

2022



Children's National.

Children's National Hospital

School Health Programs and Initiatives Report

Engaging Children and Families to Advance Health and Academic Outcomes During the COVID-19 Pandemic and Beyond



Welcome

It is a privilege to introduce you to our *2022 School Health Programs and Initiatives Report* that summarizes current school partnership efforts and future aspirations. Since 2001, Children's National Hospital has operated Children's School Services, Inc., the DC School Health Nursing Program, in partnership with the DC Department of Health. For over two decades, Children's National has engaged in dozens of school-based health programs throughout the region. Today, Children's National leads 28 school health programs and initiatives that span efforts from direct clinical care to educational interventions for children, teachers and other school staff. The programs and initiatives currently impact thousands of students in hundreds of schools in the Washington, D.C., region.

We understand that 80 percent of health outcomes are determined by social factors outside of access to health care and recognize education as a critical social determinant of health. Studies have shown that poor health can put education at risk. Children with poor health tend to have higher absenteeism rates, lower academic achievement, and can experience educational setbacks that interfere with schooling. Conversely, education creates opportunities for better health. Adults with more education tend to have better jobs, live in healthier neighborhoods, and have better access to resources that contribute to improved health. Given that children typically spend most of their time outside of their homes at school, we see the necessity to meet them where they are and aim to provide care through a school-friendly health system framework that is designed to ensure all children reach optimal health and achieve their full academic potential.

The COVID-19 pandemic has exacerbated existing inequities in education and other areas. COVID-19 underscores the critical link between health and education, and we acknowledge the need to tend to this bond intentionally. As we further focus on our pandemic response and recovery, it presents us with an opportunity to learn and examine how collaborations between health and school systems can enhance the resiliency of both sectors.

For over 150 years, Children's National has been committed to serving patients and families in our community and beyond through a Care, Advocacy, Research and Education (CARE) mission. We have made it a priority to advocate for the unique needs of children and address community health issues that impact child health, including asthma, infant mortality and mental health. We are advancing a comprehensive system of care for children – with aligned primary care, public policy and community partnerships – that improves outcomes for children and youth in the District and across the metropolitan region. We hope you will join us on this journey and our efforts to become a school-friendly health system.



Kurt Newman

Kurt Newman, M.D.
President and Chief
Executive Officer



Tonya Vidal Kinlow

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Acknowledgments

The Child Health Advocacy Institute at Children’s National would like to extend our appreciation to the many individuals who contributed to this report. To our school health leaders, thank you for your dedication and continued commitment to improving the lives of children. We would also like to thank our funders, school partners and the families we serve – without you, this work would not be possible. The development of this report was led by Julia DeAngelo, Program Manager of School Strategies, who conducted stakeholder interviews, research analysis and report writing with support from Lin Chun-Seeley, Program Lead for Advocacy Education and Community Affairs, Desiree de la Torre, Director of Community Affairs and Population Health and Danielle Dooley, Medical Director of Community Affairs and Population Health. We also want to acknowledge Tonya Vidal Kinlow, Vice President of Community Engagement, Advocacy and Government Affairs for supporting this report and leading our school health advocacy efforts.

Prepared by the Child Health Advocacy Institute Community Affairs Department
ChildrensNational.org/School-Partnerships

About Children's National Hospital

Children's National has served patients at our hospital, Emergency Department, primary care and specialty outpatient locations located throughout the District of Columbia metropolitan region for over 150 years.

We recently merged with HSC Health Care System and launched the Pediatric Health Network to enhance our abilities to coordinate care for patients with complex care needs across the region. Established in 2018, our Pediatric Health Network has grown to include 61 practices with 124 locations across the Washington, D.C., metropolitan region serving patients in numerous school districts in Southern and Eastern Maryland (Anne Arundel, Calvert, Charles, Frederick, Howard, Montgomery and Prince George's Counties) and Northern Virginia (Arlington, Fairfax, Loudoun and Prince William Counties).

Support Categories



Consultation about COVID-19 testing, vaccines and safety precautions for children



Mobile health unit access to school immunizations, well-child visits, vision and hearing screenings



Management of chronic conditions such as asthma, diabetes, seizures, etc.



School-based health services including school nursing, school-based health centers staffing, oral health care and telehealth services



Specialty services including sports medicine clinics, rare diseases and allergies diagnosis and management



Health education on accessing health care and mental health supports, healthy relationships and sexual health, breastfeeding and parenting classes, nutrition and obesity prevention, injury prevention, substance use prevention and many other topics



School health academic supports for children with special care needs including Autism Spectrum Disorder, ADHD, Celiac Disease and more



Youth engagement programs and internships

Background

Our hospital, primary care and specialty outpatient clinics have served patients throughout the District of Columbia metropolitan region for over 150 years.

In the 2020 U.S. Census, the Washington, D.C., metropolitan region's population growth rate was 13 percent, nearly double of the United States population which grew by 7.4 percent.¹ The District remains one of the most multiracial areas of the country with the highest percentage of residents being Black or African American and an increased percentage of residents identifying as two or more races. Washington, D.C., has the largest LGBTQIA+² population in the United States; according to the Williams Institute at the UCLA Law School, 9.8% of the District's adult population identifies as LGBTQ compared to an average of 4.1% nationally.³ The 2019 District of Columbia Youth Risk Behavior Survey identified food access and attempted suicides as serious and persistent concerns among youth that identify as LGBTQ.⁴ Since the COVID-19 pandemic hit our nation in 2020, our region has seen increased inequities for children experiencing vulnerabilities related to school attendance, mental health supports and food insecurity.

Our Pediatric Health Network has grown to include **61** practices with **124** locations across the Washington, D.C., metropolitan region




After releasing our last school health programs report in December 2019, we have continued to advocate for sustained resources for school health programs, including the expansion of mental health services across the region. The COVID-19 pandemic underscored the critical linkage between health and education and the need for our communities to acknowledge disparities and inequities, particularly in the face of large-scale educational disruptions for children. The pandemic also catalyzed health care systems to innovate and convert clinical care to telemedicine for children unable to physically visit their healthcare provider due to stay-at-home orders. Recovery from this disruption and addressing these inequities are critical to preserving and protecting children's well-being. This is an opportunity for health care entities to learn and examine how cross-sector collaborations between health and school systems enhance the resiliency of both sectors and to build on these models going forward.







1 U.S. Census Bureau. (2021). Quick Facts: District of Columbia. Retrieved from <https://www.census.gov/quickfacts/dc>
2 LGBTQIA+ is an acronym for lesbian, gay, bisexual, transgender, queer, intersex, and asexual. These terms describe a person's sexual orientation or gender identity. For more information, <https://news.ucdenver.edu/what-is-the-i-in-lgbtqia/>
3 University of California Los Angeles School of Law Williams Institute. (2019). LGBT Demographic Data Interactive. Retrieved from <https://williamsinstitute.law.ucla.edu/visualization/lgbt-stats/?topic=LGBT&area=11#about-the-data>
4 Office of the State Superintendent of Education. (2019). District of Columbia Youth Risk Behavior Survey. Retrieved from: <https://osse.dc.gov/sites/default/files/dc/sites/osse/publication/attachments/2019%20DC%20YRBS%20Report.pdf>

Identification of Priorities

Children’s National organizes our school health efforts through a school-friendly health system framework (see page 19 for more information). We address priority needs elevated by schools and identified in our corporate strategic plan⁵ and Community Health Needs Assessment (CHNA) we conduct every three years. In June 2022, Children’s National and HSC Health Care System⁶ will release a pediatric CHNA for our primary service area (District of Columbia and parts of Maryland). The assessment is an Internal Revenue Service requirement for all non-profit hospitals. Using the Child Opportunity Index⁷ framework, our CHNA focuses on how a child’s opportunity to live a healthy and productive life is shaped by 29 neighborhood-level conditions in these areas:

1	2	3
 Education	 Health & Environment	 Social & Economic
<p>Early childhood education (ECE)</p> <ul style="list-style-type: none"> • ECE centers • High-quality ECE centers • ECE enrollment <p>Elementary education</p> <ul style="list-style-type: none"> • Third grade reading proficiency • Third grade math proficiency <p>Secondary and postsecondary education</p> <ul style="list-style-type: none"> • High school graduation rate • Advanced Placement (AP) course enrollment • College enrollment in nearby institutions <p>Educational and social resources</p> <ul style="list-style-type: none"> • School poverty • Teacher experience • Adult educational attainment 	<p>Healthy environments</p> <ul style="list-style-type: none"> • Access to healthy food • Access to green space • Walkability • Housing vacancy rate <p>Toxic exposures</p> <ul style="list-style-type: none"> • Hazardous waste dump sites • Industrial pollutants in air, water or soil • Airborne microparticles • Ozone concentration • Extreme heat exposure <p>Health resources</p> <ul style="list-style-type: none"> • Health insurance coverage 	<p>Economic opportunities</p> <ul style="list-style-type: none"> • Employment rate • Commute duration <p>Economic and social resources</p> <ul style="list-style-type: none"> • Poverty rate* • Public assistance rate* • Homeownership rate* • High-skill employment* • Median household income* • Single-headed households <p>* These five indicators are combined into an economic resource index.</p>

Through our CHNA community-engaged process, we identified four neighborhood-level priorities to invest in over the next three years:

 <p>1</p> <p>early education</p>	 <p>2</p> <p>access to healthy food</p>	 <p>3</p> <p>health insurance coverage</p>	 <p>4</p> <p>employment</p>
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5 Children’s National Fiscal Year 2020–2025 Strategic Plan community health priorities include asthma, mental health and infant mortality.

6 In 2019, HSC Health Care System received regulatory approval to become a subsidiary of Children’s National Hospital. The HSC Health Care System combines the resources of a health plan, pediatric hospital, home health agency, and rehabilitative therapy centers to serve and empower families with complex health care needs. For more information, <https://childrensnational.org/hsc>.

7 For more information, visit: <https://www.diversitydatakids.org/child-opportunity-index>.

Leadership Spotlight

Nathaniel Beers: A Career Advocate for School Health



“ My early advocacy work was focused on the interface between school and health services for kids with disabilities. ”

Since 2017, Nathaniel Beers, M.D., M.P.A., F.A.A.P., has served as president of HSC Health Care System and is a leading advocate for school health at Children’s National. Dr. Beers is a recognized expert in the care of children with complex needs and has held a variety of clinical, executive and cross-sector leadership roles, including service with the District of Columbia Public Schools and the DC Department of Health. As a general and developmental-behavioral pediatrician, Dr. Beers sees patients at Children’s National, where he was previously the medical director of the Children’s Health Center. He also serves as executive lead of the Children’s School Services program, the District of Columbia’s school nursing program.

