



School Programs & Collaborations

Between Lurie Children's & Chicago Public Schools | August 2020

Ann & Robert H. Lurie Children's Hospital of Chicago has a long history of collaborative partnerships and programming with Chicago Public Schools. Given the interconnectedness of health and education, this partnership is essential to the missions of both institutions.

We have worked across various levels of CPS – from individual schools to networks to the district level – including working collaboratively with leaders from CPS Office of Social Emotional Learning, Office of Diverse Learners and Support Services, Office of College and Career Success, Office of Innovation and Incubation, Office of Network Support, School Counseling and Postsecondary Advising, Office of Safety & Security, Office of Student Health and Wellness, Office of Early Childhood Education, and the Research Review Board.

The following summary outlines many of the programs, activities, and resources Lurie Children's currently provides to students, parents, teachers, school staff, and administrators throughout CPS:

- ❖ Behavioral & Mental Health
- ❖ COVID-19 Response
- ❖ Mobile Health
- ❖ Neighborhood Based Initiatives
- ❖ Whole Child Approach
- ❖ Nutrition & Physical Activity
- ❖ Hospital-based Instruction
- ❖ Pregnant & Parenting Teens
- ❖ Protective Services
- ❖ Support for Youth with Medical Complexity and Chronic Conditions
- ❖ Sexual Health Education, LGBTQ+ & Gender Inclusion
- ❖ Violence Prevention
- ❖ Sports & Injury Prevention
- ❖ Youth Substance Use & Abuse
- ❖ Workforce Education & Internships

Behavioral & Mental Health

School Mental Health

The Center for Childhood Resilience (CCR) partners with Chicago Public Schools to provide tiered services to address the mental and behavioral needs of students. Together, we aim to embed a sustainable multi-tiered system of behavioral health supports district-wide. This past year, CCR delivered training and technical assistance to over 2,300 educators and school staff.

Trauma Trainings

The Center for Childhood Resilience's (CCR) trauma training program involves signature in-person and train-the-trainer education on the impact of trauma on students and trauma-informed practices. This includes how traumatic exposure and chronic stress impact academic achievement, development and behavior. Participants learn to identify trauma symptoms, recognize students' mental health needs, and implement trauma-informed strategies and practices. We also have specific trainings to help participants recognize and respond to signs and symptoms of distress and crisis for immigrant, refugee and other marginalized children and families impacted by the sociopolitical climate. In addition, beyond training, we have also been working with schools and networks (including the Options school network) to support schools in conducting a comprehensive needs assessment and action planning process that results in the creation of a data-driven action plan that will drive the school's development and implementation of trauma-responsive practices.

School-based Group Interventions

The Center for Childhood Resilience (CCR) provides training and technical assistance on clinical evidenced-based group interventions to be delivered in schools. These services include skill-based interventions to address trauma, anxiety, depression, chronic stress, Post-Traumatic Stress Disorder (PTSD), and impulsive and reactive aggression. We collaborate with CPS to identify and pilot new interventions to address identified district needs, such as Strengthening Transition Resilience of Newcomer Groups (STRONG), an intervention for immigrant and refugee students. CCR supports the sustainability of these programs by training CPS personnel as trainers and coaches for these interventions to build internal CPS leadership capacity.

Multidisciplinary Behavioral Health Teams

Multidisciplinary school-based "Behavioral Health Teams" establish systems of care for students in need of mental health services across the multi-tiered classification of need. The Center for Childhood Resilience (CCR) developed a model to establish or build upon staff teaming structures which includes protocols to identify, assess, and refer students to appropriate interventions, provide access to evidence-based mental health interventions, and discuss and track student behaviors and performance. The goal is to maximize resources and match the right students to the right interventions using data-informed student discussions. Collaboration occurs across school, family, and community systems. CCR trains staff within a workshop model and provides coaching.

COVID-19 Response

Lurie Children's and CPS have worked to transition programming to directly respond to urgent needs exacerbated by COVID-19, and to shift to virtual formats to ensure continuity for students.

