

STRIVING FOR WELLNESS EQUITY

Developing and Implementing a Wellness Education Program for Children and Families in Underserved Communities

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MINDFUL MOMENT



PRESENTERS



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The Integrative Health Program at CHOP is a national leader in Integrative Pediatrics. We embrace the whole-child health model and are committed to supporting biopsychosocial-spiritual dimensions of patient and family health and well-being.



WHOLE-CHILD WHEEL OF HEALTH

LEARNING OBJECTIVES

In this session, participants will be able to:

- Share potentially new wellness tools or skills with their patients and community
- List successful processes they can adopt and what pitfalls to avoid in the development and implementation of a community-based wellness program
- Understand the outcomes of interest for community-based wellness education

BE-WEHL

Behavioral Health: Wellness Equity for a Healthy Life

Wheel of Health



PROGRAM DEVELOPMENT

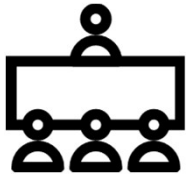


1.0 BE-WEHL in Homes

2020-2022



- Virtual synchronous classes
- Wellness Educator & family
- Referrals from PCP, Behavioral Health for children with mild-moderate anxiety, depression, ADHD, Autism, and/or ODD



2.0 BE-WEHL in Communities

2022-2024



- In person classes K-12 Classrooms, After School Programs



3.0 BE-WEHL Thriving Classrooms for Early Childhood Educators & Children

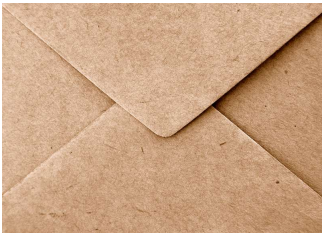
2024-present



- In-person workshops for teachers

PROGRAM DEVELOPMENT

Curriculum development lessons from a family advisory council (FAC), literature review, & experts.



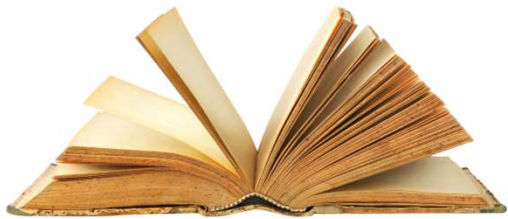
Invitations & Recommendations



- Exposure at a young age matters
- Images used should be representative of community



Hire from the community



- Content Literacy Accessible
- Culturally Competent & Trauma-informed



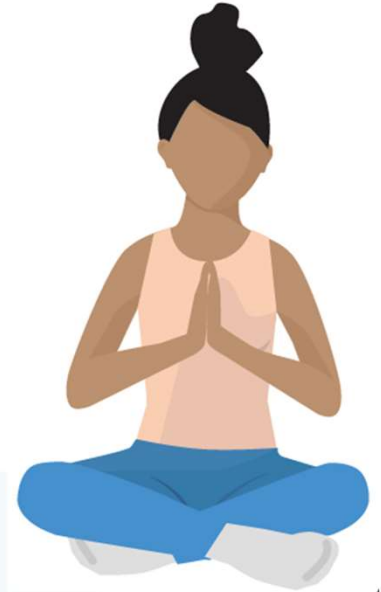
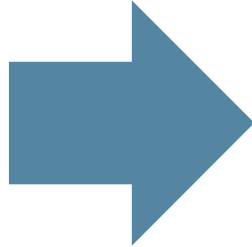
Creative ways to increase access, for example tug-of-war activity with an old pair of jeans



Thoughtfulness in Naming Classes, for example Caring Touch "Caregiver & Child Massage"

PROGRAM DEVELOPMENT

Image Evolution



PROGRAM DEVELOPMENT

BE-WEHL in Homes: Wellness Kit Materials



resiliency & coping

Affirmation cards,
Gratitude journal



caring touch

Coconut oil



activity & rest

Jump rope,
Basketball,
Aromatherapy
sniffers



healthy eating

Kid-friendly knife,
cutting board, Anti-
Inflammatory Cookbook,
Food ingredients
delivered to home



pause & reflect

Feudtner Coping
Kit for Parents,
Mindfulness and
related books



mindful movement

Yoga mat,
Fitness tracker

IMPLEMENTATION

Health & Wellness Educator (HWE) Recruitment & Training

Recruitment of Health & Wellness Educator:

- Community Health Worker model, role called Health & Wellness Educator (HWE)
- HWE should represent population served
- Selected candidates who had a wellness and health education/ community background: massage, yoga, wellness coaching

HWE Training Process:

- 1.HWE studies curriculum
- 2.HWE experiences curriculum as student in one-on one sessions with another HWE
- 3.HWE shadows session with experienced HWE
- 4.HWE presents classes to project team for feedback
- 5.HWE teaches series while being observed
- 6.Weekly meetings with project team to address any concerns and problem solve

