

Minutes of SHAC/Ounce of Prevention for DLSISD, Pewitt, Hughes Springs, and Chapel Hill  
3-19-24 12 noon 909 Linda Dr. Daingerfield, TX 75638

Link to watch the meeting.

[https://us02web.zoom.us/rec/share/TSeExfqZ7X1R2PSLc84q-rFbcEHGoF23TVUdPD\\_Ruwbr35agI3YOcjknqTPH7ySP.qk5EAOqf8JiQ1Nmg?startTime=1710867016000](https://us02web.zoom.us/rec/share/TSeExfqZ7X1R2PSLc84q-rFbcEHGoF23TVUdPD_Ruwbr35agI3YOcjknqTPH7ySP.qk5EAOqf8JiQ1Nmg?startTime=1710867016000)

Passcode: 2v!Ff6rp

Attendance: 12 Agencies, 22 School, 1 FB

#### UT Programs-

Life Style Changes- Lisbeth Mendoza, CHW-1 Here is a list of programs available:

1. Blood Pressure Management 7 by-weekly face to face or 12 weeks self-management with orientation.
2. Diabetes Prevention Program- 12 month. Meet weekly weeks 1-5, by-weekly 6-9, monthly 10-12.
3. Active Living After Cancer- 12 weeks for cancer survivors. 903-877-1436 or

[LifestyleChangePrograms@uthct.edu](mailto:LifestyleChangePrograms@uthct.edu)

See power point

#### Healthy Paths for Stronger Brains- Hanna Bockhold, CHW-

Your child's development is a journey. Identifying, screening ,and acting will provide a healthy path to a strong brain. [StrongBrains@uthct.edu](mailto:StrongBrains@uthct.edu) | 903.877.8604

See Power Point

American Lift Aids- Michael Shannon- Talked about the resources available to assist with mobility issues. See Seller Flyer, Aqua Fest Event, and Business Card with contact information.

#### Announcements-

3-23-24- UT Health Fair at their 5<sup>th</sup> Street Clinic in Tyler Sat morning.

3-25-29 Spring Break for DLSISD and Hughes Springs

April 1-7<sup>th</sup>- Child Abuse Prevention Week- Each school campus will do activities on their campuses to bring awareness.

**4-5-24 10 AM** Ounce of Prevention Partners, CASA of TCM, and schools will gather to recognize Child Abuse Prevention Month. Wear Blue and gather on the East side of the Morris County Courthouse as Morris County Judge Doug Reeder issues the Proclamation. DLISD students will be present to place pinwheels to represent children served by CASA of TCM last year. This picture will be taken by area newspaper representatives.

Next meeting will be Tues. April 9<sup>th</sup> on Child Abuse Prevention.



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# Lifestyle Change Programs

————— Small changes make a big difference —————



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# Blood Pressure Management

High blood pressure is a major risk factor for heart disease and stroke, the first and fourth leading causes of death for all Americans.



# Hypertension Workshops

***12-week** self-management program with an orientation session taught by a certified Community Health Worker (CHW)*

## About:

Seven **(7)** biweekly face-to-face meetings

**Free** blood pressure monitor

Record blood pressure readings for entire duration of the workshop **(14 weeks)**

Log and report blood pressure readings at **biweekly** meetings

Earn **Walmart gift cards**



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# Diabetes Prevention

Making modest changes to your diet and activity level can have a significant impact on your health. Losing just 5–7% of your weight—10 to 14 pounds for a 200-pound person—has been proven to decrease the risk of developing Type 2 diabetes by 58%.



# Diabetes Prevention Program

*You can prevent or delay type 2 diabetes with simple, proven lifestyle changes such as **losing weight** if you're overweight, **eating healthier**, and getting regular **physical activity**.*

## About:

**12-month** CDC recognized interactive program taught by a Certified Lifestyle Change Coach

Meet weekly for months 1-5, bi-weekly for months 6-9, monthly for months 10-12

Learn about creating **healthy habits**

Friendships and support

Earn gas **Walmart gift cards**



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# Active Living After Cancer

The program aims to improve the quality of life of cancer survivors by promoting physical activity and providing navigation services for survivorship.



# Active Living After Cancer Workshops

*This 12-week, free workshop series is designed to help cancer **survivors** and their caregivers who are not currently receiving treatment to make healthy choices, get active and ultimately feel better.*



## About:

**Support** from other survivors

Manage stress and reduce fatigue

Learn about healthy nutritional habits

Increase steps using **FREE** pedometer

Increase strength and flexibility using **FREE** resistance bands

Improve overall health and **reduce** risk of cancer reoccurrence



# Lifestyle Change Programs FREE Workshops

*The University of Texas at Tyler Health Science Center offers free self-management and lifestyle change programs to help manage your blood pressure, cholesterol, prevent or delay diabetes, and get or remain active after cancer.*

**Hypertension Workshops**

**Diabetes Prevention-Prevent T2**

**Active Living After Cancer**

Please call us at (903) 877-1436 or email us at [LifestyleChangePrograms@uthct.edu](mailto:LifestyleChangePrograms@uthct.edu).