As a native Washingtonian, Dr. Beers knew he wanted to become a pediatrician as young as 5 years old. As a youth, he became interested in helping children with disabilities when he worked as an assistant for a camp program at the Ivymount School in Rockville, Maryland. While working with children with disabilities, he thought he would become a pediatric neurologist. After residency at Children’s National, he decided to pursue the Anne Dyson Child Advocacy fellowship at Boston Children’s Hospital. His clinical time was focused on developmental-behavioral pediatrics and he also served as the chief fellow for the Division of General Pediatrics. Before moving back to Washington, D.C., he served as a medical director for the Perkins School for the Blind and completed a master’s in Public Administration at the John F. Kennedy School of Government at Harvard University.

As a native Washingtonian, Dr. Beers knew he wanted to become a pediatrician as young as 5-years old.



Dr. Beers has worked on many issues related to children in Washington, D.C. He was part of the executive committee and a founding member of the DC Partnership to Improve Children's Healthcare Quality, a collaborative between the DC pediatric community and Medicaid. He was an active member of the Children's Advocacy Roundtable, coordinated by DC Action for Children. He has served on several advisory committees relating to children and their health and education and currently serves on the boards of Special Olympics DC and Parents Amplifying Voices in Education.

Dr. Beers became deeply involved with school health for the District of Columbia through serving as the chief operating officer, chief of specialized instruction, and executive director for Early Stages in the District of Columbia Public Schools. He also held positions as deputy director for policy and programs for the Community Health Administration, and then the Title V director for the DC Department of Health. He has served on the Mayor's Advisory Committee on Child Welfare, the Children with Special Health Care Needs Advisory Board and the D.C. Health Exchange Board. Dr. Beers was also a past president of the D.C. Chapter of the American Academy of Pediatrics (AAP) and served on the AAP Council of School Health and a variety of other roles for the AAP, both regionally and nationally. Through holding several leadership positions, Dr. Beers has been a champion for improving health and educational outcomes for children and families living in the District of Columbia.

In his current role at HSC, he provided leadership on the Children's National Return to School Taskforce and now co-leads the School Health Advisory Committee. Because of his expertise, he delivers testimony to local government and appears in local and national media outlets on numerous school health issues, including school masking and COVID-19 vaccine mandates.



Being a part of Children's School Services I see the opportunity to leverage school nurses to impact broader health care issues in the District of Columbia and figure out better ways for sharing information across education and health sectors. Having better data-sharing can help clinicians make decisions for their patients considering the quality of life in the school as well as their educational experience.



Dr. Beers is a passionate leader committed to improving the quality of care and access to care for children so they can stay in school and achieve their best life outcomes.



Learning and Leading Through School Health Workgroups



We see ourselves as sharing the same constituencies as schools – children and families. We believe it is important to align our roles and our work with schools to help all children, especially those who are not in school because of an illness. We communicate with schools by sharing data and health information to help children get back to the classroom. When we work together, we can focus on coordinating with each other in a better way and engage in advocacy to improve child health and well-being.



- **Tonya Vidal Kinlow, M.P.A.**, Vice President of Community Engagement, Advocacy and Government Affairs at Children's National

The Child Health Advocacy Institute, through leadership and collaboration, advances policy and system changes to achieve health equity for all children. As the leader of Children's National advocacy mission, our Government Affairs Department communicates with policymakers on what we observe in our patients and families and advocating for funding to improve school health and health for children. In the past few years, we focused on improving access to health services in the school setting, COVID-19 recovery, advocating for school-based health centers funded by local dollars, improving equity in the school system around mental health and pediatric asthma care.

Child Health Advocacy Institute (CHAI)

ChildrensNational.org/CHAI



Our leaders also have leadership appointments to national and local school health committees, including the American Academy of Pediatrics Council on School Health, DC Healthy Youth and Schools Commission, DC Career and Technical Education Community Board, and the DC Coordinating Council on School Behavioral Health. We also participate in regional and national school health working groups, including the Montgomery County Commission on Health, Maryland Assembly on School-Based Health Care and the National Coordinating Committee on School Health and Safety.

The Child Health Advocacy Institute has prioritized funding at local and federal levels to expand programs and efforts that are important to families.



In November 2021, the United Health Foundation announced more than \$3 million in grant money over three years for Children’s National to expand our **Mobile Medical Program** to help District of Columbia students in Wards 7 and 8, with a particular focus on addressing immunization delay due to the pandemic. This funding will support the expansion of the **Chronic Absenteeism Reduction Effort program** and will enable us to hire community health workers to help families with the coordination of care.



The Community Affairs Department and Community Mental Health CORE (Collaboration, Outreach, Research, Equity) Department lead community engagement efforts for the Child Health Advocacy Institute through coordinating the institution’s school partnerships and educational efforts. The **Child Health Advocacy Institute school health team** manages several workgroups that bring multidisciplinary professionals together with expertise in community health, health care administration, pediatric medicine, and public affairs. The team mission is to support student and school wellness through coordination and partnerships between the health and education sectors. Coordination and partnerships are at the system or organizational level between the hospital, local school districts and relevant groups that support schools (government, community-based organizations, and advocacy organizations).

School Health Collaborative

150+ members

HEALTH EDUCATORS
RESEARCHERS
CLINICIANS
TRAINEES

The Child Health Advocacy Institute school health team also coordinates the **School Health Collaborative workgroup**. In 2021, the School Health Collaborative launched the **Achieving Better Collaboration (ABC) for Children webinar series** to continue to build relationships with schools and increase awareness of Children’s National school health programs, resources and services. The webinars focus on critical topics in school health, including school attendance, care coordination, telemedicine, mental health and engaging youth and the community in school health services.

Achieving Better Collaboration (ABC) for Children Webinar Objectives



- ✓ Discuss critical health and academic challenges for children in the Washington, D.C. region
- ✓ Build a prepared and skilled workforce across health and education sectors
- ✓ Identify strategies to increase collaboration between health and education sectors



In Fall 2021, the Child Health Advocacy Institute school health team and executive leadership launched and convened its first **School Health Advisory Committee** meeting to improve internal coordination of Children’s National school health efforts and examine how to strengthen cross-sector collaborations between Children’s National, HSC Health Care System and local school systems at the leadership level. The School Health Advisory Committee consists of a cross-section of Children’s National leaders who are fully engaged in school health and includes input from patient, family and youth advisors.

Children's National School Health Workgroups

Child Health Advocacy Institute School Health Team

The Child Health Advocacy Institute school health team builds and fosters relationships with schools through leading the following activities:



- Facilitate dialogue between the health and education sectors to strengthen partnerships and identify policy and system change opportunities
- Deliver interdisciplinary education to providers, trainees, school staff and students on critical education and health issues
- Conduct school health policy and programmatic research across the region
- Share stories of school partnerships success and impact
- Create opportunities for our staff to engage with schools and school-aged children through community benefit activities

School Health Collaborative

Since 2017, the Child Health Advocacy Institute school health team has convened a School Health Collaborative with the aim to learn about regional school-based efforts and identify areas for strategic collaboration.

This workgroup is open to all staff interested in school health and includes health educators, researchers, clinicians and trainees.



School Health Advisory Committee

The Child Health Advocacy Institute and executive leadership launched a new committee in October 2021 consisting of Children's National and HSC Health Care System leaders in school health to advance regional school health policy and system change goals and address the following priorities:

- Develop an infrastructure to streamline and vet school health programmatic opportunities
- Develop guidelines for launching new school-based initiatives to ensure alignment and coordination with existing strategy and programmatic efforts across Children's National and HSC Health Care System
- Define opportunities to address post-pandemic educational needs and policies and support the education sector with disaster preparedness in a new paradigm
- Develop shared program evaluation metrics to better understand impact and areas for growth and improvement
- Identify opportunities to gain visibility for Children's National as a school health leader among peer hospitals and funders through leveraging existing stakeholder groups



How Children's National Approaches School Health

Current School Health Programs and Initiatives

This report presents information on Children's National school health programs and initiatives delivered to students, teachers, parents and other support professionals in early childhood education programs through 12th grade schools. Our efforts range from preventive to early intervention and condition management that are provided in schools and in out-of-school settings in Washington, D.C., and the surrounding metropolitan region.



Children's National provides services and resources to schools through its Care, Advocacy, Research and Education (CARE) mission, which extends beyond hospital walls. Since our last report was released in 2019, new programs have been launched to

support students' and families' mental health and well-being and to address gaps in access to care and other social determinants of health. During the COVID-19 pandemic, our telehealth services, infectious disease prevention and management efforts and engagement with schools around return-to-school planning was expanded to meet the needs in school settings. Furthermore, recognizing the critical role that education plays in contributing to a person's well-being, we have led initiatives that promote students' academic achievements. Profiles for our current school health programs and initiatives are found in the [Appendix](#).



Addressing Mental Health Needs of the Community

As schools closed and in-person extracurricular activities went on hiatus because of the COVID-19 pandemic, an increasing number of children, both in the District of Columbia metropolitan region and nationally, reported experiencing increased anxiety, sadness, loneliness and stress due to isolation and many struggled with the transition to virtual learning. In June 2021, Children’s National released a report that summarizes the need for more mental health supports for children who have been affected by COVID-19.⁸ Since our last report in 2019, Children’s National has supported several new mental health programs and resources for children, families and educators.



⁸ Children’s National Hospital. (June 2021). COVID-19 and Children’s Behavioral Health in the District of Columbia: The Pandemic’s Impact on Child Behavioral Outcomes and the Behavioral Health Care System. Retrieved from: <https://childrensnational.org/advocacy-and-outreach/child-health-advocacy-institute/community-mental-health/publications>

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The mental health of children and teenagers is more important than ever in light of the COVID-19 pandemic. All youth should have access to information and strategies to support their mental health and wellness. We are happy to partner with EVERFI, Inc. to provide an online resource that teens can use with the support of their schools to learn about these topics and build healthy coping skills.

”

– **Olivia Soutullo, Ph.D.**,
Pediatric Psychologist
at Children’s National

Mental Wellness Basics Course

Schools are uniquely positioned to support students' mental health and wellness. Today's teens face pressures that past generations never experienced. Seventy percent of teens identify anxiety and depression as a major problem among people their age. According to the 2019 Youth Risk Behavior Survey, 15% of high school students in Washington, D.C., reported attempting suicide in the past 12 months.

