

COTRAIC EHS
Family Health
"One Step at a Time"

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Community Mentor - Deborah Gallagher
Faculty Mentor - Todd Bear

Council of Three Rivers American Indian Center

Nonprofit founded in 1969

Purpose: Promote socio-economic development of Native Americans and others who experience the same socio-economic difficulties

Expansion

- EHS and HS
 - 500 families
 - 700+ children
- Philadelphia partnership



Early Head Start

Mission Statement: Promote development of children 0-3 years old, and enable parents to fulfill their roles as parents and move toward self-sufficiency through comprehensive services

Services

- Home-Based
- Center-Based
 - COTRAIC Classroom
 - Child Care Partner
- Family Child Care



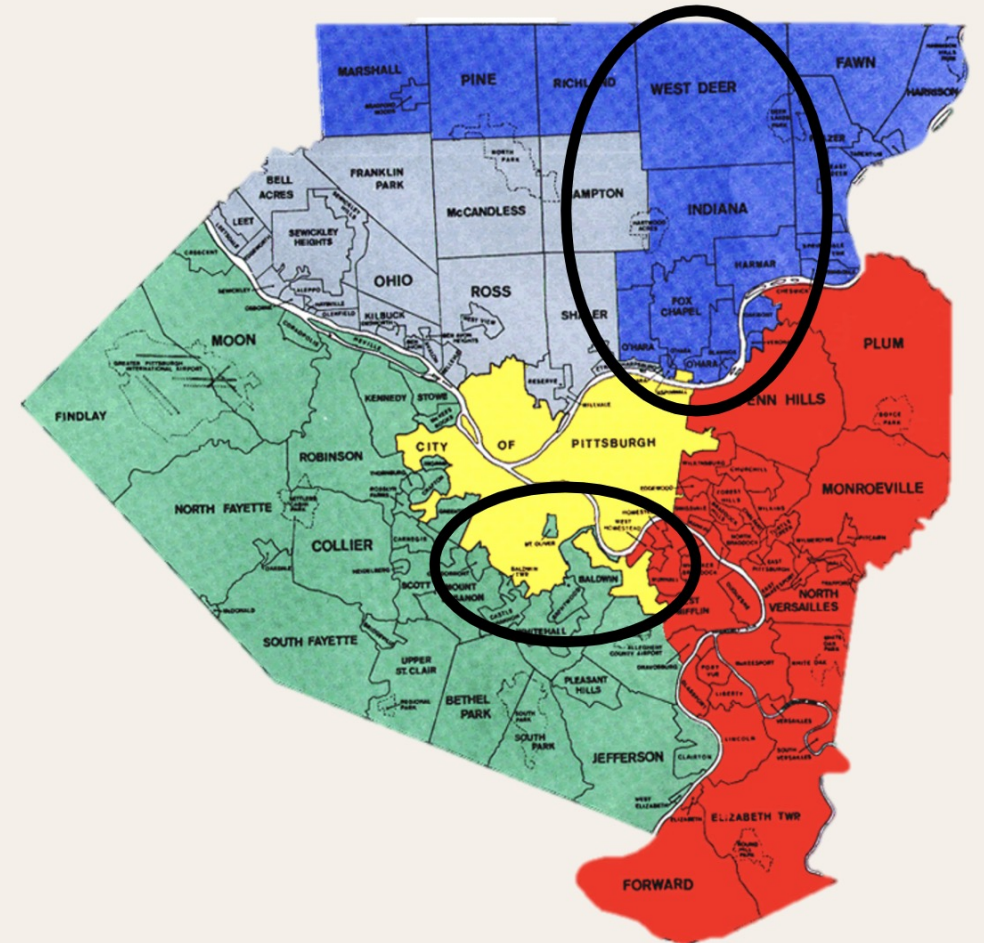
COTRAIC Community

Locations

- Hazelwood, Mt. Oliver, Glenshaw, and many more

Population

- Families living at 100% Federal Poverty Level or below, with children 0-3 years or pregnant women
 - 70% African American
 - 15.5% Caucasian
 - 6.5% American Indian or Asian



