

Iowa Community Empowerment Newsletter

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Questions/Comments:

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Vicki Cappel Miller, LMFT and Ellie Izzo, Ph.D. are co-directors of the Vicarious Trauma Institute in Scottsdale, Arizona. They have recently co-authored Day After Day the Price you Pay: Managing Second-Hand Shock and The Second-Hand Shock Workbook. **For more information, please visit their Web site at www.vicarioustrauma.com**

Disclaimer:

Many articles in this newsletter are submitted by various entities. The views and opinions contained within may or may not be those of Iowa Community Empowerment.

Editor's Note: This issue of the Empowerment newsletter is dedicated to all the early childhood practitioners that have been a source of strength to the families that have been so devastated by the floods and storms that have ravaged our state this summer. Thank you for your perseverance through it all. The following article was forwarded to us by Kimberly Greder, Associate Professor and Family Life Extension Specialist, Iowa State University. Our hope is that it will be helpful to you as you remember to take care of yourselves.

Vicarious Trauma or Second-Hand Shock™

Vicarious trauma is what happens to us when we listen to clients' trauma stories day after day. We listen to these stories, while controlling our empathic response. This puts an enormous strain on our brain, leaving us vulnerable to physical, emotional and spiritual disturbances. Take a look below to read our top ten tips to reduce your brain strain and protect you from the ravages of vicarious trauma.

Top Ten Tips for Reducing Work Stress

1. Schedule your Day Realistically

Your work is not meant to envelop your life. Make sure you have breaks or down time. Go to the bathroom, call a friend, step outside and breathe.

2. Schedule Difficult Clients in Between Less Challenging Ones

Working with difficult clients is draining; don't see them back-to-back. Your tolerance will be reduced and you might get impatient or irritable.

3. Know your Triggers

We all have a personal history, our childhood. Reveal your history to yourself or someone else you trust so you remain aware and conscious of your own personal triggers and impasses. This will allow you to function more competently and professionally.

4. Schedule Exercise, Lunch and Frequent Breaks as Though They Were Regular Work Day Appointments

These balancing activities are as important to you as you are to your clients. Our physical health is paramount to providing clear thinking and ethical practice.

5. Debrief or Talk with Other Professionals in a Safe, Confidential Setting

This is essential for releasing stress from our work and preventing Vicarious Trauma.

6. Take Care of your Health

Schedule check-ups routinely with your doctor and dentist. Don't put it off and set yourself up to worry about some unaddressed physical symptom.

7. Pay Attention to you Visceral Reactions, such as a Gut Kick or Positive Gorney Reflex (Hair Standing up on the Back of your Neck)

These are internal red flags to take notice of something coming from the client that warrants your attention. Ignoring gut level reactions can lead to more complicated circumstances later on in dealing with difficult cases or clients.

8. Stay within your Scope of Practice

Our desire to help can sometimes lead us astray. Don't be afraid to ask for support from adjunct services.

9. Don't Procrastinate and Put Off Completing Important Paperwork or Less Desirable Tasks Required in your Work

Worrying about completing these tasks is far more stressful than completing them on a regular basis.

10. Spend Time in Spiritual Activities that Access the Higher Left Side of your Brain

These are activities that elicit positive emotions such as joy and calmness for you.

These activities are different for everyone, but essential for all. (See text box on left.)

Update June 2008 – July 2008

Links to Empowerment Web sites:

State Empowerment site:

www.empowerment.state.ia.us

Local Empowerment web sites are also available on the state web site. Go to the Local Areas tab and click on Map.

Adair County

www.adairempowerment.org

Benton County

www.bcempowerment.com

Black Hawk

www.cedarvalleypromise.org

Buchanan Delaware Fayette

www.bdfempowerment.org

Cass Mills Montgomery

www.boost4families.org

Cedar

www.empowercedarco.org

Cerro Gordo, Hancock, Worth

www.empowermentforthechildren.org

Dallas

www.co.dallas.ia.us/Comm_Services/Empowerment.asp

Des Moines/Louisia

www.caringcommunityempowerment.org

Dubuque

www.empowerdubuque.org

Floyd, Chickasaw, Mitchell

www.fmcempowerment.com

HAWC (Howard, Allamakee, Winneshiek, Clayton)

www.HAWC-Iowa.com

Hardin

www.empowerhardin.com/

Henry

www.healthymhenrycounty.org

Humboldt, Hamilton, Wright

www.buildingfamilies.net

Jasper

<http://www.jaspercountyempowerment.org/>

Johnson

<http://www.jcempowerment.org>

Linn

www.linncountycommunityempowerment.org

Madison

www.madisoncountyhelp.org

Marshall

www.youthandviolence.org

Muscatine

www.muscatineempowerment.org

PAK (Palo Alto, Kossuth)

