

# Beyond Reach Out and Read: A Personal Journey

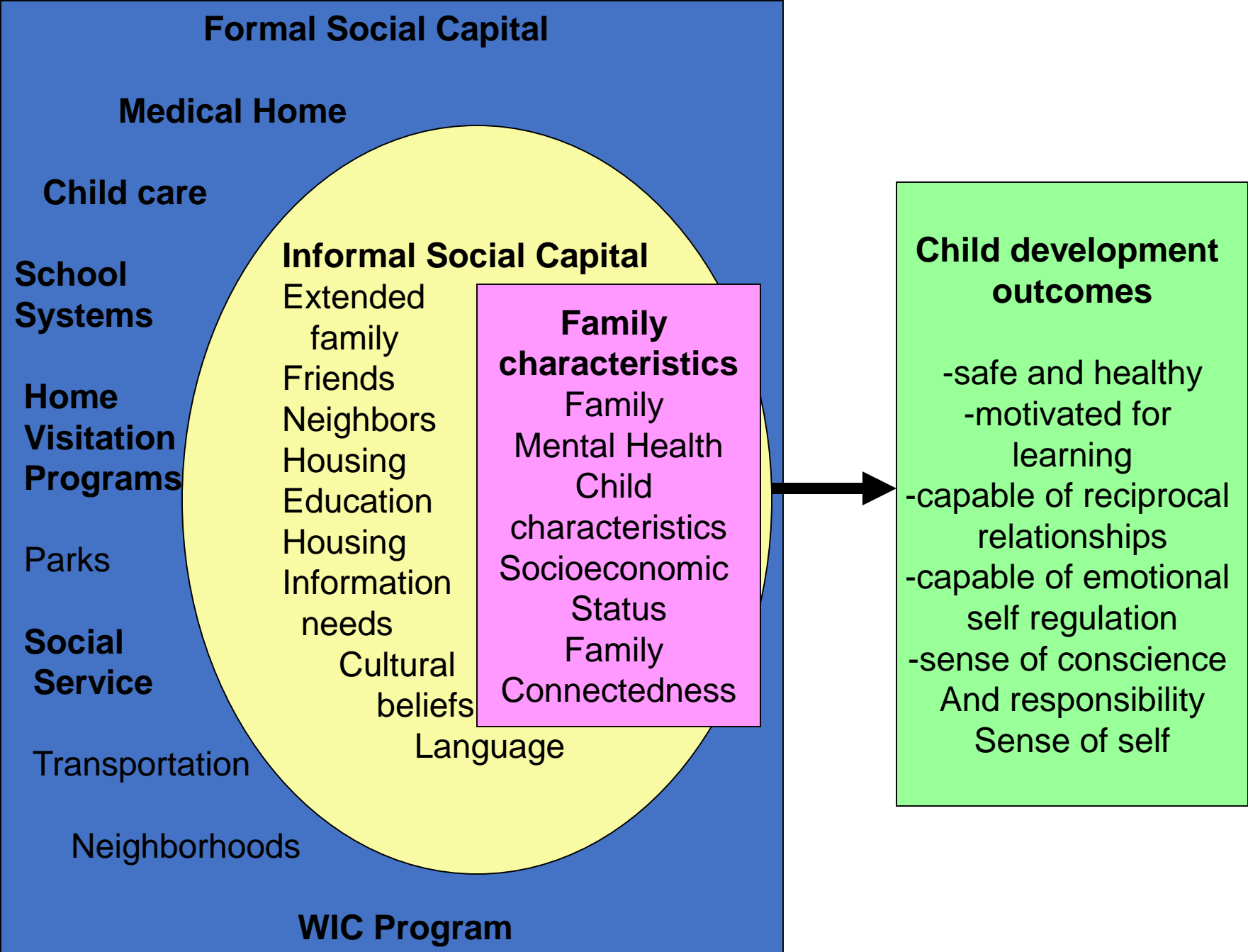