Daily Activities

Childcare and Classroom Visits

- Development Screenings
- Health and Safety

Community Outreach

- Community Baby Shower

Management and Compliance Meetings

Records and Documentation

- Allergy Awareness



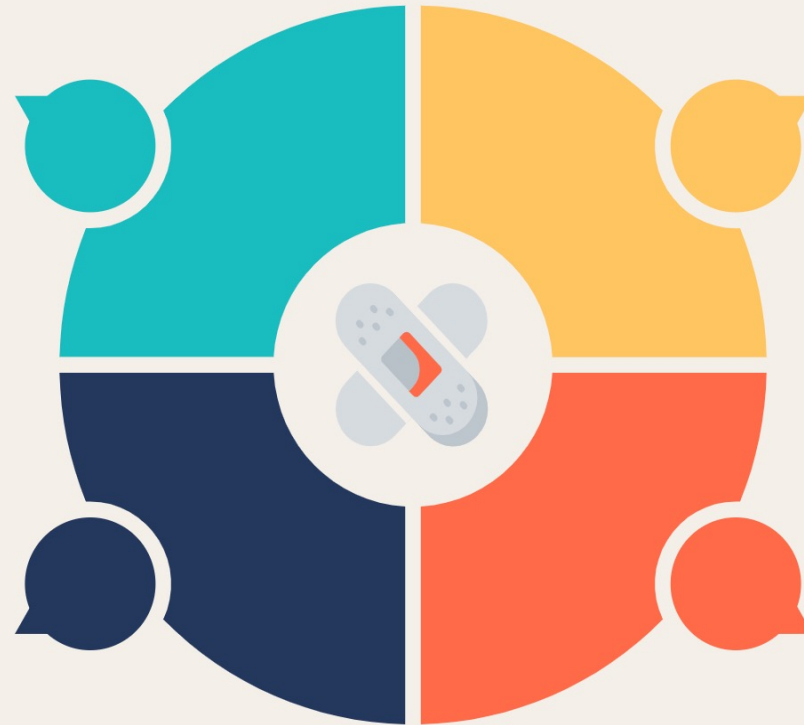
Staff Concerns

Health Literacy

Misconceptions with general health topics

Vaccine Rates

Few fully immunized children



Communication

Discussions of health between parents and teachers

Missing Documentation

Decreased well-baby visits

Families Survey Form

COTRAIC Needs Assessment - Families

Instructions The purpose of this survey is to better understand the health of the community COTRAIC serves. Responses will be used to help COTRAIC create new materials to assist families and improve trainings for staff. Please answer the questions honestly and to the best of your ability. All questions are **optional and anonymous**. Thank you for your time!

Q1 What health conditions are present in your household? (Check all that apply)

- Allergies
- Asthma
- Cancer
- Diabetes
- Heart disease
- High blood pressure
- High cholesterol
- Mental health (anxiety, depression, etc.)
- Obesity
- Seizures
- Other (Please list) _____
- None

Q2 What disabilities are present in your household? (Check all that apply)

- Autism spectrum disorder
- Deaf/hard of hearing
- Vision difficulty
- Physical disability
- Other (Please list) _____
- None

Q3 Do any of the conditions/disabilities mentioned above run in the extended family (grandparents, aunts, uncles, etc.)?

- Yes (Please list) _____
- No
- Not sure

Q19 How likely do you think it is that someone in your household will get sick from...

	Extremely unlikely	Somewhat unlikely	Neither likely nor unlikely	Somewhat likely	Extremely likely
The Flu	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
COVID-19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Measles/Mumps/Rubella (MMR)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q24 What do you see as the **barriers** to getting a wellness check? (Check all that apply)

- Cost
- Transportation
- Fear of/low trust in doctors
- Language
- Confusion scheduling appointments
- No perceived benefits
- Other (Please list) _____
- I do not see any barriers.

Q25 What do you see as the **benefits** to getting a wellness check? (Check all that apply)

- Reduced risk of getting sick
- Increase treatment and cure options
- Follow school guidelines
- Other (Please list) _____
- I do not see any benefits.

Family Survey

Gauge beliefs, attitudes, literacy, barriers, and benefits to healthcare, vaccinations, and more

Staff Survey Form

COTRAIC Needs Assessment - Staff

Instructions The purpose of this survey is to better serve the COTRAIC population. Responses will be used to help COTRAIC create new materials and improve training. Please answer the questions honestly and to the best of your ability. All questions are **optional and anonymous**. Thank you for your time!

Q4 Do you know of resources to help support families with health conditions/disabilities?

- Yes
- No

Q15 How would you rate the communication between parents and teachers about children's health needs?

- Very Poor
- Poor
- Average
- Good
- Excellent

Q11 Do you know how to give an EpiPen to a child?

