

Provider Training Prevention and Population Health Management

Agenda

- Overview
- Objectives
- Discussion
- Wrap Up — Q&A

Overview

This comprehensive training program is designed to equip health care professionals, public health practitioners, and other relevant stakeholders who serve members in the child welfare system and their families.

Participants will gain the knowledge and skills necessary to improve health outcomes at both the individual and community levels. The focus will be on preventive measures, health promotion, and understanding the social determinants of health.



Objectives

1. Understanding Population Health Concepts
2. Promoting Preventive Health Strategies
3. Enhancing Health Promotion Skills
4. Implementing Evidence-Based Practices
5. Increasing Health Literacy
6. Building Community Partnerships
7. Fostering Culturally Competent Care
8. Addressing Health Disparities

Part One: Understanding Population Health Concepts

Population health plays a vital role in caring for children in the child welfare system:

- Identifying vulnerabilities: Children in welfare systems are particularly vulnerable to poor health outcomes due to factors like abuse, neglect, and poverty.
- Holistic care: Population health emphasizes a holistic approach to care, integrating physical, mental, and social well-being.
- Collaboration: Collaboration with providers, social workers, educators, and others ensures the needs of children are met in a multifaceted and effective manner.
- Resource allocation: Understanding health needs lead to a greater ability to strategically allocate resources to address gaps and ensure interventions are impactful and sustainable.

Key Population Health Principles

- Health equity: Children in welfare systems often experience health disparities due to systemic inequities. Focusing on health equity means actively working to remove barriers that these children face, such as a lack of access to quality health care and educational resources.
- Prevention: Preventive care is crucial in child welfare, where early interventions can significantly alter a child's life trajectory. Regular health check-ups, mental health screenings, and preventive education can mitigate many issues that children in welfare are disproportionately at risk for.
- Chronic disease management: Children in the welfare system often have untreated chronic conditions due to inconsistent access to health care. Effective chronic disease management ensures these children receive continuous, holistic care, improving both their current health and future outcomes.

Healthy Blue Care Together — Complex Population Health Needs

1. Mental health: trauma, neglect, and abuse leading to anxiety, depression, PTSD, and behavioral issues
2. Physical health: inadequate management of chronic conditions, missed vaccinations, and lack of health screenings
3. Healthcare access and continuity: frequent relocations leading to gaps in care
4. Social determinants of health: unstable living conditions, educational disruptions, food insecurity, and lack of extracurricular activities
5. Cultural and racial disparities: disproportionate challenges, including bias, misunderstanding, and lack of culturally competent care
6. Transition to adulthood: struggle with independence, support systems
7. Stigma and discrimination: impacts of self-esteem and mental health, leading to isolation

Part Two: Promoting Preventive Health Strategies

Primary Prevention:

- Education and awareness campaigns:
Develop and distribute educational materials (brochures, flyers, videos) that highlight the importance of vaccinations, proper nutrition, physical activity, and other healthy behaviors.
- Vaccination programs:
 - Partner with schools, community centers, and child welfare organizations to organize vaccination clinics.
 - Ensure all children in the welfare system are up-to-date on their vaccinations and provide resources for those who need to catch up.
- Community outreach:
 - Engage with local communities to create supportive environments for families, reinforcing healthy behaviors.
 - Offer family-focused events where health professionals can provide information and resources.

Part Two: Promoting Preventive Health Strategies (cont.)

Secondary Prevention:

- Regular screenings and check-ups:
 - Establish a schedule for regular child health screenings and check-ups for children and families involved in the welfare system.
 - Screenings can include vision, hearing, dental, developmental, and mental health assessments.
- Early intervention programs:
 - Identify and provide services to children and families at risk or showing early signs of health problems.
 - Coordinate with schools, social workers, and community organizations to ensure early intervention services are accessible.
- Training for caregivers and staff:
 - Train caregivers, foster parents, and child welfare staff to recognize early signs of health issues.
 - Provide information on how to access appropriate healthcare services and support.

Part Two: Promoting Preventive Health Strategies (cont.)

