



Newsletter

March/April 2009

PO Box 2187 \* Stuart, FL 34995 \* 772-220-0043 \* fax: 772-463-2896



### Letter from the Executive Director

I am excited to announce the first publication of our Whole Child Connection newsletter for the months of March and April, 2009. Our objective is for our two month issues to take the place of our monthly provider meetings, moving the provider meetings to a quarterly schedule. Our next provider meeting will be held on June 16th, 2009 at 10:30am at 2026 SE Ocean Blvd. in the CSC Training Room.

As a local resident myself, and as a mother of two, I am honored to serve our community through the Whole Child Connection. Having worked with the program since its inception,

I, along with my staff and our dedicated providers, have witnessed so many incredible stories and outcomes that exemplify how we are helping kids and families find the services that make a difference.

We have connected so many desperate families to much needed relief—from food stamps to special needs services, from a single mom getting a job to a boy receiving life-saving surgery (on a pro-bono basis no less), from health insurance to after-school care. Many new residents have found their way through the Whole Child connection. And it's moving when you see a frus-

trated non-English speaking family engage with our bilingual advisors, who take such personal pride in translating every piece of legal verbiage, every physician's instructions, or even a simple conversation with a teacher.

To date we have connected over 2400 families to a variety of health and human services! As a county, we continue to improve, becoming a better, healthier place to live and work. Way to go Martin County!

Sincerely,  
Nicole King,  
Executive Director

### News and Events

#### ◆ Make the Connection Tour

Dates:

March 20th, 2009

March 27th, 2009

Located at:

2026 SE Ocean Blvd.

Stuart, FL 34996

#### ◆ Overview of the Revised Profile and Refresher Provider Response Training:

March 17th, 2009

10:30-12

1:30-3:30

March 19th, 2009

9:00-11:00

1:00-3:30

### Top Providers for January and February, 2009

The Providers below have received and responded to the highest number of client referrals for the months of January and February, 2009. These Providers have responded to Client Service Requests generated from the WCC System in a timely manner!

|                                       |              |
|---------------------------------------|--------------|
| House of Hope                         | 25 Referrals |
| Martin County Healthy Start Coalition | 12 Referrals |
| New Horizons                          | 11 Referrals |
| Tykes & Teens                         | 11 Referrals |

Way to go!

Meet Our Staff

Danyella Lustosa, Health Navigator



Danyella Lustosa joined Whole Child in February 2009. She is originally from Brazil, where she worked as a social worker for the State of Roraima Government. She holds a BA in Social Sciences with a Specialization in Anthropology.

Danyella speaks Portuguese, Spanish, and English and has a special interest in cultural diversity and languages. In the United States, Danyella worked for a contractor as an associate program specialist for the Florida Healthy Kids and Kid Care program. She also taught at the Anthony House, a non-profit organization in Zellwood, Florida.

As a Health Navigator, Danyella will be assisting families in accessing and applying for DCF (Department of Children and Families) services.

In addition to assisting and verifying the clients' application process, Health Navigators liaise with agencies providing economic services and other required services in order to establish economic services

eligibility. They monitor the clients' application process and appointment compliance over time, and assist the client in complying with required and accurate documentation necessary to access Medicaid coverage. Health Navigators serve as an advocate for clients and refer them to Whole Child Advisors to connect them to other community programs.

In January, Whole Child Health Navigators provided 57 clients assistance with Medicaid applications and provided 53 clients assistance with Food Stamps. 7 families were assisted in applying for KidCare coverage.

In addition to working as a health navigator, Danyella will be advocating for Martin County Healthy Start in Indiantown and assisting women through the WCC Women's Wellness Profile. Danyella's position is shared between the two agencies.

Staff Contacts

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- ◆ Danyella Lustosa  
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"What cannot be achieved in one lifetime will happen when one lifetime is joined to another."

- Harold Kushner

Childhood Obesity and the Media



One in every three children in the United States is at risk for becoming obese. In Florida, 32.5% of children ages 10-17 are overweight or obese. In 2008, 92 Martin County parents reported concern about their child's weight on the Whole Child profile.

