



# Grantee Spotlight



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February 23, 2021



# Agenda

## ○ **Spotlight Grantees**

- American Academy of Pediatrics – Chapter 3
- Community Health Centers of the Central Coast
- The Kyer Group Corporation

## ○ **Group Discussion**



# Welcome



**Nadine Burke Harris, MD, MPH**

California Surgeon General

Office of the California Surgeon General



# American Academy of Pediatrics

## Chapter 3



# American Academy of Pediatrics, California Chapter 3



## Vision

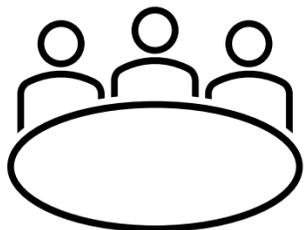
- All children reach their full potential



## Key Activities

*500+ Pediatrician Members*

- Advocacy
- Professional Development
- Programs



## Committees

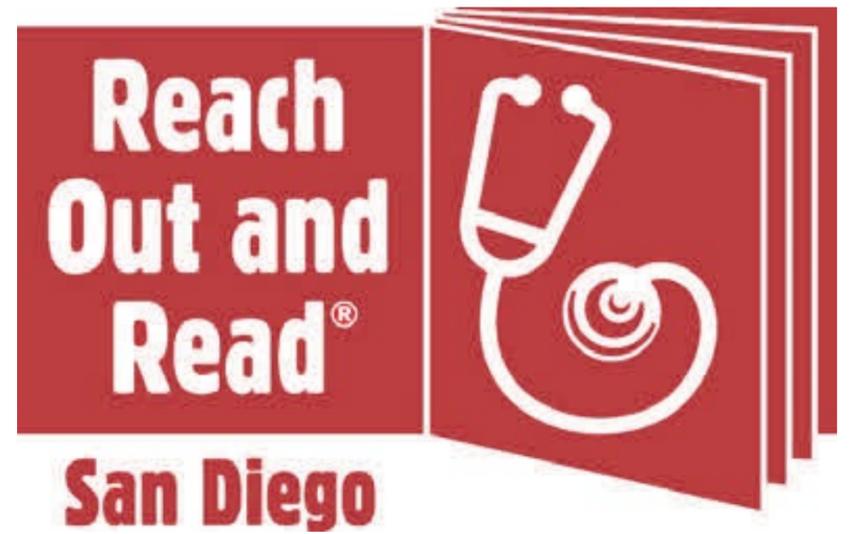
*17+ active child health*

- Breastfeeding
- Child Abuse
- Emergency Medicine
- Fetus and Newborn
- School Health
- Foster Care & Adoption
- International Health
- Injury Prevention
- Infectious Disease
- Mental Health Advisory
- Oral Health