Students must be better equipped with the coping, communication, and self-assessment skills they need to proactively advocate for their own mental health and the mental health of their peers. Mental Wellness Basics is an innovative digital course designed by mental health experts that provides students with the knowledge and tools to achieve and maintain positive mental health now and in the future. This course is intended to be used as part of a primary prevention approach to social-emotional learning. This course is one resource that can complement existing behavioral health resources and social-emotional learning efforts within a school system.

Children's National Hospital is providing Mental Wellness Basics at no cost to schools and students across Washington, D.C.

Course Highlights

- o **Reduce stigma:** By normalizing mental health and illness, individuals are more likely to tell others when they have concerns and are more likely to seek treatment.
- o **Increase knowledge and awareness:** Learners are equipped with up-to-date facts on mental health disorders, symptoms, and treatments.
- o **Encourage action:** Learners will be given concrete techniques that can be used immediately to improve and maintain their own mental health.
- o **Empower students to be advocates:** Students will be better able to identify symptoms, assess need, and support and advocate for their peers.

EVERFI Mental Wellness Basics Course for Middle and High School Youth

In 2020, Children's National launched a new partnership with EVERFI, Inc., a leading digital educational provider for schools across the nation and internationally. Children's National sponsors the EVERFI, Inc. Mental Wellness Basics Course, an online mental wellness course for middle and high school students. The course includes four modules on mental health basics, coping skills and getting help. Mental Wellness Basics has been used by more than 600 middle and high school students from eleven Washington, D.C., schools.

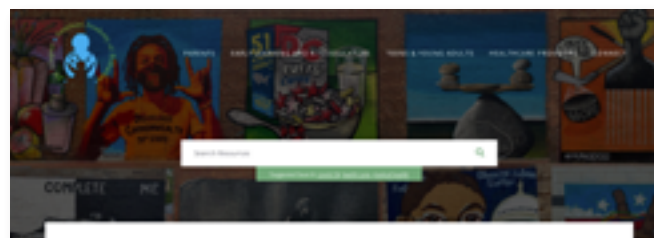
Early Childhood Mental Health Awareness Training (EC-MHAT)

Children's National received a Mental Health Awareness Training grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to provide trainings to early childhood educators and the families they serve. This program is implemented in partnership with Georgetown University School of Medicine and the Early Childhood Innovation Network. It seeks to help adults recognize and appropriately respond to the needs of young children at risk for mental health or social-emotional concerns, especially those whose mental health or social-emotional wellness have been directly impacted by systemic racism. Trainings focus on increasing early childhood educators' and families' knowledge and awareness of social-emotional development, how to respond to mental health concerns in young children, and strategies for promoting their self-care and wellness.

School Health Committee Toolkit

Children's National pediatric health care providers within the DC Chapter of the American Academy of Pediatrics' School Health Committee created an online resource clearinghouse in 2021 to promote health and well-being resources for children of all ages. The website includes content for clinicians, parents, caregivers, teachers, and children related to mental health, COVID-19 and childcare. The healthy habits and mental wellness sections include local, national and international resources and tools and educational resources.

aapdc.org/Schooltoolkit



This online toolkit was created by pediatric health care providers within the DC Chapter of the American Academy of Pediatrics' School Health Committee. It provides resources and information that can be used to promote the health and well-being of children of all ages. It includes content for clinicians, parents, caregivers, teachers, and other school personnel. ©2021 by AAPDC, all rights reserved.

How to use toolkit

To use the toolkit, navigate using the search function or by clicking on the category-specific icons. From there, you can view an article you are interested in, download/print resources, and share them with others on email or your social media accounts.

Resources

Resources

<p>Parents COVID-19 Curator Vaccine Info School Reopening Healthy Habits and Mental Wellness</p>	<p>Teens and Young Adults COVID-19: The Run Down Vaccine Info Healthy Habits and Mental Wellness LGBTQ Resources</p>	<p>Early Learning and K-12 Educators COVID-19 Overview Vaccine Info School Reopening Healthy Habits and Mental Wellness</p>	<p>Healthcare Providers Vaccine Info Patient Resources Healthy Habits and Mental Wellness</p>
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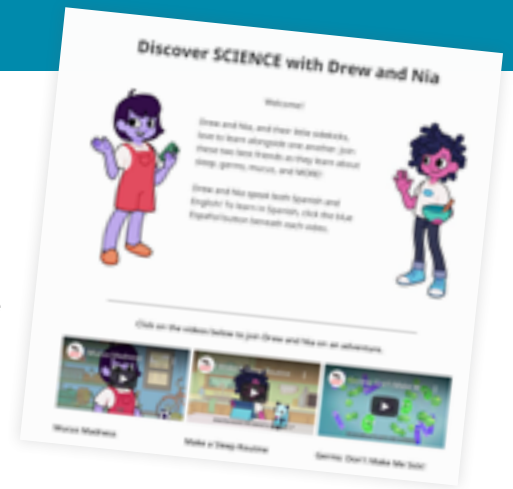


Virtual Engagement During the COVID-19 Pandemic

The pandemic created an opportunity to reimagine how we deliver care in a new landscape and leverage digital technology advances. It allowed us to take more innovative approaches to expanding program services beyond Washington, D.C., and connecting with more people virtually. Several of our programs launched virtual programming to safely reach children and school professionals at home.

Discover Science with Dr. Bear

This program engages children and families in the out-of-school time setting in hands-on, inquiry-based art and science programs that help to improve the physical, cognitive and social development of children and their families. Due to the ongoing school closures from the COVID-19 pandemic, Discover Science created virtual programming elements such as kid-friendly informational videos (<https://doctorbearscience.com/videos/>). The program was able to reach over 200 children in Washington, D.C., and New York City through working with other organizations whose virtual programming models had strong foundations (e.g., the Girl Scouts) to continue developing and disseminating programming focused on viruses, the immune system and vaccines to help kids feel safe during this time.



KiPOW! (Kid Power)

Launched almost a decade ago following the passage of the DC Healthy Schools Act (HSA) in 2010, this health education and engagement program brings medical student health mentors to encourage elementary and middle school children to fully engage in and benefit from healthful opportunities available to them in their schools. During the COVID-19 pandemic, the 10-week core curriculum was converted to online presentations and was piloted with a West African Refugee Empowerment Program based in Memphis, Tennessee. Additionally, Children's National established a national nonprofit which connects resources between KiPOW-DC with Orange County, California and newer programs in Dallas, New York City and Toronto, Canada.

Protecting Young Children Training

In 2017, Children's National partnered with the Office of the State Superintendent of Education (OSSE) to provide required yearly Protecting Young Children trainings to all employees of Child Development Centers and Child Development Homes. The program reinforces that protecting and advocating for children is everyone's job by bringing awareness about child abuse, common trends and prevention strategies. During the COVID-19 pandemic, the program was moved online, which resulted in increased attendance.

Meeting Students' Educational and Social Needs During the Pandemic

“ Our goal is to always connect families to the needed services. We have a great working relationship with our patients and families that has helped us address their non-clinical needs so we can address their clinical needs. ”

- **Margie Farrar-Simpson**, M.S.N., R.N., P.N.P.-B.C., N.E.-B.C., C.C.M.,
Director of Integrated Care Management at Children's National

The pandemic highlighted the critical need for health systems to provide care beyond health services delivery, including helping our patients and families access education, food, housing and other social needs. As an anchor institution, Children's National has worked closely with community and government partners to advocate for resources to address the social determinants of health.

My Health GPS Program

Launched in 2017, this program was designed by the Department of Healthcare Finance to address the unmet care management needs of eligible DC Medicaid beneficiaries with three or more chronic conditions. Children's National is one of 11 sites across the District of Columbia and has a team of two nurses, one social worker, and two community health coordinators who work with patients outside the hospital to coordinate care, address social determinants of health, and provide education around managing chronic conditions and complex care needs at home and in their schools and communities. During the pandemic, the team developed COVID-19 Family Action Plans to screen families for social needs and strengthen the team's capacity to connect them to resources and services.



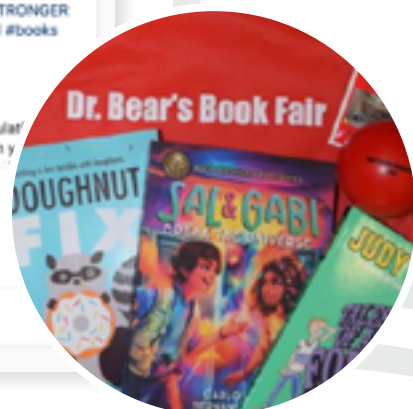
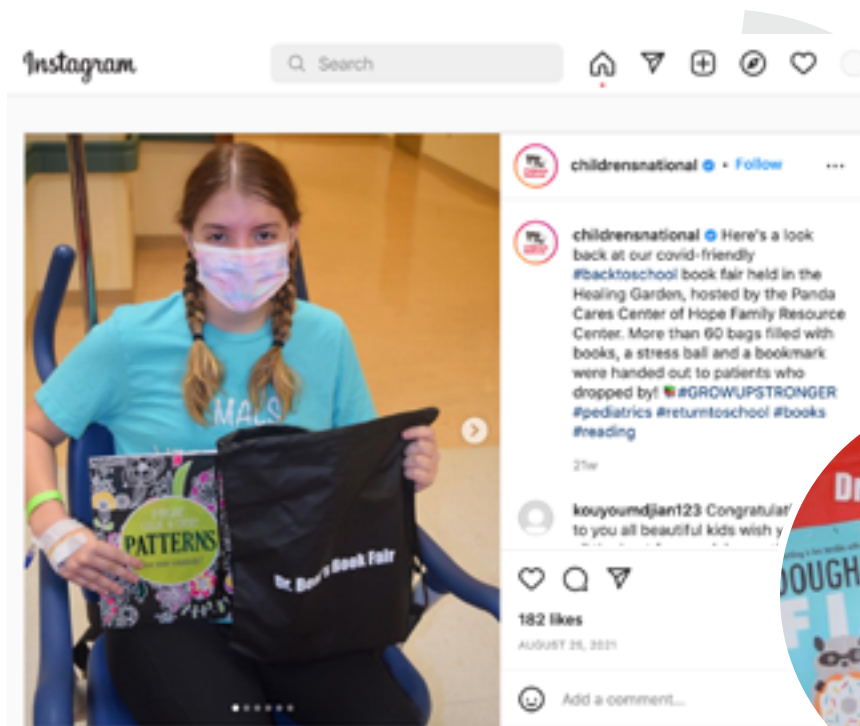
DC Health Matters Connect

Children’s National is a member of the DC Health Matters Collaborative (DCHealthMatters.org), a coalition of hospitals and community health centers that combine efforts and resources to assess and address community needs. In 2019, Children’s National led the efforts to launch DC Health Matters Connect, a free to use online tool powered by findhelp (previously known as Aunt Bertha), to help residents find low to no cost services around the social determinants of health (such as food, housing, transportation, education). We have worked actively with community-based organizations, including schools, and trained them how to use this tool and accept referrals. To date, we have reached almost 10,000 users who have performed nearly 14,000 searches, with food access and housing support being the highest searched resources for the Washington, D.C., region during the pandemic. For more, visit: dchealthmattersconnect.org



Panda Cares Center of Hope and Family Resource Center

Based at the hospital campus, this resource offers a range of support services for families and staff. In addition to being able to read books and magazines for children and adults, patients and families visiting the center have access to educational resources, a work-station with a laptop, a reading nook, a teen center with a TV and gaming console and a quiet room for families to have a private space for discussions or time alone. During the pandemic, the center hosted a return-to-school event disseminating 60 bags with over 1,000 books and other items to patients and families.



