



DISTRICT OF COLUMBIA

OFFICE OF THE STATE SUPERINTENDENT OF

**EDUCATION**

### **Symposium Purpose**

The Health and Wellness Symposium is an opportunity for participants to obtain critical professional development and updates around health education, including teaching strategies and materials, content knowledge, community-based resources, and parent engagement strategies. The symposium also provides participants with the opportunity to network and share best practices. The symposium will cover a range of health topics and will include a variety of dynamic speakers working on wellness in the District. The symposium will build upon the success of the inaugural Health Professional Development Day, integrate the Teacher Wellness Symposium, and build on partnerships with other division teams, government agencies and community based organizations.

### **2017 Symposium Tracks**

#### **Early Childhood Education Track**

This track will focus on health topics related to children aged 0 to 5 in early learning centers, schools or after school programs.

#### **Athletics Track**

This track will focus on topics related to athletics staff including coaches, referees, and possibly physical education staff.

#### **School Instruction Track**

This track will focus on skills that support staff (teachers, health educators, etc.) in the classroom or other direct instructional environments.

#### **School Services and Programs Track**

This track will focus on providing guidance, ideas and resources for continuing or starting health programs and services in the school environment. School staff and community partners will learn more about connecting their students to adolescent health and support services that align with the National Health Education Standards.

### **Symposium Agenda:**

**9 - 9:15 a.m.** Welcome Address: Hanseul Kang, State Superintendent of Education

**9:15 - 10 a.m.** Opening Speaker: Dr. Marcee White

**10:10 a.m.** Break and Transition Time

**10:10 - 11:10 a.m.** Morning Concurrent Sessions:

<b>Early Childhood Education:</b> Transitional Feeding for Infants  <a href="#">Room 7</a>	<b>Early Childhood Education:</b> Maintaining Lactation During Mother Infant Separation  <a href="#">Ballroom D</a>
<b>Athletics:</b> DCSAA Rules and Interpretation <a href="#">5AB</a>	<b>Athletics:</b> Title IX Refresher (High School) <a href="#">Room 2</a>
<b>School Services and Programs:</b> Wellness by Establishing a Positive Work-Life Balance (Part 1 of 2) <a href="#">Auditorium</a>	<b>School Services and Programs:</b> Applying Transgender Policy Lessons from DC Public Schools (Part 1 of 2) <a href="#">Room 5</a>
<b>School Instruction:</b> Brain Development and the Role of Relationships and Experiences  <a href="#">Room 4AB</a>	<b>School Instruction:</b> Dating Abuse and Healthy Relationships in the Schools  <a href="#">Executive Board Room</a>

**11:10 - 11:20 a.m.** Break and Transition Time:

**11:20 a.m. - 12:20 p.m.** Morning Concurrent Sessions:

<b>Early Childhood Education:</b> Daily Mile Initiative: A New Approach to Child Fitness  <a href="#">Room 4</a>	<b>Early Childhood Education:</b> Food Allergy Prevention and Response  <a href="#">Ballroom D</a>
<b>Athletics:</b> Positive Coaching  <a href="#">6AB</a>	<b>Athletics:</b> NCAA Recruiting & Eligibility Requirements  <a href="#">Room 2</a>
<b>School Services and Programs:</b> Wellness by Establishing a Positive Work-life Balance (Part 2 of 2)  <a href="#">Auditorium</a>	<b>School Services and Programs:</b> Applying Transgender Policy Lessons from DC Public Schools (Part 2 of 2)  <a href="#">Room 5</a>
<b>School Instruction:</b> Fitness Gram®  <a href="#">Room 7</a>	<b>School Instruction:</b> Classroom Management and Working with Marginalized Populations  <a href="#">Executive Board Room</a>

**12:30 - 1:30 p.m.** Lunch and Exhibitors

**Lunch Panel Facilitator:** Dr. Lindsay Djinge

**1:40 - 2:40 p.m.** Afternoon Concurrent Sessions

<b>Early Childhood Education:</b> Let's Take Action! Local Wellness Policy Development and Implementation for Child Care Facilities (Part 1 of 2) <a href="#">6AB</a>	<b>Early Childhood Education:</b> How to Prevent and Control Infectious Disease  <a href="#">Ballroom D</a>
<b>Athletics:</b> Positive Coaching  <a href="#">Auditorium</a>	<b>Athletics:</b> NCAA Recruiting and Eligibility Requirements <a href="#">Executive Boardroom</a>
<b>School Services and Programs:</b> CAFAS Informational (Part 1 of 2)  <a href="#">Room 7</a>	<b>School Services and Programs:</b> School-Based Health and Wellness Services from Medstar Georgetown University Hospital: Ronald McDonald Care Mobile FITNESS Program and School Health Center at Roosevelt High School  <a href="#">Room 2</a>
<b>School Instruction:</b> DOH PrEParing Youth  <a href="#">Room 5</a>	<b>School Instruction:</b> How to Incorporate Nutrition into Core Subjects <a href="#">Room 4AB</a>

