

VERMONT2008

Inventory of Coordinated School Health Programs

Report to the Legislature on **Act 203**
January 15, 2009



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Executive Summary

In accordance with Act 203; section 15: The commissioner of health, in collaboration with the commissioner of education and the secretaries of agriculture, food and markets and of transportation, shall compile an inventory of all programs both inside and outside the agencies and departments that award grants or similar funding and that provide technical assistance to supervisory unions and school districts to address issues such as nutrition and physical activity (both indoor and outdoor) for students and staff, obesity, tobacco use, and substance abuse. The inventory shall include for each program a description of the program purposes, priorities, and any restrictions on the use of funds or technical assistance. The inventory shall be accompanied by recommendations on how state agencies and other state funding sources may improve coordination of grant awards and technical assistance for school health initiatives and how to work with school districts with a more comprehensive and coordinated approach to planning and implementation, including practices such as needs assessment, defined priorities, action plans, and evaluations and the involvement of school health teams and school health coordinators in community planning efforts. The recommendations shall also propose a coordinated process for awarding grants to support school health, such as coordination or integration with the community grants process in section 104b of Title 18.

An inventory has been compiled and is attached to this report as Appendix C.

A number of recommendations, which have been reviewed both internally and externally, are offered. Recommendations include proposals to reduce and streamline grant requirements when possible, provide best practice models when available, and to strive to make grant information easier for schools to access in a more timely fashion.

Due to categorical funding requirements imposed by the federal agencies which provide the funding for most state grants, there are limits to what the state can do to combine grant programs or funding streams. The VDH recommends strengthening the capacity for coordination of programs at the local level as the best strategy to achieve a broad benefit while adhering to the categorical spending requirements

Introduction

Over the past eight years, Vermont has been promoting a Center for Disease Control (CDC) model called Coordinated School Health (CSH). While the grant that funded Vermont's CSH effort ended in February, 2008, the model remains a framework for efforts to coordinate promote and coordinate school health initiatives. CSH relies on a School Health Team, as determined by the local school, to address eight components of school health (See Appendix B). Currently 73% of schools have a School Health Team in place. Schools are not required to address all eight components of the CSH model; each school picks its own area of focus. Many of the School Health Teams currently work to coordinate grants received at the local level.

The CSH model also utilizes a self assessment instrument for program planning and quality improvement, called the School Health Index (SHI). The School Health Index is currently used by 42% of Vermont schools.

By encouraging the use of local School Health Teams, better coordination and program integration can occur at the local level. Using the SHI, schools can identify and focus their limited resources on the issues that are important to them. Schools often assign a team leader to lead the School Health Team, and add the duties of the team leader to his or her other duties. Schools report that they are hampered by the lack of a clear description of the role of a CSH Team leader.

Methodology

The process consisted of four steps. First, the inventory was developed. Second, an internal VDH group, in consultation with the DOE, met to develop recommendations for maximizing access to available grants, and maximizing the benefits local schools could derive from the grants. The third step was to take the proposed recommendations to the entities and individuals for comments and feedback. (See Appendix A for a List of

organizations and individuals) The last step was to incorporate feedback from the external entities into the recommendations.

There was consensus about using the CSH model, which relies on a School Health Team, as a foundation. Agreement was reached for making the grant process more streamlined and more accessible, especially for smaller schools that do not have grant writers.

While resources are limited, especially since the loss of the CDC Coordinated School Health grant, VDH does use some personnel time in most of the local district offices to support the CSH model and the use of the SHI. These VDH “School Liaison” personnel have worked to promote the CSH model and the SHI. VDH will continue to play a role in supporting the CSH model and the use of the SHI at the local level.

Recommendations

1. Streamline the application process offering grants for school health initiatives
 - a. Establish a consistent timeline for completion of grant applications such as 60 days from the date of the grant announcement.
 - b. Establish consistent formatting of grant application components such as needs assessments, reporting, evaluation process and forms.
 - c. Provide “sample” previous successful grants to guide grant writers, especially for annual grants.
 - d. Provide unsuccessful applicants with feedback about why their proposals were not funded.
2. Support use of a single, school health team such as a Coordinated School Health Wellness Team for all school health grants and allow each school to determine the structure of that team.

