



School Health Alliance
FOR FORSYTH COUNTY

Keeping students healthy, fit and ready to learn.

Final Report Summary: Months 1 - 6 (May - October 2020)
City of Winston-Salem
COVID-19 Response Fund City Grant

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Overview of SHA Program Activities: Months 1–6, May - October 2020

Through the assistance of the COVID-19 Response Fund City Grant and beginning in May 2020, the School Health Alliance for Forsyth County (**SHA**) expanded services to children served by the Imprints Cares' Child Care program for children of Essential Personnel during the COVID-19 pandemic. The Imprints Cares' programs were located at five select Winston-Salem/Forsyth County Schools (**WS/FCS**). Beginning in June 2020, these programs transitioned to Summer Camp programs at three WS/FCS school sites (which included one of the original five Essential Personnel Child Care sites and two new Summer Camp sites). Each of these three sites had a student enrollment capacity of 120 children (ages 5-12). The Summer Camp programs ran through August 2020. Beginning in late August/early September 2020 and lasting through October 2020, Imprints Cares launched their E-Learning Enrichment Center programs at seven different sites within the community. Two of the sites operated during school day only hours and were focused exclusively on ensuring that students were able to connect and stay connected to their virtual classes and lessons with the school district. The other five E-Learning Enrichment Center sites offered extended hours beyond the school day, and in turn, the flexibility for SHA to provide in person lessons for students following the virtual school day.

The SHA Executive Director and Behavioral Health provider team developed and provided developmentally appropriate lessons and activities focused on a variety of stress management topics (e.g., understanding healthy coping strategies when stressed, deep breathing, relaxation strategies, grounding strategies, distraction techniques, mindfulness, sleep hygiene) for the children enrolled in the Imprints programs. SHA medical providers also developed and provided lessons on health related topics related to prevention strategies for COVID-19 (e.g., hand washing, wearing a mask) and more general health and wellness topics (e.g., food and nutrition, sun safety, headaches). All lessons were designed to assist children during the uncertainty and upheaval resulting from the COVID-19 pandemic, but given the focus on healthy coping, healthy living, and well-being the lessons contained content that can be used or could be helpful to students even beyond the current pandemic. Lessons were delivered through a Zoom virtual meeting platform to children and staff located at each Essential Personnel Child Care Center and in-person at each Summer Camp site and E-Learning Enrichment Center site. Given that the students enrolled in the E-Learning Enrichment Center program were largely different than those previously enrolled and served by the Imprints Cares' Essential Personnel Childcare program or the Summer Camp program, the SHA team modified our Healthy Coping lesson content previously developed and shared for these programs with students enrolled in the E-Learning Enrichment Center program. Lesson content was video-recorded by the SHA team, and supporting lesson handouts for parents were also created to provide information for parents to reinforce the lesson content at home with their children. All lessons (videos and handouts) were posted on SHA's website (<https://shaforsyth.com/>). The addition of these materials to our website allows the content to be available to other students not enrolled in the Imprints Cares' programs during the school closure and virtual learning period. School district administrators have been made aware of the videos and content that have been included on the SHA website, and were encouraged to use and/or share the information freely to students and families within our district.

This report also includes medical and mental health services provided to children through SHA's Mineral Springs Health Center and the Mobile Medical Unit from August 2020 to October 2020,

as during these months the SHA focuses on ensuring that students that require health assessments and immunizations are in compliance with these requirements and are not excluded from school due to noncompliance. Many of these children and their families have been adversely affected economically by COVID-19 and sought services at our clinics, where care is provided to patients regardless of their ability to pay.

Lessons Provided

Each lesson was 20-25 minutes in duration and delivered by a SHA staff member. As precautions against COVID-19 transmission, SHA in-person presenters implemented social distancing and wore a mask. Lesson details are described in Table 1 below.

