

Pacific West Distance Learning Network

Nutrition for Children with Special Health Care Needs Curriculum

Group Study Module 3: State and Local Nutrition Resources

Module Objectives and Activities

Learning Objectives

After completing the module, the participant will have the knowledge and skills to:

1. Identify key agencies and health professionals involved in the support and provision of nutrition services to children with special health care needs.
2. Access funding sources for nutrition services for children with special health care needs.

Outline of Activities


- Introduction to the module
- Review handout packet materials with the group leader
 - Learning objectives and outline of activities (this page)
 - PowerPoint slide handout
 - Resource list
 - Post-test
 - Evaluation form
 - Certificate of completion
 - State nutrition services list
- Video segment featuring Jesus (If using this option)
- PowerPoint presentation
 - A. Discuss state and local resources
 - B. Discuss case studies
 1. Sarah
 2. Alex
- Post-test and evaluation forms
- Evaluation forms are exchanged for completion certificates
- Thank you for participating!


Pacific West Distance Learning Network Nutrition for Children with Special Health Care Needs Curriculum

Group Study Module 3: State and Local Nutrition Resources Presentation Notes

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Nutrition for Children with Special Health Care Needs
**Module 3: State and Local
Nutrition Resources**



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**Pacific West MCH
Distance-Learning Curricula**

- Nutrition for Children with Special Health Care Needs - 6 self-study modules
- Nutrition for Children with Special Health Care Needs - 4 group study modules (this presentation is one of them)
- Nutrition and Oral Health Curriculum


all available (free) on-line at
www.pacificwestmch.org

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Group Study Curriculum

Module 1: Providing Family-Centered Care
Module 2: Participating in the Interdisciplinary Approach to Feeding Interventions
Module 3: State and Local Nutrition Resources
Module 4: Improving Nutrition Interventions

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Module 3: State and Local Nutrition Resources

Policies and service systems

- for low-income
- for children with special needs

Case studies

Local resources and service providers



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Learning Objectives

After completing the module, participants will have the knowledge and skills to:

- Identify key agencies and health professionals involved in the support and provision of nutrition services
- Access funding sources for nutrition services for children with special health care needs



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Video - Jesus

- What types of nutrition services does Jesus need now?

- What service programs could provide the services?

- What types of nutrition services did Jesus need as an infant (early failure-to-thrive)?

- What service programs could provide the services?



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Programs for low-income

- Medicaid
- EPSDT
- SCHIP
- WIC
- Head Start
- Food Assistance



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Medicaid

- Title XIX of the Social Security Act
- Medical care for eligible families with low incomes
- Funded by federal and state governments
- Eligibility, administration, and services vary between states...in many states, most children with special needs are eligible
- Nutrition services covered vary from state-to-state
 - ? nutrition services
 - ? supplements or enteral supplies
 - ? services by feeding team members



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Early and Periodic Screening, Diagnosis and Treatment Program (EPSDT)

- Component of the Medicaid program for persons under 21 years of age
- Medicaid eligibility = EPSDT eligibility
- guidelines include screening for nutritional problems and services to treat conditions identified by the screening



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State Children's Health Insurance Program (SCHIP)

- Helps states to expand Medicaid eligibility
- Eligibility, administration, and services vary between states that participate in SCHIP



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Supplemental Nutrition Program for Women, Infants, and Children (WIC)

- Funded by the Food and Nutrition Service, USDA
- Nutrition education and counseling, health screening, referrals for other services, monthly food packages/vouchers, checks for formula



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WIC – continued

- Eligibility varies between states and counties:
 - Pregnant women
 - Women with breastfeeding infant up to age 1 year
 - Children up to age 5 years
 - At nutritional risk
 - Incomes \leq 185% of the federal poverty level
 - Children who are eligible for Medicaid
- Some agencies:
 - Provide f/u services to CSHCN and bill Medicaid
 - Provide specialized nutritional formulas



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Head Start / Early Head Start

- Overall goal: promoting school readiness for children from low-income families
- Provides social health services (including medical, dental and nutrition screening)
- Federal law reserves 10% of enrollment slots for children with disabilities



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Food Assistance Programs

- Commodity Supplemental Food Program (USDA)
- Food Stamp Program (USDA)
- The Emergency Food Assistance Program (USDA)
- Child and Adult Care Food Program (CACFP)