www.pakempowerment.com

Pocahontas, Calhoun and Webster

www.linking-families.com

Polk

www.hspa.org

Scott

www.scottcountyempowerment.org

Story

www.storycountyfamily.org

Warren

www.warrenempowerment.org

Washington

www.empowerwashington.org

Woodbury

www.siouxlandship.org

Early Care, Health and Education System Building Activities

Early Care, Health and Education System Building Activities

- Tool CC Revision meeting – June 3
- QRIS BUILD/Smart Start meeting, Minn, MN – June 4-5
- Iowa Family Support Credentialing Educational Forum, Ames – June 4
- PAT Supervisors networking session – June 6
- Fiscal Accountability Work Group – June 5 & July 15
- First Years First planning meeting with Governor's Office & other partners – June 6
- Informational Discussion, IDPH – June 9
- Department of Economic Development Team Participation meeting – June 9
- Healthy Families Iowa coordination – June 10 & July 21
- Diversity Cultural Competency Training – June 10
- ECI Stakeholders – June 10
- Empowerment Coordinator's Training, Module 4 – June 12 & 19
- Family Support Scholarships coordination with Depart of Human Rights – June 16
- SW Iowa Incentive Program's Collaborative TA – June 16
- SW Iowa Regional Coordinators meeting, Creston – June 17
- QRS Oversight Committee – June 17
- ECI, Governance Component Group meeting – June 18
- First Years First, Iowa Business Council prep – June 18
- NGA Grant meeting, Denver – June 19-20
- PREVENT meeting with PCA Iowa & other partners – June 23 & July 2
- First Years First – PAES/Invest in Kids, conference call – June 23
- First Years First Planning Committee meeting – June 24
- Family Support Training, (Reporting requirements for Emp funded programs), Indianola – June 24
- Family Support Training, (Reporting requirements for Emp funded programs), North Liberty – June 25
- PW-PBS Training – June 25
- Art of Referral workshop, IA Community Action Association – June 25
- Evidence Based home visitation federal grant collaborative – June 26
- Family, Friend, Neighbor Care planning meeting with CFPC – June 26
- Family Support Training, (Reporting requirements for Emp funded programs), Sioux City – June 27
- NGA Grant Planning/Implementation meeting – June 27
- Fiscal Accountability Work Group planning meeting – June 27
- First Years First web site meeting – July 1
- Evidence-based Home Visitation federal grant planning group – July 1
- ECI State Agency Liaison Team meeting – July 2
- First Years First meets with Iowa Business Council Deputies – July 8
- Iowa Family Support Technical Assistance Network training – July 14
- Empowerment Contacts/Coordinators Quarterly TA Meeting, ICN – July 17
- Supervisor Curriculum Initial Planning Meeting – July 17
- Family Support Data Collection & Outcomes Workgroup – July 17
- North Central Regional Coordinators meeting, Ames – July 18
- First Years First meet with Great River Bend Foundation – July 23

Site Visits/Technical Assistance Activities

- Wayne County Board Development training & meeting – June 2
- Ringgold County board meeting – June 4, 19 & July 1 & 8
- Poweshiek board meeting – June 5
- Madison County board meeting – June 10 & July 8
- IEB site visit and Board meeting, Polk County – July 10 & 11

Upcoming Events Calendar at a Glance

Empowerment Training Coordinators Series – Module 4

(Rescheduled date)
August 25, 2008
Altoona Library
Altoona

Early Childhood Iowa Stakeholders

September 27, 2008
Johnston Public Library
Johnston

www.earlychildhoodiowa.org

2008 National Respite Conference

September 4-6, 2008
Embassy Suites
Downtown Des Moines

<http://www.irccc.com/displaycommon.cfm?an=1&subarticlenbr=90>

Empowerment Coordinators/Contacts Meeting

September 17, 2008
Rising Sun Church of Christ
Pleasant Hill

2008 Iowa AEYC Conference Are You Ready? Ready for children – our future

October 10-11, 2008
Polk County Convention Complex
Des Moines

- Madison County Board Finance Committee meeting – June 13
- Madison County family support transition planning with board – June 24
- Calhoun County Family Support TA with providers – June 27
- Ida County board meeting – June 30
- Jones County board retreat – July 1
- Wayne County board meeting – July 1
- Pottawattamie County Family Support TA – July 8
- Wayne County budget committee – July 9
- Madison County TA with coordinator – July 10
- Redesignation prep meeting with Partnerships 4 Families, Coon Rapids – July 15
- Poweshiek TA visit – July 16

Linkages/Outreach Activities

- Prevent Child Abuse Iowa Grant Review – June 3
- NAEYC Professional Development Conference, New Orleans – June 7-11
- S3, Youth Development Afterschool alignment meeting – June 23
- PW-PBS Training – June 25
- PAES Annual Meeting – July 9-11

System Building Update:



NGA Grant Next Steps

Iowa was awarded a National Governor's Association Early Childhood Advisory Council project grant. This grant gives Early Childhood Iowa and partners the opportunity to provide technical assistance and support to local Community Empowerment Areas (CEAs) to advance early childhood systems development and integration. This technical assistance will be provided through five regional meetings across the state (Ames, Atlantic, Charles City, Iowa City, and Storm Lake).

A national level expert on state and local system development, Ms. Kay Johnson President of the Johnson Consulting Group, will provide training and technical assistance through regional meetings. A representative from the Governor's office will highlight how early childhood system development fits into Governor Culver's priorities. CEA will be bringing five to six representatives to their regional meeting. The local teams will be asked to include current board members and non-board members to broaden the knowledge base of system development. The regional meetings are schedule for:

Wednesday, September 3 in Iowa City
Thursday, September 4 in Charles City
Friday, September 5 in Ames
Monday, September 8 in Atlantic
Tuesday, September 9 in Storm Lake
The meetings will run from 9:30-3:30.

Prior to the regional meeting, each CEA will bring partners together to complete a self assessment on the current level of system integration. During the meeting, CEA will complete an action plan with short and long term goals. For questions please contact Gretchen Hageman at ghageman@idph.state.ia.us or your local CEA.



Iowa Empowerment Board News IEB Conducts Site Visit in Polk County

On Thursday evening July 10, the Iowa Empowerment Board (IEB) was treated to a relaxing evening hosted by the Polk County Empowerment board. Following conversation and delicious hors d'oeuvres, David Ahrens, Polk County board chair provided remarks and welcomed the IEB members and program providers in attendance. Shannon Cofield, President, United Way of Central Iowa spoke about leveraging public and private dollars to improve community conditions. Also included in the program was a video presentation highlighting the school readiness efforts of this Community Empowerment Area, remarks by Stacey Walter, Executive Director, Capital Park Early Learning Center and Tanya Kitchen, Child Development Home Provider. The evening closed with the recognition of the Polk County early childhood practitioners that are participating in Iowa's Voluntary Quality Rating System.



A family advocate at Carver talks with the IEB about the services that program provides.



A father utilizing the parent resource room at Carver takes time out to work a puzzle with this son.



IEB Board Chair, Floyd Winter and incoming IEB Chair Judy McCoy-Davis

On Friday morning, the Iowa Empowerment Board travelled to George Washington Carver Community School for a tour of that unique facility. Carver is located just north of the Capitol Complex in Des Moines and is truly a resource for the entire community. The IEB was able to tour the facility and hear directly from the programs that offer services to the families and children.

Following the morning site visit, the Iowa Empowerment Board held their regularly scheduled July board meeting. Agenda items included an update of the revised policy for redesignation reviews, the election of officers for the IEB, an update on the professional development funds that were appropriated to Community Empowerment, an update from the Fiscal Accountability Work Group and the adoption of the updated tools for the Preschool Support for Low-Income Families category within the School Ready funds. The board also appreciated the information shared concerning Family, Friend and Neighbor Care and Operation: Military Kids.