Youth Mask, Safety Information and Diaper Distributions

In partnership with CPS principals and CPS food distribution sites, Lurie Children's distributed 9,000 youth/adult cloth masks, COVID-19 safety information in English and Spanish, and 24,000 diapers to communities most impacted by COVID-19.

Mental Health

The Center for Childhood Resilience (CCR) is working to respond to the stressors related to COVID-19, racial uprisings, and the intersection between race, equity, and trauma, as well as shifting our materials and strategies for virtual delivery of this training.

CPS COVID-19 Survey

The Center for Food Allergy & Asthma Research (CFAAR) and physicians from Lurie Children's worked with CPS to create a survey to understand the impact of COVID-19 and its associated public health measures (e.g. physical distancing, school closures) on CPS families and students. Questions explore household demographics, student specific questions about remote learning, questions about the recent civil unrest across the country, and the social, emotional, physical, and mental health supports needed upon return to school. CFAAR will analyze the data for CPS to help them understand the growing needs communities are experiencing.

The Class that Can: Coronavirus

The Center for Food Allergy & Asthma Research (CFAAR) worked with CPS and young authors JJ Vulopas and Riya Jain to create and distribute a children's book titled "The Class that Can: Coronavirus", which teaches grades K-4 about coronavirus and what they can do to stay safe and healthy. The book is free for teachers and can be accessed in both paperback and e-book.

Mobile Health Program

Mobile Health Program

The Mobile Health Program, which started in October 2019, visits Chicago Public Schools to help provide school physicals and immunizations. Our clinical professionals provided these services at Leland Elementary, Belmont-Cragin Elementary, Northwest Middle and Richard J Daley Academy in our first school year. After several visits to Leland Elementary, the school's health compliance rate increased from 60 to more than 80 percent. We work collaboratively with the Office of School Health and Wellness and other mobile providers to ensure efficiency. Beginning August 2020, we will focus on schools in Network 6, as well as other community partners on the south and west sides of Chicago.

Neighborhood Based Initiatives

All Hands Health Network

The All Hands Health Network is a 7-year, \$16M federally funded grant program that aims to expand access to quality primary care, specialty care, and behavioral health services while building care coordination and service integration capacity for children in Belmont Cragin and Austin. Together with community partners, including CPS, Lurie Children's is developing a new model of care and payment model for children insured by Medicaid. Kenneth Fox, MD, Chief Health Officer of CPS, serves on the Partnership Council.

Parent University

The Healthy Communities team engages with principals and Parent University coordinators to provide child health and development experts in response to needs. In the past few years, Lurie Children's experts have led sessions on trauma-responsive practice, injury prevention, sexual health and workforce education.

Whole Child Approach

Whole Child Implementation

The Consortium to Lower Obesity in Chicago Children (CLOCC) and Healthy Communities supports CPS, primarily through the Office of Student Health and Wellness (OSHW), with the implementation of the Whole School, Whole Community, Whole Child (Whole Child) approach developed by the U.S. Centers for Disease Control and Prevention (CDC) and ASCD (formerly the Association for Supervision and Curriculum Development). The Whole Child approach aims to ensure that each child, in each school, in each community is healthy, safe, engaged, supported, and challenged. The expected outcome is increased coordination among district and school staff, community-based organizations, families, and partners to improve the culture of health in schools and ensure that student health-related needs are considered holistically as opposed to in isolation. The Whole Child approach is included as one of the six core values in the 2019-2024 CPS vision "Success Starts Here".

Whole Child School Pilot

The Consortium to Lower Obesity in Chicago Children (CLOCC) provides direct support to neighborhood elementary schools with the implementation of the Whole Child approach to integrate health-related programs and policies for a holistic approach to student health. Each school receives an initial assessment of the overall health culture and landscape at the school, trainings on individual Whole Child components and the approach, support with selecting a Whole Child Coordinator and creating a Team, and assistance with the development of a Whole Child action plan. CLOCC also partners with Healthy Communities to coordinate the hospital's many programs and services that support CPS schools. CLOCC connects schools with community/neighborhood programs and partners as well. This work serves as one of the models for the eventual implementation of the Whole Child approach, a core value of CPS's new five-year vision, "Success Starts Here" district-wide.

