



Children's in the Community Winter 2020 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.

The 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.

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.

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Removing Barriers to Healthcare

UPMC Children's Hospital's Hilltop Family Care Connection has deepened the service it offers families in South Pittsburgh neighborhoods through the Hilltop Health Hub. An extension of the pediatric services offered in Oakland through Children's Primary Care, the Health Hub provides high-quality clinical care to children through the age of 25. Since opening the Health Hub in September 2019, providers have served children and families from the community who previously experienced significant barriers to health care.

J, a mother whose children receive care at the Health Hub, lives with her husband and three children in the Mt. Oliver area. Since learning about the Health Hub at Hilltop Family Care Connection, J has enjoyed the experience offered by the small neighborhood-based location. "I live in Carrick without a vehicle, and because I have social anxiety, I don't use public transportation unless we absolutely have to. Just sitting in a big, busy doctor's office is really hard. The Health Hub is small, and it is much easier to be there. For me, it's convenient on so many levels."

The Hilltop Health Hub was made possible by a Community Block Grant from the Allegheny County Department of Human Services, Office of Community Services, and has allowed for UPMC Children's to reach more families like J's in the heart of their community.



Creating New Directions at Linton Middle School

As part of Penn Hills School District's commitment to creating more trauma-sensitive and supportive school environments, and inspired by education from Juvenile Court Judge Dwayne Woodruff and the ACLU, Linton Middle School developed New Directions, an alternative to suspension program for middle school students. Staffed by a school counselor and behavior specialist, students who participate in New Directions engage in conversations and practices that follow the principles of restorative justice. Utilizing a social-emotional learning curriculum, students discuss the impact of choices on themselves and others, and how to make thoughtful and healthy decisions. A success so far, the district is monitoring the program to learn how it is impacting student outcomes in positive ways. Congratulations to Linton Middle School for modeling trauma-informed practices that support all students.



Preparing Nurses at Pittsburgh Public

This January, school nurses and nurse practitioners from Pittsburgh Public Schools were trained on [Stop the Bleed](#) by staff from UPMC Presbyterian and UPMC Children's as well as local EMS students and professionals. This hands-on training experience teaches the basics of how to save lives in situations where injuries cause severe bleeding. Nurses practiced using tourniquets and medical supplies included in schools' Stop the Bleed kits. Thank you to all trainers who helped lead the nurses through this important training!



Coaching Boys into Men

Coaching Boys into Men (CBIM), a program that trains athletic coaches to talk to male athletes about healthy relationships and stopping violence and disrespectful behaviors, was proven successful with middle school athletes.

Recently published in the journal, *JAMA Pediatrics*, UPMC Children's Violence Prevention and Education team lead a research study of CBIM with 973 middle school male athletes from 41 schools in Western Pennsylvania. The study achieved noteworthy results. Athletes who participated reported increases in positive bystander behaviors, such as interrupting a peer's disrespectful behavior, by more than 50% by the end of the sports season compared to athletes who did not receive the program. After one-year, athletes who had participated in CBIM were 76% less likely to abuse a dating partner. The success of this study provides more evidence for the value of prevention efforts during middle school years.

Congratulations to CBIM coaches, athletes and schools for their commitment to this important work and for helping to promote science and research.



Educating Youth on Sugar-Sweetened Beverages

Led by Children's National Health Corps service members, Shrenik Gadagkar and Jenny Park, the *Sugar Show* educates kids (and adults) about the health consequences of sugar-sweetened beverages (SSBs) through nutrition label literacy. The "show" starts with a discussion about the types of foods and beverages that contain added sugar. Then, kids learn the difference between naturally occurring and added sugars, "added sugar" limit recommendations (24 grams in 24 hours!), and how to calculate their own sugar consumption. They put their knowledge to the test through hands-on activities. Shrenik and Jenny have presented the Sugar Show for students, staff and parents in schools, and after school and early childhood programs. So far, they've reached nearly 600 youth with many more shows just around the corner!

Interested in a *Sugar Show* at your school or community location? Fill out the form [here](#).

Helping Families Meet Basic Needs

Some families who visit UPMC Children's Hospital and Family Care Connection centers find themselves, at times and for various reasons, without enough food to eat, in unsafe or unstable housing, with unreliable transportation, or in similar stressful circumstances. When basic needs such as these are left untreated, the result can have a negative impact on the health of children who are already experiencing serious illnesses and injuries.

The *Basic Needs Fund* of Children's Hospital of Pittsburgh Foundation was established to address families' basic needs that can be remedied with modest grants to improve current life circumstances that affect children's health. It has helped families receive emergency food resources, transportation means, and more.

Learn more about the *Basic Needs Fund*, <https://www.givetochildrens.org/basicneedsfund>.

Community Partner Spotlights – Kids of STEEL and Girls on the Run



Kids of STEEL

P3R, the organization behind DICK'S Sporting Goods Pittsburgh Marathon and other local races and programs like Kids of STEEL, is excited to partner with UPMC Children's Hospital to get kids and adults ready for race day.

Kids of STEEL + UPMC Children's Hospital *Move Challenge* provides families with motivation to train for the 1-Mile Chick-Fil-A Pittsburgh Kids Marathon by tracking at least 25 training miles to get ready for race day. After dinner walks, visits to the local park, and family step challenges are a few of the many ways families can move together to earn miles. Plus, the *Move Challenge* has 12 walk-run workouts for beginners.

May 2 is Race Day and is a tangible goal to work toward as a family. The Chick-fil-A Pittsburgh Kids Marathon, one of the largest kids' races in the country, is a huge celebration of healthy habits.

Details at www.pittsburghmarathon.com/kidsmarathon.

Grades 3-5

Register for

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Questions: 412.641.1596



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Girls on the Run

Girls on the Run is a 10-week program for 3rd-8th grade girls. Trained coaches use a research-based curriculum to help girls develop critical life skills they can use at school, at home or with friends. *Girls on the Run* also encourages girls to set goals for themselves and work toward them during each practice, and all girls come together to walk/run a celebratory 5K at the end of the season.

Spring season starts the week of March 2nd — girls meet twice a week for 10 weeks. The *Girls on the Run* 5K is scheduled for Sunday, May 17, 9 a.m. at North Park Boathouse. Financial assistance available.

For a list of sites with open spots and to register visit <https://www.gotrmagee.org/Our-Locations>.



Community Health Staff Spotlight – Jenny Park and Shrenik Gadagkar, AmeriCorps National Health Corps

Jenny Park and Shrenik Gadagkar are AmeriCorps National Health Corps members serving on the UPMC Children's Hospital community health team in 2019–20. The primary focus for their service year is on health and prevention through Children's Healthy Out-of-School Time (HOST) and Healthy Early Childhood (HEC) programs. They connect HOST and HEC partners to hospital and community assets, lead health education presentations, and compile and share health and wellness resources. Additionally, as National Health Corps members, Shrenik and Jenny engage in public health-related volunteer and professional development opportunities in the community.

As recent college graduates with health backgrounds, Shrenik and Jenny were looking for a meaningful gap year experience before continuing with their education. Shrenik hopes to enroll in a master's in public health (MPH) graduate program with a focus on epidemiology in Fall 2020. His interests include global health, refugee health and healthcare infrastructure. Jenny plans to take another gap year and continue her work in public health while she applies to MPH programs. Her interests include global health, refugee health, and maternal and child health. They are thoroughly enjoying their year of service in the community and hope

to continue taking advantage of the opportunities this position and Pittsburgh have to offer.