3. Simplify use and submission of data supporting a grant application.
 - a. Use standard data sets, such as the YRBS, the Vermont Community Profile, Kids Count
 - b. Consider a check list indicating which of the standard data sets were used in development of the grant proposal.
4. Maintain on the VDH/DOE websites a list of health related grants available to schools, and provide links to similar resources provided by other state agencies
5. Continue to develop best practice materials for schools, and make materials available on the VDH and DOE websites.
6. Develop a model Coordinated School Health Coordinator position description and publish the model on the VDH and DOE websites.

Appendix A

Organizations and Individuals Invited to Comment on Recommendations:

Leadership of:

Vermont Chapter of the American Academy of Pediatrics

Vermont Chapter of the American Academy of Family Physicians

Vermont Medical Society School Nurse Advisory Committee

Vermont Child Health Improvement Program

Vermont Department of Education School Nurse Advisory Committee

Vermont Department of Health and Education School Health Coordinating Council with Executives from the Vermont School Boards Association: Superintendents, and Principals

Vermont State School Nurse Association

Vermont Comprehensive Health Education and Wellness Advisory Council

Center for Health and Learning

Individuals Contacted on Recommendations.

Unless noted otherwise, all of the following are School Nurses

Anita Carlson-Allen; Central Elementary, Bellows Falls

Eileen Crawford, Stowe Elementary

Joanie Austin, Albany Community School and Lake Region Union High School

Pam Corbett, Windham Southeast

Jessica Jovanovic Winooski School District

Wendy Reeves, Elm Hill School, Springfield

Nicole Dodge, Bennington Elementary

Cathy Bisson Blue Mountain (not a school nurse)

Mary Gil, Mary Hogan School, Middlebury

Leslie Walz, RN, Barre City Elementary and Middle School

Appendix B

Vermont Coordinated School Health (CSH) Model



Promoting Positive Youth Development

Appendix C

Program Inventory

Agency Organization Name	Department	Division	Program Name and Who is Eligible to Receive Grant	Point Person Name and Contact Information	Program Purpose	Funding Amount State/Federal	Process Outcomes Indicators
Agency of Agriculture			<p>Farm-to-School Grants</p> <p>http://www.vt-aitc.org/farmtoschool/index.html</p> <p>Planning Grants: To assist Vermont schools in planning a Farm-to-School program which uses some funds to develop a Wellness or Farm-to-School Team.</p> <p>Implementation</p>	<p>Steve Justis 802-828-3827</p> <p>steve.justis@state.vt.us</p>	<p>To encourage schools to: Serve food that is fresh and nutritious; to use locally grown, produced, processed foods; educate students about healthy eating habits via: nutrition education; hands-on techniques as to make the connections between farming and food consumption; increase school meal participation by increasing the selection of foods available to students</p>	<p>\$125,000</p> <p>average award amount is less than \$15,000</p> <p>100% general fund</p>	<p>Requires Grantees to:</p> <p>Coordinate with School's Wellness Committee and community partners</p> <p>Have definable objectives</p> <p>Plan for program sustainability and evaluation</p>

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			<p>Grants: To assist Vermont schools in implementing existing Farm-to-School initiatives. Schools receiving implementation grants must have an existing Wellness or Farm-to-School Committee with prior experience in community development or Farm-to-School training.</p>				
<p>Agency of Human Services</p>	<p>Department of Health</p>	<p>Alcohol and Drug Abuse Prevention</p>	<p>Student Assistance Professionals</p> <p>http://home.comcast.net/~asapvt/watatare.htm</p> <p>Vermont Schools</p>	<p>Michael McAdoo 802-651-1565</p> <p>mmcadoo@vdh.state.vt.us</p>	<p>VDH provides funds for schools to hire SAP Counselors. SAP counselors and teams identify students with substance use problems, intervene, and when necessary, refer them to community agencies for more specialized or intensive services.</p>	<p>\$1.48 million</p> <p>50% federal 50% general fund</p>	<p>100 schools utilize SAPs. Grants are awarded annually.</p> <p>Written SAP Standards are established for grantees by VDH</p> <p>http://healthvermont.gov/adap/sap/documents/SAPCounselorjobdescription.pdf</p> <p>Schools are provided with</p>

