

Implementing the Coordinated School Health Model *in Connecticut*

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What were our needs for a successful Coordinated School Health Model?

Needs:

- We found the delivery of Comprehensive School Health and Comprehensive Physical Education curriculum varied throughout the state with some programs being very weak and others very strong.
- Many school systems did not know how to develop and implement a quality Coordinated School Health Model.
- Establish a group of highly skilled trainers to assist.
- Develop and implement a systemic plan to provide technical assistance and training to school districts so they could develop a successful Coordinated School Health Model.

How did the cadres start?

Mission:

To establish a group of highly skilled trainers recognized for conducting quality, interactive, theory based professional development that ultimately promotes health enhancing behaviors in children and youth.

Steps:

- Met with consultant from the Education Development Center (EDC) who is a contractor of the CDC. This consultant helped us develop the program.
- Invited quality teachers/professionals with outstanding presentation skills for the various cadres.
- Developed a trainers handbook
- Trained the Cadre members in Adult Learning Theory and content appropriate to its specific mission. We brought in several specialists.

What Cadres Were Developed?

- HIV/STD Pregnancy Prevention
- Healthy Lesbian, Gay, Bisexual and Questioning Students Project
- Health Education Assessment Program – HEAP
- School Health Service – Nurses
- Physical Education
- Tell Me What You See

HIV/STD Pregnancy Prevention



Goals:

- Assess the availability and adequacy of HIV/STD prevention education in grades K-12 in school districts.
- Develop a systemic plan to provide technical assistance and professional development to school districts.
- Develop strategies to impact students at highest risk for HIV/STD and unintended pregnancy.
- Develop sample policies that support the delivery of HIV/STD and pregnancy prevention education.

Audience:

Teachers, health and mental health providers, administrators and other school and community-based youth serving professionals, that work with elementary, middle, high school students.

Healthy LGBTQ Youth



Healthy Lesbian, Gay, Bisexual and Questioning Students Project:

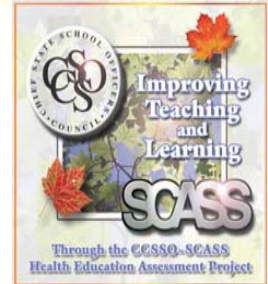
- Partnered with American Psychological Association

Goals:

- Create and ensure a safe and nurturing school climate for LGBTQ youth.
- Reduce higher risk behaviors of youth.
- Increase the capacity of school-based professionals to provide culturally relevant programs, services and interventions for LGBTQ youth.
- Increase connections between support services and the LGBTQ population.

Audience: School nurses, social workers, psychologists, counselors, administrators.

Health Education Assessment Program



Goals:

- Develop capacity for school communities to provide effective assessment-based Comprehensive School Health Education.
- Provide consistency in the application of state standards.
- Provide strategies for using student work to assess curricula including formative and summative assessments.
- Explore the link between health and student achievement.
- Provide access to HEAP Searchable Database that includes over 1900 assessments.

Audience:

Health Educators, Family Consumer Science Teachers, Nurses, and anyone responsible for teaching School Health Education K-12.

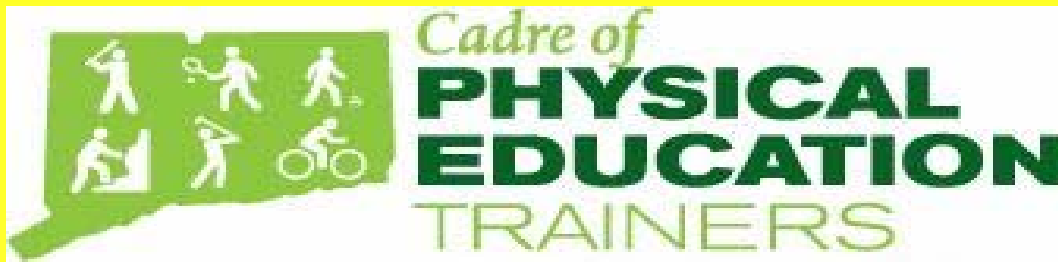
School Health Services - Nurses

Goals:

- Build resources for these content areas: law, school nursing standards and competencies, developing summaries and conclusions from health tool information, writing student-based objectives, and exploring specific components of an IEP.
- Distribute training and materials.
- Learn how to use the School Nursing Self-Assessment Tool.
- Develop and distribute the “New Nurses Competencies for School Nursing Practices in Connecticut.”

