



CHDP HIGHLIGHTS

Ventura County Public Health
Child Health and Disability Prevention Program

February 2020 | Quarterly Newsletter

Upcoming Training



March 25, 2020

Weighing, Measuring and BMI% In-Service

Register online at: <https://bit.ly/2SpQzem>

Our CHDP website has MOVED!

Check out our new website at

www.vchca.org/chdp

where you can learn about our programs!



Find additional resources about the following:

- Child Health & Disability Prevention (CHDP)
- Childhood Oral Health Program
- Childhood Lead Poisoning Prevention Program (CLPPP)
- Health Care Program for Children in Foster Care (HCPCFC)
- Breastfeeding Resources
- Developmental Screening

We value your feedback!



Scan above or search: <http://bit.ly/CHDPfeedback>

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Screening for Adverse Childhood Experiences (ACEs)

(Part 3 of a 4-Part Screening Series)

By Help Me Grow Ventura County

ACEs or Adverse Childhood Experiences are stressful or traumatic events experienced before the age of 18 that have been shown to lead to poor health outcomes. In a seminal study published in 1998, researchers from the Centers for Disease Control and Prevention (CDC) and Kaiser-Permanente found strong correlations between ACEs and increased risk for poor outcomes in physical health (e.g. cancer, diabetes, heart disease), mental health (e.g. depression, suicide attempts), and negative health behaviors (e.g. smoking, alcoholism, drug use).¹ Young children are particularly vulnerable to the impact of ACEs due to the tremendous growth occurring in the brain. Multiple, frequent, and/or prolonged exposure to ACEs without the buffering effect of supportive adults can lead to toxic stress which in turn can have a lasting impact on a child's development.² According to prevalence estimates, about 46% of children in the U.S. have experienced at least one ACE.³ The good news is that we can ameliorate the impact of ACEs and toxic stress by identifying children early, creating safe physical and emotional environments, fostering strong responsive relationships, and building resilience.

Screening for ACEs: The First Step in Supporting Children At-Risk

Effective January 1, 2020, the Department of Health Care Services (DHCS) began paying medical providers for the completion of an ACEs screening for patients enrolled in Medi-Cal. To qualify for payment, children (under 21 years of age) may receive periodic screening as determined appropriate and medically necessary, but not more than once per year, per provider. In addition to this payment for ACEs screening, the Office of the California Surgeon General and DHCS have rolled out an ACEs Aware initiative to provide information and support to providers on implementing ACEs screening. For more information about the ACEs Aware initiative including referral resources, please visit the [ACEs Aware website \(www.acesaware.org\)](http://www.acesaware.org).

The PEARLS (Pediatric ACEs and Related Life Events Screener)

DHCS has approved the use of one pediatric screening tool for Medi-Cal patients to identify ACEs. The PEARLS includes two sections.

Section 1: ACEs (original 10 identified by the CDC/Kaiser study)

- Abuse (physical, emotional, sexual)
- Neglect (physical, emotional)
- Household dysfunction (divorce, domestic violence, substance misuse, incarceration, mental illness)

Section 2: Other risk factors for toxic stress

- Hardship (food insecurity, housing instability)
- Other significant life events (caregiver's serious illness or death, community violence, bullying, discrimination)

The PEARLS is available in three versions and two formats (de-identified and identified).

- Child P/C (ages 0-11): Parent or caregiver reports on a child's experience
- Teen P/C (ages 12-19): Parent or caregiver reports on a teen's experience
- Teen SR (ages 12-19): Teen self-reports on his or her own experiences

To download the PEARLS or get information about how to implement the PEARLS, please visit the ACEs Aware website. For information or technical assistance, contact CHDP at CHDPadministration@ventura.org or Sharon Elmensdorp, Ph.D., BCBA-D (Help Me Grow Ventura County- First 5 Ventura County) at selmensdorp@first5ventura.org.

Additional Resources:

- [ACEs Connection \(www.acesconnection.com\)](http://www.acesconnection.com)
- [AAP- Resilience Project \(http://bit.ly/AAP_ResilienceProject\)](http://bit.ly/AAP_ResilienceProject)
- [CDC- Adverse Childhood Experiences \(http://bit.ly/CDC_ACEsInfo\)](http://bit.ly/CDC_ACEsInfo)
- [Center for Youth and Wellness \(www.centerforyouthwellness.org\)](http://www.centerforyouthwellness.org)

References:

1. Felitti, V.J. et al. (1998). *Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults*. American Journal of Preventive Medicine. 14 (4); 245-258.
2. Johnson, S.B. et al. (2013). *The Science of Early Life Toxic Stress for Pediatric Practice and Advocacy*. Pediatrics. 131 (2); 319-327.
3. Sacks, V., Murphey, D., & Moore, K. (2014). *Adverse Childhood Experiences: National and State-Level Prevalence*.