# UT Tyler

## CENTER FOR COMMUNITY & RURAL HEALTH EDUCATION

# The Center Services

Small changes make a big difference



### Community Health Worker (CHW) Training Center

Online Training Course  
Continuing Education Training (CHW/CHW-I)  
Northeast Texas CHW Coalition



### Lifestyle Change Programs

Blood Pressure Self-Management Workshop Series  
Diabetes Prevention Program – *Prevent T2/Prevenga T2*  
Diabetes Self-Management Program  
Active Living After Cancer  
Texercise  
Diabetes Prevention Program (DPP) Lifestyle Coach Training



### Texas Area Health Education Center (AHEC) East – Northeast Region

AHEC Scholars



### Healthy Paths for Strong Brains

Resources and screening for parents of children 0-3 years  
Establish routine wellness visits with pediatrician

### Consulting

Program implementation and evaluation, network building, teambuilding, professional development,  
Mental Health First Aid.

Contact us by phone or email for pricing,  
Aidee.Ledezma@uttyler.edu | 903.877.1443



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# Healthy Paths for Strong Brains





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*Your child's development is  
a journey. Identifying,  
screening ,and acting will  
provide a healthy path to a  
strong brain.*

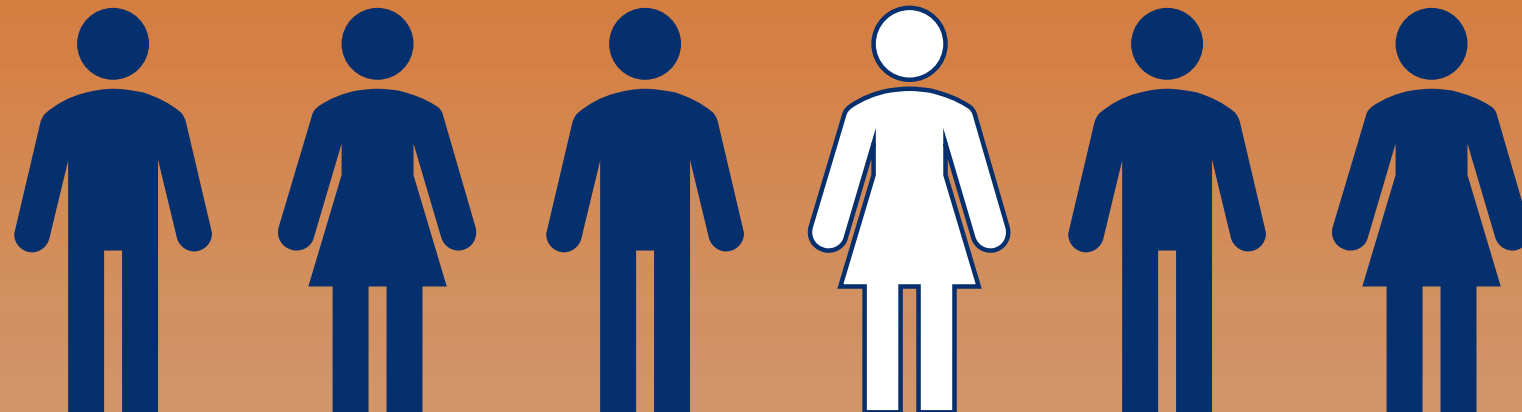









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# 17%

Centers for Disease Control and Prevention (CDC) and the Health Resources and Services Administration (HRSA) found that 17% of children aged 3–17 years have a developmental disability



# Benefits

-  Healthy babies who will **grow strong brains**
-  Early childhood development **education and resources** for families
-  Children and families will **receive appropriate therapy** if needed
-  Significant impact on children's ability to **learn important new skills**
-  Parents/guardians will **learn to celebrate child's development** and talk about child's progress with pediatrician or other childcare providers



# What we do...



Track **developmental milestones** and create healthy paths for strong brain development

-Developmental screenings using the Ages & Stages Questionnaire (ASQ)



Establish **routine wellness visits** with a pediatrician to ensure developmental milestones are on track