Table 1. Weekly SHA Healthy Coping and Living Lessons

Date	Lesson Topic	Lesson Details	SHA Provider
5/15/20	Healthy coping strategies I	<ul style="list-style-type: none"> - What is stress - How your body reacts to stress - How to recognize when you are feeling stressed - Suggestions & ideas for coping with stress 	Elyssa Rosenberg, LCSW
5/22/20	Healthy coping strategies II	<ul style="list-style-type: none"> - Maintaining schedules & routines 	Amanda Killion, LCSW
5/29/20	Healthy coping strategies III	<ul style="list-style-type: none"> - Managing change & feelings of grief/loss, anger, frustration, & irritability 	Elyssa Rosenberg, LCSW
6/5/20	Mindfulness & grounding strategies	<ul style="list-style-type: none"> - What is mindfulness - Awareness of bodily experiences - Yoga 	Jessica Moses, LCSW
6/12/20	Deep breathing & yoga	<ul style="list-style-type: none"> - What is deep breathing - How & when is it helpful - Deep breathing exercises - Yoga 	Jessica Moses, LCSW
6/23/20 – 6/25/20 ¹	Progressive muscle relaxation	<ul style="list-style-type: none"> - Progressive muscle relaxation exercises 	Inga Marohn, LCSW
6/30/20 – 7/2/20	Distraction techniques	<ul style="list-style-type: none"> - Using distraction as coping strategy - Types of distraction techniques - Identifying distraction techniques that students can practice on their own 	Inga Marohn, LCSW
7/7/20 – 7/9/20	Good sleep hygiene	<ul style="list-style-type: none"> - Tips and best practices for setting the stage for a good night's rest - Bedtime routines 	Inga Marohn, LCSW
7/14/20 – 7/16/20	Handwashing/ hand hygiene	<ul style="list-style-type: none"> - Importance of hand hygiene - How and when to practice hand hygiene 	Tenesa McCaskill-Gainey, FNP-C
7/21/20 – 7/23/20	Sun safety and sunscreen	<ul style="list-style-type: none"> - Importance of sun protection for all skin types - What happens when we don't protect skin - How to protect skin & be safe in sun 	Tenesa McCaskill-Gainey, FNP-C; Sarah Baker, CPNP
7/28/20 – 7/30/20	Headaches	<ul style="list-style-type: none"> - Most common headaches in children - Causes of headaches - How to treat and prevent headaches - When to get help for headaches 	Sarah Baker, CPNP
8/4/20 – 8/6/20 ²	Nutrition: Fruits & Vegetables	<ul style="list-style-type: none"> - Importance of fruits and vegetables in your daily diet - Education on portion size and types of fruit and vegetables 	Tenesa McCaskill-Gainey, FNP-C

9/25/20	What you need to know about masks	<ul style="list-style-type: none"> - Who should wear a mask - How and when to wear a mask - How to put on, take off, clean, and store a mask - Benefits of wearing a mask 	Stevie Wilson, NP
10/2/20	Healthy coping strategies I	<ul style="list-style-type: none"> - What is stress - How to recognize when you are feeling stressed - Suggestions & ideas for coping with stress - How to support each other when we are feeling stressed 	Inga Marohn, LCSW
10/9/20	Healthy coping strategies II	<ul style="list-style-type: none"> - Exploring how COVID-19 stress effects ourselves, our families, and communities - How your body reacts to stress and the emotions that can come with feeling stressed - Deep Breathing and Relaxation as coping strategies for managing stress 	Elyssa Rosenberg, LCSW
10/16/20	Healthy coping strategies III	<ul style="list-style-type: none"> - How we each have unique ways of showing our stress - Recognizing others' stress reactions - How to help and support your family when they are stressed - Review of how to use coping strategies discussed in previous sessions in these situations 	Inga Marohn, LCSW
10/23/20	Handwashing/ hand hygiene	<ul style="list-style-type: none"> - Importance of hand hygiene - How and when to practice hand hygiene 	Sarah Baker, CPNP
10/30/20	Nutrition: Fruits & Vegetables	<ul style="list-style-type: none"> - Importance of fruits and vegetables in your daily diet - Education on portion size and types of fruit and vegetables 	Tenesa McCaskill-Gainey, FNP-C

1 Note that the lesson scheduled for 6/19/20 was cancelled by Imprints Cares due to the transition from Essential Child Care Program Services to their Summer Camp Program and resulting changes in spaces and availability of virtual meeting technology.