Addressing Academic Outcomes

Children’s National recognizes that education is a critical social determinant of health. Through our School-Friendly Health System initiative, Chronic Absenteeism Reduction Effort program, and Advanced Tools for Organization Management program, we are leading efforts that demonstrate how a health system can have an impact on a child’s academic outcomes.

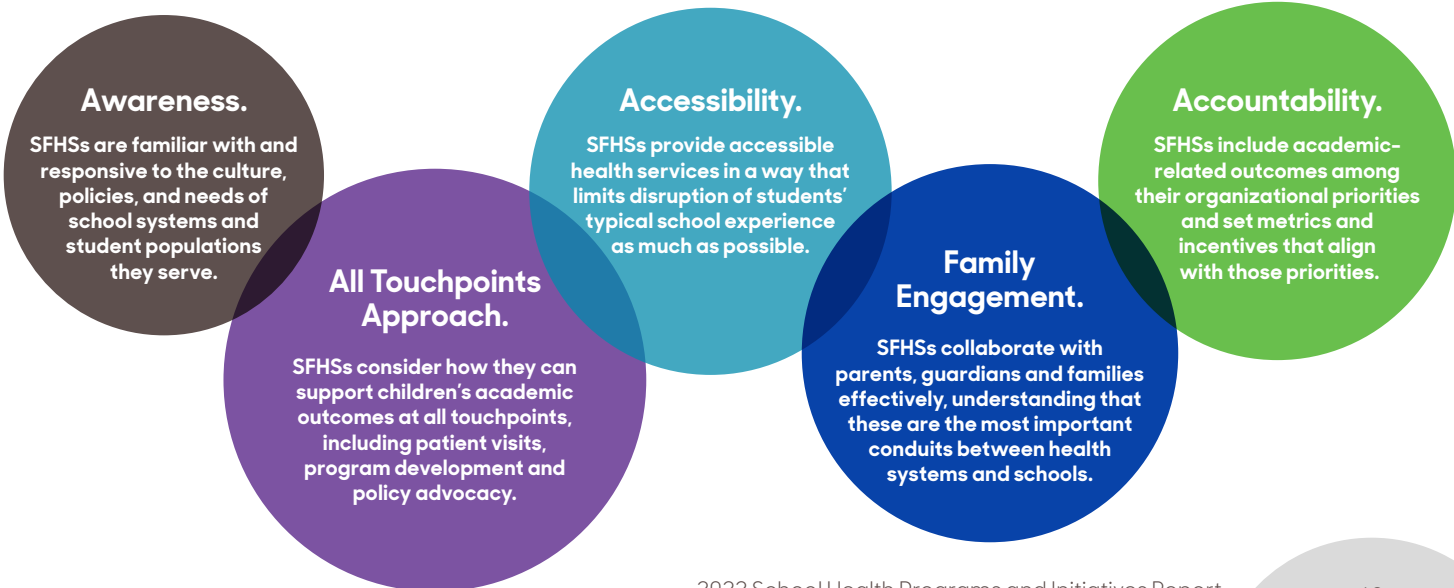
Introducing Our School-Friendly Health System Framework

We envision a school-friendly health system that is designed to help all children reach **optimal health** and achieve their **full academic potential**.

In 2017, Children’s National School Health Collaborative (see [page 12](#) for more information) established the vision statement above to expand the focus on addressing children’s academic outcomes. Given the inherent, mutually reinforcing connection between health and education, Children’s National is leading an initiative to help hospitals and health systems become school-friendly. A school-friendly health system (SFHS) is a health system – meaning any entity that manages or provides health care services or programs, including hospitals, clinics and health centers – that is designed to ensure all children reach optimal health and achieve their full academic potential. This framework describes five principles and associated promising practices and is intended to outline how a health system can better support the education of the children from the communities it serves at every touchpoint – from staff interactions to system and policy design to effective school partnerships (Figure 1).

FIGURE 1

Five Principles of a School-Friendly Health System



Through gathering data for this report, many of our programs reported that their efforts currently align with the SFHS framework (Table 1), with many reporting that they align with the family engagement principle and few reporting that they align with the accountability principle. In the upcoming year, we will be gathering examples of how our school health programs and initiatives have utilized the school-friendly health system framework and the impact it has had on the relationships with schools, students and families and their ability to improve health and academic outcomes for children.

TABLE 1

SFHS PRINCIPLE	ALIGNMENT WITH CHILDREN'S NATIONAL CURRENT EFFORTS
AWARENESS	Advanced Tools for Organization and ADHD & Learning Differences Program is responsive and adaptable to fit well into a school's culture, policies and needs for delivery models.
ALL TOUCHPOINTS APPROACH	Safe Concussion Outcome, Recovery & Education (SCORE) program provides individualized student supports to promote academic achievement during recovery.
ACCESSIBILITY	School-based telehealth program aims to minimize the time children are away from school by providing quick access to medical care, rapid diagnosis and better management of chronic conditions.
FAMILY ENGAGEMENT	Chronic Absenteeism Reduction Effort (CARE) pilot sites are utilizing the Straight A's communication guidelines to talk with parents and families about school attendance.
ACCOUNTABILITY	IMPACT DC Asthma Clinic uses the indicator increased school attendance as a measure of success.

A full SFHS framework report is available upon request at SchoolPartnerships@childrensnational.org.

Sharing School Attendance Data with Pediatric Health Providers to Reduce Chronic Absenteeism

Health and education systems, when working together, can play a meaningful role in keeping kids healthy and in school. Children’s National launched the Chronic Absenteeism Reduction Effort (CARE) program in 2019 to help address the root causes of chronic absenteeism, which is defined as missing 10% or more of school days due to excused or unexcused absences. The program has helped dozens of families and continues to expand its reach in the District of Columbia.

Children can miss school due to various health and social reasons, including having to take care of siblings at home, experiencing mental health challenges, having uncontrolled asthma, and not having reliable access to transportation to school. Research shows that youth of color, youth from low-income backgrounds, and youth who have experienced trauma are four times more likely to be chronically absent. Through leadership from Danielle Dooley, M.D., MPhil, CARE was initially developed as a partnership between a pilot group of DC Public Schools and Children’s National community health centers in Washington, D.C. This initiative is working to better inform health care team members about chronic absenteeism and uses secure data-sharing of school attendance data so that health care teams can take action and support students and families.

One of the products of this program is the CARE Playbook⁹, which helps providers to engage partners and better understand what drives chronic absenteeism in their community, how to identify the legal and technical aspects of data sharing between school districts and health systems and how to reduce barriers and reach families. For more information, visit <https://americanhealth.care/>.

Providing Youth with Tools to Help with Attention and Organizational Management

Teaching students how to learn and effectively manage responsibilities are important skills that can predict success in their education and adulthood. Advanced Tools for Organization Management (ATOM) is a school-based intervention with an online program developed by Melissa Dvorsky, Ph.D., in the Division of Psychology and Behavioral Health and Center for Translational Research to promote organization and planning skills for middle school students using technology and evidence-based strategies.¹⁰ In addition to launching this school-based organizational skills intervention for Washington, D.C., area schools, Dr. Dvorsky has been leading school-based mental health research for over a decade. The main goal of this work is to provide students with life skills to help address mental health and academic success. This technology-enhanced program reduces barriers and increases access to evidence-based services to youth and families from under-resourced communities. ATOM also targets executive function skills, homework problems and motivation for middle school students with attention difficulties or attention-deficit/hyperactivity disorder (ADHD). Executive functions are mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. The early successes from this program include increased student engagement, increased productivity as well as reduced mental health stigma. For more information, contact ATOM@childrensnational.org and view an introductory video at <https://youtu.be/FWmkgH5tl-A>.

9 American Health Care. (2021). Chronic Absenteeism Reduction Effort Playbook. Retrieved from: <https://americanhealth.care/sites/default/files/PDFs/CARE-PLAYBOOK.pdf>

10 ATOM was developed by Melissa Dvorsky, Ph.D. with funding from the National Institute of Mental Health.

Spotlight:

Partnering with Schools on COVID-19 Recovery and Response

The COVID-19 pandemic gave us an opportunity to be a proactive resource for the community. There needs to be coalition-building between schools, healthcare systems and families focused on investing in the safety of kids. We all need to do some thinking and planning together to mitigate not just the ongoing challenges of this pandemic, but any future disasters that might come upon us.

- **Joelle Simpson, M.D.**, Division Chief of Emergency Medicine and Medical Director of Emergency Preparedness at Children's National

Healthcare workers,

Your hard work and dedication through this wave of covid has not gone unnoticed. Without you, I would not be attending in-person school this fall. I just wanted to take a moment to express my gratitude!

THANK YOU

...

From Kiki

[Children's National Kudoboard](#)

At the start and throughout the COVID-19 pandemic, Children's National has led efforts to respond to pressing health and safety needs of the community, from setting up the first COVID-19 specimen-collection for children in the region, to contributing to regional COVID-19 leadership advisory committees, developing clinical guidance for school districts, and disseminating information on the COVID-19 vaccine to youth and families.



March 2020-February 2021

Children's National clinical experts and leaders contributed to webinars¹¹ to help our families through COVID-19, including a series for high school students about the effects of the pandemic (Figure 2), family town halls, and interviews with Children's National experts about pandemic parenting.



May 2020-May 2021

The Children's National telehealth team¹² operated 29 testing sites with more than 3000 tests conducted, and 10 positive test results in Washington, D.C., and Montgomery County schools. Children's National launched the first telehealth program for public schools in the District of Columbia, Maryland, Virginia region and the Mid-Atlantic.