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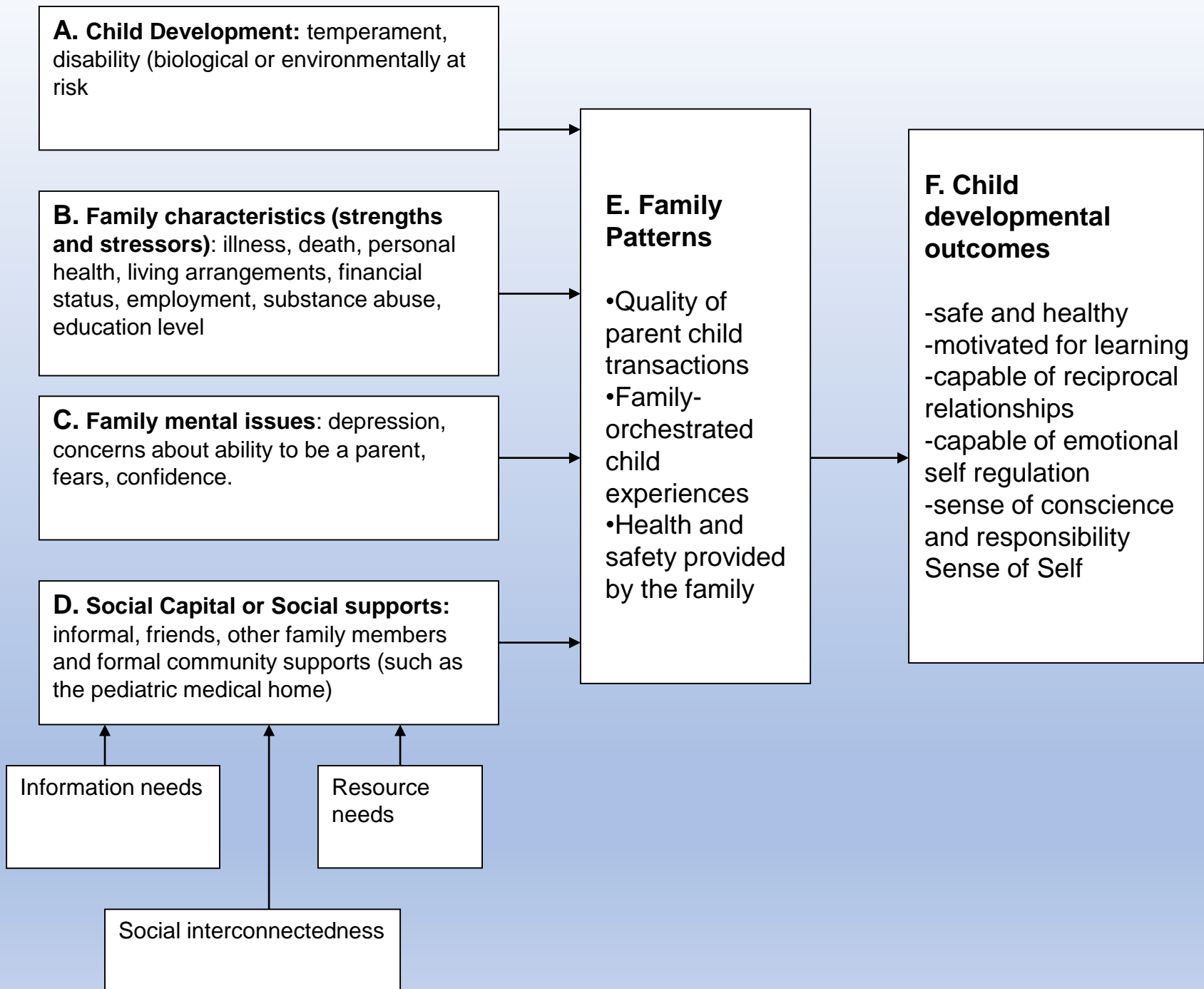