This meeting was the last for three noted members of the board who have truly been champions for children. The board said goodbye to State Representative Ro Foege, Department of Human Services Director, Kevin Concannon and IEB Chairperson, Floyd Winter. Board members expressed their gratitude for each of these men's leadership which has truly made a difference for children and families in our state.

The next meeting of the Iowa Empowerment Board will be September 12, 2008, hosted by the Cerro Gordo, Hancock, Worth Empowerment Area.

Nominations Sought For Iowa Empowerment Board

The Iowa Empowerment Board consists of sixteen citizen members, six state agency directors, and six members of the general assembly. The state Empowerment Board currently is seeking candidates for citizen members. Citizen members are appointed by Governor Chester J. Culver and confirmed by the Iowa Senate. Interested candidates must complete a gubernatorial appointment resume in addition to seeking a letter of recommendation from their local empowerment board. The gubernatorial appointment resume can be found at <http://openup.iowa.gov/boards/>.

Citizen member selections are reflective of the state's congressional districts to ensure representation from across the state. An equally important criterion is that appointments reflect the ethnic, cultural, social, and economic diversity of our state. We encourage candidates from diverse populations to apply.

You can also find the job responsibilities of an Iowa Empowerment Board member on our web site at the following link, http://www.empowerment.state.ia.us/Common/pdf/ieb_responsibilities.pdf

Please contact the Office of Empowerment if you need more information.



Empowerment Tool JJ – Community Empowerment Chair and Vice Chair Best Practice Guidance

On-line at:

http://www.empowerment.state.ia.us/common/pdf/kit_tools/tool_jj.pdf

Legislative
Language

*Best Practice
Guidance*

The Role of the
Chairperson

**Role of the Vice
Chairperson**

Chapter 28.6 – Iowa Code

The community board shall elect a chairperson from among the members who are citizens, elected officials, or volunteers.

Leadership is always an important aspect of a board's success. However, it is not the title that gives someone power – a person holding a leadership position only has the power that is given to the position in the bylaws or by Iowa Code.

Reference: Toolkit Section 4:

http://www.empowerment.state.ia.us/common/pdf/kit_docs/section4.pdf

The role of chairperson may vary but should be clearly spelled out in the bylaws. Some of the common duties of the chair are:

- ❖ Preside at all meetings;
- ❖ Serve as official representative of the organization;
- ❖ Sign documents on behalf of the organization;
- ❖ Serve as ex-officio member of committees as specified in the bylaws;
- ❖ Work with the secretary or coordinator to prepare the agenda for the meetings; and
- ❖ Be a communication linkage between the Office of Empowerment and the local board.

The Chair must conduct the meeting in a fair and equitable manner. Because the chair is presiding over the meeting, he or she should maintain an aura of neutrality and refrain from making any motions. In addition, the chairperson should vacate the chair if he or she wishes to debate any motions. The chair does not vote unless to break a tie or cause a tie.

Chairs of local empowerment boards must meet the definition of a citizen representative or be an elected official.

The role of the vice chairperson is straightforward – the vice chair presides when the chair is absent or must vacate the chair and fills a vacancy in the office of chairperson. The vice chairperson may also serve as the chairperson elect if so specified in the board's bylaws. This means that the vice chair automatically becomes chair at the end of the term of the chair or when the chair resigns.

The main job of the vice chairperson is to be familiar with the chairperson's duties so that if the chair becomes unable to serve, the vice chairperson is prepared to step in and take over. We encourage you to think of the vice chair as a support system for the chairperson.

It is inappropriate for a person to accept the position of vice chair if they are not willing to become the chairperson should there be a vacancy in the office of chair. We would therefore, strongly recommend that the vice chairperson of a local empowerment board also meet the definition of a citizen representative or be an elected official.

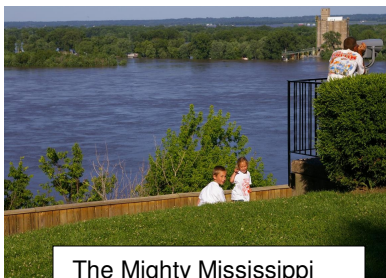
For more information about the citizen representation on local empowerment boards, go to Tool EE at:

http://www.empowerment.state.ia.us/common/pdf/kit_tools/tool_ee.pdf.

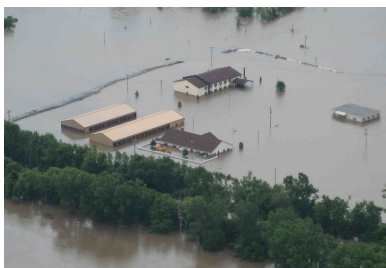
Local Stories of Perseverance & Hope



Burlington, IA



The Mighty Mississippi



Colonel's Kids Daycare Center is the building with the dark roof, parallel to the tree line.

Assistance to Flood Victims in Floyd, Mitchell and Chickasaw Counties

Lutheran Services in Iowa assisted flood victims in accessing local emergency services such as; shelter, housing, financial, clothing, and food.

After the flood, LSI caseworkers provided families with a list of requirements to make their home safe before they could return. The workers provided information to families on FEMA, Red Cross, Salvation Army, local churches, and FVA (Low interest loans).

Caseworkers helped numerous families process what was going on and helped them locate basic needs items to help them get through the emergency. One worker called HUD to advocate for a family that had nowhere to stay. And also had a landlord that wanted them to return to a home before it was safe and passed inspection.

Lutheran Services in Iowa staff gave out cleaning baskets and information to families on how to clean up the mud. The local Child Abuse Prevention Council donated the clean up baskets.

From Black Hawk County HOPES Staff:

All 5 staff called each of their clients daily from 6/10-6/13/08, to make sure they could be accounted for and ensure they were safe.

All staff continued to conduct home visits during the flooding, one staff did so even though she herself had been flooded out of her home and had moved in with relatives.

One staff took extra clothing, non-perishable food supplies and water to a family of 17 due to the fact that they lost everything and they had no gas. They currently have electricity but can only use it sparingly. They also have been connected to all FEMA and disaster relief funding and services.