December 2020

Since December 2020, Children's School Services (CSS) school nursing program conducted symptomatic and asymptomatic testing in all DC public schools. CSS has tested over 9000 children with 37 positive cases.



November 2021

With the renewal of the Children's School Services DC Health contract, we were awarded a telehealth component and started the first program in the District of Columbia region on November 1, 2021, piloting in 12 schools across the city with plans for expansion to more schools in the future.

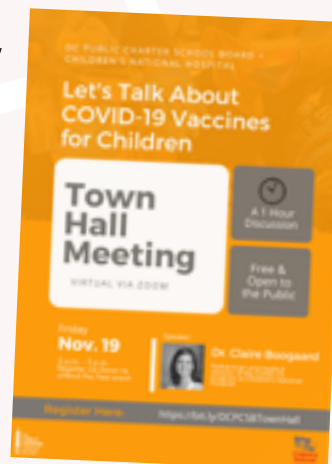
FIGURE 2

Reaching Youth through COVID-19 Town Halls

2020 COVID-19 and Beyond

3-part series:

Between November and December 2020, the Community Affairs Department led a three-part virtual town hall series that engaged more than 100 youth around the challenges of distance learning and accessing mental health, primary care and reproductive health resources while learning from home. Four Children's National employees and five community partners served as expert panelists providing educational information and answering questions. Two youth helped to moderate two of the sessions. Youth who participated in the series indicated that they were interested in learning more about identifying mental health issues, managing stress and anxiety, and maintaining health.



2021 COVID-19 and Beyond

6-part series:

Between January 2021 to February 2021, the Community Affairs Department implemented a 6-part virtual town hall series that engaged over 295 people in partnership with The Rodham Institute at The George Washington University and the Black Coalition Against COVID -19. Together we led six one-hour virtual town halls on topics identified by youth to help middle and high school students access additional information on health care and mental health care related information and resources. Eight Children's National employees and eight community partners served as expert panelists providing educational information and answering questions. A total of 11 youth from DC Public Schools helped to moderate sessions throughout the series.

11 COVID-19 Webinars for Families: <https://childrensnational.org/visit/resources-for-families/wellness-resources/coronavirus/coronavirus-webinars-for-families>

12 Launched before the pandemic, our school-based telehealth program allows school staff to use secure video conferencing technology to connect a student with a board-certified physician from Children's National. A child can visit their school nurse who then determines if the child needs to be seen by a physician. Athletic trainers, coaches and physical education teachers can also refer students following a sports injury.



In January and February 2021, Children’s National held vaccination clinics for DC Public Schools (DCPS) teachers and staff preparing to return to in-person school in partnership with DC Health and DCPS.

A team of 300 Children’s National nurses, physicians and pharmacists administered vaccines to approximately 3,000 DCPS and DC public charter school teachers and staff. This mass COVID-19 vaccination initiative – the largest of its kind in the District – was possible thanks to two \$75,000 grants from the Children’s National Board of Visitors and Children’s Health Board.



As more students return to the classroom in the 2021–2022 school year, Children’s National is here to help schools and communities safely reopen, monitor and adapt throughout the coronavirus (COVID-19) pandemic.

On our Returning to School Safe and Strong website (<https://childrensnational.org/return-to-school>), we compile



the latest guidance, share our experiences and tap our experts to help the community understand how to keep students and staff safe and healthy while returning to school.

Spotlight:

Youth Engagement Efforts throughout Children's National

Our vision for youth engagement is to create equitable opportunities for our youth to become change agents for a healthier community.

Our mission is to create educational opportunities for youth to develop advocacy skills, build relationships with Children's National faculty and staff members, and obtain professional development with hands-on experience.

The COVID-19 pandemic presented an opportunity for our institution to reflect and assess how we offer career readiness opportunities and other programming for youth in the region. In 2021, Lin Chun-Seeley, M.A. from the Child Health Advocacy Institute conducted a youth needs assessment across our health system to gather data on the youth populations that we serve, the types of programs that we offer, and strategic growth opportunities to enhance youth engagement.

Current youth engagement programs and initiatives are primarily focused on:



Mentorship
(95%)



Education
(89%)



Professional Development Skills
(79%)



Networking
(53%)



Direct Clinical Care
(26%)

Children's National currently leads 31 youth programs and initiatives that span internships to summer camps. The most common program within Children's National is Career Exploration, with 24 programs focused on gaining skills to learn about a career and earning internship credits to support graduation. Our youth engagement efforts cover broad topics, including research, career exploration, academic support, and health equity. Various populations are served in our programs, but over 83% (25 programs) are targeted towards high school and college students. Participation varies year to year based on funding and interest; in 2021, 623 youth participated in a youth engagement program or initiative.

The COVID-19 pandemic allowed programs to re-evaluate their curriculum. Many found success in changing their curriculum to a virtual setting and were able to streamline their process. For example, creating online systems resulted in a more efficient process for students to review their curriculum and complete assignments. Five programs felt that they were unable to apply their program virtually and paused their program for one year until they were able to return in-person with COVID protocols in place.

As students return to in-person learning, Children's National looks forward to continue supporting youth through our robust school health initiatives and providing them with the resources they need to learn and thrive. In the coming years, we also aim to expand our youth engagement programs and initiatives with a focus on equity and diversity.

For more information on our 2021 youth needs assessment, contact schoolpartnerships@childrensnational.org

Future Vision for Strengthening Collaborations with Schools

Children's National is committed to its school health programs and initiatives to improve health and education outcomes for all children. Our future plans include:

Advance our School Health Advisory Committee school health policy and system change goals, expand school health programs and strengthen cross-sector collaborations between Children's National, HSC Health Care System and local school systems.

Leverage workforce development opportunities and expand youth engagement programs to help build a diverse health care workforce to meet evolving challenges and community health needs.

Promote and connect our school partners to current and existing programs, including our new Children's National Research and Innovation Campus, Rare Disease Institute and Fight for Children Sports Medicine Center, the first center in the region dedicated to keeping young athletes at the peak of their game and preventing injuries as physical activities and sporting events resume.

Work on strategic coordination with our school leaders across the Washington, D.C., region on how we approach educational outcomes and impacts aligning with local school priorities and our 2022 Community Health Needs Assessment recommendations.

Pilot our School-Friendly Health System framework alongside a national cohort of other health care systems to advance school health efforts and understand what is needed to improve the delivery of health services and relationships with the education sector.

As we continue to navigate the COVID-19 pandemic, we aim to **engage our employees, patients, families and community partners in health and education policy and system change solutions** so that every child has an opportunity to grow up stronger.

Advanced Tools for Organizational Management (ATOM) and ADHD & Learning Differences Program

Overview	<p>Advanced Tools for Organization Management (ATOM) is a school-based program to promote organization and planning skills for middle school students using technology using evidence-based strategies. Through funding supported by a grant from the National Institutes of Health, ATOM targets executive function skills, homework problems and motivation for middle school students with attention difficulties or attention-deficit/hyperactivity disorder (ADHD). ATOM has been co-developed with our school and family partners who helped design a user-friendly program that is feasible to implement in schools. The ATOM program partners with schools in delivering the program by providing training, consultation, and implementation support as well as free access to the ATOM web platform. In collaboration with local middle schools, ATOM is implemented during the school day by school staff.</p> <p>The ADHD & Learning Differences Program is a specialized program dedicated to providing high quality services for children, adolescents and families, engaging in innovative interdisciplinary research and training, and working with school partners and community-based organizations to improve care for youth with attention-deficit/hyperactivity disorder (ADHD) and learning differences. In partnership with local schools, we are passionate about co-creating novel solutions to improve care and school experiences for students, educators and families. We also often provide training, professional development and workshops to educators, school mental health providers and parents.</p>
Intervention Type	<ul style="list-style-type: none"> • Digital intervention for academic skills • Educational training • Educational videos for schools and community partners
Point of Contact(s)	<p>Melissa R. Dvorsky, Ph.D. Director, ADHD & Learning Differences Program Division of Psychology & Behavioral Health ✉ mdvorsky@childrensnational.org ☎ 202-476-7086</p>
Web Link	<p>https://childrensnational.org/news-and-events/video-gallery/advanced-tools-for-organization-management https://childrensnational.org/adhd</p>

Cancer and Blood Disorders Center Education Program

Overview	<p>Since 2012, the Cancer and Blood Disorders Center at Children's National has helped children "go to school" while being hospitalized. The unit's education program supports more than 200 inpatient and outpatient hematology and oncology patients every year with academic needs. The education program is currently staffed by two full-time education specialists, one part-time education specialist, and one part-time hospital-based teacher. The goal of the program is to help school-age patients maintain a sense of normalcy while in the hospital, continue to achieve academic goals, and increase their ability to thrive when they transition back to school.</p> <p>The education specialists serve as liaisons between families, the medical team, and patients' school teams to ensure that appropriate educational supports and accommodations are put in place throughout a child's treatment. The team provides school planning support, advocacy resources, graduation recognition, college scholarship resources, and educational materials for patients and parents.</p> <p>The program includes a hospital-based classroom as the central hub for the teacher and tutor that creates the feeling of being "at school" while in the hospital. The education specialists also partner closely with the Family Resource Center. The Family Resource Center serves as a central location for patients and families to access information about the different programs, services, and amenities available at Children's National, which also features a circulation library. By ensuring that appropriate supports are in place, hematology and oncology patients are accessing educational services throughout treatment, leading to greater success in the future.</p> <p>At the start of the 2021 school year, a part-time hospital-based teacher was hired to provide consistent, structured, high-quality instruction to patients who are hospitalized, giving children the opportunity to stay on track with their schoolwork despite their unique medical needs and circumstances. In addition, the education specialists manage a tutoring program that allows students ages 2 to 21 to receive supplemental academic support or enrichment activities. While the teacher and tutors provide necessary academic support, they also provide a sense of normalcy, routine, comfort, and connection for both patients and their families.</p>
Intervention Type	<ul style="list-style-type: none"> • Ensuring appropriate school supports and accommodations are in place • Providing educational materials and resources • Offering hospital-based instruction • Tutoring support

Point of Contact(s)	<p>Meaghan Ervin Tishler Education Specialist Center for Cancer and Blood Disorders ✉ meervin@childrensnational.org ☎ 202-476-4668</p> <p>Daisy Davis Education Specialist Center for Cancer and Blood Disorders ✉ ddavis3@childrensnational.org ☎ 202-476-1286</p> <p>Stefanie McAnall Hayes Education Specialist Center for Cancer and Blood Disorders ✉ SMcAnall@childrensnational.org ☎ 202-476-2382</p>
Web Link	https://childrensnational.org/departments/center-for-cancer-and-blood-disorders/programs-and-services/ccbd-education-and-school-program