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					<p>SAPs are designed to address the specific developmental needs of adolescents. Research on children's ability to cope with stress or "resiliency", has found that successful school prevention programs:</p> <p>Strengthen the ties between the student or family and the community;</p> <p>Teach the students the researched based Life Skills Curricula, as how to make good decisions.</p>		<p>evaluation tools for their SAP's</p> <p>http://home.comcast.net/~asa/pvt/evaluation.htm</p>
<p>Agency of Human Services</p>	<p>Department of Health</p>	<p>Health Surveillance</p>	<p>Envision</p> <p>http://healthvermont.gov/enviro/envision.aspx</p> <p>Vermont Schools</p>	<p>Amanda LaScala 802-865-7762 alascala@vdh.state.vt.us</p>	<p>Assists schools in creating and implementing environmental health management plans and policies, through education on environmental health issues.</p>	<p>\$30,000</p> <p>100% Federal 80% CDC 20% EPA</p> <p>approx. 10 (\$3000 - \$5000/each) grant awarded</p>	<p>Grants are to provide funding to schools to begin developing a written environmental health management plan and policy, promoting the Envision program to other schools, reducing asthma triggers, and ultimately receiving a Certificate of Achievement for Environmental Health in Schools.</p>

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							Funding requires a School Wellness Committee for integration and Coordination.
Agency of Human Services	Department of Health	Promotion & Disease Prevention	<p>Our Voices Xposed (OVX)</p> <p>http://www.ovx.org/</p> <p>http://healthvermont.gov/prevention/tobacco/youth.aspx</p> <p>Vermont Schools; Youth Coalitions, Community Groups, Faith-Based Organizations</p>	<p>Angela Sawyer DeSanctis 802-651-1612 asawyerd@vdh.state.vt.us</p> <p>Eoana Sturges 802-652-2065 esturge@vdh.state.vt.us</p>	<p>Our Voices Xposed (OVX), a high school aged empowerment led effort against tobacco use and the tobacco industry. The goal of the group is to help high school students make healthy choices in all aspects of their lives. OVX strives to:</p> <p>Educate and inform.</p> <p>Empower and show peers how to express their views.</p> <p>Take action against the exploitation by the tobacco industry.</p> <p>Encourage positive behavior in all aspects of life.</p> <p>Help reduce tobacco use among our peers.</p>	<p>\$30,000 given to 12 sites in various award amounts</p> <p>100% federal funded</p>	<p>OVX groups develop, organize, and run prevention activities for their peers and communities (tobacco, other drugs, nutrition/fitness, healthy relationships, and stress management).</p> <p>Grants require a variety of teen driven and organized activities which include:</p> <p>Dialogue nights, lock-ins, school-wide announcements, assemblies, and other prevention focused community events.</p> <p>Minimum standards for both youth and adult contacts; minimum standard for outreach events; participation in the Tobacco Control Board's Common Theme Campaign;</p>
Agency of	Depart	Promoti	Vermont Kids	Angela	VKAT is a statewide Middle	\$43,350 divided into	Each peer group (a minimum

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Human Services	Department of Health	Chronic Disease Prevention	<p>Against Tobacco (VKAT)</p> <p>http://gmppvt.org/index.php?name=vtkids</p> <p>Vermont Schools; Youth Coalitions, Community Groups, Faith-Based Organizations</p>	<p>Sawyer DeSanctis 802-651-1612 asawyer@vdh.state.vt.us</p> <p>Eoana Sturges 802-652-2065 esturgis@vdh.state.vt.us</p>	<p>School aged peer-led program designed to empower youth to take the lead in youth smoking prevention cessation efforts. VKAT is part of Vermont's Comprehensive tobacco control plan to help cut smoking rates in half by 2010. VKAT intends to:</p> <p>Reduce youth smoking rates; Educate younger grades about the dangers of smoking; Make peers aware of alternatives to smoking; Raise awareness about advertising and marketing of tobacco products; Change norms around tobacco use, that is, it's cooler NOT to smoke/ chew; Contribute to the goal of the cutting smoking rates, for both youth and adults, by 50% in Vermont by 2010.</p>	<p>various award amounts by 51 sites</p> <p>100% federal funds</p>	<p>of three) attends a one day train-the-trainer workshop about tobacco, substance use, nutrition and fitness, healthy relationships, and stress management.</p> <p>These peer leaders bring back to their peers/communities, what they have learned at the day long training. Steps are taken to organize, plan, and conduct activities to reach out to their peers.</p> <p>Minimum standards for both youth and adult contacts; minimum standard for outreach events; participation in the Tobacco Control Board's Common Theme Campaign;</p>
Agency of Transportation			<p>VT Safe Routes to School</p> <p>http://www.aot.state.vt.us/progdev/</p>	<p>Jon Kaplan 802-828-0059 jon.kaplan@state.vt.us</p>	<p>Funds for projects and programs to encourage kids to walk and bike to school</p>	<p>\$1,000,000 per year</p> <p>100% federal</p> <p>\$300,000 is for schools</p>	<p>Requires Grantees to form local committees consisting of:</p> <p>School:</p> <p>- Principal – Required</p>