Louisa County

The Colonel's Kids Daycare Center is located at 250 Colonel Drive in Columbus Junction, Iowa, adjacent to Highway 92 and not ½ mile from the Iowa River. The facility, run by Joy Lekwa and her staff have a pre-school and childcare facility that serves children 2 weeks to 12 years old and this year have 93 kids registered in their programs.

They closed June 11th, as they expected flooding and removed as much from the building as they could. Water flooded their building on Saturday, June 13th and the building was flooded for nearly a week. From the June 11th - 23rd parents and guardians called Ms. Lekwa looking for sitters and other centers, desperate for childcare services, "They even asked me to care for children at my home," says Lekwa. Many adults in the Columbus Junction area were driving long distances to work themselves and dealing with flooded workplaces in Louisa County and surrounding areas like Iowa City.

By Monday the 23rd of June, Lekwa had secured a temporary facility in the Columbus Junction Methodist Church and was serving Louisa County families again. Plans are underway for the center to be back open soon as crews have already started gutting and remodeling and have a tentative re-open date in mid August.

Submitted (with permission from S. Bolds) by CJ Burroughs, Specialist, Child Care Resource & Referral of Dubuque, IA

Dubuque County

Shirley Bolds, is a registered child care provider (category A) in Dubuque, Iowa. After hearing about the devastation in Cedar Rapids, Iowa due to the floods, she and the children in her care wished to do *something* to help with the relief effort.

Shirley provided an empty mayonnaise jar which the children decorated with paper and stickers. The children decided they would collect pennies, nickels, dimes, and quarters they earned from returning recycled aluminum cans or from allowances and put them in the relief jar.

Shirley sent home a note to inform the parents of their project, and the parents, proud of the efforts of their children to aid those that were affected, helped out by setting aside pocket change and by giving children opportunities to do odd jobs to earn money at home. The children were delighted to watch their progress and see their accomplishment grow. One child, who brought two quarters proudly exclaimed, "This one is for me, and this one, is for my baby sister!" as he put them into the collection jar.

Every few days, Shirley would help the children count the funds they raised, and in a few weeks they reached their goal of \$10.00 which they sent to the American Red Cross to help with the Cedar Rapids relief efforts.

"We were blessed, here..." Shirley comments. "We weren't damaged by the floods, but there's some that lost everything. [The service project] was good for the kids... Good for them to learn that they can make a difference in the world, they *can* help others even though they're little."

Linn County

Submitted by Chris Kivett-Berry, Linn County Empowerment Coordinator

Note: The efforts continue in Linn County. For updated information on opportunities for assistance, contact Chris Kivett-Berry, Linn County Empowerment Coordinator, Chris.Kivett-Berry@linncounty.org

HACAP, CCR&R and five giant steps are sponsoring an informational meeting for child care homes and centers/preschools that were affected by the flood on August 6th.

Assistance will be provided in regard to grant opportunities and grant writing.

RSVP to Robin Robinson, five giant steps at #739-0094.

The Linn County Public Health Department issued a warning that children should not accompany their parents into flooded homes due to health hazards. In the Emergency Operation Center (EOC) people began to wonder where those children should go as several child care homes and centers were also in the flooded areas. I was lucky enough to be passing by the EOC and heard of the concern and was then able to assist the Linn County EOC folks with community contacts. Eventually the project became mine as other flood recovery efforts needed the attention of the EOC team.

The following information summarizes the initial contacts that were made to make this happen. The Grant school project developed on its own. The 2 churches were my main focus and were opened within 5 days of the flood.

Sites

First Assembly of God, Cedar Rapids, Open: 10-4pm, June 24-July 3, 2008

Grant Early Childhood Center, Cedar Rapids, Open: 7 days/week; 8 am-6pm, June 23-July 3, 2008

New Covenant Bible Church, Cedar Rapids, Open: 10-4pm, June 24-June 27, 2008 (consolidated services with First Assembly after June 27th)

of children served

First Assembly of God: 62 on July 2

Grant ECC: 18 on July 2

Staffing

The project is staff intensive due to parent and volunteer registration, volunteer orientation, maintaining child:staff ratios, kitchen/snack duties, coordinating the donations/distributions, calling daily for lunch delivery.

Background checks were required of all volunteers. Initially the Corridor Recovery website was utilized but was not as user friendly or efficient. The church sites opted to use the background check system that they already had in place for their volunteers. 90% of volunteers were from the church.



Emergency child care site in Cedar Rapids

To view the Cedar Rapids Gazette article, Emergency care centers open for flood displaced kids, visit:
<http://gazetteonline.com/apps/pbcs.dll/article?AID=2008874348861>

Plans for after July 3

Crisis Child Care @ HACAP

HACAP reported they had success in placing other flood recovery families and agreed to work with the families from the 2 flood recovery childcare sites. Parents at the 2 sites were notified, via flyer on July 2-3rd, of the HACAP Crisis Child Care services and given contact information.

Churches United

On June 27th a contact was made at Churches United via Serve the City. Churches United agreed to send an e-mail to their list serve seeking a secondary location for the flood recovery child care.

Collaborative Partners (@ the Church Based Sites)

Coordination:

Church staff, Linn County Empowerment & five giant steps

Programming:

Iowa State University Extension- Linn County office provided on-site programming centered on fun science and health activities.

Food:

American Red Cross provided hot lunch to children and staff/volunteers.

Infant/toddler food was primarily provided by the families and then by donations.

HACAP Food Reservoir provided the morning and afternoon snacks.

Center Point Grocery store donated 1,000 pints of milk.

Transportation:

An employee of Linn County SED, obtained a chauffeur's license so that she could transport children from shelters. A volunteer at Viola Gibson transported children as available.

LIFTS began stopping at the shelters at 10 am and 2pm to transport those residents wherever they needed to go. The challenge was that families would then need to remain at the site at which they were dropped off until LIFTS came back.

Neighborhood Transportation System was not able to assist due to meeting other flood recovery needs.

Marketing:

Linn County Empowerment coordinated notices of the Flood Recovery child care sites/needs/hours/etc through the designated County and City Public Information Officers (PIO). The information was posted in the City/County newsletter that was printed and distributed daily to families in flood affected areas by volunteers.

