

**MCH/CSHCN
Directors WebCast**
January 12th, 2005



Bright Futures
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Moderator:
Chris DeGraw, MD



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Moderator:
Peter van Dyck, MD, MPH



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***“Update on Bright Futures for
Infants, Children and Adolescents”***

Bright Futures Education Center and Pediatric
Implementation Project

**Joseph F. Hagan, Jr., MD
Mary Margaret Gottesman, PhD, RN, CPNP**

Family Voices

**Barbara Popper, M.Ed.
Paula Minihan, Ph.D., M.P.H.**

Public Health Implements Bright Futures

Paula Duncan, MD



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***Bright Futures Education Center
and Pediatric Implementation
Project***

- **Joseph F. Hagan, Jr., MD** - Co-chair Bright Futures Steering Committee and Education Center Project Advisory Committee

*Overview of Bright Futures and revision of the
Bright Futures Guidelines*

- **Mary Margaret Gottesman, PhD, RN, CPNP** Co-chair Bright Futures Pediatric Implementation Project Project Advisory Committee

Bright Futures Implementation



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***Chairpersons of Bright Futures
Initiative***

**Joseph F. Hagan, Jr., MD and Judy Shaw,
RN, MPH, EdD(c)**

Co-chairs Bright Futures Steering Committee
and Education Center Project Advisory
Committee

**Paula Duncan, MD and Mary Margaret
Gottesman, PhD, RN, CPNP**

Co-chairs Bright Futures Pediatric
Implementation Project Project Advisory
Committee



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Who?

YOU! You were the early adopters of Bright Futures



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What?

Hear about the latest Bright Futures activities



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Why?

We need your input in order to assist you in implementing Bright Futures in your State



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"What's Bright Futures?"

Bright Futures is a set of principles, strategies and tools that are theory - based, evidence - driven, and systems - oriented, that can be used to improve the health and well-being of all children through culturally appropriate interventions that address the current and emerging health promotion needs at the policy, community, health systems and family levels.



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Bright Futures Guidelines I and II were major contributions to preventive healthcare services for children

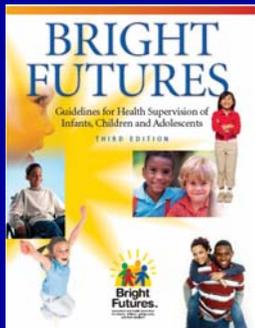
- Brought together community, public health, families, and practitioners
- Successful in public health arena – endorsed, embraced, and implemented



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Coming soon...



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Announcing...

- Same focus on excellence in well child and well adolescent care
 - New format
 - New techniques
- New focus on provision of well child care services in the primary care setting
- **NEW UTILITY FOR PRACTICE!**



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Announcing...

- Revised Periodicity Schedule
- Integrated CSHCN throughout
- AAP Guidelines combined with Bright Futures Second Edition to create one set of guidelines

The Bright Futures Visit defines newer, more family driven and enhanced content for the well care of infants, children and adolescents in American primary care practices



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The Bright Futures Visit

- Solicitation of parental and child concerns
- Surveillance and screening
- Assessment of strengths
- Discussion of certain visit priorities for improved child and adolescent health and family function over time



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The Bright Futures Visit

- An age-specific well child or health supervision visit
- Uses techniques described the Bright Futures Guidelines
- Encourages community and practice specific modifications
- Designed to allow practitioners to improve their desired standard of care



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Bright Futures In Practice Nutrition Book Revised

- Revision discussions began October 2005
- Updated with the most current information including the revised Food Guide Pyramid and the upcoming AMA/MCHB/CDC obesity guidelines
- Nutrition Family Fact Sheets revised including physical activity information
- Current users of the materials will be asked for input on revised edition
- Projected publication date July 2008



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Bright Futures Web site



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Bright Futures Implementation

To be most effective, health promotion must engage ALL of the players (individual, family, health professional, community) in concert

Effective collaboration requires:

- Common language and good listening
- Acknowledging incentives to participate among stakeholders will vary
- Acceptance of shared responsibility
- Understanding the multidimensional nature of determinants of health
- Accommodation of diversity in values and goals



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The Bright Futures Content Toolkit

- Complement Bright Futures Guidelines, Third Edition
- Enhances implementation of Bright Futures
- Tools for practice!