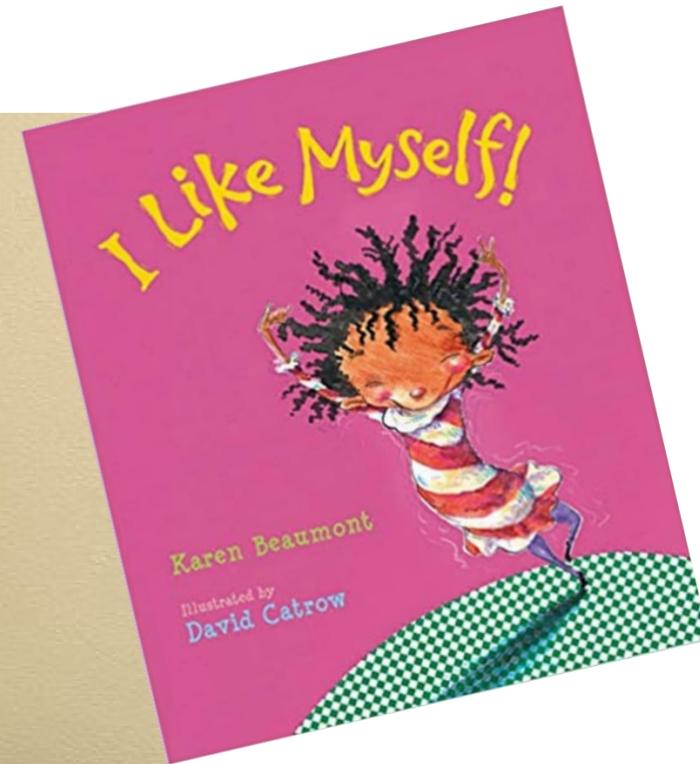
# AAP-CA3 Programs



**HEALTHY  
DEVELOPMENT  
SERVICES**



# Supplemental Trainings



- Support ACE screening implementation in Pediatric Practices
- Identify Physician Champion
- Include all office staff
- Training at a convenient time for office

# Peer to Peer – Committees & Virtual Office Hours

“We have to be safe and responsible, trauma informed providers. ACE screening is not discovering what the patient doesn’t know, it’s us [providers] discovering what we don’t know to link them to better treatment and services.”

– Dr. Pavlovich

“Reconnecting the head to the body. Practicing whole person health is the ultimate goal.”

– Dr. Altamirano

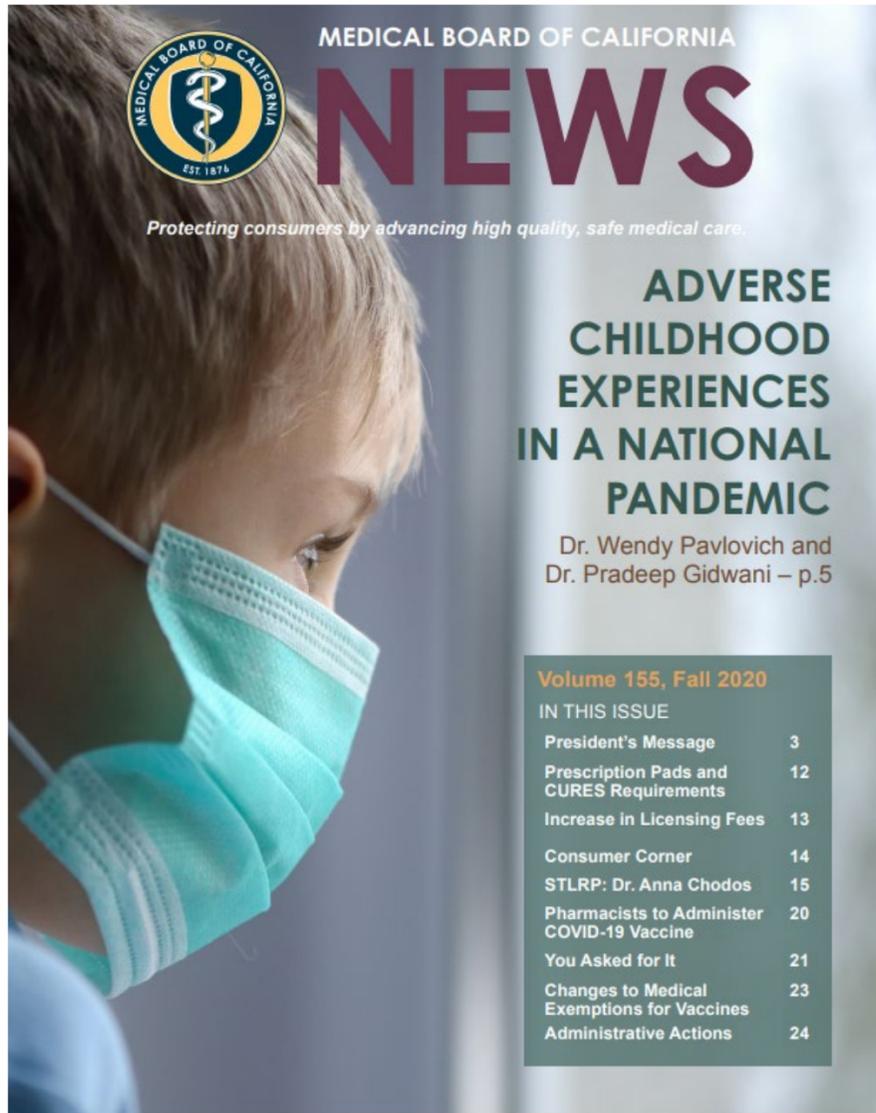
"There's a little bit of an overcoming inertia effect. There is a lot of trepidation and hesitancy. At a certain point, it's going to take a leap of faith at your pilot sites. We have to engage providers and say, let's give it a try. I think you will find once you start that it will go smoother than you might think it will go.”