**2:40 - 2:45 p.m.** Break and Transition Time

**2:45 - 3:45 p.m.** Afternoon Concurrent Sessions

<b>Early Childhood Education:</b> Let's Take Action! Local Wellness Policy Development and Implementation for Child Care Facilities (Part 2 of 2) <a href="#">Room 6</a>	<b>Early Childhood Education</b> Role Model Healthy Lifestyle Choices for Child Care Facilities  <a href="#">Room 4AB</a>
<b>Athletics:</b> Title IX Refresher <a href="#">Auditorium</a>	<b>Athletics:</b> DCSAA Rules & Interpretation <a href="#">Executive Boardroom</a>
<b>School Services and Programs:</b> CAFAS Informational (Part 2 of 2)  <a href="#">Room 7</a>	<b>School Services and Programs:</b> Healthy Schools and Wellness Programs On the Spot Technical Assistance <a href="#">Room 5</a>
<b>School Instruction:</b> Trix for Adults: How to engage with Youth  <a href="#">Ballroom D</a>	<b>School Instruction:</b> Health Data: From Collection to Analysis to Action  <a href="#">Room 2</a>

**3:45 - 3:50 p.m.** Break and Transition Time

**3:30 - 4:20 p.m.** Closing Session – Dr. Olga Price

**4:20 - 4:30 p.m.** Closing Remarks – OSSE Health and Wellness Division

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Aug. 18, 2017 Symposium Day 2:

**9 - 10 a.m.** Roundtable Activity with Breakfast

**10 a.m. - 1 p.m.** Concurrent Day Long Trainings/Certifications

Early Childhood Track: CPR Training

Athletics Track: CPR/First Aid/AED

School Instruction Track and School Services and Programs Track: Implementing Health and PE Standards

**1 - 2 p.m.** Lunch

**2 - 4 p.m.** Concurrent Day long Trainings/Certifications

Early Childhood Track: CPR Training

Athletics Track: Title IX Training for Middle School Athletic Directors

School Instruction Track and School Services and Programs Track: Allergy Management Train the Trainer Course

**4 - 4:30 p.m.** Raffle and Prizes

### **Track 1: Early Childhood Education**

**Transitional Feeding for Infants:** This training will help providers understand how to safely serve infants healthy foods as they transition from the bottle to table foods. We will discuss identifying developmentally appropriate food textures, shapes and sizes, and consistency along with how to set up a meal environment that supports transitions to solid foods.

**Maintaining Lactation During Mother-Infant Separation:** This session will instruct child care providers on how to support a breastfeeding mother who chooses to provide breast milk when the mother and baby are separated. Topics covered include breast milk storage, handling

and preparation, ways to provide a baby with expressed breast milk and positive practices for breastfeeding-friendly child care centers.

**Let's Take Action! Wellness Policy Development and Implementation for Child Care**

**Facilities:** Participants will gain a better understanding of health and wellness policies and learn how to develop and implement them in their early care and education facility.

**Role Modeling Healthy Lifestyle Choices Within Child Care Facilities:** Within child care facilities, staff play a significant role in influencing the decision making process of preschoolers. This interactive presentation will examine the influence of staff as positive role models of healthy behaviors. Participants will discuss the impact of their nutrition choices and physical activity in the workplace and how healthier options may be used as teachable moments. There will be an opportunity to begin outlining steps to develop a staff wellness policy and program.

**Prevention and Response to Food Allergies:** This session will provide an overview of how to recognize and respond to food allergies.

**How to Prevent and Control Infectious Diseases:** This session will provide an overview of how to prevent and control infectious diseases, including information on immunizations and influenza.

**Daily Mile Initiative: A New Approach to Child Fitness:** This session is an evidenced-based program designed for early care and education (ECE) facilities to improve the physical, emotional, and social health of children through activities around physical activity, daily hydration, and class planting & gardening. Participants will be provided with steps on implementing the activities at their facility and will also partake in an environmental walk during a portion of the session.

**Track 2: Athletics Track**

**Positive Coaching:** This course will focus on positive coaching strategies and best practices for new and veteran coaches. We urge coaches at all levels to participate in this session as we look to uphold a culture of positive motivation for our students.

**Title IX Refresher:** This course is open to all levels of coaches and will provide an overview of both the Federal and District Title IX legislation. This course will count toward requirements under the District law to complete District of Columbia State Athletic Association approved Title IX training.

**NCAA Recruiting and Eligibility Requirements:** This session will review NCAA student athlete eligibility requirements, how to support student athletes throughout their high school careers, and how to help them navigate the recruiting process.