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Programs for special needs

- Title V - Children with Special Needs
- State Disability Programs
- Early Intervention
- Education (Special Education IEP and Medical Need 504 plan)
- SSI



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Title V/CSHCN Program

- Administered to US states and jurisdictions by MCHB/HRSA
- Federal-State partnerships to develop systems of service for MCH, including CSHCN
- Eligibility and services vary between states:
 - Provide direct service or pay for services
 - Assure services—safety net when services are not provided by another source



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State Disability Program

- Administration on developmental disabilities (federal)
- States usually provide additional funds, state disability council
- Administration may be housed in separate office at state level, or combined with MCH programs
- Usually covers birth-death special needs, programs vary widely in services provided



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Early Intervention

- Funding mandated by IDEA, Part C (federal)
- Provides assessment and intervention services (including nutrition) for infants and children 0-3 years old with developmental delay or other special health care needs, or at risk for delays
- Services guided by interagency coordinating council (ICC) - state and local
- May be administered through school system or disability services system



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Educational System

- Federal regulations require that the public school system accommodate children with special health care needs...including nutrition-related issues that support learning/school attendance:
 - Individuals with Disabilities in Education Act (IDEA) (1990)
 - Section 504 of the Rehabilitation Act of 1973
 - Americans with Disabilities Act (ADA) of 1990
- Nutrition goals can be incorporated into a child's educational plan



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Educational System

- IFSP (Individualized Family Service Plan)
 - For 0-3 year olds in Early Intervention programs
- IEP (Individualized Education Plan)
 - For 3-21 year olds who receive Special Education
- Interdisciplinary agreements between family, teachers, and therapists
- Revised at least once per year
- Specify how each goal to be accomplished



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Educational System: Michael's IEP

- Given a cup filled ¼ to ½ full, Michael will take in the proper amount of liquid and return the cup without spilling in 4 out of 5 opportunities by September 15.
- Given a developmentally-appropriate meal/snack, Michael will remain seated during the meal/snack time (or until excused) in 4 out of 5 opportunities by September 15.



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Educational System: 504 Plan

504 Accommodation plan

- For a child who does not receive special education services, but who needs special, health-related services during the school day

Example of nutrition services in a 504 Plan:

- 11-year old with type 1 diabetes
- 504 Plan: Cheryl will be permitted to eat a mid-morning and afternoon snack (brought from home) during recess



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Supplemental Security Income (SSI)

- Administered by the social security administration
- Monthly payment for some CSHCN (dependent upon family income)
- Often “gateway” to other services... eligibility for SSI = eligibility for WIC, Medicaid, and/or title V program



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Case Study 1: Sarah

- 22 month old, new to the community
- Born at 32 weeks, had BPD
- Eats soft table foods, some junior meats
- Lost 1 pound over past 6 months, length continues “in channel”
- From low-income family with few resources
- Enrolled in early intervention program; Staff is concerned re: lack of weight gain, but no RD with program



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Case Study 1: Sarah

What services might be available to Sarah?

- Medical care?
- Food/formula?
- Nutrition services?
- Care coordination?



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Case Study 1: Sarah

What services might be available to Sarah?

- Community referrals:
 - Medicaid
 - Title V / Children with Special Health Care Needs
- WIC (services, specialized food package)
- Need for formula? ...WIC, Other funding source?
Rx from PCP, EI coordinate appointments?
- Coordinate with WIC RD to develop goals/outcomes and objectives for IFSP



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Case Study 2: Alex

- 8 year old with spina bifida and learning disabilities; in special education program
- Short stature, gained 10 pounds in last 6 mo
- Has outgrown wheelchair
- Participates in school lunch and breakfast
- Followed by RD in Title V Program/ Spina Bifida Clinic
- Has Medicaid benefits



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Case Study 2: Alex

What services might be available for Alex?

- Medical care?
- Food/formula?
- Nutrition services?
- Care coordination?



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Case Study 2: Alex

What services might be available for Alex?

- School nutrition services to provide appropriate meals...e.G., ↓ Energy to maintain weight and support continued linear growth
- IEP could include physical activity goal to include adaptive PE program, increasing exercise
- Referral to PT for evaluation for new wheelchair
- Coordination between school nutrition manager, teachers, therapists, RD at Spina bifida clinic



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Further thought...