Celiac Disease School Policies and Trainings

Overview	Children's National Celiac Disease Program partners with families to advocate for children diagnosed with celiac disease and support with care coordination. The School Policies and Trainings Program helps parents explain celiac disease to schools and works to develop individualized education plans for students who have been diagnosed with celiac disease. In 2018, the Celiac School Action Guidelines for Education (SAGE) Initiative was launched to develop national standardized recommendations for children with celiac disease to safely attend school. During the COVID-19 pandemic, the program has reached over 2,000 professionals virtually through various events and presentations, including professionals in Connecticut, the District of Columbia, Maryland, Massachusetts, New Jersey and Virginia.
Intervention Type	<ul style="list-style-type: none"> • Develop individualized 504 plans for students with celiac disease • Provide trainings to school administration and staff on celiac disease and best practices to serve children with celiac disease
Point of Contact(s)	<p>Kate Raber Program Coordinator, Celiac Disease Program ✉ celiac@childrensnational.org</p>
Web Link	https://childrensnational.org/departments/celiac-disease-program

CHEER Program – Community Health Education Events and Resources

Overview	The Community Affairs Department in the Child Health Advocacy Institute develops and implements programs and activities designed to meet the needs of the community. The goal of the CHEER program is to improve community health and well – being by sharing pertinent health information and creating opportunities to foster dialogue between the health sector and other sectors on critical population health issues that align with community-identified needs. During the COVID-19 pandemic, the department facilitated virtual community conversations on COVID-19 and accessing health and mental health services for parents/caregivers, youth, schools, community partners and health care providers and staff. The department also facilitates the hospital's health fairs program, leads a Photovoice program for high school youth, and hosts several events during Community Health Improvement Week, held annually the first week of June.
Intervention Type	<ul style="list-style-type: none"> • Town halls • Educational webinars • Health fairs
Point of Contact(s)	<p>Melissa Baiyewu, M.H.A., C.H.E.S. Program Manager, Health Promotion & Disease Prevention Child Health Advocacy Institute ✉ mbaiyewu@childrensnational.org ☎ 202-471-4999</p>
Web Link	https://childrensnational.org/advocacy-and-outreach/in-the-community/health-fair

Child Health Advocacy Institute Youth Engagement Program

Overview	<p>The Child Health Advocacy Institute (CHAI) Youth Engagement team is committed to investing in the future of health care. Our vision for youth engagement is to create equitable opportunities for our youth to become change agents for a healthier community. Children's National partners with several schools, universities and youth-serving organizations to provide trainings on health care careers, health sciences and health equity. Our programs include:</p> <p>Dr. Bear's University: a one-day in-person experience for students to explore how a hospital system works and is a potential recruitment program for all youth engagement programs within Children's National</p> <p>The Photovoice Project: a summer program hosted in partnership with the George Washington School of Medicine for high school students in DC Wards 7 & 8 to learn about community health and create their photo project</p> <p>CHAI Summer Internship: a 6-week summer high school program in partnership with DC Public Schools Career Technical and Education (CTE) to learn about health equity and explore healthcare careers</p>
Intervention Type	<ul style="list-style-type: none"> • One-day site visit to Children's National Hospital • Career panels • Intensive summer programs
Point of Contact(s)	<p>Lin Chun-Seeley, M.A. Program Lead, Youth Engagement Child Health Advocacy Institute ✉ lchunseele@childrensnational.org</p>
Web Link	<p>https://childrensnational.org/advocacy-and-outreach/child-health-advocacy-institute/community-affairs/future-of-health-care</p>

Children's School Services, Inc.

Overview	<p>Since 2001, Children's School Services, Inc. (CSS) has operated and managed the District of Columbia School Health Services Program. CSS is responsible for implementing comprehensive, student-centered clinical and allied health services in 204 designated District of Columbia Public Schools and Public Charter Schools. The Program provides health and nursing services to enrolled students and focuses on prevention, early identification and intervention to address student health problems. During the COVID-19 pandemic, CSS ran the asymptomatic and symptomatic testing program for Washington, D.C., schools for Spring 2021, built stronger relationships with behavioral health providers in schools and increased partnership with the Mobile Unit to address immunization delays.</p>
Intervention Type	<ul style="list-style-type: none"> • Acute and chronic illness management • Immunization surveillance and medication management • Vision and hearing screenings • Health assessments • Care coordination • Health education and counseling
Point of Contact(s)	<p>Children's School Services, Inc. ☎ 202-471-4815</p>
Web Link	<p>http://childrensnational.org/advocacy-and-outreach/in-the-community/community-partnerships/childrens-school-services</p> <p>https://dchealth.dc.gov/service/school-health-services-program</p>

Chronic Absenteeism Reduction Effort

Overview	The Chronic Absenteeism Reduction Effort (CARE) is a partnership between Children’s National, the Pediatric Health Network, District of Columbia Public Schools (DCPS), the Office of the State Superintendent of Education (OSSE), the Chesapeake Regional Information System for our Patients (CRISP), the Healthy Schools Campaign, the Johns Hopkins Children’s Center and the Johns Hopkins Bloomberg School of Public Health, and Child Trends, to pilot the sharing of school attendance data between a group of pediatric providers and a group of DC Public Schools, with the goal of making school attendance a vital sign in pediatric practice. Through funding from Bloomberg American Health Initiative and United Health Foundation, the pilot is being expanded to additional schools in Ward 7 & 8.
Intervention Type	<ul style="list-style-type: none"> • Educational module for pediatric providers • Cross-Sector Learning Collaborative • Data Exchange
Point of Contact(s)	<p>Danielle Dooley, M.D., MPhil Medical Director of Community Affairs and Population Health Child Health Advocacy Institute ✉ dgdooley@childrensnational.org ☎ 202-471-4892</p> <p>Bianca Constant, L.S.W. Program Coordinator Child Health Advocacy Institute bconstant@childrensnational.org</p>
Web Link	https://dcps.dc.gov/page/chronic-absenteeism-reduction-effort-care-pilot-program

Discover SCIENCE with Dr. Bear

Overview	Discover SCIENCE (a Scientific Creative Innovative Engaging New Cool Experience) with Dr. Bear engages children and families in out-of-school time settings in hands-on, inquiry-based art and science programs that help to improve the physical, cognitive and social development of children and their families. "SCIENCE" explores and combines STEM with a focus on health issues of concern to the community such as asthma, stress, cardio-metabolic risk, sleep, genetics and genetic diseases, and injury prevention. During the COVID-19 pandemic, kid-friendly animated videos focused on health and science topics were developed and shared with community organizations who utilize virtual programming. Virtual programs, including trainings for informal educators, were expanded to librarians, Girl Scout Troop Leaders, and after-school educators in the Mott Network and New York Edge. New lesson plans were created on viruses, the immune system and vaccines to help kids feel safe during this time.
Intervention Type	<ul style="list-style-type: none"> • Facilitate outside-of-school time programming for elementary students utilizing STEM concepts and focused on health topics affecting communities • Use activities to deliver health education to students and families • Provide training and workshops for informal educators to bolster confidence in leading STEM and health programming in varied community spaces
Point of Contact(s)	<p>Julia Miller, M.S. Outreach Program Coordinator Center for Translational Research ✉ miller3@childrensnational.org ☎ 202-476-7031</p> <p>Rachel Smilow, M.A. Program Lead Center for Translational Research ✉ rsmilow@childrensnational.org ☎ 202-476-4777</p>
Web Link	https://doctorbearscience.com/

District of Columbia School-Based Health Centers

Overview	The District of Columbia School-Based Health Centers (SBHCs) are comprehensive primary care clinics located within seven District of Columbia Public Schools (DCPS) high schools. Children's National oversees clinics at two senior high schools: Ballou High School and Dunbar High School. The SBHCs are open for service whenever the school building is open; normal business hours are Monday thru Friday from 8:00 a.m. to 4:30 p.m., which varies during DCPS breaks (summer, spring and holidays).
Intervention Type	<ul style="list-style-type: none"> • Primary and preventive care – well child visits, physicals, childhood immunizations, COVID vaccines, chronic disease management, nutrition counseling, acute care, substance abuse screening, sports medicine, family planning, pregnancy testing, prenatal care, sexually transmitted disease testing, counseling and treatment • Behavioral/mental health services • Oral Health – examinations, cleanings, education, counseling and sealants • Transition from Pediatric to Adult care
Point of Contact(s)	<p>Cara Biddle, M.D., M.P.H. Principal Investigator Associate Division Chief General Pediatrics and Community Health ☎ 202-476-2123</p> <p>Michelle Jiggetts, M.D., M.S., M.B.A. Program Administrator District of Columbia School-based Health Centers ✉ mjiggett@childrensnational.org ☎ 202-476-4904</p> <p>Kathy Woodward, M.D. Medical Director Adolescent and Young Adult Medicine ✉ kwoodwar@childrensnational.org ☎ 202-476-2178</p>
Web Link	https://childrensnational.org/departments/adolescent-and-young-adult-medicine http://doh.dc.gov/service/school-based-health-centers

Early Childhood Innovation Network

Overview	<p>The Early Childhood Innovation Network's (ECIN) is an effort by a network of organizations, including Children's National and Georgetown MedStar University Hospital. ECIN's mission is to ensure all children in Washington, D.C., and especially those impacted by structural racism, are able to thrive and reach their fullest potential by taking a science-based and cross-sector approach to strengthening families of young children and the systems which support them. The network works to support resilience and responsive and nurturing adult and child relationships through interventions in key settings such as early learning centers, pediatric primary care, and other child and family-serving agencies in the District of Columbia. Since its founding, ECIN has partnered with AppleTree and Educare DC early childcare centers as well as additional partners: Children's Law Center, Far Southeast Family Strengthening Collaborative, George Washington University, Georgetown University Center for Child and Human Development, Health Alliance Network, Parent Watch, Total Family Care Coalition and others.</p> <p>Over the past few years, ECIN has continued to strengthen its partnerships and build on its work within early learning centers to provide culturally responsive and inclusive mental health supports and mindfulness to improve health outcomes for children and their parents/caregivers as well as for teachers and staff. During the COVID-19 pandemic, many of the program's components were adapted for virtual implementation. ECIN has placed a greater focus on interventions to improve caregiver and staff well-being, improve the quality of the early learning environment for both staff and children, reduce burnout and promote resilience among providers and school staff, strengthen social support and cohesion among families, and increase staff and family engagement.</p>
Intervention Type	<ul style="list-style-type: none"> • Teach emotional regulation children • Train pediatricians to recognize the signs of toxic stress in children and families and respond appropriately with strengths-based supports • Work with families to improve parent-child interactions • Promote well-being and address the mental health needs of school staff, providers, and caregivers • Provide resources and teach strategies on managing stress and promoting resilience
Point of Contact(s)	<p>Lee Savio Beers, M.D. Medical Director of Community Health and Advocacy Child Health Advocacy Institute ✉ lbeers@childrensnational.org ☎ 202-476-3797</p>
Web Link	https://www.ecin.org