– Dr. Morris

"My biggest tip is getting your clinical staff excited.”

– Dr. Sebiane

# Communications



MEDICAL BOARD OF CALIFORNIA  
**NEWS**  
Protecting consumers by advancing high quality, safe medical care.

**ADVERSE CHILDHOOD EXPERIENCES IN A NATIONAL PANDEMIC**  
Dr. Wendy Pavlovich and Dr. Pradeep Gidwani – p.5

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**ACES AT A GLANCE**  
A MONTHLY ROUNDUP OF EVERYTHING YOU NEED TO KNOW OR MAY HAVE MISSED

aces aware GRANTEE

AAP-CA3  
AMERICAN ACADEMY OF PEDIATRICS - CALIFORNIA CHAPTER 3  
DEDICATED TO THE HEALTH OF ALL CHILDREN

## LA JOLLA LIGHT

NEWS

La Jolla pediatric office to pilot new childhood trauma screening, citing importance during COVID-19



**7 WAYS** To Practice ACEs Self-Care and build resiliency



- Healthy Relationships** - set a goal of:
  - Using respectful language
  - Spending quality family time
  - Making time for friends
  - Asking for help
- Exercise** - set a goal of:
  - Limiting screen time
  - Taking a daily 20-minute walk
  - Finding a family exercise
  - Getting kids involved in a sport or class
- Nutrition** - set a goal of:
  - Eating a healthy breakfast
  - Drinking water
  - Eating 5 fruits or veggies/day
  - Choosing whole wheat options over white bread/rice options
- Sleep** - set a goal of:
  - Turning screens off 30 min. before bed
  - Creating a bedtime routine
  - Creating a calm place for sleep
  - Using mindfulness tools
- Mindfulness** - set a goal of:
  - Checking in with your feelings
  - Being thankful
  - Practicing mindful breathing or calming techniques
  - Creating a mindful routine
- Mental Health** - set a goal of:
  - Talking about health as a family
  - Learning about mental health treatments
  - Finding and scheduling time with a mental health provider
- Nature** - set a goal of:
  - Taking a walk outside
  - Having a family picnic in the backyard
  - Hiking, biking, going to the beach or some other outdoor activity

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SCREEN. TREAT. HEAL.

**RESOURCES**

The National Alliance on Mental Illness (NAMI)  
1-800-950-NAMI (6264)  
Crisis Text Line: Text NAMI to 741-741

National Domestic Violence hotline:  
800-799-SAFE (7233)

National Sexual Assault hotline:  
800-656-HOPE (4673)

National Suicide Prevention Lifeline  
800-273-TALK (8255)  
Crisis Text Line: Text HOPE to 741-741

San Diego Network of Care  
sandiego.networkofcare.org

YMCA Youth & Family Services  
2929 Meade Ave  
San Diego, CA 92116  
619-281-8313

2-1-1 San Diego:  
Dial 2-1-1 on your phone 24/7

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SAN DIEGO STATE UNIVERSITY  
SOCIAL POLICY INSTITUTE

## Network of Care Partner

“Because of the NOC meeting, I was able to get access and connection to resources that I previously wasn’t aware of that will immediately improve the safety and support of my patients and their family care givers, specifically legal and supervision resources and programs to help grandparents as care givers. This community is an invaluable asset to pediatric providers.”

