning experience when the children started feeling for their pulse and then in amazement saying 'I feel it!'"



### ***Community Partner Spotlight — Pittsburgh Linden K-5***

This past October, Pittsburgh Linden K-5 celebrated its first ever Race for Education and Health. Led by Coach Donald Smith (Health & Physical Education Teacher) and Kelsey Yugas (School Nurse), the goal of the event was to get the Linden community active while raising funds for school classrooms and community events. Goal accomplished! Not only did the Race for Education and Health raise more than \$5,000, 98% of the school community — that's students, teachers, and parent volunteers — participated in the fun and active event. Congratulations Pittsburgh Linden on a successful Race for Education and Health!



***Community Health Staff Spotlight – Lauren Dunbar,  
Family Development Specialist Hilltop Family  
Care Connection***

As a home visitor with UPMC Children's Hospital's Family Care Connection, I work with families in their homes on child development, parenting skills, and family well-being. Building relationships with families is vital to my role. This year I was invited to take part in a tika ceremony during the Nepali festival, Dashain. They gave me a special outfit to wear and invited me to receive tika and to share food and blessings. Tika is made with vermillion, yogurt, and rice. I was grateful to be able to observe this tradition and humbled to realize they invited me because they feel I am part of their family.