According to the Center for Disease Control and Prevention, the proportions of overweight children for 1999-2000 (15.5%) are triple that of 1976-1980 (5.0%)

Pediatricians, child development experts, and media re-

searchers have theorized that media may be contributing to childhood obesity in the following ways (Kaiser 2004):

- The time children spend using media displaces the time spent exercising
- Food advertisements promote unhealthy food choices
- Excessive snacking during media use
- Watching TV lowers children's metabolic rates below what they would be if they were sleeping

The average 8-18 year old child spends an average of 44.5 hours a week watching television and only 8.75 hours engaging in physical activity. 80% of TV commercials feature fast food, candy, cereal, and toys. An average of one food commercial is shown every 5 minutes during Saturday morning cartoons.

Media use affects children early in life, with every hour spent watching TV per day increasing a preschooler's risk of obesity by 6% (31% if the TV is in their bedroom).

## Whole Child Connection System Statistics

The following statistics are based on profiles submitted between July 1st, 2008 and January 31st, 2009. A total of 842 profiles were submitted during this time.

### Top 50% referral generated questions:

- Do you have health insurance/Medicaid for your children? 53.74%
  - For your family? 68.12%
  - For yourself? 73.94%
- Do you need a doctor for your children? 53.23%
- Do you need a dentist for yourself? 51.01%
- If you are pregnant, do you have prenatal care? 84.12%
- Do you have difficulty getting prescriptions/medicines? 55.72%
- Do you have transportation when you need it? 63.69%
- Does your home have running water? 78.37%
- Do you usually run out of money before your food or shelter needs are met? 65.85%



“We don’t accomplish anything in this world alone...and whatever happens is the result of the whole tapestry of one’s life and all the weavings of individual threads from one to another that creates something.”

- Sandra Day O’Connor

## Whole Child Connection System Updates

Our new Whole Child Connection profile can be accessed through our training site at:

[training.wholechildmartin.com](http://training.wholechildmartin.com)

The updated profile incorporates a new dimension—Mental Health. Additionally, the updated profile enhances the spiritual dimension, incorporating character development questions and utilizing

the “Character Counts” program in Martin County.

Teen suicide has been addressed in the new profile as suicide and thoughts of suicide have been identified as an issue to be addressed in Martin County.

Due to the current economic conditions, question #27 has been added to the profile, “Do you need to learn

how to stretch your dollar?”

Many of the questions have been simplified, making it easier to identify services needed in the health, environment, mental health, economic, education, and spiritual dimensions. Overall, we feel that the revisions made to the profile have captured all the relevant issues among our families and children here in Martin County.

“All children should have the opportunity to be healthy, contributing members of society.”



# The Whole Child Concept and Purpose

**Lawton Chiles**, who served as Florida's Governor from 1991 through 1998, focused a major part of his administration on building a state that was committed to ensuring the healthy development of all children. His wife, Rhea Chiles, created The Lawton Chiles Foundation to continue the Governor's commitment to children by assisting communities to become Whole Child Communities.

The Lawton Chiles Foundation, in partnership with pilot communities in Florida, defines a Whole Child Community as follows:

## "A Whole Child Community" believes that:

All children should have the opportunity to grow to be healthy, contributing members of society,

Parents have primary responsibility for raising their children,

The community is a partner with parents in this endeavor,

The community must pay attention to all dimensions of a child's and the parents' well-being.

In 2004, visionaries from the Children's Services Council of Martin County (CSCMC) embraced these ideals and determined that the county would become one of the pilot communities because they recognized a need to improve access and increase utilization of services for children 0-18 years old and their families.

**The Whole Child Connection** connects families and children with the resources they need to lead healthy, independent lives. Since 2006, the Whole Child Connection has helped more than 2,400 families find what they need – from school preparation to food stamps, from health insurance to transportation, from pre-natal care to after-school care, and so much more. With continual community support, the Whole Child Connection will keep on broadening its impact toward a better life for everyone.

**The Whole Child Connection is making a difference because** it enables parents to examine their situation and make decisions about appropriate services to meet the needs of their children. The Whole Child Connection ultimately propels families toward self-sufficiency, children toward healthy, productive lives, and communities toward overall enhanced quality of life.

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## Contact Us



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Visit us on the web:

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