# Changing Morbidities: What are we seeing in our offices?

Developmental compromises and problems of adaptation in:

- Learning (e.g. school failure and **attentional problems**)
- The formation and maintenance of relationships (e.g. **oppositional defiant disorder**)
- Emotional regulation (e.g. internalizing problems in behavior, **depression**)
- **Behavioral conduct** (e.g. externalizing problems in behavior—such as planning difficulties, dysregulation of aggression, and problems of reciprocity and empathy)
- **Risk-taking behaviors** and exposure to physical illness (e.g. accidents and injuries, lack of immunization, poor utilization of health services, poor nutrition and substance abuse)

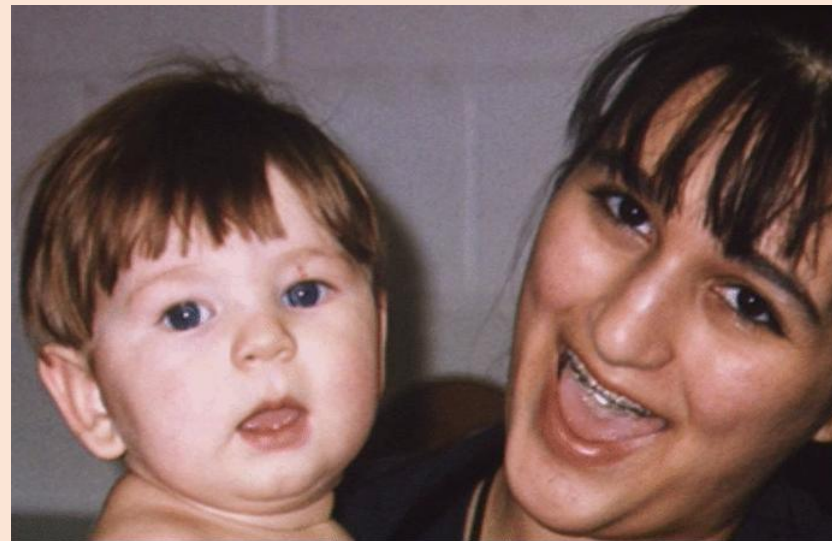




# What We Know: Children Who Prosper in Unfavorable Circumstances Have Social Capital

- Related to Social Capital: the benefits that accrue from social relationships within communities and families
- Desmond Runyan
- 1 indicator 13% better than 0, 2 indicators 29% better on Child behavior checklist, developmental screening

- Two parents in home,
- Social support for mother
- No more than two children in family
- Neighborhood support



# Screening for informal supports

## HELP AND SUPPORT

Whom can you count on to be dependable when you need help (just write their initials and their relationship to you):

- A. No one                      D. \_\_\_\_\_                      G. \_\_\_\_\_  
B. \_\_\_\_\_                      E. \_\_\_\_\_                      H. \_\_\_\_\_  
C. \_\_\_\_\_                      F. \_\_\_\_\_                      I. \_\_\_\_\_

How satisfied are you with their support?

- A. Very satisfied                      C. A little satisfied                      E. Fairly dissatisfied  
B. Fairly satisfied                      D. A little dissatisfied                      F. Very dissatisfied

Who accepts you totally, including both your best and worst points?

- A. No one                      D. \_\_\_\_\_                      G. \_\_\_\_\_  
B. \_\_\_\_\_                      E. \_\_\_\_\_                      H. \_\_\_\_\_  
C. \_\_\_\_\_                      F. \_\_\_\_\_                      I. \_\_\_\_\_

How satisfied are you with their support?

- A. Very satisfied                      C. A little satisfied                      E. Fairly dissatisfied  
B. Fairly satisfied                      D. A little dissatisfied                      F. Very dissatisfied

Whom do you feel truly loves you deeply?

- A. No one                      D. \_\_\_\_\_                      G. \_\_\_\_\_  
B. \_\_\_\_\_                      E. \_\_\_\_\_                      H. \_\_\_\_\_  
C. \_\_\_\_\_                      F. \_\_\_\_\_                      I. \_\_\_\_\_

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# Beaufort Stress Index

- Modified from Orr's Prenatal Social Environment Inventory (PSEI) Orr ST, James SA, Caspter R: Psychosocial stressor and low birth weight: development of a questionnaire. Journal of Developmental and Behavioral Pediatrics: 1992; 13 (5): 343-47
- 25 % of our families with newborns screened as high risk

# Beaufort Stress Index

- Family characteristics: illness, death, personal health, living arrangements, financial worries, employment, substance abuse, school,
- Informal social supports: marital arrangements, other family members
- Maternal mental concerns: concerns about pregnancy, ability to be a parent, fears. Positive scores correlate with depression
- Child Characteristics