Through the PIO's the child care program was noted on local News channels, News Channel websites, Radio, and an article was in the June 25th Cedar Rapids Gazette. 211 call center was also notified.

Flyers were created by church staff and United Way and Linn County Empowerment made copies. Flyers were distributed at Johnson Avenue Hy-Vee store, 2 Community Information Centers, water distribution site at Wal-Mart, American Red Cross site at Westdale, both shelters and to area churches.

Future ideas for marketing sites: Displaced families are in hotels and could be concentrated along 33rd Avenue, which has multiple hotels, restaurants & a convenience store. Campgrounds were also noted.

Behavioral Supports

Abbe Center for Community Mental Health offered trained Play Therapists.

Childcare Alliance Response Team, Linn County Empowerment project, offered assistance.

Donations:

Community of Christ Church agreed to be the drop-off site for donations to the Flood Recovery project. Donations exceeded the needs of the sites because people also took donations directly to the flood recovery child care sites. The church was given approval to distribute the donations to any needy family and not to reserve it for the child care.



Submitted by Kristi Judkins,
Business Service Representative
Iowa Workforce Development

Iowa's Smokefree Air Act Updates

Iowa Smokefree Air Act Signs

The Iowa Smokefree Air Act went into effect July 1, 2008. Attached here is a link to the Department of Public Health's web site, <http://www.iowasmokefreeair.gov/> that provides a free mandatory "no smoking" sign. Public Health officials state that the "no smoking" signs must be posted at every entrance to a public place and place of employment where smoking is not allowed. The web site also contains helpful "Frequently Asked Questions and Answers" and other information.

Iowa Workforce Development also offers two resources available when thinking about the effects of the recent flooding and storms in relation to employment issues.

The first relates to being mindful of obeying Iowa's Labor Laws. The full article entitled, *Rebuild Iowa Office Urges Employers To Learn and Obey Iowa's Labor Laws*, can be viewed in its entirety at the following link, <http://www.iowaworkforce.org/news/XcNewsPlus.asp?cmd=view&articleid=526>.

The second article can be found on the Governor's web site and is entitled, *Governor Culver Announces National Emergency Public Jobs Program Hits Milestone: Over 100 Worksites Identified*. You can also view it directly at the following link, <http://www.iowaworkforce.org/news/XcNewsPlus.asp?cmd=view&articleid=518>.



In view of our recent disasters in Iowa, you may want to review NACCRRA's website which has many resources for disaster and emergency planning for child care programs at: www.nacrra.org/disaster/. Both planning and training materials are available. Contact your local CCR&R staff members to discuss your interest in offering education and guidance on emergency preparedness for programs in your local communities. Many child care programs have only limited plans that address more common risks, like tornado or fire responses. Your direct consultation to child care programs does offer you an opportunity to offer guidance for the other emergencies that may impact children in their settings.

~Sally Clausen, ARNP, BSN, Healthy Child Care Iowa

Achieving Results

<http://www.empowerment.state.ia.us/results.asp>



Check It Out!

New Information Available on the Empowerment Web Site

You can now find Kindergarten Readiness Data on the Empowerment web site under the Achieving Results link, <http://www.empowerment.state.ia.us/results.asp>. Click on Kindergarten Readiness Data and you will find links to the Department of Education's Kindergarten Literacy Assessment Data reports for the 2004/2005 through 2007/2008 school years.

Also, under Achieving Results, there is new information under the Performance Measures link. Here you will find general information on Results-based Accountability for Community Empowerment Areas, as well as specific information and tools related to the School Ready Preschool Programming Support of Low-Income Families and Family Support and Parent Education funding categories.

Check it out!

Early Childhood Public-Private Partnerships

Beth Jones, Early Childhood Business Community Liaison



Look for the next bi-monthly tip on engaging business partners, Targeting Prospects: Step 3 in the August newsletter!

National Resource for Early Childhood Investment

The Partnership for America's Economic Success was created by a group of business leaders, economists, advocates and a dozen funders in order to document the economic impacts to the nation of proven investments in children from birth to age five. The partnership aims to help the nation better understand how we can secure our economic future by ensuring that all children become successful adults – literate, numerate, job-ready and team capable.

To achieve this, they have commissioned a range of researched projects to illustrate the economic costs of specific conditions and the impacts of proven investments in young children. Topics include health, nutrition, poverty, parenting, early care and education and housing. Other research examines the impact of proven investments in GDP and job growth, as well as innovative public/private funding strategies. Using this research as an evidence base, the Partnership will identify and advance opportunities to encourage state and national policy makers to adopt policies that effectively invest in children.

The most recent issue brief released by the Partnership analyzes the hidden costs of the housing crisis and the impact of housing on the success of young children. This issue brief can be accessed at:

http://www.partnershipforsuccess.org/docs/research_brief_200807_housing.pdf

For more information or to get involved with the Partnership, visit the website at www.PartnershipforSuccess.org and sign up to receive notices of upcoming meetings and events.

Family Support Update

*Submitted by Janet Gartin, Family Support Coordinator
Office of Empowerment*

Iowa Family Support Credentialing Update

We have nineteen family support programs that are actively working toward earning the Iowa Family Support Credential! We were able to expand our ability to accept programs into the process due to the generous financial support of the Iowa Department of Public Health. This funding allowed us to work with an additional seven programs.

I am hopeful that next year we will be able to add an additional 60 programs working toward credentialing. Our future expansion is dependent upon receiving funding from Empowerment's Professional Development funds. We have been forced to implement a waiting list until we have additional funding secured.

Several local empowerment boards have required programs to apply to work toward earning the credential in order to be eligible for funding. Once a program applies and is accepted into the process, we can begin providing technical assistance to assist them in improving practice to consistently adhere to the Iowa Family Support Standards. Technical assistance is provided at no cost to the local family support program. The sole purpose of the technical assistance mentor is to assist the program in successfully earning the Credential.

The Office of Empowerment has been busy working on a companion toolkit for the Iowa Family Support Standards. The toolkit will contain sample policies and procedures that align with the Standards. Thank you to Senator Ragan and Senator Schmitz for suggesting the creation of a companion toolkit!