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Bright Futures Training Intervention Project

- Pilot project
- Increase/enhance preventive services in community based primary care practices
- 15 Practices
- Systems Change approach
- Whole practice staff as agents of change



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Bright Futures Training Intervention Project

- Systems toolkit
- Implementation curriculum
- Facilitator's guide
- Spread to public health clinics, school-based health and community health centers



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Georgetown EPSDT Distance Education Project

Goals & Objectives:

- Develop comprehensive curriculum for training Title V, Medicaid/EPST, and other health professionals who provide preventive care
- Develop distance learning curriculum integrating family-centered culturally competent focus
- Develop curriculum user's guide
- Provide CME and/or CE/CEU credits
- Develop online toolbox of resources
- Promote curriculum within MCH community and evaluate user comprehension/retention



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Family Voices and Bright Futures:
Using Bright Futures in work with families to
promote health and wellness for children,
including children with special health care needs

Barbara Popper, M.Ed.
Paula Minihan, Ph.D., M.P.H.

MCHB Webcast
January 12, 2006





Who we are: A national grassroots organization of over 40,000 families and friends speaking on behalf of children and youth with special health care needs providing:

- ♥ Information
- ♥ Education
- ♥ Support
- ♥ Advocacy



Mission: We advocate for health care services that are family-centered, community-based, comprehensive, coordinated and culturally competent



What we do:

- promote the inclusion of families as decision makers at all levels
- support essential partnerships between families and professionals



Our Bright Futures projects are:

- Family Voices IMPACT
 - Funded by the MCHB (2005-2010)
- Bright Futures: Family Matters
 - Funded by the CDC (2003-2006)

Family Voices IMPACT Project

Title: FV IMPACT: Improving Maternal and Child Health Programming (so) All Children Thrive

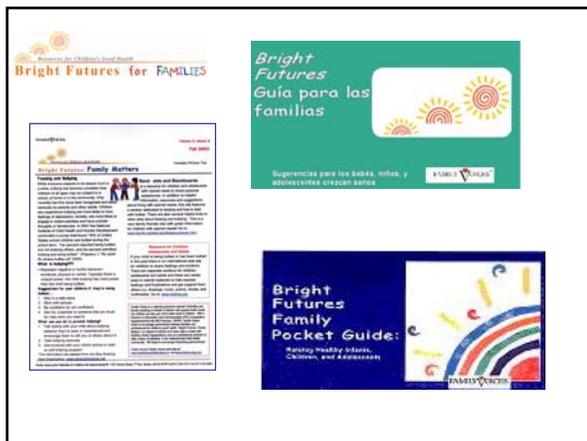
Project Goal:

- Foster partnerships between families and professionals to influence and shape maternal and child health, so all children, including children with special health care needs, thrive.

FV IMPACT: Bright Futures Initiatives

- Develop and disseminate:
 - *Bright Futures: Family Matters* - electronic newsletter for families
 - *Bright Futures Family Pocket Guide* - new update will mesh with AAP materials
- Maintain website www.brightfuturesforfamilies.org
- Survey families' knowledge and beliefs about health for all children, including CSHCN
- Participate in Title V MCH and CSHCN initiatives
- Conc





Family Voices Family Matters Project

Title: Family Matters: Using Bright Futures to Promote Health and Wellness for Children with Special Health Care Needs or Disabilities

Project Goal:

- Design and evaluate a method for supporting families of children with special health care needs in their efforts to promote their children's health and wellness using mentor peer support

Three phases:

- Formative research – focus groups with families
- Controlled non-clinical intervention study
- Broad-based survey of families

Project features

- Partnership
 - Family Voices (FV) & Tufts University School of Medicine
- **Research** project - new venture for a family organization
- Expands view of health from "health services" to day-to-day health behaviors
- Community participatory research design
 - Families informed study design
 - Parents provide intervention (mentor peer support)
 - Six sites in five states (LA, MA, NJ, VT, WA)
 - Sites are partnered with state health department Bright Futures projects
 - Participants/subjects are economically, ethnically and linguistically diverse

Project adopts Family Voices' approach

- Families are the focus and leaders
- Issues cross disability labels
- Activities are family-centered

Overview of Phase I

Focus groups with families of children with special health care needs
(completed in 2005)

Major Themes

Themes: Health promotion resonates with families of CSHCN!