- Yes
- No

Q12 Do you know how to give an inhaler to a child?

- Yes
- No

Q13 Are there any other medications you have had to give children that you are uncomfortable giving?

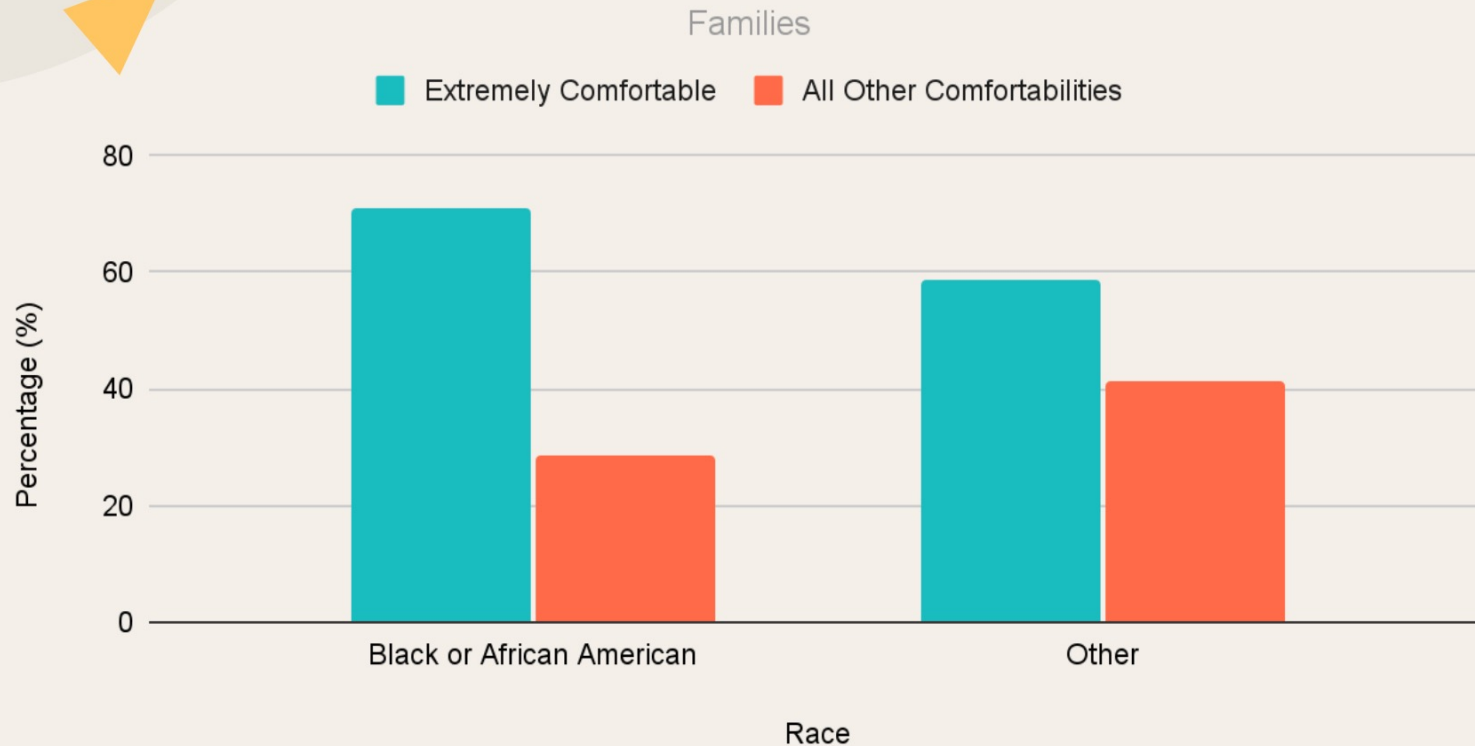
- Yes (Please list) _____
- No

Staff Survey

Gauge comfortability administering medications, perceived communication between staff and families, and more

Interesting Finding

Comfortability Using Healthcare Services by Race



71.2%

of Black or African American families reported being “extremely comfortable” visiting healthcare services.

58.6%

of all other races reported being “extremely comfortable” visiting healthcare services.



When to visit the...

Family doctor - If the issue is not life threatening, call doctor for advice.

Urgent care - If your doctor is not available and the issue is not life threatening, visit an urgent care.

Emergency room - If the issue is life threatening, call 911 right away.