Nutrition & Physical Activity

Healthy CPS Training & Support

The Consortium to Lower Obesity in Chicago Children (CLOCC) and the Office of Student Health and Wellness (OSHW) at CPS co-convene the +Network, a group of CPS partners that provide schools with Healthy CPS support, in addition to a wide range of health and wellness activities and programs. +Network partners work with schools to identify unmet criteria through the Healthy CPS Checklist, assist schools with creating an action plan to comply with unmet criteria, and ensure schools complete the end of the year Healthy CPS Survey. The goal of the +Network is to improve Healthy CPS achievement with a demonstrated increase in average level of achievement across all participating schools when compared to schools that have not received +Network support. The +Network also provides collective feedback on policy implementation to inform OSHW about the potential need for policy change.

Food & Fitness Partner Network

The FFPN is a network of approved CPS partners that provide food and fitness programming to schools. The network is co-convened by CPS's Office of Student Health and Wellness (OSHW) and The Consortium to Lower Obesity in Chicago Children (CLOCC). The partner organizations have all been vetted and reviewed by the CPS Materials Review Committee to provide a wide range of healthy eating, physical activity and wellness activities and services to schools. The FFPN meets quarterly for presentations, trainings and breakout discussions to build the capacity of each partner organization to provide wellness support.

5-4-3-2-1 Go!®

5-4-3-2-1 Go!® is the Consortium to Lower Obesity in Chicago Children's (CLOCC) public education message and training containing recommendations for children and families to promote a healthy lifestyle: 5 servings of fruits and vegetables a day, 4 servings of water a day, 3 servings of low-fat dairy a day, 2 or less hours of screen time a day, and 1 or more hours of physical activity a day. The 5-4-3-2-1 Go! message has been presented to CPS parent groups, as well as through a train-the-trainer model to other school and community groups. An adapted "Junior" curriculum for younger children is also being implemented in childcare programs and Head Starts across CPS. Approximately 800 curriculum kits have been distributed to preschool classrooms throughout Chicago.

Hospital-based Instruction

School Services

The School Services program is designed to keep children engaged in learning and moving forward in their school's curriculum while hospitalized. The Chicago Board of Education specifically assigns two teachers who work exclusively with Chicago Public Schools students who meet criteria for their services. Patients enrolled in CPS have full access to our classroom and all of its resources.

Pregnant & Parenting Teens

ConnecTeen

ConnecTeen supports pregnant and parenting CPS students and other youth in Chicago by connecting them to an evidence-based home visiting program in their community area. ConnecTeen allows a single point of contact to understand the young person's needs and provide an appropriate referral to the home visiting program. By participating in a home visiting program, families receive support from health, social service, and child development professionals.

Youth-Directed Pilot Research Program and Webinar

The Division of Adolescent Medicine is facilitating a youth-directed research program promoting supports within CPS for pregnant and parenting youth. Staff are building on that research to implement educational programming which will begin to fill knowledge gaps and empower CPS staff to accommodate, support, and include CPS students who are pregnant and parenting. Adolescent Medicine staff are collaborating with CPS to film a series of short videos featuring current and former CPS students who are pregnant and/or parenting. These videos will feature students sharing their stories with a supportive adult from CPS, showcasing ways that they were supported as well as discussing supports that they wished that they'd received. These videos will be incorporated into a webinar training developed in collaboration with CPS Office of Student Health and Wellness (OSHW) and administered to CPS teachers and staff.