– Wendy Pavlovich, MD

“It is profoundly uplifting to participate in San Diego's ACEs Aware network convenings with the Pediatricians and service providers engaging, real-time, on behalf of families' needs. You can feel the threads of intentional connectivity evolving with the bridging of trauma-informed services providers and agencies engaging with the Pediatricians.”

– Dana Brown, Organizational Liaison, ACEs Connection



# Questions & Discussion

# Community Health Centers of the Central Coast



GRANTEE

## Community Health Centers of the Central Coast, Inc. (CHCCC)

Provider Engagement Activities & Peer-to-Peer Learning Grants



Community Health Centers

***Healthcare For Life***

Magdalena Serrano, MSW, LCSW

Director of Behavioral Health & Psychiatry Services

# About CHCCC



Community Health Centers of the Central Coast, Inc. (CHCCC) was established in 1978 and is a 501(c)(3) non-profit network of community health centers serving the residents of California's Central Coast.

**Our mission** is to enhance the health status of all people in the Central Coast of California, with special emphasis on the medically underserved, by providing accessible, affordable, comprehensive and quality healthcare services, through well trained professional staff, in strategically located health centers.



# CHCCC Ecosystem & Patient Population

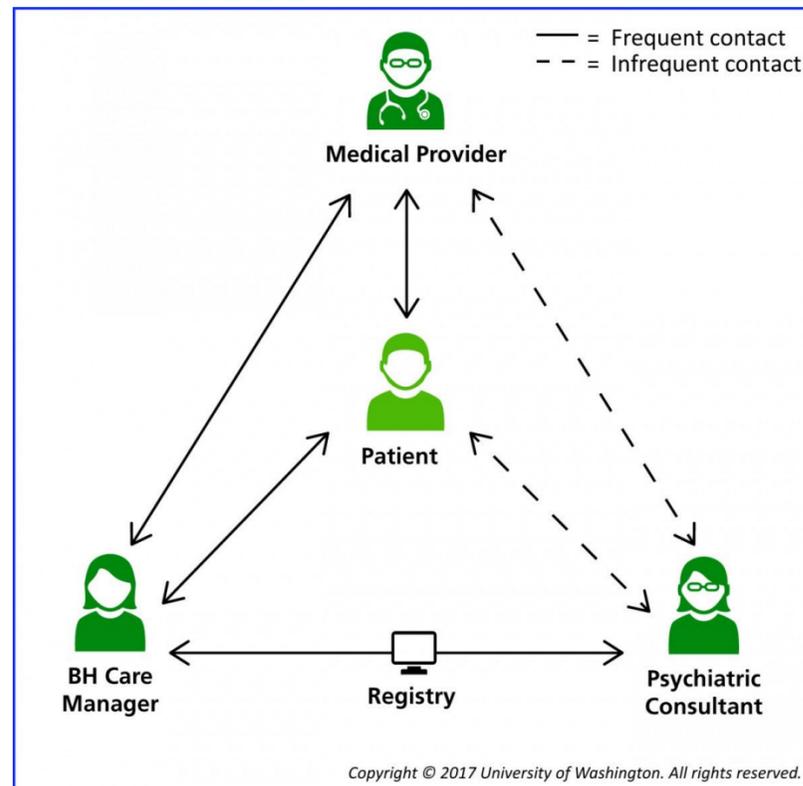


- Santa Barbara & San Luis Obispo Counties
- Approx. 110,000 lives served annually
- 31 Integrated Clinic Network
- Over 100 treating providers
- **Special populations:**
  - 60% Medicaid enrolled patients
  - Migratory & Seasonal Agricultural workers
  - Monolingual Spanish & Mixtec speakers
  - Limited English Proficiency individuals