A revised set of Iowa Family Support Standards were released on June 1, 2008. There were only two revisions necessary. The first revision was to Standard 14.04 that outlines the educational requirements for the family support program supervisor. The original standard was problematic particularly for family support programs operated by health organizations where the administrator did not have a bachelor's degree. The revision allows for an associate degree and four years of experience in a related field. The revision also allows the program to request a waiver to the standard.

For more information about the Iowa Family Support Credential, please contact:
Janet.Gartin@iowa.gov



A new curriculum resource called, "Focus on Fathers", is available on the Parents As Teacher's website, www.parentsasteachers.org.

And it is FREE!

Parenting Curriculum Facilitator Training

IOWA STATE UNIVERSITY University Extension

Kim Greder, Associate Professor,
Human Development and Family
Studies, ISU Extension
kgeder@iastate.edu



Great Beginnings for Families, a research-based parenting curriculum developed by Iowa State University Extension, consists of five 60-90 minute workshops for parents of infants, toddlers, and preschool age children. Parent materials are available in both English and Spanish. Through hands-on learning, parents learn about how children grow and develop, positive discipline, helping children cope with anger and conflict, encouraging learning through play, and building strong families.

If you would like to become a facilitator of *Great Beginnings for Families* there will be two trainings in August, as well as other trainings throughout the year. Registration information is available at www.extension.iastate.edu/homefamily/parenting/GBF_training.htm. Registration fee: \$125 (includes training, curriculum); \$25 additional for Spanish version of parent materials.

August 11, 2008

Floyd County Extension Office, 112 N Main St., Charles City, 9:00 am - 4:00 pm
For more information, contact: Donna Andrusyk, (319) 882-4275,
andrusyk@iastate.edu; or Janet Brown, (641) 423-0844, jmbrown@iastate.edu

August 28, 2008

West Pottawattamie County Extension Office, 3501 Harry Langdon Blvd., ISD
Campus - 2nd Floor-Careers Bldg., Council Bluffs, 9:00 am - 4:00 pm
For more information, contact Mary L. Hughes, ISU Extension Family Life
Specialist, mhughes@iastate.edu, (712) 366-7070.

Iowa State University Extension to Families is offering a certificate in Family Development and Parenting Education in one location at the same time. This combined training focuses on core competencies identified for family support workers, including those needed for parenting education.

Competencies include:

Child, parent and family development;	Guidance and nurturing;
Dynamics of parent/child and family relationships;	Health and safety;
Diversity in family systems;	Self care;
Relationships among family, school and community;	Professional practice;
Principles, methods and approaches to family support and parenting education	

This training can help local programs work toward the IOWA Family Support Standards recently developed. Individuals can earn....

- A Family Development Certificate by participating in eight scheduled days of training
- A Parenting Education Certificate of Completion by participating in ten days of training
- Or both by participating in 13 days of training

This training was piloted in Marshalltown this past spring with 33 participants receiving certificates of completion: 24 individuals (combined training), 7 individuals (Family Development Certification), and 2 individuals (Partnering with Parents).

Future trainings will rotate around the state for 2009-2010. Watch for dates and locations to be posted on soon on the following web sites: Family Development Certification Training (FDCT) (Empowerment Skills for Family Workers): http://www.extension.iastate.edu/homefamily/relationships/family_development.htm
Partnering with Parents (PWP): <http://www.extension.iastate.edu/PWP>;

For more information about this program offering, please contact: Kim Greder, kgeder@iastate.edu, 515-294-5906 or Jeanne Warning, jwarning@iastate.edu, 515-294-6622.



Sheila Hansen,
shansen@cfpciowa.org;
Tiffany Smith, LMSW,
tiffany@cfpciowa.org

MAPPING CLIFF HAZARDS

New Tool Can Illustrate, Improve Support of Working Families

Working families could benefit if policy makers and advocates use a new tool to analyze policy impacts on family budgets. The nonpartisan Iowa Fiscal Partnership (IFP) announced the new Iowa Family Resource Simulator today in partnership with the National Center for Children in Poverty (NCCP), a research center at Columbia University.

The Iowa Family Resource Simulator, publicly available at <http://www.nccp.org/tools/frs/>, is one of 19 simulators on the NCCP website. The tool allows users to create customized graphs that illustrate how family resources and expenses change as earnings increase, taking public benefits into account. "The Simulator will be an invaluable tool for policymakers wanting to see how Iowa's work supports - such as child-care assistance and public health insurance - impact family budgets," said David Osterberg, executive director of the Iowa Policy Project (IPP) in Mount Vernon/Iowa City.

In particular, the tool sniffs out "cliff effects," points where small increases in a family's resources can suddenly make them ineligible for key forms of support. This is because eligibility for public benefit programs is determined by the level of a family's earnings and assets. Both IPP and its Iowa Fiscal Partnership partner, the Child & Family Policy Center, have examined such effects. "So-called 'cliff effects' can be a major barrier to promoting self-sufficiency for low-income Iowa families," explained Peter Fisher, IPP research director. "Using the Simulator, you can really tell when Iowa families step off those cliffs, which will hopefully make it easier to undertake necessary policy reforms."

For instance, the Simulator illustrates how a single parent with two young children faces sudden ineligibility of public support programs once the family is earning more than \$24,000 a year, causing a major decrease in family resources. It is not until the family is earning approximately \$40,000 a year that it is able to break even.

Previously, the Child & Family Policy Center (CFPC) has provided information on two key cliff effects working families with children face - when family income exceeds 145 percent of poverty and the family loses eligibility for child-care assistance, and when family income exceeds 250 percent of poverty the family loses eligibility for *hawk-i* health-care benefits. In both instances, the family faces a "cliff" in benefits loss in the thousands of dollars, which means that a pay raise can actually make the family much worse off.

The simulator enables users to examine such cliff effects for a variety of families. "We want to make sure that our work-support policies help working families in Iowa transition out of poverty," Fisher said. "It's hard for families to make that transition when they're worried about a sudden shock to the pocketbook if they start earning a little more."

Osterberg agreed, adding, "It should be a good thing for a family when they increase their earnings. We have to structure our eligibility guidelines so that they support work rather than penalize families for doing better."