Protective Services

Safety and Wellbeing (SAW) Clinic

This multidisciplinary clinic provides a wide range of clinical services and support to patients and families in cases where child maltreatment is either suspected or has been identified. Services include the medical assessment of children, the psychosocial evaluation of children and families, case management, connection with community resources to provide a team approach for child abuse cases, and prevention education for parents and caregivers.

Trauma Treatment Service (TTS)

TTS is a multidisciplinary team, housed within the department of Psychiatry and Behavioral Health, that supports children and adolescents (ages 0-18) who have mental health challenges following an exposure to one or more traumatic events. This can include, but is not limited to, people who have been direct victims of (or witnessed) homicide, gun violence, interpersonal and domestic violence, sexual violence, robbery, or assault, as well as medical trauma, or accidents. TTS works to provide comprehensive, evidence-based, holistic interventions to patients and families. This includes individual, group and family therapy, resource connection and coordination as well as medication management on an outpatient basis.

Support for Youth with Medical Complexity and Chronic Conditions

Care Coordination, Education Liaisons, and Individualized Education Program (IEP) Support

The Health Partners Care Coordination team assists children with medically complex needs with the transition from Early Intervention to school-based services and therapies with CPS. In addition, Lurie Children's has Education Liaisons dedicated to the Departments of Epilepsy, Audiology, Hematology/Oncology/Stem Cell Transplantation, and the NICU-Cardiac Neurodevelopmental Program in the Heart Center. The Education Liaisons partner with patient families and their schools to help ensure that patients have the access to appropriate supports and services and that schools have up to date information to best support our patients. Various Lurie Children's clinicians, including Educational Liaisons, Social Workers, and Care Coordinators, attend 504 Plans and Individualized Education Program (IEP) meetings with schools to provide support for children, parents, and school personnel in the development of these educational plans.

Project ADAM – Sudden Cardiac Arrest Preparedness

Project ADAM (Automated Defibrillators in Adam's Memory) is a national, non-profit organization committed to saving lives through advocacy, education, preparedness and collaboration to prevent sudden cardiac death. The goal is to support schools in achieving Project ADAM's Heart Safe School (HSS) designation which is attained by schools upon successful implementation of a quality sudden cardiac arrest program of awareness, training and effective emergency response to promote a Heart Safe environment for students, visitors and staff as outlined

within the Heart Safe School Checklist. As a Project ADAM affiliate, Lurie Children's provides the foundation for schools to plan and develop their program, including planning templates, a reference manual and one-on-one consultation on how to help prevent sudden cardiac death in the school setting.

[Peer-to-Peer Food Allergy Videos](#)

The Center for Food Allergy & Asthma Research (CFAAR) developed and evaluated grade level-specific food allergy education videos to determine if the videos would improve food allergy understanding concerning severity, management, and support strategies. The videos feature children with food allergies to allow peers to better understand and support their classmates with food allergies. The videos are on USBs and include Frequently Asked Question (FAQ) sheets, Discussion Questions, and Teacher Guides for each video, so teachers can use these videos during class.

[Student Media Based Health Research Team \(SMHRT\) Curriculum](#)

The Center for Food Allergy & Asthma Research (CFAAR) created the Student Media Based Health Research Team (SMHRT), a curriculum focuses on asthma interventions in schools and is available at no cost for schools, community-based organizations and other youth-focused programs to implement. SMHRT's goal is to empower students to better understand their own health conditions and how their environment/community helps or hurts their health. The SMHRT Curriculum is on a USB and includes a syllabus, goals and objectives, lesson plan, Power point slides, resource sheets, homework activities, and evaluation forms and can be modified to address specific health needs of different communities.

[CPS Student Health Leaders Program](#)

The Center for Food Allergy & Asthma Research (CFAAR) partnered with Chicago Public Schools to host four workshops for 95 CPS high school students focused on personal development and health advocacy. The students came from 16 high schools across the city to create 11 educational PSAs to spread awareness on health topics that are common in their schools/communities and to create individual posters showcasing their ideas to improve these conditions/issues. Physicians and residents from Lurie Children's and Northwestern assisted in leading groups and speaking with the students throughout the program.