Tertiary Prevention:

- Chronic disease management programs:
 - Develop and implement care plans for children with chronic conditions such as asthma, diabetes, or mental health disorders.
 - Provide ongoing support and education to families about managing these conditions effectively.
- Rehabilitation and therapeutic services:
 - Ensure access to rehabilitation services such as physical therapy, occupational therapy, and speech therapy for children who need them.
 - Provide psychological and psychiatric services to children and families dealing with trauma or mental health issues.
- Collaboration with other services:
 - Work closely with schools, social services, and community organizations to provide comprehensive care that addresses both medical and social determinants of health.
 - Ensure that families have access to resources such as housing support, food assistance, and educational services.

Nutrition:

- Educational workshops:
 - Organize workshops to educate families about the importance of a balanced diet.
 - Provide food insecurity assistance:
Connect families with local food banks, community gardens, and nutrition assistance programs.

Physical activity:

- Age-appropriate activities
Provide a list of community resources such as parks, recreation centers, and youth sports programs.
- Active family time:
Encourage families to participate in activities together, like walking, hiking, or playing sports.

Lifestyle Modifications and Interventions (cont.)

Mental health:

Stress-management techniques:

- Teach families stress management and relaxation techniques, such as mindfulness, meditation, and deep-breathing exercises.
- Encourage activities that foster emotional connections, like family game nights or storytelling.
- Emotional Support and Resilience Building:
Promote open communication within families to create a supportive environment.

Part Three: Enhancing Health Promotion Skills

Providers can use established health promotion theories and models, such as the Health Belief Model (HBM) and the Transtheoretical Model (TTM), to encourage health promotion skills among families in the child welfare system:

- Assess beliefs about health issues and benefits of preventive measures.
- Build trust and rapport with families and use a culturally sensitive approach to address needs and concerns.
- Use clear, empathetic communication to convey health information.
- Employ motivational interviewing techniques to encourage behavior change and self-efficacy.
- Establish a system for regular follow-up to monitor progress.
- Connect families with community resources and support groups to reinforce health-promoting behaviors.

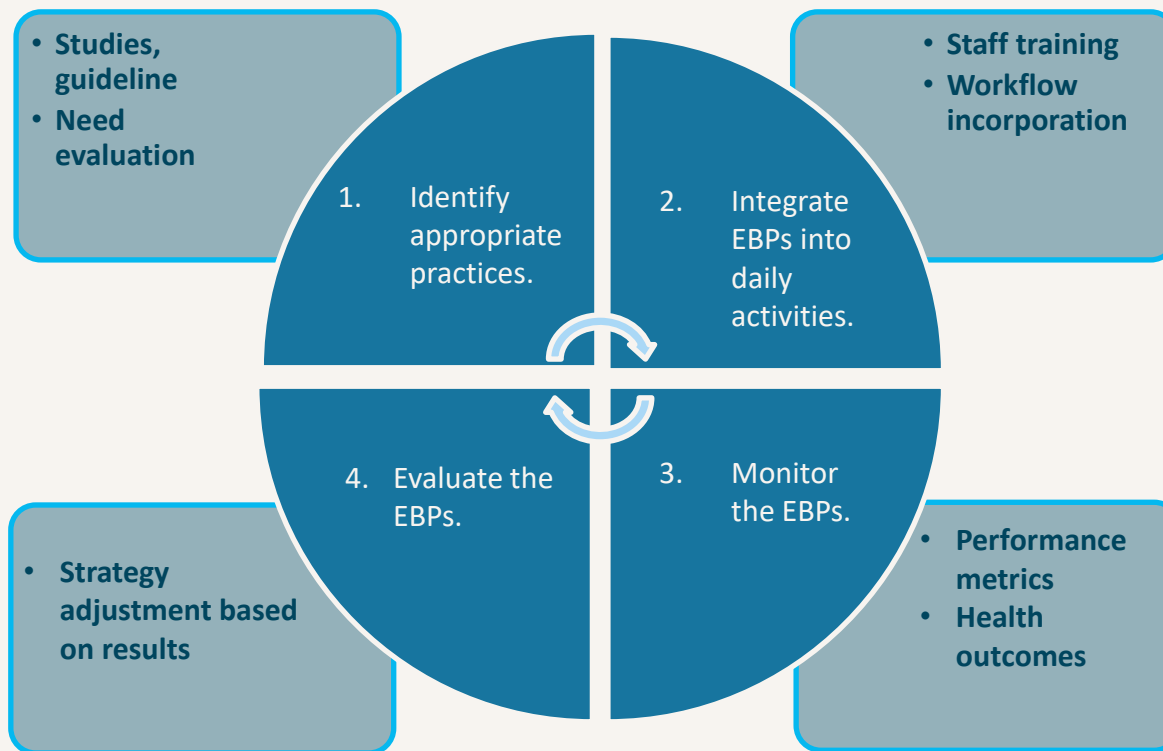
Part Four: Implementing Evidence-Based Practices (EBPs)