- What is one resource discussed today that you were not previously aware of?
- How have you collaborated with other agencies to provide nutrition services?
- Think of one instance where access to one of the services discussed today would have improved a nutrition intervention.





Conclusion

- National resources
(handout- websites)
- Local resources
- Post-test and evaluation

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Group Study Module 3: State and Local Nutrition Resources

Resources: Program Websites

Medicaid

<http://cms.hhs.gov/medicaid/>

The Early and Periodic Screening, Diagnosis and Treatment Program (EPSDT)

<http://cms.hhs.gov/medicaid/epsdt/>

The Supplemental Nutrition Program for Women, Infants, and Children (WIC)

www.fns.usda.gov/wic/

Title V/CSHCN Program

www.mchb.hrsa.gov/

Supplemental Security Income (SSI)

<http://www.ssa.gov/pubs/10026.html>

Head Start

www2.acf.dhhs.gov/programs/hsb/

Early Head Start

www.ehsnrc.org/

Food Stamp Program

www.fns.usda.gov/fsp/

Department of Education, Child Nutrition Program

<http://www.nutritionnc.com/special/eligible.htm>

<http://www.fns.usda.gov/cnd/Guidance/Special%20Dietary%20Needs.pdf>

Food Stamp Program

<http://www.fns.usda.gov/fsp/>

Child and Adult Care Food Program

<http://www.nal.usda.gov/childcare> <http://www.fns.usda.gov/cnd/care/cacfp/cacfphome.htm>

Chapters, Articles, and Websites

Community services and programs. In: Lucas, BL, ed. *Children with Special Health Care Needs: Nutrition Care Handbook*. Pediatric Nutrition Practice Group and Dietetics in Developmental and Psychiatric Disorders, American Dietetic Association. 2004.

Appendix J: Nutrition resources. In: Story M, Holt K, Sofka D, eds. 2002. *Bright Futures in Practice: Nutrition, 2nd Edition*. Arlington, VA: National Center for Education in Maternal and Child Health. This publication is available online at www.brightfutures.org and print copies can also be ordered.

Marcelynas B, Brandis B. Accommodating special dietary needs in the school. In: Nardella M, et al. *Nutrition Interventions for Children with Special Health Care Needs*. Washington State Department of Health. 2001. DOH Publication Number 961-158. To order this publication, contact the Washington State Department of Health Warehouse, PO Box 47845, Olympia WA 98504-7845 or visit the Washington State Nutrition for Children with Special Health Care Needs website (depts.washington.edu/cshcnnut). The publication can also be downloaded from: www.doh.wa.gov/cfh/CSHCN/cshcnpubs.htm.

Horsley JW, Allen E, White P. Nutrition Management of Handicapped and Chronically Ill School Age Children-A Resource Manual for School Personnel, Families, and Health Professionals. Virginia Department of Education. 1996. Resources to assist school personnel in planning nutritional services for children with special health care needs and incorporating nutritional goals into IEP objectives.

Project Chance, A Guide to Feeding Young Children with Special Needs. Arizona Department of Health Services. 1995. Designed to assist early childhood program staff and other caregivers in feeding and nourishing children with special needs. Available from the Office of Nutrition Services, Arizona Department of Health Services, 1740 W. Adams, Room 203, Phoenix AZ 85007. Also available on-line: www.hs.state.az.us/cfhs/ons/pchance/chance.htm.

CARE: Special Nutrition For Kids. Department of Education, State of Alabama. 1993. A manual and instructional videotape for training Child Nutrition program managers about planning and preparing meals for children with special needs. Ordering information is available on-line: www.olemiss.edu/depts/nfsmi/

Horsley JW. Nutrition issues facing children with special health care needs in early intervention programs and at school. *Nutrition Focus*. 1994; 9(3). To order a copy of this article, visit depts.washington.edu/chdd/ucedd/CO/co_NutriFocus.html.

Resources on Special Education, IEPs, IDEA, Inclusion and Section 504. Resources for families can be found on-line: www.angelfire.com/ny/Debsimms/education.html#ideas

IDEA Regulations can be found on-line at: www.ed.gov/offices/OSERS/IDEA/regs.html#Obtain%20a%20Copy

Feucht S, Nardella M. Nutrition services for children with special health care needs – what are the cost considerations? *Nutrition Focus*. 1999; 14(6). To order a copy of this article, visit depts.washington.edu/chdd/ucedd/CO/co_NutriFocus.html.