[Asthma Prevalence in Chicago Study](#)

The Center for Food Allergy & Asthma Research (CFAAR) is partnering with the University of Chicago on a grant application aimed to characterize the geographic variability of asthma prevalence and outcomes across the city of Chicago. A population-based asthma prevalence survey will be administered to a geographically and socio-demographically representative sample of Chicago households with school-aged children as well as utilize secondary data sets to characterize and triangulate asthma prevalence and asthma-related health and education outcomes. Results will be used to identify "hotspots" with exceptionally high asthma burden and inform future targeted asthma control and prevention interventions.

[The Class that Can: Food Allergies](#)

The Center for Food Allergy & Asthma Research (CFAAR) worked with CPS and young authors JJ Volupas and Riya Jain to create a children's book teaching students about food allergies, friendships, and the importance of having a CAN mindset. This fun, creative, and positive book will revolutionize how elementary schools across the nation introduce food allergies to their students.

Sexual Health Education, LGBTQ+ and Gender Inclusion

Sexuality Education Program

The Sexuality Education Program supports students, parent/guardians, and school staff by facilitating thoughtful, culturally responsive, and LGBTQ+ inclusive conversations related to sexual health consistent with CPS/OSHW K-12th guidelines. Our specially trained staff support conversations and educational sessions related to relationships, social emotional development, and sexual health. Lurie Children's Division of Adolescent Medicine provides feedback, guidance and support on sexual education curriculum updates, staff training, and curriculum implementation as members of the Sexual Health Advisory Committee convened by OSHW.

LGBTQ+ Cultural Competency & Gender Inclusive Schools

The Division of Adolescent Medicine provides school-based trainings for parents, teachers, staff, and administrators. These professional development sessions include information tailored to fit the needs and questions of each unique CPS school community regarding the importance of gender inclusion and transgender support in school and tactics for creating affirming and inclusive environments for LGBTQ+ students. Adolescent Medicine staff worked closely with Office of Student Health and Wellness (OSHW) and CPS Legal on the initial transgender inclusion guidelines and subsequent updates for CPS students and adults. Staff collaborate with OSHW to support annual updates to the CPS gender inclusion toolkit. Experts within Adolescent Medicine also provide individualized advocacy and support to CPS students. Team members work closely with students and CPS staff to ensure that the student's needs are being met and that their schools are appropriately implementing the CPS transgender guidelines.

Transgender Support Videos

For the 2020-2021 school year Adolescent Medicine will be collaborating with OSHW to film a series of short videos featuring current and former transgender CPS students. These videos will allow youth to share their stories of successes and discuss ways that they would have liked to have been supported. These videos will highlight ways that members of the CPS school community can and should provide meaningful support to transgender youth in the district.

Violence Prevention

Strengthening Chicago's Youth

Strengthening Chicago's Youth's (SCY) policy agenda encompasses school policy reform and advocacy efforts designed to prevent violence and build resilience among youth. SCY advocates at the state and CPS-district level for policy reforms that promote trauma-informed responses to school discipline while reducing the use of punitive practices that lead to suspension and expulsion. In addition, SCY works to improve access to mental and behavioral health supports in schools. SCY also participates in multiple education-related coalitions and convenings, many alongside CPS, such as Generation All and Embrace Restorative Justice.

Sports & Injury Prevention

Knee Injury Prevention

The Institute of Sports Medicine manages the Knee Injury Prevention Program (KIPP), a dynamic warm up and strengthening program that has been shown to significantly reduce lower extremity injuries in female athletes. KIPP has been implemented in many schools following in-person education provided Sports Medicine. The program is traditionally taught to student athletes, coaches, and physical education teachers – an online course is also available. Approximately 7,000 participants are trained annually.