IMPLEMENTATION

Lessons learned from delivering classes

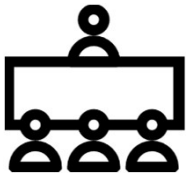


1.0 BE-WEHL in Homes - Virtual Family Classes 1:1 Referrals for Behavioral Health Challenges

- Family-based program is successful; encourage family engagement at onset
- Learn from families - build off of what they enjoy
- Include all family members, create a safe/brave space
- Honor and acknowledge practice roots
- Massage class worked better with families than in subsequent iterations
- Training caregivers as trainers not feasible in this project

IMPLEMENTATION

Lessons learned from delivering classes



2.0 BE-WEHL in Communities - K-12 Classrooms, After School Programs

- Connect through shared lived experience and/or draw from students' experiences
- Different activities are appealing to different age groups, give them a choice - permission to abstain from practice
- Be sensitive to religious and cultural dynamics
- Research study was difficult to implement in schools
- Concurrent virtual parent classes not well attended
- More success scheduling classes with city charter schools and suburb schools than city public schools
- Mindfulness practices were embedded into school structure in more affluent areas as compared to less affluent areas
- Massage class:
 - Changed title from "Caring Touch" to "Healing Hands" and covered consent to touch. Schools were uncomfortable with the idea of touch
 - High school - removed massage class and replaced with "Fresh Mindset" class
- Yoga- sometimes perceived as a spiritual practice that conflicted with religious beliefs
- Take into consideration the limited nature exposure in city, be creative

IMPLEMENTATION

Lessons learned from delivering classes



3.0 BE-WEHL for Early Childhood Educators (ECE) - Training for Educators

- Build strategic relationships with community-based organizations to support recruitment and build community trust
- Previous ECE trainings typically focus on the children they teach, but there is a lack of focus on stress management & support for ECEs
- Scheduling flexibility is required because of limited time of ECEs

CONTENT: ACTIVITY & REST CLASS

Movement Break



Let's practice!



What ideas do you have to increase your physical activity?

CONTENT: PAUSE & REFLECT CLASS



[MyLife: Stop Breathe Think -- https://youtu.be/DSgOW879jjA](https://youtu.be/DSgOW879jjA)

CONTENT: HEALING HANDS CLASS

“Make a Burrito” Story Using Touch!

1. Warm up the wrap – Nurturing touch
2. Smooth out wrap – Soothing stroke
3. Spread beans – Gentle circles
4. Sprinkle cheese – Finger tapping
5. Add toppings – Hand walking
6. Wrap it up – Soothing stroke/gentle circles



Let them tell you when its ready. Pretend to cut it up and taste!

CONTENT: FRESH MINDSET CLASS

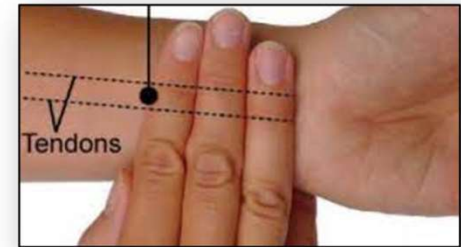
Acupressure – *a technique where pressure is applied to specific points on the body.*

Try it!

- Using a circular motion, massage the points you see on the slide.
- Massaging these points 1-2 minutes a couple of times each day, may help relieve symptoms of stress and anxiety.



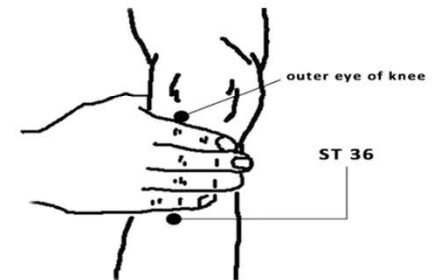
<http://www.acupuncture.com/education/points/largeintestine/li4.htm>



<http://synergyscupunctureandwellness.com/blog-feed/2017/3/what-does-that-point-do-pericardium-6>



[Acupuncture Point Vitality: Acupressure Points for Stress Relief \(http://www.peakmassager.com/st-36-acupuncture-point/\)](http://Acupuncture Point Vitality: Acupressure Points for Stress Relief (http://www.peakmassager.com/st-36-acupuncture-point/)



