HEALTH CARE INSTITUTE

National Center on Early Childhood Health and Wellness

Improving the Health of our Communities

Do not miss this opportunity to strengthen the culture of health in your agency!

The National Center on Early Childhood Health and Wellness (NCECHW) is excited to offer a new Health Care Institute (HCI) to all Head Start and Early Head Start programs. HCI training has been reengineered to meet the needs of grantees in today's environment. Based on the UCLA Health Care Institute's comprehensive approach to health empowerment, **the program is designed to assist grantees improve the health of their staff, families and children, while strengthening the communities in which they work.**

parents are empowered to be their children's first teacher

Year 1
COMMON CHILDHOOD ILLNESSES

Year 2
ORAL HEALTH

Year 3
MENTAL HEALTH & WELLNESS

Year 4
NUTRITION & OBESITY PREVENTION

This training opportunity, targeting key health issues, spans a four-year period to ensure that grantees have the time and resources to increase health knowledge and awareness.

Subject areas are strategically introduced over a **four-year period** so the grantees have the opportunity to learn the material, to integrate it into their organizations' respective systems, and then to bring that learning into the community. The training includes various learning formats: in-person educational sessions, reading materials and toolkits, webinars, and parent trainings. The HCI is designed to translate these concepts into programming that engages families in their children's learning and development.

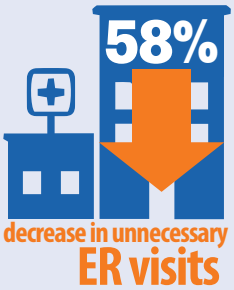
The UCLA Health Care Institute's training methodology has been proven to make valuable long-term differences in the lives of Head Start families, beginning with the organizations themselves.

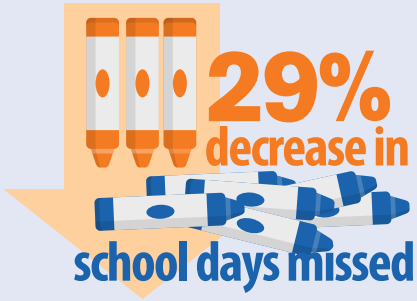
increased health and wellness leads to increased school readiness

"Our staff gained additional training and resources that enhanced delivery of services to parents and our parents became empowered through improved health literacy."

The training has proven to:

- **Strengthen management capacity** to: better plan and implement health trainings; achieve Performance Standards; implement the PFCE framework & improve quality with the use of data; and build an internal culture of health and wellness
- **Strengthen community partnerships** to improve delivery of service to more families
- Provide ready-to-use tool kits to **equip communities to foster health** and practice prevention
- **Increase school attendance**, which leads to improved school readiness; school readiness begins with health
- **Increase parents' work attendance** by better managing children's health concerns
- **Improve the health literacy of staff and families**
- Increase staff, parent, and community **engagement**





In addition to the benefits of training directly related to health literacy and health behaviors, the HCI trainings helped support our Head Start programs in other ways – by engaging parents, promoting social interactions among families, connecting individuals with community resources, and helping staff plan and implement programs even outside of health.

MEANINGFUL change takes time. As such, the Health Care Institute is looking for applicants that have a deep commitment to improve health and wellness.

Who Should Attend?

All Head Start/Early Head Start grantees are encouraged to attend. Each grantee must send a **team of 4** that would include the HS/EHS director, health services lead and social services lead, and one other staff member or parent or ECE partner.

What Do We Get in Year 1?

- $1,500 travel stipend per grantee
- Breakfast and lunch (each day of the in-person sessions)
- Books for parents, "What to Do When Your Child Gets Sick", and $500 stipend to assist in parent training expenses
- Training Toolkit - Resource Manual and Parent Training Guide that includes PowerPoint, Assessments, and other training materials

When Are Applications Due?

Completed applications must be submitted by January 22, 2016. Accepted applicants will be notified by Friday, February 19, 2016.

When Do We Start?

April 13-14, 2016
Sheraton Albuquerque Uptown
Albuquerque, New Mexico

If you have questions, or would like an application, please contact Trisha Wright at 573-443-8706, ext. 1092, or by email at trisha-wright@showmeaction.org

For more information about this training and the Health Care Institute, visit **www.anderson.ucla.edu/price/jnj/hci**