-Life threatening symptoms:

Blue skin/lips, trouble breathing, unresponsive, head injury followed by vomit, constant seizures, broken bones, slurred speech

Fact or Myth?

THE FLU SHOT GIVES YOU THE FLU...MYTH

Flu shots help your body fight infections. Feeling tired or having a sore arm the next day mean your body is responding correctly.



COLD, WET WEATHER CAN CAUSE A COLD...MYTH

Viruses and bacteria cause illness, not the weather. You are more likely to get sick in winter because people are closer together inside to transfer germs and certain viruses survive better in colder temperatures.

VACCINES CAUSE AUTISM...MYTH

Vaccines improve a child's long-term health and reduce the number of children affected by diseases like chickenpox, polio, and measles. Vaccine safety is regularly researched.

Pamphlet

Distribute information about general health, clarifying misconceptions and providing resources

Healthy People 2030

▶ Increase the proportion of children and adolescents with a medical home

Increase health literacy of a population

Increase the proportion of people who get the flu vaccine every year

Reduce proportion of emergency department visits with a longer wait time than recommended



Site Suggestions



Recommendation

Staff Trainings and
Family Referrals



Recommendation

Uniform Communication



Evaluation

Feedback System

Relation to Pharmacy



Accessibility

- Pharmacy every 5 miles
- Ranked most readily available
- Multifaceted

Outside Perspective

- Reminder of the people on the other end
- Connections and relationships





Even after living in Pittsburgh for three years, I'd rarely traveled outside Oakland. COTRAIC EHS has given me the opportunity to explore various neighborhoods up to an hour outside the city and, more importantly, interact with people from all walks of life. From my time with the organization, I've learned that all EHS kids are dealing with something behind the scenes. Since they are so young, often no amount of words can cheer them up. Instead, **it's about finding new ways to communicate that you are there for them in ways they can understand**, like holding their hand while they waddle, fall, cry, and get up again. At the core of COTRAIC EHS, it's about being present with and available to families. These relationships are forged out of trust, empathy, and consistency. My summer experience here has taught me patience, resilience, and **the importance of connections, no matter how brief.**



— **L. Shen**

Relation to Public Health Genetics

Accessibility of services - genetic testing

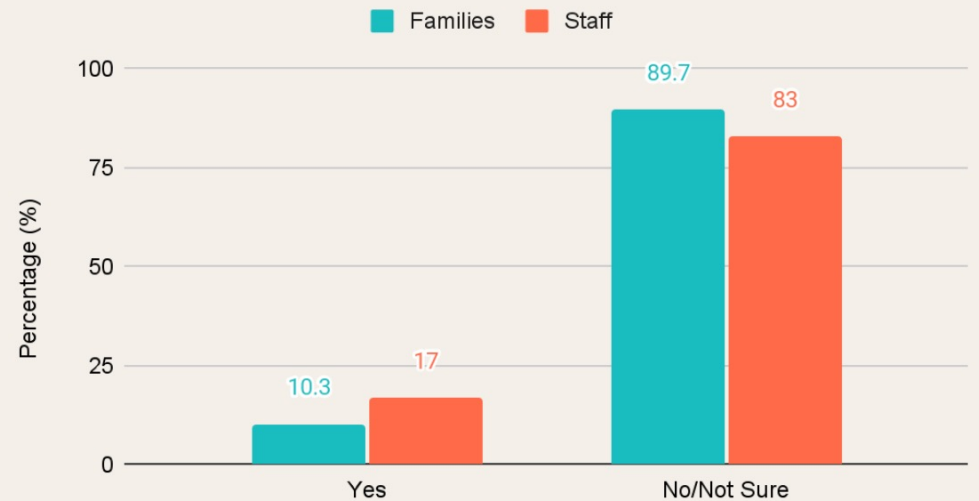
Barriers to testing



- Cost (\$100-\$2,000)
- Insurance coverage

Health literacy



Experience with Genetic Testing





“Every day presented a new experience. **With each child came a unique perspective.** Although they did not say much, the children made me look at the world through a different lens. Being in the Human Genetics Department, I usually focus more on the scientific aspects of public health. Working with COTRAIC Early Head Start provided me the opportunity to stretch my thinking of how *genetics connects everyone*, regardless of resources, age, or background.”

— **M. Zieber**



Thanks!

Deborah Gallagher

Todd Bear

Colleen Ketter-Danzuso

COTRAIC Staff-Pittsburgh and Philadelphia

Thistle, Brandi, and Mike