<https://www.peakmassager.com/st-36-acupuncture-point/>

FINDINGS: FEASIBILITY & ACCEPTABILITY



1.0 BE-WEHL in Homes

40+ FAMILIES REACHED

CHOP patients with BH challenges or diagnosis such as ADHD, ODD, Autism

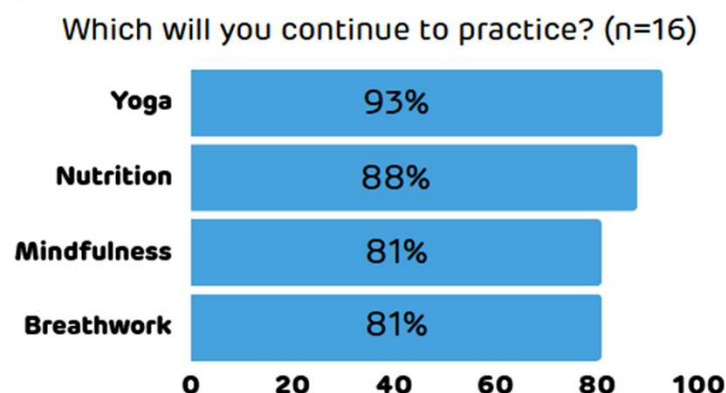
- Demographics (n=29): Greater Philadelphia Area; 72% AA, 14% white, 14% other; 66% female, 34% male Average age: 14 years, Range: 8-12 years Diagnosis: 16 (55%) had behavioral health diagnosis – ADHD was present in 27%, anxiety 21%, depression 15%, trauma 12%, sleep disturbances 9%, OCD 6%, ASD 6%.

Outcomes

- Family Satisfaction (n=16)

Did you think these classes helped you/ your family? (n=16)

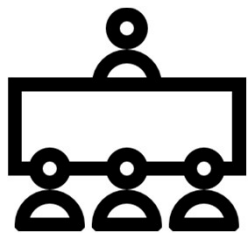
100%
YES



Do you feel the BE-WEHL classes have made an impact on your quality of life and resiliency? (n=15)

67%
YES

FINDINGS: FEASIBILITY & ACCEPTABILITY



2.0
BE-WEHL in
Communities

2000+ STUDENTS,
CAREGIVERS, + YOUTH
PROVIDERS REACHED

Across 35 sites in Camden, Philadelphia & Montgomery Counties

- **95%** reported BE-WEHL helped their group and would want to participate again
- **100%** would recommend the program to other groups
- Breathwork and mindfulness were two of the most popular topics and sites reported they would continue to practice these techniques within the classroom.
- Focus group (n=5): children internalized the messages, were better able to express themselves constructively, and were actively using the tools from BE-WEHL at school.

FINDINGS: FEASIBILITY & ACCEPTABILITY

“ Quotes from Participants ”



1.0 BE-WEHL in Homes

Time with my child learning new things was the most rewarding thing.

Having the Hands-On material was very rewarding. It helped make the classes more understanding and fun 😊

It was rewarding to have us complete tasks together. It helps with [my child's] anxiety.



2.0 BE-WEHL in Communities

This program helped to open the conversation around mental health and well-being for our students and families.

I want to thank you for the wonderful work you are doing, educating young people about how to be healthy. We've practiced your breathing exercises in class and for homework, and students have been showing me labels on their foods and noticing the amount of sugar and now understanding more about how food impacts their body and energy levels. Your phrase of having an "attitude of gratitude" has really stuck with me.



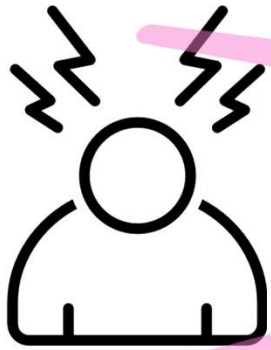
3.0 BE-WEHL in ECE

It's important that the childcare provider is healthy physically and mentally, BE-Well gave us the tools to help in that process.

Children need you to be less stressed to help them be less stressed

[It was helpful to learn]... about how stress impacts every part of your life. You can find relief through one breathing and listening to your body.

EVOLUTION OF OUTCOMES OF INTEREST



Stress & Resilience

Perceived Stress Scale (PSS-10)