CFPC Executive Director Charles Bruner said the key to that is to provide "sliding fee" schedules - rather than cutoffs from service - that increase a family's responsibility to participate financially in programs as their income and ability to pay increases. "The General Assembly is looking at taking a first step with child health insurance coverage by extending the eligibility level for *hawk-i* to 300 percent of poverty, but there will still be a significant cliff at that level," Bruner said. "Both child care and child health insurance coverage need to be affordable to working families with children and therefore state subsidies need to be structured on an ability to pay basis."



The Iowa Fiscal Partnership (IFP) is a tax and budget policy analysis initiative of two nonpartisan, Iowa-based organizations - the IPP in Iowa City/Mount Vernon and CFPC in Des Moines. IFP reports are available on the web at <http://www.iowafiscal.org>.

CLIFF EFFECT EXAMPLE: CHILD-CARE SUBSIDY

To illustrate how various programs hold "cliffs" that drop recipients from coverage, leaving them worse off if they make more money, consider this hypothetical example.

A single mother working full time in Linn County receives a 35-cent raise, not realizing it would actually cost her family. Moving from \$9.20 to \$9.55 per hour raises her overall income above the eligibility limit for the child-care subsidy she had been receiving for her 3-year old daughter. Immediately, she is responsible for the entire cost of her daughter's care, which averages \$578 per month for family child care in Linn County, leaving her worse off than before her raise.

Iowa AEYC/T.E.A.C.H. Early Childhood® IOWA

Barb Merrill, Executive Director,
Iowa AEYC/T.E.A.C.H. Project
Manager
5525 Meredith Drive Suite F, Des
Moines, Iowa 50310
(800) 469-2392
(515) 331-8000
info@iowaaeyc.org



As an Empowerment partner, you can make a difference by helping the early childhood professionals in your area become aware of all the resources available to them. If you would like a member of the Iowa AEYC or T.E.A.C.H. staff to visit with your group or speak at a conference, call Barb Merrill at (515) 331-8000 (Ext. 11)

Are YOU Ready?.....Ready for children – our future

Readiness is a key word in our early care, health and education world. Will they be ready for school, and is school readiness even an appropriate question to ask? Are providers and programs ready for the new requirements and standards they may be trying to meet? Are parents ready for all the choices and decisions they face? Are you ready for change, ready to advocate, ready for professional growth....Are **YOU** ready?

For over 40 years, the Iowa Association for the Education of Young Children has sponsored an annual state-wide conference, bringing together providers, teachers, directors, trainers, consultants, and other practitioners in the field of early childhood education for two days of networking and learning together as a field. Join us this year as we explore readiness: Readiness for children, for practitioners, and for our field.

October 9-11, 2008 Polk County Convention Complex, Des Moines

Sue Russell, the national president of NAEYC and the founder of T.E.A.C.H. Early Childhood® will provide a NAEYC welcome. She will meet on Thursday, October 9 with early childhood leaders and policymakers to discuss the WAGE\$ compensation initiative, www.childcareservices.org/ps/wage.html.

Lisa Murphy, *The Ooey Gooley Lady®*, will keynote with engaging ways to consider developmentally appropriate practices. We're delighted Lisa has agreed to do three additional breakout workshop sessions as well. www.ooeygooley.com

Our own Jeff Johnson, national acclaimed author, presenter, and northwest Iowa child development home provider, will be with us on Saturday. www.explorationearlylearning.com.

Many other special events are planned, including a reception Friday evening, Iowa Head Start Association meetings and annual luncheon on Thursday, special recognition of Iowa AEYC past presidents, the fall meeting of the Iowa Community College Early Childhood Alliance, a reception for T.E.A.C.H. participants, tours of early childhood programs, over one hundred breakout sessions, and MUCH MORE!

To register, exhibit, present, or for more information, go to www.iowaaeyc.org. Empowerment areas are encouraged to set up arrangements to cover the conference registration fees for providers from your area by contacting Rhonda Bancroft at rhonda@iowaaeyc.org, (515)331-8000 ext. 12.

News from IDPH Oral Health Bureau



**Dr. Bob Russell,
IDPH Dental Director**



School Dental Screening Requirement

Legislation effective July 1, 2008, requires all children entering elementary and high school to have a dental screening. The intent of the dental screening requirement is to improve the oral health of Iowa's children and promote the importance of oral health as an integral component of preparation for school and learning.

Dental screenings will be provided by an integrated network of health care professionals to supplement Iowa's dental workforce. Of utmost importance are the regional I-Smile coordinators located within each Title V MCH agency. These registered dental hygienists will serve as the liaison between the schools and the students who need assistance in obtaining a screening.

Frequently Asked Questions

1) Who does the requirement include?

The requirement applies to students newly enrolling in elementary school or high school. By definition, this would include Kindergarten (or 1st grade if there is no Kindergarten), 9th grade, and transfer students.

2) Does the requirement include children who are home-schooled?

No. The requirement only applies to students newly enrolled in an Iowa public or accredited nonpublic school.

3) Who can provide a screening?

A dentist, dental hygienist, physician, physician assistant, or nurse may provide a screening for elementary school students. For high school students, a screening must be provided by a dentist or dental hygienist. The ideal is that every child would have a screening by a dentist. However, due to barriers in accessing care, this will not be possible for all families.

4) What is the timeline for a screening to be done?

For elementary school, a screening that is done between the ages of 3-6 is acceptable.

For high school and transfer students, a screening completed within one year prior to enrollment is acceptable.

5) Will training be available for physicians, physician assistants, or nurses to do the screenings?

For the purpose of quality assurance and consistency, the Iowa Department of Public Health (IDPH) shall make training and training materials available for dental screening providers. We anticipate that trainings may be provided by local I-Smile Coordinators or by state Oral Health Bureau staff at state or regional meetings (e.g., school nurse conference).

6) What if a student does not have a dentist or has difficulty obtaining a screening certificate?

Families should be provided with community referral resources, including contact information for the I-Smile coordinator, local public health agency, or local dental society. Free screenings may be available through community health professionals or health screening events.

7) Will dental cards from the past be acceptable?

No. The form used as the Certificate of Dental Screening must be the IDPH certificate or a form approved in writing by the IDPH.

8) How will the screenings be reported to IDPH?