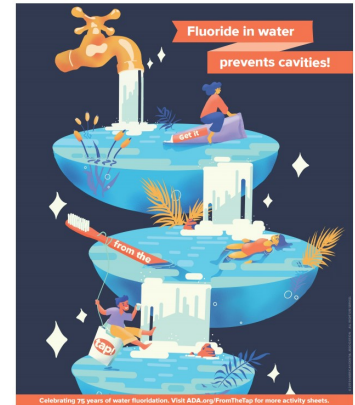
Most common chronic disease of children and teens? Tooth Decay!

By Ventura County Oral Health Program

Caused by the *mutans streptococci* bacteria, Tooth Decay is an often-overlooked health care issue that is preventable and can impact a child’s performance in school, speech, development, and nutrition. Rampant among our children and teens, in a recent school-based oral health screening, it was found that 7 out of 10 children, in grades 3rd and 5th, had preventable tooth decay and 54 needed immediate dental care. It was also found that in Ventura County, less than 50% of children with Medi-Cal visit the dentist annually.

To help our children prosper and thrive, it is key to help establish healthy dental habits at an early age and reinforced throughout life. Prevention messages recommended by the *American Dental Association* include:

- Not sharing items that can pass the bacteria from person to person (utensils, foods/drinks, kissing, etc.)
- Flossing and brushing daily along with routine dental checkups that begin no later than the age of one (1) year old
- Fluoride treatments that can be done during a medical and dental visit
- Applying dental sealants as a protective cover on teeth
- Eating healthy and drinking water with fluoride



Since 1981, the American Dental Association has held a month-long observance of February as National Children’s Dental Health month to call attention to the importance of oral health and its link to overall health. Partners, that include medical, dental, school-based and community organizations, are encouraged to discuss oral health status and routines, offer oral health screenings and link children and families to oral health resources. Locally, Ventura County Public Health is actively working to link the community and partners to local resources and coordinate community wide efforts.

For more information on dental health and preventative oral health care, visit the American Dental Association at www.mouthhealthy.org. For additional resources and a listing of local community resources, visit Ventura County Public Health Oral Health Program at www.vchca.org/oralhealth.

New CHDP Follow Up Assistance to Medi-Cal Dental Providers

The Child Health and Disability Prevention (CHDP) program links children with physical, developmental, behavioral or oral health issues to appropriate providers. This includes preventing lapses of care and maintaining the continuity of dental care for those in need. As of January 1, 2020, CHDP is available to assist **Medi-Cal Dental Providers** to:

- Minimize the number of Medi-Cal members ages 0-6 years of age who have been referred or scheduled for a dental appointment who have not had dental follow-up/care.
- Minimize the number of Medi-Cal members under 21 years of age with an urgent/emergent dental condition who have not had dental follow-up/care.
- Educate and assist Medi-Cal members whose care is being followed by CHDP to establish a dental home.

Medi-Cal Dental Providers can use the [Dental Care Follow-up Request Form \(https://bit.ly/2uhU7HQ\)](https://bit.ly/2uhU7HQ), which has been developed for the dental provider’s use and includes identification and contact information, to permit CHDP to initiate follow-up. For more information, call (805) 981-5291 or email CHDPAdministration@ventura.org.

New Consensus on Beverage Consumption in Early Childhood

The American Academy of Pediatrics, the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, and the American Heart Association have reached a new consensus on healthy beverage consumption in early childhood. Current research shows that what children drink between birth to five years of age, has a large impact on their current and long-term health. The primary recommendation for all age groups is to avoid all sugar-sweetened beverages such as sodas, sports drinks, teas, or juices. Other recommendations are as follows:



(Healthy Drinks. Healthy Kids, 2020)

- **0-6 Months:** Breast milk or infant formula is recommended to obtain proper nutrition and adequate hydration. It is recommended that infants in this age group should not consume juice, milk, flavored milk, plant-based milk, transition or weaning formulas, caffeinated beverages, and low-calorie sweetened beverages.
- **6-12 Months:** Infants in this age group should still rely on breast milk or infant formula for nutrition and fluid needs. However, water and solids may be introduced at 6 months. Infants under 12 months should avoid juice, milk, flavored milks, plant-based milk, transition or weaning formulas, caffeinated beverages, and low-calorie sweetened beverages.
- **12-24 Months:** Toddlers in this age group should consume 1-4 cups of water per day depending on activity level, weather, and what other sources of fluid they are consuming (milk, soup, or applesauce). This age group may be introduced to low or non-fat pasteurized milk. They can also have ½ cup of 100% fruit juice per day. However, it is recommended to dilute the juice with water.
- **2-3 Years of Age:** Toddlers in this age group should consume 1-4 cups of water per day depending on activity level, weather, and what other sources of fluid they are consuming (milk, soup, or applesauce). This age group can consume 2 cups of low to non-fat dairy per day. They can also have ½ cup of 100% fruit juice per day. However, it is recommended to dilute the juice with water.
- **4-5 Years of Age:** Children in this age group should consume 1 ½ cups -5 cups of water per day depending on activity level, weather, and what other sources of fluid they are consuming (milk, soup, or applesauce). They can also consume low to non-fat milk, but limit their intake to 2 ½ cups per day. It is recommended for this age group to not consume more than ½ - ¾ cup of 100% fruit juice per day.