Connor-Davidson Resilience Scale (CD-RISC)©



Inception

- knowledge of wellness practices
- beliefs
- utilization

OUTCOMES OF INTEREST



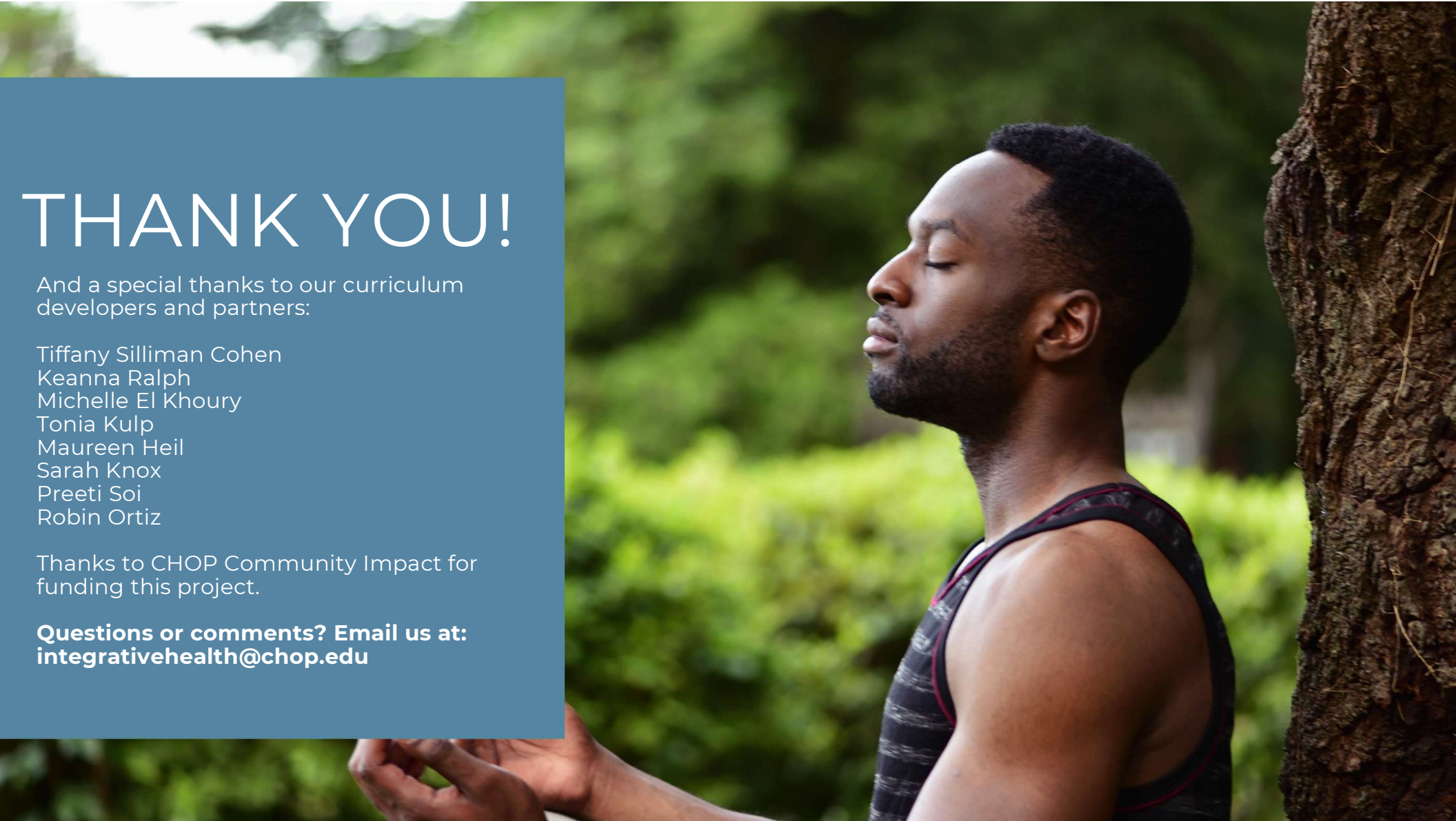
BE-WEHL for Early Childhood Educators

- Pre and post implementation survey, and 3 mo. follow-up survey that **measure educators'**:
 - **knowledge of wellness practices**
 - **beliefs**
 - **utilization** for self and adapting strategies in the classroom.
- Focus groups to identify new themes and improve curriculum/implementation

BE-WEHL IS EVOLVING

BE-WEHL 22q Wellness Wheel





THANK YOU!

And a special thanks to our curriculum developers and partners:

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Keanna Ralph
Michelle El Khoury
Tonia Kulp
Maureen Heil
Sarah Knox
Preeti Soi
Robin Ortiz

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Questions or comments? Email us at:
integrativehealth@chop.edu

OUTCOMES OF INTEREST

BE-WEHL for Chromosome 22q11.2 Deletion Syndrome Research Study

Aims: Examine the short and long-term effect of BE-WEHL on anxiety and resilience in children with 22q11.2DS and the caregiver's behavioral health and parenting stress

Measures

- Integrative practices history & log
- Perceived Stress Scale (PSS-10)
- Patient Health Questionnaire-2
- Generalized Anxiety Disorder
- Risk and Resiliency Short Version 11.22.19
- Screen for Child Anxiety Related Disorders
- Children's Loneliness and Social Dissatisfaction Scale
- The Flourishing Scale
- PROMIS™ Sleep Disturbance (Short Form)
- Bristol Stool Scale –parent report on child
- PedsQL GI –parent report on child
- Class feedback