**A Stress Index:** Beaufort Pediatrics Modified PSEI Social Inventory]

**Have any of these things happened in your life in the last year?**

Yes      No

**1. A family member died.**

2. You worried about the safety of your children.

3. Someone close to you was in an accident.

4. You were hospitalized for something besides having a baby.

5. You worried about a health problem (such as high blood pressure, diabetes, etc.).

6. You worried about how your neighborhood affected your children.

7. Your husband or boyfriend lost his job.

**8. One of your children was in an accident.**

9. You were ill for longer than a week.

10. You worried about your children's emotions.

11. You worried about the baby's health when you were pregnant.

12. You had to put off starting prenatal care because of money.

13. You lost your job

**14. Your husband or boyfriend had a drinking problem.**

15. Someone close to you got in trouble with the law.

16. You worried about being able to be a good parent.

17. You worried about how breaking up with your husband or boyfriend would affect your children.

18. One of your children had a chronic health problem.

**32. You and another family member didn't get along.**

33. You worried when you were pregnant about how your drug use would affect the baby.

34. You were sick to your stomach a lot with your pregnancy.

35. You wanted to go back to school but you couldn't

36. You were unhappy in your job.

37. You worried about labor and childbirth.

38. Your husband or boyfriend was without a job for more than a month.

39. You were without a job for more than a month.

# Connected Kids Screen

Available from AAP Bookstore

- **A1:** Who lives with your child?
- **A2:** Is everyone at home healthy?
- **A3:** We all have disagreements at home. How does everyone get along?
- **A4:** Who helps you with your children? (family, babysitter, neighbor, and friends)
- **A5:** Are there other children your child's age in you neighborhood? Do you know their parents or other adults in their lives who care for them?

# Connected Kids Screen

- **B1:** All parents have moments when their infant makes them very upset or angry. What do you do when this happens to you?
- **B2:** Who do you ask for help or support when your baby's demands make you feel frustrated?
- **C1:** How welcome do you feel at your child's school or childcare facility? How does the school or childcare provider let you know that you are welcome?
- **C2:** Who are your child's best friends?

# Identifying Partners (Social Capital)

- Who are my office's partners?
- Who are the families partners?
- What are their goals and how do we get to know one another better?
- Ask families about their experience of care. What services do they currently receive? What programs are helpful?
- Prompts in well child intake to record other services families receive
- Parent surveys to elicit information about community programs



# Developing active communication with community partners.....

- Health Department
- School System
- Parent-Child Centers
- Early Childhood Intervention Programs
- Home visitors (Healthy Families America, NFP, PAT, Heatly Steps, others)
- Invite community partners to tour the office, meet staff, and talk on their respective agency goals
- Talk with community partners about their goals and align goals wherever possible.
- Immerse yourself into community/state meetings where policy issues affecting families are discussed
- Integrate your services with community partners.....

# *BEAUFORT PEDIATRICS, PA*



- Oldest ROR program in SC
- Expanded screenings
- In house mental health counselors (MSW)
- Externally funded Care Coordinators
- Strong links to local health department and PT/OT/ Services
- Joint staffings for home visitor services
- In house home visiting programs

# What I have learned

- People who work in pediatric offices are fun to work with and care about health and developmental outcomes.
- Every office I have visited without exception has already been innovative even before QTIP
- Talking with my peers about child health care has made me a better doctor
- Practice patterns should never be static, we should always be reevaluating our efforts to improve care and respond to dynamic factors in the health care marketplace
- It's a privilege to be a pediatrician.... To be part of your patient's lives, to celebrate their successes, morn their losses
- But working in child health care is also hard work!!!!



# PEDIATRIC OFFICES ARE POWERFUL!

- Pediatricians, nurses, office staff are powerful people. We reach out to enhance by:
  - Educating
  - Anticipatory guidance, literacy promotion, development
  - Supporting
    - Just being available in over time, esp. times of crisis.
  - Screening. An open door to all services
    - Depression, social env., social capital, connectedness
  - Enhancing our well child care
    - Bright Futures, Positive parenting
  - Linking to other developmental services as indicated
    - Baby Net, home visitors, DSS
- Bringing new services into our offices

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Beaufort  
Pediatrics, PA