Audience:

School Nursing Staff and Administrators



Goals:

Build capacity and promote physical education program improvement across the state by:

- Increasing the number of qualified professional trainers available to schools to address program improvement areas including, but not limited to, curriculum evaluation and development; best teaching practices; education innovation as it pertains to physical education, fitness and physical activity; classroom-based physical activity; and healthy school environment
- Increase connections between physical education and other components of coordinated approaches to school health
- Facilitate networking among physical education professionals, including those in the fields of practice, administration, higher education, and research, for improved outcomes in the form of physical fitness among youth

Audience: Physical Education Teachers and those who develop/assess Physical Education Curriculum .

Tell Me What You See

TMWYS is a subset of the HIV/STD/Pregnancy Prevention Cadre and is a collaborative initiative developed by the Connecticut State Departments of Education, Public Health, Corrections and Concerned Citizens for Humanity.



Goals:

- Conduct statewide professional development in TMWYS, an art-based supplemental health education program addressing STD, hepatitis, and HIV/AIDS prevention integrating knowledge and skill development for all students in grades 9-12.
- Utilize artwork and poetry created by incarcerated youth focusing on a multidisciplinary approach to STD, hepatitis and HIV/AIDS prevention education.
- Promote student-parent/guardian dialogue and enhance efforts to convey actionable prevention programs.
- Share program evaluation results that showed an increase in student functional knowledge, ability to visualize and be introspective, ability to consider the impact of behavior on family, friends, community and self, communication with significant adults such as parents, teachers, health professionals.

Audience:

Health Educators, community-based youth serving professionals, Art Educators, Language Art Educators

Positive Outcomes

- Increased statewide capacity to provide professional development for health educators, physical educators, school nurses, and mental health service providers
- We now have groups of trainers across the state who can respond to questions and provide services in specialty areas
- Cadre members receive high quality P.D., have access to ongoing professional growth, and are able to promote consistent messages and provide quality P.D. for others
- Affordable professional development for school districts across the state.
- More efficient use of resources between state agencies and local school districts.
- CT Cadre consortium has been nationally recognized by CDC/DASH

Lessons Learned

- Essential to show a direct connection between health and achievement to engage policy makers in supporting health related programs, services and practices.
- Use education terminology when promoting health related issues including “secondary school reform, data driven decision making, student assessment”.
- “Building capacity” with cadres does not necessarily mean “reducing workload” for staff
- A non-staff coordinator for each cadre is invaluable
- Slow-growth of cadres important to ensuring quality
- Creative approach to funding cadres is beneficial – not all cadres are funded the same way
- Getting all of our cadres together for a training-in-common was GREAT!

Future Plans

- Incorporate comprehensive sexuality education with HIV/STD/pregnancy prevention education Cadre.
- Expand the HIV/STD/Pregnancy Prevention Cadre to include HIV and other communicable disease policy development.
- Expand HEAP Cadre to address Comprehensive School Health Education curriculum development.
- Develop a cadre that will address staff wellness as part of the coordinated school health approach.
- Continue to incorporate data supporting the link between health and achievement into all professional development.
- Incorporate program advocacy strategies into workshops.

Funding Possibilities

- Cadre Development Without Funding
- Grants
- Professional Development Budgets
- Charge for Workshops and Expenses
- CDC
- Rocky Mountain Center

Resources

- CDC DASH <http://www.cdc.gov/HealthyYouth/>
- Rocky Mountain Center <http://www.rmc.org/> /
Professional Development Partnership <http://www.pdp-rmc.org/>
Resource Bank <http://www.pdp-rmc.org/db/Resources/resourcesLogin.php>
- Healthy ConneCTions - Connecticut's Coordinated School Health Partnerships web page
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726> or
www.ct.gov/healthyconnections

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