Empower families by assisting with **resources and navigating access to care**



# Ages & Stages Questionnaire

- If a family member expresses concerns about their child's development, CHWs may perform an Ages & Stages Questionnaire (ASQ) to measure the child's developmental progress
- The ASQ is divided into five domains:
  - Communication
  - Gross Motor
  - Fine Motor
  - Personal-Social
  - Problem Solving
- The questionnaire is administered to children ages 0-3 and is performed by the family member
- Results are scored and discussed with the family member
  - Based on the results, the child may be provided activities to improve skills in the relevant domain or referred to the appropriate resource for further evaluation



# Establishing Routine Wellness Visits

- Children who are not established with a pediatrician may be referred to one
- Families who experience difficulties with taking their children to appointments may be connected to resources that can help with access to care
  - Transportation to and from appointments
- If the children are uninsured, CHWs can assist the family member with applying for insurance coverage



# Resources

- **Childcare** financial assistance
- Finding a **medical home**
- Mental & behavioral **support for parents**
- **Medicaid** & Texas Children's Health Plan (**CHIP**) applications
- Supplemental Nutrition Assistance Program (**S.N.A.P.**) applications
- Health Insurance Marketplace
- Special Supplemental Nutrition program for Women, Infants, and Children (**WIC**)
- Supplemental Security income (**SSI**)
- Temporary Assistance for Needy Families (**T.A.N.F.**)
- East Texas Food Bank **food pantry**



# Community Collaborations



**HELP ME  
GROW  
TEXAS**



# Thank You

Contact us by phone or email for additional information,  
**StrongBrains@uthct.edu | 903.877.8604**

# References

Centers for Disease Control and Prevention [CDC]. (2019). Increase in Developmental Disabilities Among Children in the United States. Retrieved from <https://www.cdc.gov/ncbddd/developmentaldisabilities/features/increase-in-developmental-disabilities.html>



# Healthy Paths for Strong Brains

Your child's development is a journey. Identifying, screening, and acting early will provide a healthy path to a strong brain.

## What we do

- Work with parents of children 0-3 years old to track developmental milestones and create paths to strong brain development
- Help parents find necessary resources to ensure their child's brain grows well and reaches its full potential
- Establish routine wellness visits with a pediatrician to ensure developmental milestones are on track

## Benefits


- Healthy babies with strong brains
- Early childhood development education and resources
- Receive appropriate therapy or resources, if needed

## What families get

- Parents/guardians will learn to celebrate their child's development and talk about their child's progress with a pediatrician and other providers
- Developmental screenings
- Resources for parents
- Coordination of care with pediatricians and/or other necessary interventions

## Who is eligible?

Parents/guardians of children under the age of 3.

 For more information, contact us at (903) 877-8604 or [strongbrains@uthct.edu](mailto:strongbrains@uthct.edu)







# Caminos Saludables para Cerebros Fuertes

**El desarrollo de su hijo es un viaje. Identificar, evaluar y actuar proporcionará un camino saludable hacia un cerebro fuerte.**

## Lo que hacemos

- Trabajamos con padres/tutores de niños de 0 a 3 años de edad para realizar un seguimiento de las etapas del desarrollo y proporcionar un camino sólido para un cerebro fuerte
- Proporcionamos los recursos necesarios para garantizar que el cerebro del niño/a crezca bien y alcance su máximo potencial
- Establecemos visitas rutinarias de bienestar con un pediatra para asegurarse de que las etapas de desarrollo estén en buen camino

## Beneficios del programa


- Bebés sanos con cerebros fuertes
- Educación y recursos para el desarrollo infantil
- Recibir la terapia adecuada si es necesario

## Qué obtienen las familias

- Los padres/tutores aprenderán a celebrar el desarrollo del niño/a. Hablarán sobre el progreso del niño/a con un pediatra u otros proveedores de cuidado infantil
- Exámenes del desarrollo
- Recursos para los padres
- Coordinación de atención con pediatras y / u otras intervenciones necesarias

## ¿Quién es elegible?

Padres/tutores de niños menores de 3 años.

 Para más información, contáctenos al (903) 877-8604 or [strongbrains@uthct.edu](mailto:strongbrains@uthct.edu)





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## American Lift Aids



### BEAUMONT LOCATION

2310 Calder Ave.  
Office: (409) 832-3400  
Fax: (409) 832-2812

### TYLER LOCATION

2407 WSW Loop 323  
Office: (903) 581-8844  
Fax: (903) 581-9845



# 10th ANNUAL

## JUNE 22nd 10am-5pm

# Lake Palestine Adaptive Aquafest

832-435-6253  
[www.taasports.org](http://www.taasports.org)

### TEXAS ADAPTIVE AQUATICS

Facebook: TexasAdaptiveAquatics

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Debbie Bryant  
(903)360-2096

Mailing Address:  
15910 Cedar Bay Dr., Bullard TX 75757



## American Lift Aids

*Discover The Freedom of Mobility  
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