2 Note that the Summer Camps ended a week earlier than scheduled due to difficulty securing adequate locations after the school locations closed to prepare for the earlier start to the school year as described in the text above.

Additional Services Provided to Imprints Cares Sites

SHA medical and behavioral health teams were available by phone to consult with teachers in the Imprints Cares' centers regarding any medical, nutrition, or emotional/ behavioral health concerns they had about a student in their programs. The SHA was also available to consult with parents of children served by the Imprints Cares programs. SHA staff were available to schedule medical or behavioral health visits for Imprints Cares students at participating SHA sites.

Results

Five Imprints Cares' Child Care program sites, three Summer Camp program sites, and five E-Learning Enrichment Center sites participated in the SHA lessons.

Table 2 below lists the number of child participants in the Imprints Cares site sessions as well as their grade and gender. **Table 3** below provides demographic information of the patients served by the SHA clinics. **Charts 1-11** below display student race/ ethnicity for Imprints Cares

sites and SHA clinics by month and all months combined. **Table 4** below lists the residential zip codes of the children served in the Imprints Cares sites and the SHA clinics. Finally, **Table 5** below gives additional detail about SHA clinic services provided, including number of encounters documented, number of procedures provided, types of insurance payors for these patients, and a breakdown of diagnoses by category (medical, mental health, preventive, and nutrition).

As seen in the tables and charts below, 1502 Imprints Cares students participated in the SHA lessons across all sites between May and October 2020. These students were in grades Pre-Kindergarten through 6th grade, with an average grade across all students of 2.0. The gender distribution of students across sites varied by month, but averaged 48.6% female and 51.4% male across all months. Race/ ethnicity varied among sites and months, but the overall racial/ethnic breakdown across all sites and months was 59% white, 18% black/African American, 10% multiracial, 7% Hispanic, 4% Asian, and 2% Other.

The two SHA clinics served 207 students between August and October 2020. The age range of these students was 4 – 18 (average of 10.1). Females accounted for 54% and males 46%. Student ethnicity consisted of 61% Non-Hispanic and 39% Hispanic. The overall racial breakdown was 51% white, 40% black/African American, 5% Asian, and 4% other. The two clinics documented 259 encounters and provided 1256 procedures. In terms of insurance payors, 56% of the patients were uninsured, 40% Medicaid, and 4% private insurance. A breakdown of diagnoses provided during these encounters consists of 17% Medical, 4% Mental Health/ Behavioral Health, 46% Preventive, and 33% Nutrition.

Taken together, the SHA served a total of 1709 students during the six month funding period for the COVID-19 Response Fund City Grant. The SHA served students residing in 27 different zip codes. In some cases, it appeared that Imprints Cares programs served a small number of students whose parents worked in Forsyth County (but may have resided in a different county). Nonetheless, the majority of students served by Imprints Cares programs resided in Forsyth County. In addition, partnerships and collaboration between Imprints Cares and School Health Alliance for Forsyth County developed that allowed for coordination of care and expanded services for students.

Table 2. Imprints Cares Sites, Participants, and Demographics, May - Oct 2020

Month	# Sites	Program Type	Parti- cipants in SHA Lessons	Avg Partici- pants Per Week	Grade Range	Avg Grade	Female	Male
May	5	Child Care ¹	75	11.3	K - 6	1.8	56%	44%
June	7	5 Child Care ¹ , 2 Summer Camp	293	30.6	PreK - 6	1.6	50%	50%
July	3	Summer Camp	277	203.3	PreK - 5	1.5	52%	48%
Aug	3	Summer Camp	201	201	PreK - 5	1.3	50%	50%

Sept	3	E-Learning Enrichment Center	112	112	K - 6	2.8	47%	53%
Oct	5	E-Learning Enrichment Center	544	109	K - 6	2.6	45%	55%
Total			1502	111.2	PreK - 6	2.0	48.6%	51.4%