Cost Considerations: The benefits of nutrition services for a case series of children with special health care needs in Washington state. Washington State Department of Health. 1999. This report highlights the results of the cost-benefit study described above. A copy of the report is available on-line at www.ask.hrsa.gov Item No. MCHK111.

Cloud, HH, Posthauer, ME, *Providing Nutrition Services for Infants, Children and Adults with Developmental Disabilities and Special Health Care Needs*, J Am Diet Assoc 2004; 104(1): 97-107.

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Group Study Module 3: State and Local Nutrition Resources

Post Test

1. If a 4-year-old child with oral-motor problems and delayed feeding skills is from a family with an income at or below the federal poverty level, which of the following services could potentially pay for a special dietary supplement (e.g. Pediasure[®])?
 - a. SSI
 - b. Medicaid
 - c. Title V program
 - d. Private insurance
 - e. WIC
 - f. Head Start
 - g. State disability program
2. If a 7-year-old with autism (not low income) has failure-to-thrive, which of these service systems could potentially pay for medical nutrition therapy?
 - a. SSI
 - b. Medicaid
 - c. Title V program
 - d. Private insurance
 - e. WIC
 - f. Head Start
 - g. State disability program
3. If a 10-year-old child with diabetes needs a special snack and other foods at school, which of the following could be used to implement the nutrition care plan?
 - a. IFSP
 - b. IEP
 - c. 504 Plan
 - d. School district special dietary request

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**Group Study Module 3: State and Local Nutrition Resources
 Evaluation**

Format and Design	Strongly Agree				Strongly Disagree
The written materials supported the presentation well	5	4	3	2	1
The group dynamic helped me to absorb the content	5	4	3	2	1
The PowerPoint presentation was helpful to my understanding	5	4	3	2	1
The way the materials were organized made sense to me	5	4	3	2	1
The format enhanced my understanding of the content.	5	4	3	2	1
The speaker/lecturer delivered the content well	5	4	3	2	1
What organization or format changes would have improved this presentation?					

Content	Strongly Agree				Strongly Disagree
The materials covered met the stated objectives	5	4	3	2	1
What I learned today is relevant to my clinical practice	5	4	3	2	1
The clinical examples provided were					
• consistent with what a clinician might encounter in practice	5	4	3	2	1
• illustrated the points presented in the module	5	4	3	2	1
Effect on Practice					
I can think of recent instances where this information would have been useful to my clinical practice	5	4	3	2	1
I plan to use this resource in my practice	5	4	3	2	1
I would recommend this curriculum to my peers	5	4	3	2	1
What organization or format changes would have improved this presentation?					

Please describe one aspect that, if changed, would improve the program:

Overall comments:

What is your discipline or area of expertise?

- | | | |
|------------------------------------------------|-------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Early Intervention | <input type="checkbox"/> Health Education | <input type="checkbox"/> Parent/ Family/ Consumer Resources |
| <input type="checkbox"/> Education | <input type="checkbox"/> Nursing | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Health Administration | <input type="checkbox"/> Nutrition | |

Which category best describes you?

- | | | |
|---------------------------------------------------|-------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Student | <input type="checkbox"/> Paraprofessional | <input type="checkbox"/> DTR |
| <input type="checkbox"/> Person with a disability | <input type="checkbox"/> Policymaker | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Parent | <input type="checkbox"/> RD | |

Which of the following describes your place of employment or agency:

- | | | |
|-----------------------------------------------|--------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> For profit agency | <input type="checkbox"/> General public | <input type="checkbox"/> Community organization |
| <input type="checkbox"/> County/ state agency | <input type="checkbox"/> Hospital | <input type="checkbox"/> Academic institution |
| <input type="checkbox"/> Federal agency | <input type="checkbox"/> Interagency group | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Foundation | <input type="checkbox"/> Legislative body | |

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Group Study Module 3: State and Local Nutrition Resources

Certificate of Attendance

Individual Copy

Continuing Professional Education
Certificate of Attendance

Nutrition for Children with Special Health Care Needs:
Session Title: **State and Local Nutrition Resources**

Participant Name _____

Date Completed _____

City, State _____

1
CPEs Awarded _____

II
Level _____

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State Copy

Continuing Professional Education
Certificate of Attendance

Nutrition for Children with Special Health Care Needs:
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