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			<p>sections/LTF/SR/TS/VTSRTS.htm</p> <p>State, local, and regional levels of schools, and local government and nonprofit organizations</p> <p>30% for programs that encourage walking and biking</p> <p>70% for infrastructure improvements such as sidewalks and crosswalks (schools are not eligible to apply for this)</p>			<p>with approximately 30 schools per year receiving awards.</p> <p>\$700,000 for community grants</p>	<ul style="list-style-type: none"> - P.E. Teacher-Required - Other Teachers - School Nurse - School Busing/Transportation Director - School Board Member - PTO or other parents organization <p>Community:</p> <ul style="list-style-type: none"> - Neighborhood or community association members - Business owners - Public Health representative - Local bike/ped/safety advocates - At large community members <p>Local Government:</p> <ul style="list-style-type: none"> - Select board/City Council member OR Town Manager/Administrator- Required - Town Planner

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							<ul style="list-style-type: none"> - Public Works Director/Highway Foreman - Local Law Enforcement <p>School Travel Plan Grant must include all the required best practice elements and address: Education, Encouragement, Enforcement, Evaluation, Engineering</p> <p>Before and After Surveys of students and parents using the forms provided by the National Center for Safe Routes to School (NCSRTS). Identify a Pedestrian/Bicycle Safety Educator</p> <p>Conduct two events per year that focus on encouragement of student walking and Bicycling to school.</p>
	Department of Education		Safe and Drug Free Schools and Communities	Karen Abbott 802-828-0542 Karen.abbott	To support programs that prevents violence in and around schools; prevent the illegal use of alcohol,	\$1,138,678 100% Federal Funding	Funds may be used to carry out age appropriate and developmentally-based activities that support the

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			<p>Act, Title IV-Part A</p> <p>http://www.education.vermont.gov/new/html/pgm_substance/sdfsc.html#legislation</p>	<p>@state.vt.us</p>	<p>tobacco, and drugs by involving parents/communities, in coordination with Federal and State entities. Work to foster a safe and drug free learning environment that promotes academic achievement.</p>		<p>program purpose. Grants proposals must include a principles of effective strategies component. SMART objectives are required if proposals include initiatives outside of personnel or equipment expenditures. A school designated Safe and Drug Free Coordinator is required.</p> <p>Professional development and training for, and involvement of school personnel, parents and interested community members in the areas of prevention, education, early identification and intervention, mentoring, rehabilitation referral, as related to drug and violence prevention, and drug and violence prevention activities.</p>
	<p>Department of Education</p>		<p>Tobacco Use Prevention</p> <p>http://education.vermont.gov/new/html/pgm_substance/tobacco_prev</p>	<p>Kate Larose 802-828-0565 kate.larose@state.vt.us</p>	<p>To prevent and reduce tobacco use among youth</p> <p>Non-competitive grant funding to schools for professional development and technical assistance to</p>	<p>\$989,007</p> <p>Of this amount, \$797,056 is awarded directly to schools as grants based on a formula allotment of \$8 per enrolled student</p>	<p>Grantees are guaranteed \$8 per enrolled student with a minimum of \$7,000 per small Supervisory Union/District. A statewide committee reviews the grants (DOE/VDH/Tobacco Review</p>