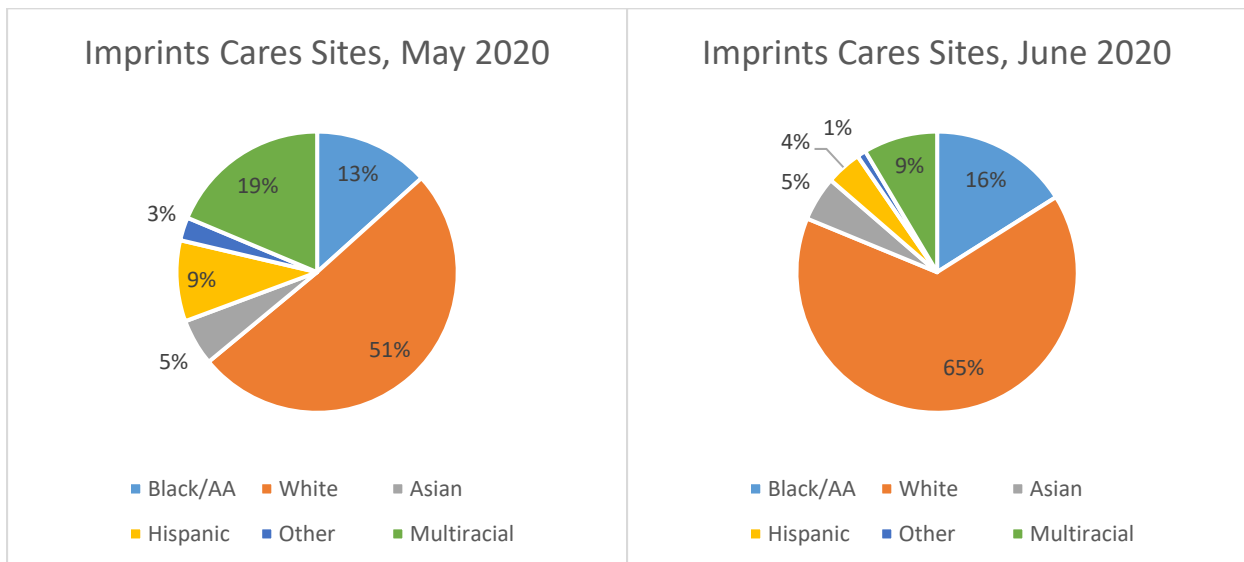
1 This refers to the Essential Personnel Child Care Centers

Table 3. SHA Clinic¹ Patient Demographics, Aug – Oct 2020

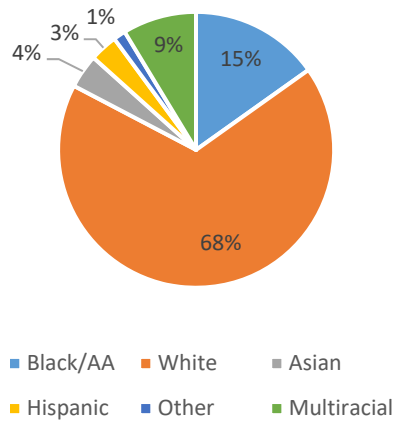
Month	Program Type	# Patients	Patient Age Range	Avg Age	Female	Male	Hispanic	Non-Hispanic
Aug	SHA clinic	42	4 - 15	9.3	43%	57%	36%	64%
Sept	SHA clinic	74	4 - 18	10.5	54%	46%	36%	64%
Oct	SHA clinic	91	4 - 18	10.1	58%	42%	42%	58%
Total		207	4 - 18	10.1	53.5%	46.5%	38.6%	61.4%

1 SHA clinics consisted of the Mineral Springs Health Center and Mobile Medical Unit

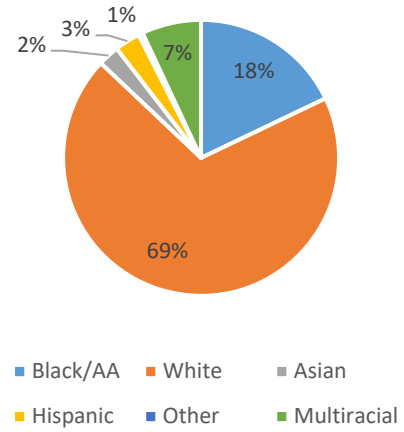
Charts 1-7. Participant Race/Ethnicity of Imprints Cares Sites by Month, May - Oct 2020