Concussion Prevention

The Concussion Education Program is a comprehensive program that offers updated education, policy development, and baseline testing of concussions. The program is individualized to the needs of the school and fulfills state mandates of staff education and policy development. It is offered by Sports Medicine to coaches, parents, administrators, school nurses, and student athletes. Online courses are also available. Approximately 1,000 participants are trained annually.

Safe at Play

The Injury Prevention and Research Center (IPRC) strives to reduce preventable injuries in several ways: fostering protective environments, enhancing knowledge and skills, increasing awareness and improving policies. IPRC partners with schools on various events, such as bike to school days, child passenger safety, home safety education and products, and playground inspections and builds.

Youth Substance Use & Abuse

Youth Substance Use Prevention Coalition (SUPC)

Youth Substance Use Prevention Coalition (SUPC) (formerly Preventing Alcohol Abuse in Chicago Teens (PAACT)) is a multi-agency coalition of community-based organizations, government agencies and stakeholders from across the city. Convened by Lurie Children's, SUPC works to prevent youth substance use in Chicago. SUPC is working with Chicago Public Schools (CPS) to improve policies around alcohol and substance use. SUPC convened a School Policy Taskforce of key stakeholders including: school staff, students, parents, community agencies, clinicians, and CPS administrators. This effort is to bring school substance use policies in alignment with recent reforms to reduce the use of punitive measures, such as suspension and expulsion, in favor of more holistic responses that keep students in school while addressing their social and emotional needs. This School Policy Taskforce provided guidance and resources to connect youth to intervention, treatment and/or other support services. The Board of Education adopted several changes to the CPS Student Code of Conduct in July 2018 based on the Taskforce's recommendations.

Youth Substance Use Prevention Education

The Division of Adolescent Medicine has created a research informed youth substance use prevention curriculum focusing on the three substances that most impact young people in Chicago, vaping/e-cigarettes, marijuana, and alcohol. In 2020 this curriculum was formally reviewed and approved by CPS' Materials Review Committee for use within classrooms with CPS students. In the 2020-2021 school year Adolescent Medicine staff will be building on relationships with current schools and seeking new school partners to implement this curriculum and complement the existing CPS Health Education curriculum and resources. Staff are currently adapting the curriculum to reach staff and parents. We will begin facilitating this adult-facing curriculum in the 2020-2021 school year.

Substance Use & Prevention Program (SUPP)

SUPP provides assessment, Level 0.5 early intervention and Level 1 outpatient services for youth who meet criteria for any substance use disorder (marijuana, alcohol, tobacco/vaping, and other drugs). Our team also provides medications for addiction treatment for youth struggling with opioid and nicotine use disorders. SUPP is a part of The Potocsnak Family Division of Adolescent and Young Adult Medicine, and is staffed by a diverse multidisciplinary team including pediatricians and behavioral health providers. Our expert clinicians are trained to provide comprehensive services. Outside of our clinical program, we serve the community by providing prevention education sessions.

HIV and Substance Use Screening and Linkage to Services

The Adolescent Medicine Community Program's team worked with the Office of Student Health and Wellness (OSHW) to obtain a letter of support on a recent successful Substance Abuse and Mental Health Services Administration (SAMHSA) grant submission. This project which will begin in August 2020 supports Lurie Children's sexual health and substance use prevention education and enables the team to offer integrated HIV and substance use screening and comprehensive linkage to services.

Workforce Education & Internships

SHADES for the Future

This program, developed in 2003 by Lurie Children's, places high school students in a six-week workforce development program. Students are assigned to various departments including nursing units where they work and receive school credit for their participation while in the program. Students are selected from the Medical and Health Careers and Allied Health CTE programs at their Chicago Public high school.

Summer Internships: Discovering Healthcare Careers and One Summer Chicago

Lurie Children's offers internship and mentoring opportunities for approximately 100 students from more than 30 Chicago Public Schools each summer. These programs provide educational shadowing opportunities, life skills trainings and mentoring from clinical and administrative leaders. To date, Lurie Children's has hired more than 80 former interns as full-time employees.