Early Childhood Mental Health Awareness Training (EC-MHAT)

Overview	The Early Childhood Mental Health Awareness Training (EC-MHAT) program aims to increase the capacity of early childhood educators to recognize and appropriately respond to the needs of young children at risk for mental or social-emotional health concerns, especially those whose mental or social emotional health has been directly impacted by systemic racism. The program seeks to increase early childhood educators' knowledge and awareness of 1) early childhood social-emotional development, including understanding typical development, mental health challenges and disorders, and screening, 2) how to respond to mental health concerns, including communicating with families and providing appropriate resources, and 3) strategies for promoting their self-care and wellness as educators. Corresponding trainings are also offered for families to increase families' knowledge and awareness of early childhood social-emotional development, how to respond to mental or behavioral health concerns in their own children, and strategies to promote their self-care. EC-MHAT is housed within Children's National Hospital and is implemented in partnership with Georgetown School of Medicine and the Early Childhood Innovation Network.
Intervention Type	<ul style="list-style-type: none"> Interactive, live virtual trainings for early childhood educators in Washington, D.C., who work with children in Pre-K, ages 3 to 5 (e.g., teachers, teachers' assistants/aides, coaches, administrators, family childcare providers/owners, related service professionals, mental health clinicians, behavioral health consultants, and other professionals in schools) Interactive, live virtual trainings for families of children in participating early childhood education programs Follow-up newsletters and consultation calls for early childhood educator participants
Point of Contact(s)	<p>Tonae Jackson Project Assistant ✉ tjackson@childrensnational.org</p> <p>Leandra Godoy, Ph.D. Project Director ✉ lgodoy@childrensnational.org</p>
Web Link	N/A

EVERFI Mental Wellness Basics for Middle and High School Students

Overview	In 2020, Children's National began sponsoring an interactive mental wellness digital course for middle and high school students enrolled in Washington, D.C., public and public charter schools. The course, Mental Wellness Basics, is offered at no cost to students and schools and is available through a partnership with EVERFI, Inc., a leading education technology innovator. Launched in fall 2018, the course has reached over 65,000 students nationally and provides learners with accurate information about mental health disorders, the sharing of peer experiences with mental health concerns, healthy coping strategies and local resources that are available.
Intervention Type	<ul style="list-style-type: none"> Health education
Point of Contact(s)	<p>Julia DeAngelo, M.P.H. Program Manager, School Strategies ✉ jdeangelo@childrensnational.org</p>
Web Link	https://everfi.com/courses/k-12/wellness-mental-health-education/

IMPACT DC School-based Education and Training

Overview	Improving Pediatric Asthma Care in the District of Columbia (IMPACT DC) is an award-winning pediatric asthma program in Washington, D.C., dedicated to improving asthma care and outcomes for children through clinical care, education, research, and advocacy. Since 2014, IMPACT DC has provided training on asthma management to daycare and preschool providers. The training is accredited through the Office of the State Superintendent of Education (OSSE). IMPACT DC received funding to provide school-based asthma care to reduce school absenteeism and improve communications with school nurses. During the COVID-19 pandemic, the program moved the majority of its clinics to telemedicine and offered home video visits to help improve home environments through a Fannie Mae grant.
Intervention Type	<ul style="list-style-type: none"> • Provider trainings by referral to schools and day-care centers and based on highest morbidity • Patient education videos • DC school nurse partnership to provide resources to schools with highest risk kids • Community events, including annual events (NBC 4 Health & Fitness Expo, Race for Every Child, Bringing It All Together Health Fair, HSCSN Health Fair, Latin American Youth Center Health Fair, Girls on the Run 5K, and World Asthma Day)
Point of Contact(s)	Shilpa Patel, M.D., M.P.H. Medical Director IMPACT DC Asthma Clinic ✉ impactdc@childrensnational.org ☎ 202-476-3870
Web Link	http://childrensnational.org/departments/asthma-impact-dc

Joyful Food Market "Meet the Pediatricians" Table

Overview	This community-based partnership brings pediatricians to Ann Beers Elementary School during a monthly after-school food market program. The "Meet the Pediatricians" table provides a space for parents and children to interact with Pediatric Residents and content-specific community experts on various health topics. The Capital Area Food Bank and Martha's Table run monthly pop-up food markets at 53 elementary schools in Wards 7 and 8 in the District of Columbia.
Intervention Type	<ul style="list-style-type: none"> • Health education • After-school program
Point of Contact(s)	Monique Quinn, M.D. Chief Pediatric Resident General and Community Pediatrics ✉ chiefresident@childrensnational.org Yael Smiley, M.D. Children's Health Center Primary Care Pediatrician General and Community Pediatrics ✉ ytsmiley@childrensnational.org
Web Link	https://www.capitalareafoodbank.org/what-we-do/direct-food-distribution-programs/joyful-food-markets/

KiPOW! (Kid Power)

Overview	KiPOW! (Kid Power) leverages the power of positive relationships with medical student health mentors to encourage school children to fully engage in and benefit from healthful opportunities available to them in their schools. This program was launched following the passing of the DC Healthy Schools Act (HSA) in 2010 and aims to provide greater implementation of the proactive school wellness policy through nutrition, physical activity and health literacy. The program is targeted to Title 1 schools for healthy behavioral mentoring. During the COVID-19 pandemic, the 10-week core curriculum was converted to online presentations and was piloted with a West African Refugee Empowerment Program based in Memphis, TX. Children's National established a national nonprofit which connects resources between KiPOW-DC with Orange County, CA and newer programs in Dallas, TX, New York City and Toronto, Canada.
Intervention Type	<ul style="list-style-type: none"> • Medical students provide lessons (three hours per month over a semester) on various topics, including nutrition, blood pressure, sleep, healthy snacking and physical activities based on Playworks training. The program also includes a parent newsletter for family engagement.
Point of Contact(s)	Michele Mietus-Snyder, M.D. Children's National Obesity Institute Co-Director Center for Translational Science ✉ mmsnyder@childrensnational.org ☎ 202-476-5161
Web Link	https://childrensnational.org/advocacy-and-outreach/in-the-community/other-community-programs/team-kid-power

METEOR v HS Program

Overview	Mentored Experience To Expand Opportunities in Research version High School (METEOR v HS) attracts, engages and supports underrepresented minority and disadvantaged high school students from District of Columbia and Prince George's County, Maryland schools. The program also recruits local teachers to help improve the STEM pipeline. The summer program embeds students and teachers in translational science laboratories and clinical and behavioral research programs at Children's National focused on rare and common childhood diseases and disorders. This program is supported through a Science Education Partnership Award by the National Institutes of Health. During the COVID-19 pandemic, this program was moved to virtual.
Intervention Type	<ul style="list-style-type: none"> • Eight-week, intensive summer program • Career and peer mentoring • College preparation
Point of Contact(s)	Rachel Smilow, M.A. Program Lead Center for Translational Research ✉ rsmilow@childrensnational.org ☎ 202-476-4777
Web link	https://doctorbearscience.com/what-is-meteor/

Mobile Medical Program

Overview	The Mobile Medical Program provides services where families work and live to meet the healthcare needs of the community. The Mobile Medical Program partners with Children's School Services and schools as a trusted community resource to help identify patients and families who might require services. The Mobile Unit was first launched in 2017 with an aim to treat health barriers to learning so that every child has a chance to succeed in school. The Mobile Unit currently works to address critical barriers to learning by providing resources on the social determinants of health to children and families in a community setting. The program provides resources and health education tools that can help children be healthy and ready to learn in school-based settings. During the COVID-19 pandemic, it serviced more than 600 patients for well visits, sports physicals and vaccines, an increase from the number of patients served during 2018-2019.
Intervention Type	<ul style="list-style-type: none"> • Program screens for seven health-related conditions that impede cognitive development and can hinder learning, including vision screening, oral health and behavioral health
Point of Contact(s)	Hope Rhodes, M.D., M.P.H. Medical Director Children's Health Center at THEARC Goldberg Center for General and Community Health ✉ hrhodes@childrensnational.org ☎ 202-436-3082 Bianca Constant, L.S.W. Program Coordinator Child Health Advocacy Institute ✉ bconstant@childrensnational.org
Web Link	https://childrensnational.org/advocacy-and-outreach/in-the-community/community-partnerships/mobile-health

Montgomery County Elementary School-Based Health Centers

Overview	The Montgomery County School-based Health centers are located in nine elementary schools: Gaithersburg Elementary School, Harmony Hills Elementary School, Highland Elementary School, JoAnn Leleck Elementary at Broad Acres, New Hampshire estates Elementary School, Rolling Terrace Elementary School, Summit Hall Elementary School, Viers Mill Elementary School and Weller Road Elementary School. The centers are operated by the Montgomery County Department of Health and Human Services in collaboration with Montgomery County Public Schools. These School Based Health centers serve as the medical home to many students providing them with the ability to receive comprehensive medical services conveniently within the school setting. A multidisciplinary team of providers cares for these students, including Children's National Pediatricians & Associates Nurse Practitioners and medical assistants, registered nurses, social workers, physicians, behavioral health providers and other support personnel. Children receive both well child-care and care for acute and chronic illnesses, immunizations, fluoride dental varnishing, screening lab tests and specialty referrals as needed. They are in operation during the school year.
Intervention Type	Comprehensive medical health care for students enrolled in the schools as well as their uninsured siblings and Care for Kids children living within the zip code of the school.
Point of Contact(s)	Dinea DeSouza, M.D. Pediatrician Children's National Pediatricians & Associates, LLC ✉ ddesouza@childrensnational.org ☎ 301-926-3633
Web Link	http://www.montgomeryschoolsmd.org/community-engagement/linkages-to-learning/health-centers.aspx