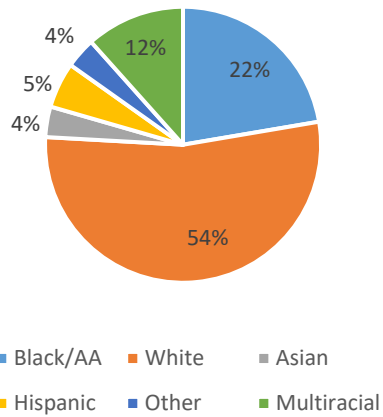
Imprints Cares Sites, July 2020



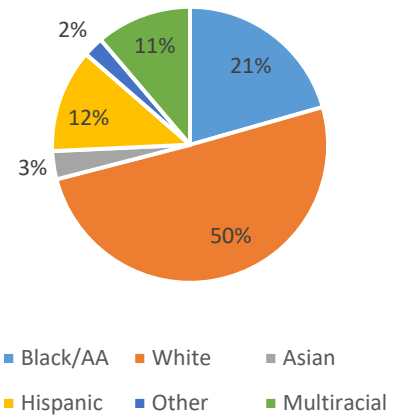
Imprints Cares Sites, Aug 2020



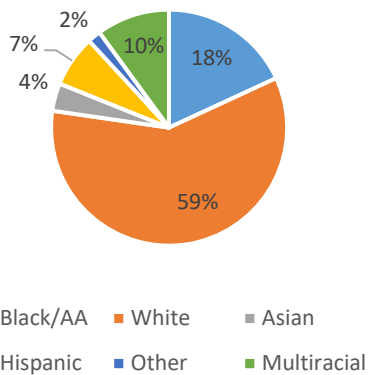
Imprints Cares Sites, Sept 2020



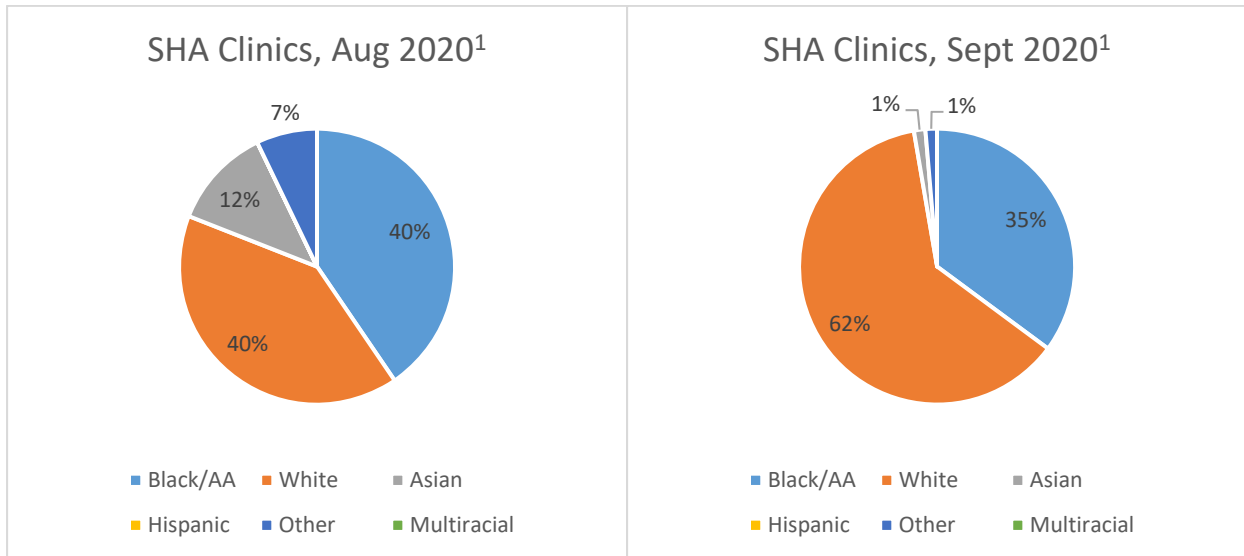
Imprints Cares Sites, Oct 2020



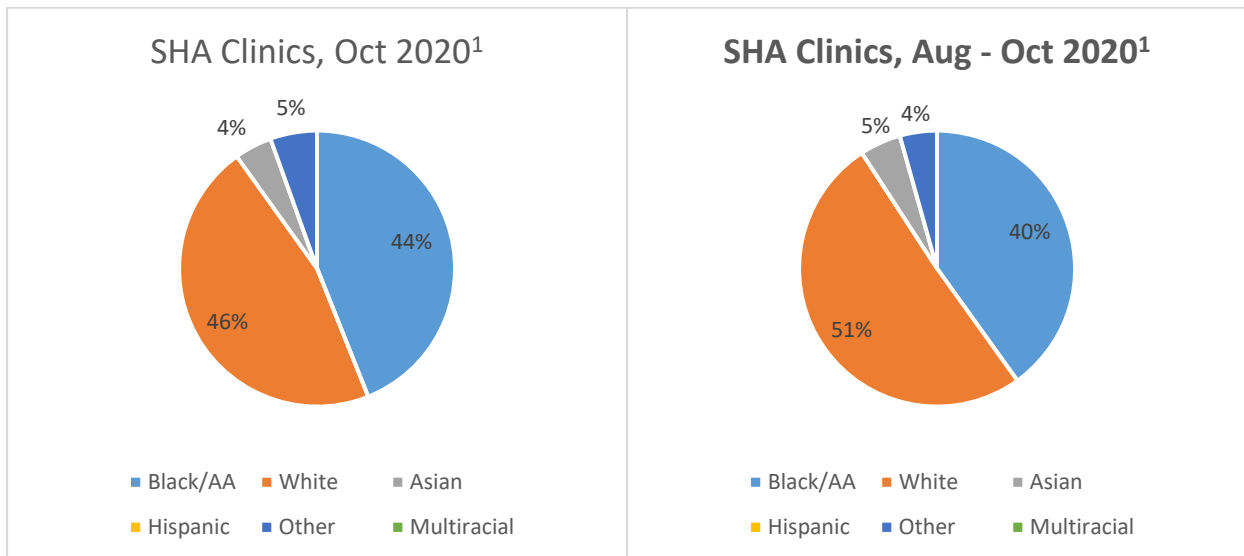
Imprints Cares Sites, May - Oct 2020



Charts 8-11. Participant Race of SHA Clinics by Month, Aug - Oct 2020



1 Note that SHA clinics assessed race and ethnicity as separate constructs rather than combined; see Table 3 above for patient ethnicity



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Table 4. Zip Codes of Imprints Cares Students and SHA Clinic Patients, May – Oct 2020¹

Site/ Clinic	# of Zip Codes	Zip Codes
May	15	27009, 27012, 27023, 27040, 27045, 27050, 27101, 27103 - 27107, 27127, 27284, 27285

June	22	27009, 27012, 27021, 27023, 27040, 27045, 27050, 27051, 27101, 27103 – 27107, 27127, 27265, 27284, 27285, 27299, 27360, 27409, 27410
July	23	27009, 27012, 27021, 27023, 27040, 27045, 27050, 27051, 27101, 27103 – 27107, 27127, 27265, 27284, 27285, 27295, 27299, 27360, 27409, 27410
Aug	18	27009, 27012, 27023, 27040, 27045, 27050, 27051, 27101, 27103 – 27107, 27127, 27284, 27285, 27295, 27360
Sept	17	27012, 27023, 27040, 27045, 27050, 27051, 27101, 27103 - 27107, 27114, 27127, 27203, 27284, 27408
Oct	19	27009, 27012, 27019, 27023, 27040, 27045, 27050, 27051, 27101, 27103 – 27107, 27114, 27127, 27203, 27284, 27408
Total	27	27009, 27012, 27019, 27021, 27023, 27040, 27045, 27050, 27051, 27101, 27103 – 27107, 27114, 27127, 27203, 27265, 27284, 27285, 27295, 27299, 27360, 27408, 27409, 27410

1 We have made corrections in our zip code data from the August and October reports, as we discovered a data extraction issue within Tableau (our data reporting system which includes data from other clinic sites within our parent organization). The above overall summary of zip codes is now correct for each month and for the total reporting period.