# Our Staffing Model

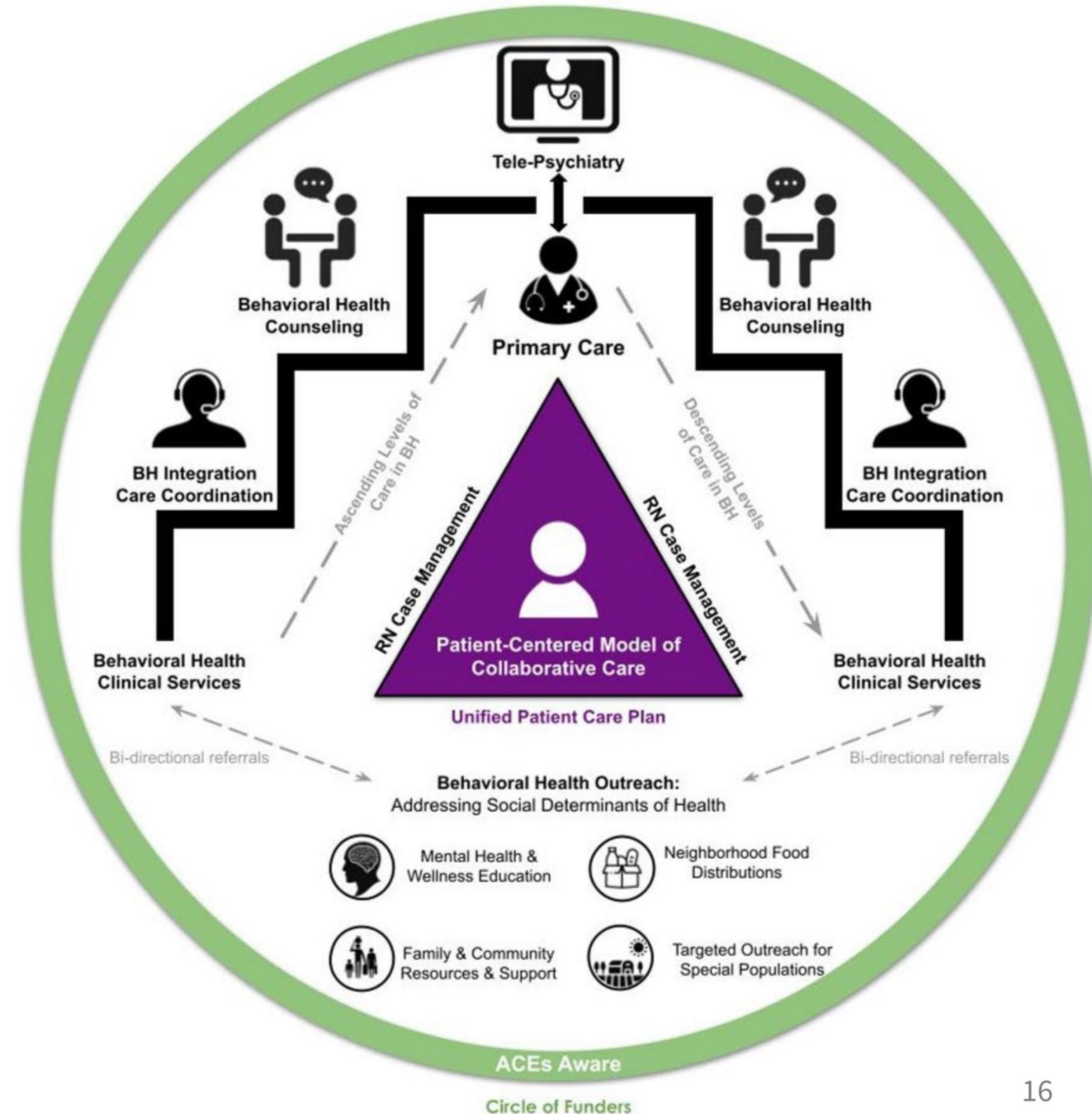
CHCCC operates through an **integrated model of care**, aligning Behavioral Health and Primary Care to address social determinants of health.