EBPs are interventions, practices, and policies that use scientific evidence to achieve the best possible outcomes. They are significant because they can improve health outcomes through proven methods.

Examples in child welfare and population health:

- Home visitation programs: evidence-based programs that support child development and parental practices
- Trauma-informed care: interventions that recognize and respond to the impact of traumatic experiences on children

How to Implement EBPs



EBP Example: Trauma-Informed Care

Trauma-Informed Care: This approach recognizes and responds to the widespread impact of trauma, integrating knowledge about trauma into policies, procedures, and practices to avoid re-traumatization.



Integrating Trauma-Informed Care into Population Health:

- Many children in welfare systems have experienced significant trauma. Integrating trauma-informed care ensures these children receive care that acknowledges and addresses their traumatic experiences.
- Trauma-informed care can lead to better health outcomes by reducing re-traumatization, enhancing trust, and promoting healing and resilience.

Part Five: Increasing Health Literacy

To improve health literacy among families in the child welfare system, providers can take specific steps to simplify complex information, use visual aids and technology, and assess health literacy levels.

Here is a structured approach:

- Simplify complex information.
- Use visual aids and technology (such as videos, apps, and websites).
- Check for understanding with the *teach-back* method.
- Use multi-modal learning (such as verbal, visual, and kinesthetic teaching).
- Ensure cultural sensitivity.
- Provide follow-up and support to increase empowerment and self-efficacy.
- Collaborate with community partners.

Source: [Health Literacy and Patient Engagement](#)

Part Six: Building Community Partnerships

Building strong community partnerships is essential for providers to enhance resource sharing, support comprehensive care, and create a robust support network for families in the child welfare system.

Here are the steps to promote these community partnerships effectively:

- Identify organizations with similar goals and missions that can help fill gaps.
- Reach out to existing contacts and networks to initiate or strengthen partnerships.
- Meet regularly and develop inclusive initiatives.
- Solve problems collaboratively and celebrate successes.

Part Seven: Fostering Culturally Competent Care

Fostering culturally competent care is crucial for providers working with families in the child welfare system. Culturally competent care improves communication, builds trust, and leads to better health outcomes:

- Gather information about the diverse cultural backgrounds of the families you serve.
- Use community resources to gain insights into the cultural norms, values, and needs of different communities.
- Show respect for cultural practices and beliefs.
- Organize and attend training on cultural competency and humility.
- Immerse yourself in different cultures through community events and partnerships.
- Adapt services according to cultural needs (such as language support, educational materials that are culturally appropriate, incorporating traditional health practices).

Part Eight: Addressing Health Disparities

Addressing health disparities is crucial to ensure equitable health care for all, especially for families in the child welfare system:

- Understand health disparities and identify root causes and contributing factors.
- Identify vulnerable populations through data and community assessment.
- Tailor interventions to minimize disparities.
- Sustain efforts that are successful.

Wrap up — Q&A

Thank you

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NCHB-FC-085244-25-SRS84580 NCHB-FC-092314-25-SRS91616 September 2025