The statute requires an audit of all dental screening records by the local board of health by June 30th for the preceding school year. We anticipate working with the boards of health and I-Smile coordinators to determine the best way to complete the audit.

9) When do the students need to have the Certificate of Dental Screening in to the school?

The rules do not specify a certain amount of time. To assure ample time to comply with the audit requirement, we would recommend that the certificates be collected as soon as possible.

10) Can children be excluded from school if they do not have a dental screening?

No. The rules do not include "exclusion" language.

A new Web page, http://www.idph.state.ia.us/hpcdp/oral_health/school_screening.asp, is now available to help families, schools, and health professionals understand and comply with the school dental screening requirement. The site contains dental screening forms, the above Frequently Asked Questions document, Administrative Rules, and links to dental screening resources.



Submitted by:
Jody J. Kealey, RD, LD
Nutrition Coordinator
Child Health Specialty Clinics
Phone: 563 421 3035
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Nutrition News

Exciting news! Early ACCESS, Child Health Specialty Clinics, Iowa Department of Public Health, and Community Empowerment have partnered to offer a DVD training, on the topic of early identification of nutrition and feeding issues in infants and young children.

The title of the DVD is *Parent Nutrition/Feeding Questionnaire (PEACH Survey) Training*.

The DVD is approximately 90 minutes in length, comes with a CD of handouts and a Power Point so that the viewer can implement a method of nutrition screening. A referral process is established using Child Health Specialty Clinic Registered Dietitians who are trained in the Early ACCESS procedures and paperwork process.

After completing the DVD training and an evaluation form, a certificate of completion will be given from the Department of Education. Copies of the training DVD will be available in August, 2008, at all Area Education Agencies, Child Health Specialty Clinics offices and Title V Child Health Agencies.

This DVD will be a valuable resource for both service providers who are new to early intervention and Iowa's Early ACCESS system as well as the seasoned early interventionist wanting to enhance their own skills in early identification of nutrition needs.



America's Children in Brief: Key National Indicators of Well-Being, 2008

The Federal Interagency Forum on Child and Family Statistics has released America's Children in Brief: Key National Indicators of Well-Being, 2008. The annual report profiles the status of the nation's children and youth, presenting up-to-date federal statistics in one convenient reference. The National Center for Education Statistics in the Institute of Education Sciences is one of the 22 federal agencies that participate in the Forum and contribute to the report. The report documents that mathematics and reading scores of fourth and eighth graders have increased, but shows as well that the adolescent birth rate and the proportion of infants born at low birthweight have also risen. The report also includes indicators on child poverty, health care, housing, and at-risk behavior.

You can view, download, and print the report at <http://www.childstats.gov/>

Healthy Child Care Iowa (HCCI)



Sally Clausen, ARNP, BSN
Healthy Child Care Iowa
Iowa Department of Public
Health
sclausen@idph.state.ia.us

Flood-related Disease Precautions and Information

Health departments, health professionals, and the general public are making health inquiries about recent storms and flooding. The purpose of this web page is to highlight some precautions during flooding. Links and resources listed contain a variety of health and environmental precautions. For any additional questions contact the Iowa Department of Public Health at 515-281-7689

The following links will provide you with additional information:

- [ISU Flood Resource Information](#)
- [CDC Flood Resource Information](#)
- [Safety Information About Mosquito Repellent Use](#)

Additional Resources:

- [Flooding of Private Sewage Systems](#)
- [Cleaning Basements after a Flood](#)
- [Cleaning and Disinfecting](#)
- [Flood Contaminated Foods](#)
- [In an Emergency Discard or Salvage?](#)
- [Water Storage Containers](#)
- [Flooding and Child Care](#)
- [Mold Fact Sheet](#)
- [Mosquito Control Spraying](#) -- 5/27/04
- [Deciding What to Salvage](#)
- [Immunization Issues](#)

For more information:

Call 1-800-362-2736

Environmental Health Concerns contact (515) 281-0921

Changes to Healthy Child Care Iowa website: <http://www.idph.state.ia.us/hcci>

The Iowa Department of Public Health has updated the website for early care and education providers. More products are available to be downloaded and new resource links added.

Resource and Web Sites

Chemical/Safety in Child Care [Online Training](#) & Materials (this link will take you to ISU Extension website)

<http://www.ipm.iastate.edu/ipm/childcare/home> and to order materials go to:

<https://www.extension.iastate.edu/store/ItemDetail.aspx> This site also has an approved online training for early care and education providers

The U.S. government is charged with protecting the public from unreasonable risks of serious injury or death from consumer products, foods, and medicines. You can find information on recalled products on the Consumer Product Safety Commission web site: <http://www.cpsc.gov> or on the Food and Drug Administration website: <http://www.fda.gov/opacom/7alerts.html>.

Healthy Child Care Iowa maintains a list of products that have a warning or have been recalled in the last six months.

[Sign Up for Email Announcements](#) [\(Español\)](#)

Get free recall and safety news by email as part of CPSC's "Drive for 1 Million" campaign.



McKinley Back-to-School Health Fair

August 6th – McKinley Elementary School: 3:00 p.m. – 7:00 p.m.

Covering Kids and Families (CKF) in partnership with the Healthcare Coverage for Kids Coalition (HCKC) are putting the final touches on the planning for the 3rd annual McKinley Back-to-School Health Fair.

After distributing over 500 bags of school supplies and administering over 200 school physicals at the McKinley Health Fair last year, the group is strategizing how to gather an abundance of supplies and volunteers for an even bigger event this year. *hawk-i* outreach workers will be on hand to offer information and assistance regarding health insurance. Children who attend the health fair will be able to receive free school/sports physicals, dental screenings, vision screenings, lead testing, and school supplies. Immunizations will also be offered for children who do not have insurance that covers this service.

We are excited about partnering with McKinley Elementary, HCKC, Mercy, and Methodist Hospital resident physicians, Mercy College nursing students, the Polk County Health Department, Crystal Clear water, Subway, and countless other partners again this year. We are also looking forward to new partnerships with the Health Access Partnership and Van Meter Industries. If you have any questions, would like to donate supplies or would like to participate, please contact: Jenny Hodges at jhodges@idph.state.ia.us or Laura DeBoer at ldeboer@idph.state.ia.us.