UW AIMS Model



Our model is based on the University of Washington AIMS Center Model of Collaborative Care

## CHCCC Integrated Behavioral Health & Primary Care Delivery Model



# ACEs Aware Partnership

Over the last 7 months, our team has led an initiative of Provider Engagement and Peer-to-Peer Learning activities toward the goal of:

- Increasing ACE screening
- Increasing provider training & attestation
- Informing support staff and providers of the significance of addressing ACEs & toxic stress
- Equipping providers with options for evidence-based interventions
- Developed a trauma-informed *and* trauma-responsive culture



# Navigating the Changing Landscape of Care

**Challenge:** Initially, our staff expressed concern that screening for ACEs would result in a high volume of protective service cases, while having limited evidence-based interventions to respond.

## We have adapted by:

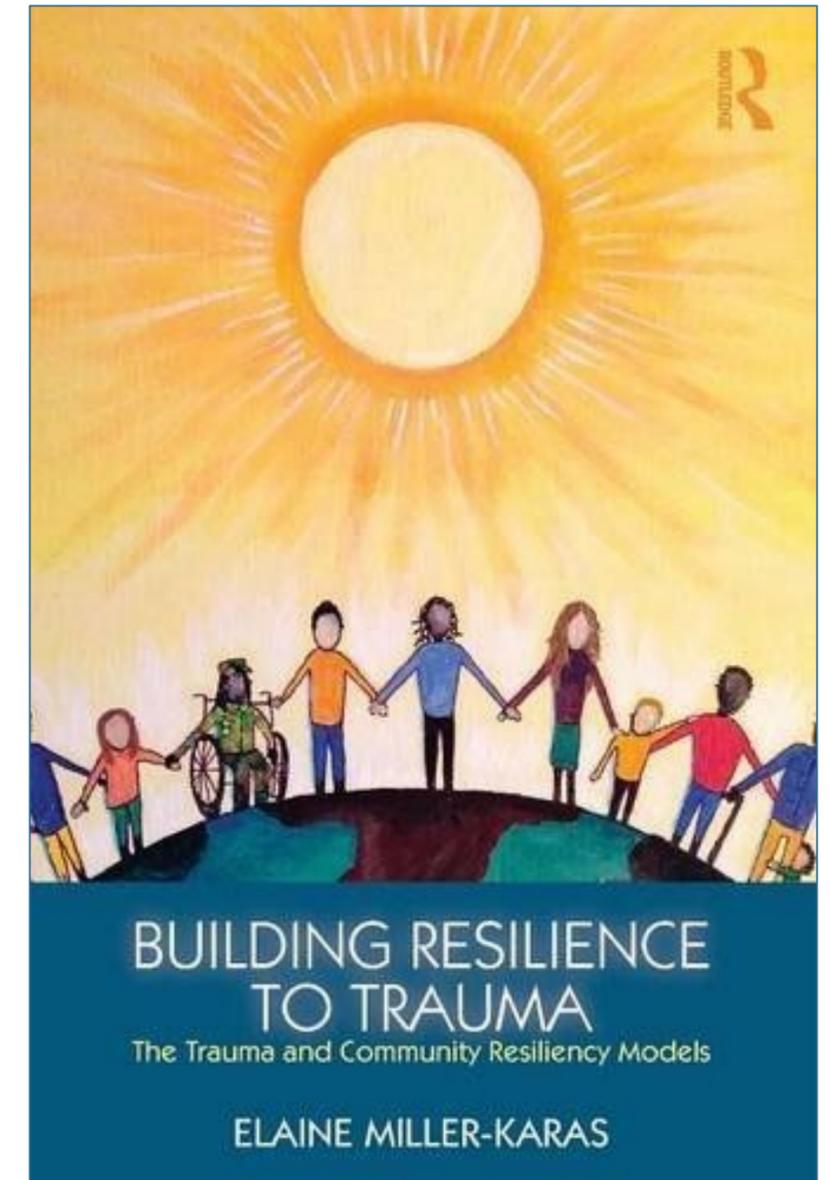
- Equipping providers and staff with knowledge of community and agency resources
- Developing a warm hand-off referral process & formal policy and procedures
- Providing evidence-based interventions to increase confidence when screening patients for ACEs
- Establishing a care pathway for patients with high ACE scores