- Health and wellness was an important issue for parents of children with special health care needs (CSHCN)
- Parents see:
 - link with child's overall health status
 - special relevance to children with special health care needs
- Parents like the universality/"normality" -- their kids are like other kids
 - Examples

Themes: Some issues resonate with families of CSHCN more than others

<p>On radar screens</p> <div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>Healthy eating Physical activity Family routines & rules Supervising screen content Taking good care of teeth</p> <p>-----more complex-----</p> <p>Sedentary behavior limits vs. screen time benefits Avoiding risks re: alcohol, drugs, sex</p> </div>	<p>Less on radar screens</p> <div style="border: 1px solid black; padding: 5px; background-color: #c8e6c9;"> <p>Well-child visit schedule Second hand smoke</p> </div> <p>Other issues</p> <div style="border: 1px solid black; padding: 5px; background-color: #bbdefb;"> <p>Gun safety Self-advocacy skills for children Self-protection skills for children Non-traditional approaches</p> </div>
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Themes: Families' information comes from many sources

- Health and wellness information sources cited by families of children with special health care needs (CSHCN)
 - Internet
 - media
 - other parents
 - support networks
 - school curricula and school nurses
 - dentists
 - WIC
- Health providers are not viewed *by families of CSHCN* as important source of health and wellness information

Themes: Families of CSHCN face many challenges

Specific to CSHCN

Time/energy/money
Condition may limit nutrition and activity options
"Drawing the line"
Health advice changes

Common to all children

Health recommendations change
Popular culture
Parents' own lifestyles

Overview of Phase II

Controlled non-clinical intervention study

- H_a: Provision of mentor peer support improves parents' ability to promote health and wellness recommendations in their homes
 - Intervention: Mentor peer support
- Participants/subjects:
 - 120 families of CSHCN ages 6 – 18 randomly assigned to:
 - Intervention (60) or control/delayed intervention group (60)
 - select goals from 11 health promotion goals adapted from Bright Futures
- Participants' attitudes and health behaviors pre and post 6-month study period will be assessed via a written questionnaire
- Study currently underway

Mentor parent role

A mentor parent is a parent of a child with a special health care need who has experience providing peer support to parents as an employee of a parent support organization.

- Attended training sessions and completed human subject protection (IRB) educational requirements
- Provide intervention (mentor peer support) following study protocol
- Participate in ongoing scheduled supervision

Project Goals adapted from Bright Futures

Healthy Eating

Encourage your child's healthy eating habits
Serve your child three nutritious meals a day and include a variety of healthy foods
Serve your child nutritious snacks
Share family meals together on a regular basis
Make meal times pleasant

Physical Activity

Balance the food your child eats with physical activity
Encourage family participation in regular physical activity
Promote a safe environment for physical activity

Screen Time

Limit your child's TV/video time
Limit your child's time spent playing video games
Limit your child's (recreational) computer time

Where we are now and where we're going!

Where we are now:

- We've established a cohesive team that likes and works well with one another:
 - core team: Family Voices and Tufts
 - mentor parents
 - medical consultant
- The intervention study is underway and going well.

Where we're going: Watch this space for . . .