The organizations listed above agree that plant-based/non-dairy milks are not recommended as a replacement for regular milk. With the exception of fortified soy milk, many plant-based/non-dairy milks lack the key nutrients found in cow's milk. Unsweetened and fortified non-dairy milks is a good choice if a child is allergic to dairy, lactose intolerant, or is in a family that does not eat dairy products. It is also important to note that whole fruit is preferred over any juice, even 100%. Juices may cause dental carries and unintended weight gain. Therefore, it is recommended to add water to dilute the juice.

Additional Resources:

- [American Academy of Pediatrics News](https://bit.ly/38y5GZJ) (<https://bit.ly/38y5GZJ>)
- [Healthy Drinks. Healthy Kids.](https://bit.ly/36hoKdn) (<https://bit.ly/36hoKdn>)
- [Sugar-Sweetened Beverages](https://bit.ly/2RIYVgP) (<https://bit.ly/2RIYVgP>)

Young Adult Expansion

As of January 1, 2020, a new law in California has given full scope Medi-Cal to young adults under the age of 26. All low-income young adults, regardless of immigration status, will now have access to health care services such as annual check-ups, family planning, mental health, dental and vision care. Full scope Medi-Cal can also provide transportation for medication pick-ups, doctor and dental visits.

To learn more about Medi-Cal for young adults, visit the [Department of Health Care Services \(DHCS\)](https://bit.ly/2uF2wF3) (<https://bit.ly/2uF2wF3>).



(Wisniewska, 2004)

Additional Resources:

- [DCHS General Information Notice](https://bit.ly/2taA8u4) (<https://bit.ly/2taA8u4>)
- [Young Adult Expansion Frequently Asked Questions](https://bit.ly/38SvjVv) (<https://bit.ly/38SvjVv>)

Thesaurus Global Marketing Recalls Tricycles Due to Violation of the Federal Lead Paint Ban

Recall Date: January 9, 2020

Thesaurus Global Marketing recalled the products shown below, sold at Amazon.com from October 2018 through June 2019. Consumer Product Safety Commission [Latest Recalls](https://www.cpsc.gov/recalls) lists recent product recalls at <https://www.cpsc.gov/recalls>. Search with the keyword “lead” or call 1-800-638-2772 for more information.



Recalled Little Bambino tricycle – blue/ pink/ red
(U.S. CPSC, 2020)

Welcome New California Children’s Services (CCS) Staff



(CCS, 2020)

CCS is happy to announce that Allyson Harmon, OTR/L has accepted the position of Medical Therapy Program (MTP) Manager following the retirement of Colleen Schultz and Veronica Martinez, RN, PHN has accepted the new position of Supervising Public Health Nurse (PHN). CCS is also pleased to announce four new public health nurses have joined the team. The CCS case management team is now fully staffed with the addition of Genefflor Sacro RN, PHN, Fayomi Agboola DrPH, MPH, RN, PHN, Jennylyn Regacho RN, PHN, and Andrea Wilson RN, PHN.

Allyson has been an Occupational Therapist (OT) for over 10 years. She earned her degree at Illinois State University. She has worked with kids and adults in a variety of settings including early intervention services, home health and inpatient rehab. She fell in love with the MTP in 2014 when she started as a per diem OT stating that she loves that “our program looks at the child as a whole and works to facilitate independence across activities and settings.” Her passion for working with these children is evident and she is excited to have the opportunity to continue to advocate for the MTP as the new Manager of Therapy Services.

Veronica is currently the Senior RN-PH for Community Health Nursing but will be transitioning to the position of Supervising PHN for CCS. She has been working in Ventura County Public Health (VCPH) since 2010. During this time, she held several positions starting in case management as a public health nurse, teaching the “Mother and Daughter” workshops, working as part of the “Bright Beginnings” program, and then took on a leadership position as a Resource Specialist with Maternal, Child and Adolescent/ Field Nursing in 2018. She has also been the SIDS Coordinator for Ventura County for the past two years. Veronica will be completing a Master’s Degree in Nursing in March 2020. She is passionate about public health and looks forward to leading the CCS department to fulfill VCPH’s mission of supporting environments that protect and promote health and well-being.



(CCS, 2020)

WIC Card – It’s Here!

On Tuesday, January 21st, the Ventura County Women, Infants and Children (WIC) Program introduced the California WIC card. The WIC Card will replace the current paper food checks and will provide an easier way to issue food benefits, as well as improve the shopping experience for WIC families and grocers.

For more information, call (805) 981-5251 or visit California Department of Public Health/WIC Division (www.wicworks.ca.gov).

**GOODBYE, PAPER CHECKS.
HELLO, WIC CARD.**