# Community Resiliency Model (CRM)

We have educated our staff and providers on the Community Resiliency Model (CRM), an evidence-based intervention from the [Trauma Resource Institute](#), to help staff and patients regulate traumatic stress responses.

- Provides practical and rapid self-regulation skills
- Adaptable to telephonic or telehealth appointments
- Can be used across ages, languages, cultures, and literacy levels



# Provider Engagement Activities

- Provider engagement activities targeted providers serving Medicaid populations within the Behavioral Health department
- Focused on developing trauma-informed, evidence-based, and culturally responsive interventions to address ACEs such as CRM's grounding, resourcing, and "Help Now!" skills
- 15 providers trained and attested
- Medical administration engagement:
  - Chief Medical Officer and Medical Director trained and attested



# Peer-to-Peer Learning Activities



- Due to the increasing level of clinical burnout due to COVID-19, we intentionally chose CRM as a resource to equip our team with **self-management skills prior to screening**
- **Parallel process:** front-loading resiliency skills to our staff so that they may also utilize and teach patients the same skills

# Impact of Grant Activities

- CHCCC has integrated digital ACEs and PEARL screenings into our electronic health record system so providers can confidentially screen patients via telehealth platforms
- Enhanced our growing network of care with partnering organizations to collaborate in mitigating toxic stress
- The culture of our clinic system is shifting to one that is trauma-informed beyond the Behavioral Health scope and beyond screening



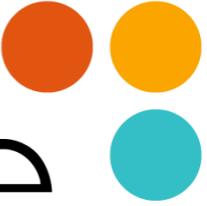
# Lessons Learned

- Consider all perspectives
  - Patient, support staff, providers, medical administration, state, etc
- Be mindful of the messaging and the messenger
- Know the “why” that is relevant for each stakeholder
- Develop a cross-sector system of care
- Create adaptable workflows to sustain staff such as “Social Worker of the Day”

# Creating and Sustaining Culture

- ACEs Screening Policy & Procedure
  - Systems-wide change
- The “Becoming ACEs Aware in California” training is encouraged to all our primary care and pediatric providers when fulfilling Continuing Medical Education(CME) requirements
- Continue to champion the ACEs Aware initiative among primary care and pediatric providers serving Medi-Cal patients



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Thank You

**CHC**

Community Health Centers

***Healthcare For Life***

<https://www.communityhealthcenters.org/>

[aces@chccc.org](mailto:aces@chccc.org)



# Questions & Discussion

# The Kyer Group Corporation

# THE KYER GROUP *VISION & MISSION*

**Help for Those Who Help Others**  
Working directly with Human Services Agencies, Organizations and individuals who serve in a professional, support services and or caregiving capacity