Montgomery County High School-Based Health Centers

Overview	The Montgomery County High School-based Health Centers program is offered in four high schools: Gaithersburg High School, Northwood High School, Watkins Mill High School and Wheaton High School. The program serves approximately 300-500 uninsured and undocumented children needing health care through the Care for Kids program. Funding sources are provided through the Maryland Adolescent Health Collaboration and Primary Care Coalition (Care For Kids Program). Four primary care providers are assigned to these schools and rotate on a weekly basis. Nurse practitioners from the Catholic University of America provide care for the remaining days. For the 2020-2021 school year, only virtual services (phone outreach and telehealth) were provided at most sites and patients were diverted to other county resources for in-person visits. Gaithersburg High School offered limited in-person services in the spring semester.
Intervention Type	<ul style="list-style-type: none"> • Routine physical examinations • Sick Care • Health screenings • Immunizations • Dental care • Health education/counseling • Mindfulness training
Point of Contact(s)	Patricia Kapunan, M.D., M.P.H. Adolescent Medicine Physician Division of Adolescent and Young Adult Medicine Health ✉ pkapunan@childrensnational.org ☎ 202-476-5753
Web Link	http://www.montgomerycountymd.gov/HHS-Program/PHS/PHSSchoolbasedhealth-p289.html

My Health GPS Program

Overview	The My Health GPS Program, launched in 2017, was designed by the Department of Healthcare Finance (DHCF) to address the unmet care management needs of eligible DC Medicaid beneficiaries with three or more chronic conditions. A team of two nurses, one social worker, and two community health coordinators works with patients outside the hospital to coordinate care, address social determinants of health, and provide education around managing chronic conditions and complex care needs at home and in their schools and communities.
Intervention Type	<ul style="list-style-type: none"> • Patient-centered care planning • Screening for and addressing social determinants of health • Direct contact with case manager at least every 1-3 months • Coordinating care across all medical providers • Supporting transitions home after hospitalizations and Emergency Department visits • Assisting with prior authorizations, vendor management, and continuity of Medicaid coverage • Supporting transition from pediatric to adult care
Point of Contact(s)	Margie Farrar-Simpson M.S.N., R.N., P.N.P.-B.C., N.E.-B.C., C.C.M. Director of Integrated Care Management ✉ MFarrars@ChildrensNational.org ✉ GPSTeam@ChildrensNational.org ☎ 202-476-5138
Web Link	https://childrensnational.org/visit/resources-for-families/family-services/case-management

Orthopaedics and Sports Medicine Athletic Trainers Program

Overview	The Orthopaedics and Sports Medicine Athletic Trainers Program's main goal is to build relationships with local athletic trainers to improve the continuity of care for student athletes, and to educate trainers on pediatric/adolescent-related issues regarding sports medicine. The program provides training to athletic trainers and school nurses that focus on orthopedic and sports medicine concerns, with a focus on pediatric/adolescent and developmental-centered care.	
Intervention Type	<ul style="list-style-type: none"> • Athletic trainer symposiums, including live virtual events • Provider trainings • Assisting athletic trainers with improving care coordination with student athletes 	
Point of Contact(s)	Kelley Legge, M.S., A.T.C. Clinical Athletic Trainer Orthopaedic Surgery and Sports Medicine ✉ klegge@childrensnational.org ☎ 202-476-7091	Matthew Oetgen, M.D. Division Chief Orthopaedic Surgery and Sports Medicine ✉ moetgen@childrensnational.org ☎ 202-476-4062
Web Link	https://childrensnational.org/departments/orthopaedic-surgery-and-sports-medicine	

Protecting Young Children Training

Overview	Children's National currently educates all hospital clinical staff on Protecting Young Children, formerly The Period of PURPLE Crying, an initiative put forth by the National Agency on Shaken Baby Syndrome. The program teaches parents about the typical phases of crying a baby goes through, which begins at about two weeks of age, peaks at two months, and starts to decrease around months 4-5. In 2017, Children's National partnered with The Office of the State Superintendent of Education (OSSE) to provide required yearly Protecting Young Children trainings to all employees of Child Development Centers and Child Development Homes. The program reinforces and draws awareness that protecting and advocating for children is everyone's job through bringing awareness about child abuse, common trends and prevention strategies. During the COVID-19 pandemic, the program was moved from in-person to online which resulted in increased attendance.
Intervention Type	<ul style="list-style-type: none"> • Educational training
Point of Contact(s)	Cindy Colson, M.S.N., R.N. Injury Prevention, Education, and Outreach Coordinator Division of Trauma and Burn Surgery ✉ ccolson@childrensnational.org ☎ 202-476-7754
Web Link	http://www.purplecrying.info/

Safe Concussion Outcome Recovery & Education Program

Overview	Children's National Safe Concussion Outcome Recovery & Education (SCORE) Program evaluates, monitors, and manages the care of children and adolescents with concussions (mild traumatic brain injury or TBI). The SCORE program consults with physicians regionally and nationally; schools, as well as scholastic and youth recreational sports programs in which children are vulnerable to injury. An important focus of treatment in the clinic is the student's successful return to school during recovery, providing individualized accommodations and supports to promote academic success. Consultation is provided to various school personnel such as school nurses, athletic trainers, principals, and teachers regarding student needs and supports.
Intervention Type	<ul style="list-style-type: none"> • Clinical care • Research • Educational training targeted coaches, healthcare providers, parents, and schools effort to discuss brain development, how concussions affect children, and how schools can understand and respond to a child's injury
Point of Contact(s)	Gerard Gioia, Ph.D. Director, Safe Concussion Outcome, Recovery & Education (SCORE) Program Division Chief, Pediatric Neuropsychology ✉ ggioia@childrensnational.org ☎ 301-765-5430
Web Link	www.childrensnational.org/score

Safe Kids District of Columbia

Overview	Safe Kids District of Columbia (Safe Kids DC) works to prevent unintentional childhood injuries in the District, the leading cause of death and disability in children ages one to 19. Safe Kids DC is part of the division of Emergency Medicine and Trauma Care (ETMC) and implements evidence-based programs based on local and national injury trends.
Intervention Type	<ul style="list-style-type: none"> • Virtual Educational Trainings: Bike & Pedestrian safety; Safe Sleep; Home Safety; Burn Prevention; Child Passenger Safety • Community events: Car Safety Seat Checks; International Walk to School Day; Safe Kids Day; Bike to School Day
Point of Contact(s)	Chenille D. Holloman Program Manager Division of Emergency Medicine ✉ cholloman@safekids.org ☎ 202-292-3230
Web Link	www.childrensnational.org/safekidsdc

School-Based Telehealth Program

Overview	Children's National school-based telehealth program provides health services to students and aims to minimize the time children are away from school by providing quick access to medical care, rapid diagnosis and better management of chronic conditions. The telehealth program works closely with each school to create a program tailored to meet the needs of the students and families. During the COVID-19 pandemic, the program provided schools with back-to-school support, including webinars for staff, families and COVID testing at local schools.
Intervention Type	<ul style="list-style-type: none"> • Telehealth consultation for guidance and treatment of medical concerns • Health management for acute and chronic conditions such as asthma and diabetes • Care coordination inclusive of providers and family • Health education
Point of Contact(s)	Telehealth Department ✉ telemedhelpdesk@childrensnational.org
Web Link	https://childrensnational.org/departments/telehealth/partnerships/school-based-telehealth

Trauma-Informed Care Training

Overview	The goal of this training is to educate trainees, clinicians, staff and our community on trauma-informed care, adolescent brain development and behavioral/mental health conditions. A priority for federal, state, and local systems is increasing public awareness of how trauma impacts the lives of children and the importance of helping providers and families to become more trauma-informed. The program highlights how different populations are impacted by trauma, including intergenerational trauma, racial trauma and differential access to health care.
Intervention Type	<ul style="list-style-type: none"> Educational training
Point of Contact(s)	<p>Danielle Dooley, M.D., MPhil Medical Director of Community Affairs and Population Health Child Health Advocacy Institute ✉ dgdooley@childrensnational.org ☎ 202-471-4892</p> <p>Leandra Godoy, Ph.D. Co-Director, Early Childhood Behavioral Health Program Psychology and Behavioral Health Child Health Advocacy Institute ✉ lgodoy@childrensnational.org ☎ 202-471-4805</p> <p>Nia Bodrick, M.D. Medical Director, Early Childhood Innovation Network ✉ nbodrick@childrensnational.org</p>
Web Link	N/A

Unstuck and On Target: Elementary School

Overview	Unstuck & On Target is a cognitive-behavioral, school-based intervention to help students with Autism and/or ADHD improve flexibility and executive functioning. The program was designed for eight to eleven year old children who have challenges with flexibility, organization and planning to help them thrive at home and at school. It was developed by a multidisciplinary team in partnership with Children's National Center for Autism Spectrum Disorders and Ivymount School – Model Asperger Program. During the COVID-19 pandemic, the program focused on addressing stressors imposed on our children by COVID.
Intervention Type	<ul style="list-style-type: none"> Educational lessons designed for use in schools by any school staff and in clinic settings Free online asynchronous training for school staff in how to deliver Unstuck lessons and support students with executive function challenges. On-demand videos for caregivers on how to support their child's behavior, cognitive and emotion regulation
Point of Contact(s)	<p>Lauren Kenworthy, Ph.D. Pediatric Neuropsychologist and Director Center for Autism Spectrum Disorders Division of Pediatric Neuropsychology ✉ lkenwort@childrensnational.org ☎ 301-765-5430</p>
Web Link	https://www.unstuckandontarget.com/

Unstuck and On Target: High School

Overview	Unstuck & On Target: High School (UOT:HS) is a new school-based executive functioning curriculum for transition-age high school students with autism. UOT:HS was designed to be embedded in high schools and delivered by school staff to improve generalization of skills, increase access to mental health care, and fill a gap in evidence-based approaches to support postsecondary transition. UOT:HS focuses on key functions needed for adult success, such as self-advocacy, goal-setting, planning, motivation, and group work skills. Home extension activities accompany each lesson to support use of skills at home. The UOT:HS curriculum and implementation outcomes are currently being tested in high schools through a grant-funded through the National Institute of Mental Health (R01MH124772).
Intervention Type	<ul style="list-style-type: none"> • Educational curriculum for school staff • Training and technical assistance on curriculum implementation
Point of Contact(s)	<p>Cara E. Pugliese, Ph.D. Clinical Psychologist Center for Autism Spectrum Disorders Division of Pediatric Neuropsychology ✉ tcpuglies@childrensnational.org ☎ 301-765-5424</p>
Web Link	N/A

2022
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