- findings from intervention study
- findings from broad-based family survey

Public Health Implements Bright Futures

Paula Duncan, MD

Co-Chair Bright Futures Pediatric Implementation Project

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Bright Futures Web site

- Includes information for public health professionals
- Includes information on the most important population based child and adolescent health issues in your states and communities
- Provides public health citations/data



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Bright Futures In the States

www.brightfutures.aap.org

Arizona

- Training with approximately 300 maternal and child health providers
- Use the materials to set policies and procedures and write nutrition standards for its federally funded programs

Colorado

- Trainings conducted with the Bright Futures materials with local public health agencies on child health issues, growth and development, and physical assessment

Oregon

- 15 Community Connections Network Providers use the Mental Health toolkit with families with CSHCN



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Bright Futures In the States
www.brightfutures.aap.org

Georgia

- Bright Futures Guidelines distributed to 159 county health departments and the Mental Health book and toolkit to the 18 public health districts
- Part of the statewide training on social/emotional development of young children

North Dakota

- Materials sent to families
- Third Annual North Dakota Early Intervention Institute presentation




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Bright Futures In the States
www.brightfutures.aap.org

Virginia:

- Designed and printed Bright Futures Virginia Child Health Record (ages Birth to 21) in English and Spanish (2005)
- Included Bright Futures Child Health Record and a Calendar with Bright Futures information on development in the Governor's New Parent Kit (2004-5)
- Trained 10,000 registered Child Care Providers, each given a kit with Guidelines and Nutrition pocket guides(2004)
- Piloted training on Bright Futures Practice Guide: Mental Health for foster care workers and mental health counselors (2004)






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Bright Futures In the States
www.brightfutures.aap.org

Virginia:

- **"Promoting Child and Adolescent Health: Bright Futures and EPSDT"**
www.vcu-cme.org/bf
- Six-module web course 12/19/05
- Developed by the Virginia Dept. of Health, AAP, and the state Medicaid agency in partnership with the Virginia Commonwealth University Medical and Professional Continuing Education Department
- Free CME/CEU for first 200 people
- Designed as a reference for use after finishing course
- Implement the Bright Futures approach while meeting the EPSDT guidelines and providing quality care




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Bright Futures In the States
www.brightfutures.aap.org

- **Washington:**
 - Head Start, Early Head Start, ECEAP and childcare project – training, materials and technical assistance
 - Bright Futures for Children and Youth in Foster Care
 - CSHCN - Bright Futures Family Support materials at neuromuscular centers, and involvement with Family Voices project
 - School Nurse Mental Health training
 - Child Care Health Consultant Training
 - UW Academic Programs (Dental, Nursing, Public Health), including student practicum projects
 - Bright Ideas for Washington State Bright Futures electronic newsletter



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Bright Futures In the States
www.brightfutures.aap.org

Washington:

- Partners in Existing Health Programs
 - Washington State Bright Futures Oral Health Plan
 - CHILD Profile WA state health promotion and immunization registry
 - <http://www.childprofile.org/>
 - Washington State Well Child Exam Forms
 - Adolescent Health Fact Sheets
 - <http://www.doh.wa.gov/cfh/adolescenthealth.htm>
- Contacts:
 - Teresa Cooper, teresa.cooper@doh.wa.gov
 - Sue Wendel, swendel@u.washington.edu
 - Jean Myers, jm9@u.washington.edu



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Input from Public Health Colleagues

- Distribute information about Guidelines and toolkits to public health clinics, WIC, immunization clinics, practices, community health centers, and school based health centers
 - Share information on the importance of using these materials in their setting
 - Provide information on how to order and download the materials



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Input from Public Health Colleagues

- Provide training in many venues for public health professionals and other child health professionals as well as families
 - Include information on how to use the toolkits and accompanying materials
 - Model interdisciplinary collaboration with presenters
 - Help with access to data on what kids and families need
 - Make link to quality of care



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Input from Public Health Colleagues

- Provide access to community resources
 - Directories
 - Web sites
 - Phone help lines



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Input from Public Health Colleagues

- Integrate with other State MCH activities and initiatives
 - e.g. the medical home component of the Early Education and Care activities



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Input from Public Health Colleagues

- Organize family and youth input regarding the health promotion and preventive services they receive
 - Qualitative findings
 - Quantitative findings state and practice/clinic level data



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We want your input

- Web-based review of materials (Spring 2006)
- Newsletter submissions
- Bright Futures in your State
- One-way email list
- Bright Futures implementation technical assistance (TA)



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Bright Futures Contact Information

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Jane Bassewitz, MA, Manager, PIP



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