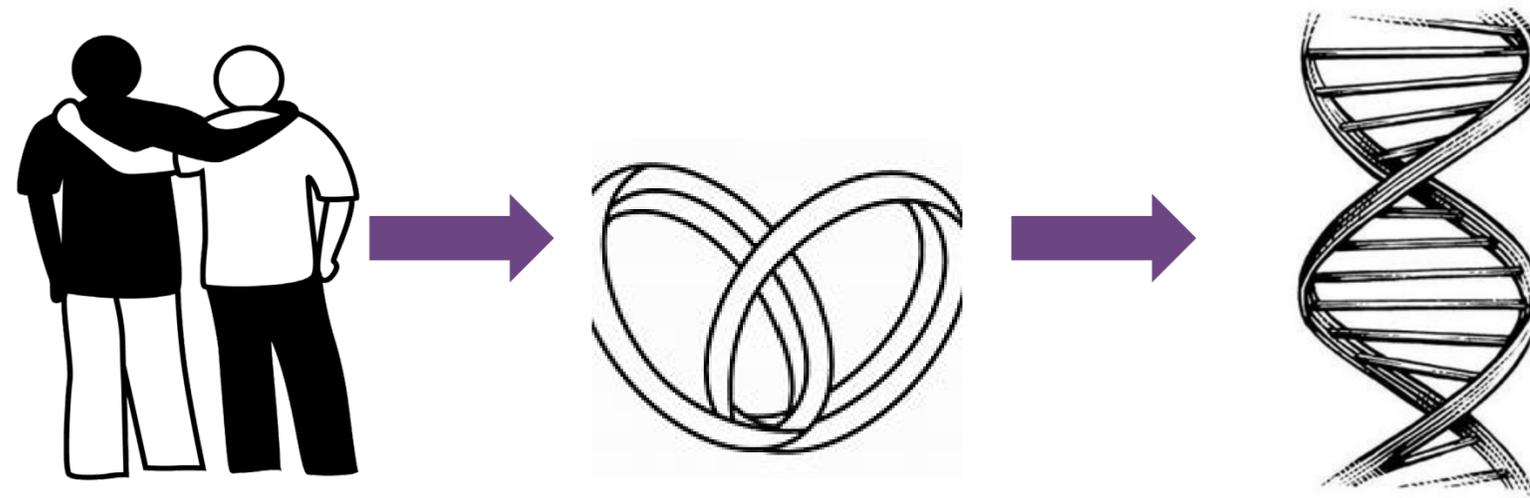
Beverly Kyer, MSW, CSW, ACSW

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# OUR APPROACH

Integrating ACEs Aware research into the foundational curriculum on Surviving Compassion Fatigue





# NETWORK OF CARE OFFERINGS

- **Full -Day Workshop Session on *Surviving Compassion Fatigue through an ACEs Aware Lens.***  
every session includes an opportunity for participant sharing and at least one guided decompression exercise
- **Support and sharing circles where staff and providers have the opportunity to release**
- **Guided decompression, visualization and mindful movement exercises to reboot**
- **Recurring 30 -minute mindfulness breaks**  
for staff and providers to check in on a weekly or bi-weekly basis
- **Video recordings of Beverly's guided decompression exercises** will be made available to agencies as an on-demand resource

# ORGANIZATIONS WE'RE PARTNERING WITH



WESTCOAST





**“People showed up and really opened up.** They needed to talk and Beverly’s introduction and warmly bringing them to talk about their personal wellness needs was great.

The information on ACES awareness and toxic stress management portion was excellent. Lastly, closing with Beverly’s guided meditation was especially nice as a relaxing gift.”

*-Alameda County Public Health,  
Mental Health Wellness Team*



“These are **powerful gatherings** and will make such a difference for our CASA community.”

*- CASA California*

# THANK YOU!

“YOU HAVE THE POWER TO RESTORE AND MAINTAIN YOUR OWN HEALTH AND WELLBEING THROUGHOUT YOUR DEDICATED AND COMPASSIONATE SERVICE AND CAREGIVING TO OTHERS”

– BEVERLY KYER

Contact us more information on the Compassion Fatigue Sessions and collaboration

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[www.BeverlyKyer.com](http://www.BeverlyKyer.com)

[www.wellnessreset.net](http://www.wellnessreset.net)



<https://www.facebook.com/groups/wellnessresetgroup>



# Questions & Discussion



# Open Questions and Group Discussion



**Thank you!**