Table 5. SHA Clinic Services Provided, Percentage of Insurance Payors, and Percentage of Diagnosis Type, Aug – Oct 2020

Site/ Clinic	Encoun- -ters ¹	Pro- cedures ²	Medi- caid	Priv. Insur	Unin- sured	Med'l Dx ³	MH Dx ⁴	Preventive Dx ⁵	Nutrition Dx ⁶
Aug	51	303	40%	10%	50%	11%	13%	40%	36%
Sept	90	416	46%	4%	50%	22%	2%	42%	34%
Oct	118	537	35%	1%	64%	15%	2%	51%	31%
Total	259	1256	40%	4%	56%	17%	4%	46%	33%

- 1 This refers to the number of encounters documented
- 2 This refers to the number of procedures provided during these encounters
- 3 This refers to the percentage of diagnoses that were medical diagnoses (e.g., asthma, sick visits, injuries)
- 4 This refers to the percentage of diagnoses that were mental health diagnoses (e.g., depression, anxiety)
- 5 This refers to the percentage of diagnoses that were preventive diagnoses (e.g., immunizations, screenings, well-child checks)
- 6 This refers to the percentage of diagnoses that were nutrition diagnoses (e.g., nutritional counseling, weight assessment)

Feedback from Imprints Cares Sites

Feedback about the lesson content from Imprints Cares site staff was overwhelmingly positive from May to October 2020. The virtual meeting lessons through Zoom for the Essential Personnel Child Care Centers occurred without any technical difficulties. Children were very engaged in the lessons and were eager to participate and to share personal experiences and examples related to the lesson content. Site staff recommended a lesson length of 20-30 minutes as most optimal, and each SHA lesson was delivered consistent with this preferred timeframe.

**City COVID-19 Response Fund Grant
to the School Health Alliance for Forsyth County
Financial Report**

MONTH	**EXPENDITURES	BALANCE
May	\$11,875	\$63,125.00
June	\$11,875	\$51,250.00
July	\$11,875	\$39,375.00
August	\$11,875	\$27,500.00
September	\$13,750	\$13,750.00
October	\$13,750	\$0.00
*Total Beginning Balance	\$75,000.00	
Total Ending Balance		\$0.00

*** Total of ALL expenditures previously submitted under this grant budget period through monthly financial reports.**

**The School Health Alliance (SHA) has 12 month and 10 month employees. The 10 month employees will only be working 4 months of the 6 month grant period. Thus, the difference in salary and fringe for employees with the same credentials.

Please See Notes regarding Personnel (Salary + Fringe)

Executive Director/Behavioral Health Director: This position will oversee the SHA staff involved with implementing and the development of the behavioral health and medical developmentally appropriate lessons and activities to be shared with children receiving care by the Imprints Cares childcare programs located in WS/FCS.

Licensed Clinical Social Worker: The LCSWs will continue to provide behavioral health services in the comprehensive school-based health centers and will also develop and provide the lessons and activities focused on a variety of stress management topics either in person or through video technologies to the Essential Personnel children served by the Imprints Cares childcare programs.

⁴The NPs will be available to provide medical visits both in-person and by telephone or video at our comprehensive school-based health centers. The medical providers will be available to consult regarding any health or nutrition concerns with workers or parents of the children served by the childcare programs.

Certified Medical Assistant: The CMAs will continue to support the medical providers at the SHA sites where they are assigned and be ready to answer phones, schedule patients, assist with enrollment paperwork, and keep our clinics clean, disinfected and ready at all times to see patients.