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			<p>ention.html</p> <p>Public Schools and Quasi Public Schools in Vermont</p>		<p>faculty/staff around tobacco use, prevention, and cessation curriculum</p> <p>Annual appropriation to:</p> <p>Coordinate tobacco prevention efforts</p> <p>Provide evidence-based tobacco prevention education</p> <p>Develop and implement model tobacco policy</p> <p>Involve families and communities in supporting school-based tobacco prevention initiatives.</p>	<p>based on current year enrollment with a minimum award of \$7,000. The remaining amount supports conferences, curricula training and technical assistance.</p> <p>Tobacco Settlement Funds</p>	<p>members)</p> <p>Funding is link to proposals that contain:</p> <p>Coordination: staffing, coordination of tobacco prevention activities, local enhancement of statewide tobacco prevention common theme campaigns, assessment processes attached to priority areas that may include the School Health Index, Youth Health Survey, school health team management/ coordinated school health oversight, and travel and training related to coordination of the tobacco use prevention project.</p> <p>Curriculum: coordination, evaluation, staffing, training, materials, and travel related to delivery of the evidence-based tobacco use prevention curriculum and cessation programs; materials and supplies to enhance and expand delivery and evaluation of Curriculum/programs.</p>

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							<p>Policy: collaborative policy development, training, communication, and implementation; creating links to referral sources and resources for tobacco prevention services defined within policy, policy evaluation, updating tobacco prevention policy, and implementation of cessation programs for staff and students.</p> <p>Linking Family and Community: hosting parent dialogue nights, sharing local YRBS data, youth leadership and development projects (such as VTLSP/SADD, VKAT, OVX and youth conferences), and participation in activities such as Kick Butts Day, Great American Smokeout</p>
	<p>Department of Education</p>		<p>School Wellness Grants, VT Act 161</p> <p>http://www.leg.state.vt.us/docs/legdoc.cfm?URL=/d</p>	<p>Lindsay Simpson 802-828-1461 Lindsay.simpson@state.vt.us</p>	<p>Document and increase the amount of time students spend engaged in moderate to vigorous physical activity during Physical Education</p> <p>Develop student self</p>	<p>\$30,000</p> <p>General fund</p>	<p>Applicants must partner with local school wellness teams. Funding is used to purchase product, teacher training and materials to implement heart rate monitors in high school Physical Education.</p>

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			ocs/2004/acts/ACT161.HTM Vermont Schools		assessment, knowledge, personal goal setting, fitness, planning skills for lifetime physical activity, utilizing objective technology measures		Awardees must document student learning as a result of program updates.
Vermont Education Health Insurance			PATHPoints http://www.vehi.org/ Vermont Schools who participate in purchasing health insurance for their employees via VEHI	Mimi Benedict 802-223-5040	PATHPoints is designed to provide comprehensive, coordinated wellness services to school district faculty and staff — with the knowledge, skills, and strategies to reduce health risks and improve quality of life. Faculty and staff participation provides for school matching funds to help build healthy school environments Nearly ¾ of all Vermont schools have received a grant through the program.	\$260,000 in grants to schools derived from the health insurance premiums paid by schools and employees	Health Life Survey of school employees Ten-week walking and strength program Peer mentoring program Employee Assistance Program (EAP) Lifestyle coaching Chronic disease management coaching This year, VEHI is offering \$500 grants to help fund evidence based programs – those programs that have been shown through research to bring about behavior change and therefore health risk reduction. School may also apply for additional funding as long as they have matching funds
Funds distributed to schools via MAC Claiming is not considered “grant” funding. MAC is a return to schools of their Medicaid match already incurred by them.							
Agency of	Depart	Matern	Medicaid	Garry	Federal rule allows schools	\$2,950,000	School Wellness Committees

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Human Services	Department of Health	Maternal and Child Health	<p>Administrative Claiming (MAC) in Schools</p> <p>Public Schools http://healthvermont.gov/family/index.aspx#school</p>	<p>Schaedel 802-652-4184 gschaed@vdh.state.vt.us</p>	<p>to be reimbursed primarily for school nurse and guidance counselor time for their efforts to promote the Medicaid/Dr. Dynasaur. Funds are used for health Services and Wellness activities, primarily used to fund school nurses, Tooth Tutor hygienists, guidance staff, and after school activities</p>	<p>local match dollars are returned to schools based on activity and cost of school personnel, % of children on Medicaid/Dr. Dynasaur</p>	<p>and local VDH staff meet to determine how funds can be utilized for health related activities. Over 60% of the funds go for direct health services in schools. Annual Plans are submitted outlining the use of funds. Best Practice for initiatives such as Tooth Tutor, are utilized.</p>