**New Rules and Interpretation:** Along with the pending re-organization of the DC State Athletic Association (DCSAA), there will also be modifications to the District rules governing athletics. This course will review the changes and discuss programmatic impacts.

### **Track 3: School Instruction**

#### **Child and Adolescent Brain Development and the Role of Relationships and Experiences:**

Decades of research show how early experiences shape brain architecture in young children, which provides the foundation for learning, behavior and health. This session will cover the basics of child and adolescent brain development and share concrete steps you can take to positively affect brain development in the children you teach, interact with, and care for to set children up for a lifetime of healthy living

**Dating Abuse & Healthy Relationships in Schools:** The Centers for Disease Control and Prevention (CDC) reports that one in three women and one in four men have been victims of some form of physical violence by an intimate partner within their lifetime. Women ages 16-24 are most commonly abused. The 2016 DC Health Education Standards state that students of all ages should be able to differentiate between healthy and unhealthy relationships. Information, including resources and curricula suggestions, will be provided for both intervention and prevention of dating violence.

**FitnessGram:** FitnessGram® allows teachers, administrators, parents, and most importantly students, to know, understand and make positive changes to their health and in turn build healthy habits. This session will provide an opportunity for participants to learn more about the importance of using FitnessGram as a meaningful tool to educate and communicate health information. The session is an interactive experience where colleagues have the opportunity to share information and see assessment in action.

**Classroom Management Techniques and Working with Marginalized Populations:** For the purpose of this training, marginalized populations are defined as students who come from high-risk behavioral backgrounds, who are culturally diverse, living in poverty, immigrant student, those who have limited English proficiency, and/or live with a learning or developmental disability. This session will provide attendees with effective tools to sustain an optimal learning environment, empower-students and encourage pro-social behaviors within the classroom setting.

**PrEParing Youth:** A Primer on Educating Youth and Adults in their Lives about PrEP: Pre-exposure Prophylaxis (PrEP) for HIV is a relatively new tool for HIV prevention and education. Through active learning and role playing, this session will discuss the basics of PrEP, how it works, and how to integrate it into sexual education classroom activities.

**Trix for Adults: How to Engage with Youth:** This training is for adults who engage with youth as educators, support workers and or mentors. Adultism is a form of oppression that perpetuates age-based stereotypes and limits the potential for intergenerational power-building and networking. Participants in this workshop will explore ways adultism impacts communication, programming and over-all outreach. Attendees will share best-practices and strengthen skills to build strong youth-adult partnerships for youth-led social change.

**How to Incorporate Nutrition into Core Subjects:** Learn to make time for health and nutrition lessons in the classroom for multiple grade levels. This session will provide several hands-on ideas for elementary educators who are looking for nutrition-based lessons that support core content areas.

**Health Data From Collection to Analysis to Action:** In this interactive and collaborative session, attendees will learn more about school-based health data collections, watch a live demo of OSSE's new Qlik data analysis tool for the Health and PE Assessment, and participate in a brainstorming session about leveraging DC health data to improve student health outcomes.

#### **Track 4: School Services and Programs**

**Applying Transgender Policy lessons from DC Public Schools:** During this workshop, participants will become acquainted with the tools and resources found in the Transgender and Gender-Nonconforming Policy Guidance. Additionally, this workshop offers the opportunity to delve into the underlying content areas including understanding gender identity and expression, and examining the intersection of policies and regulations that govern DCPS.

**Wellness by Establishing a Positive Work-Life Balance:** Increased workloads are creating work-life imbalances. This may lead to decreased work performances and potentially impact one's health. This session will engage participants in discussing how their lives in and out of the workplace could be organized to have more productive outcomes.

**The Child and Adolescent Functional Assessment Scale and Pre-School and Early Childhood Functional Assessment Scale Overview:** The Child and Adolescent Functional Assessment Scale (CAFAS) and the Pre-School Early Childhood Functional Assessment Scale (PECAFAS) were created by Kay Hodges, PhD. Over 25 years ago to serve as clinical report scales to measure behavioral impairment in children and youth. The use of these instruments across child serving agencies was approved to support a culture of cross agency collaboration and teaming in DC. The CAFAS/PECAFAS was chosen because it is comprehensive, data drive, and researched based. At the end of the presentation participants will be able to: identifying students who are in need of behavioral supports and services, but do not have an Individualized

Education Program (IEP), how to create a goal setting plan with parents and youth, and illustrate children's behavioral progress over time

### **School-Based Health and Wellness Services from Medstar Georgetown University Hospital**

The Division of Community Pediatrics of MedStar Georgetown University Hospital offers programs that address the full spectrum of a child's well-being. This session will highlight services offered through the Division's school-based health programs for students and their families: the Ronald McDonald Care Mobile® FITNESS (Fun In Teaching Nutrition and Exercise to Successful Students) Program--a mobile healthy weight and activity management program; and the School-Based Health Centers at Anacostia and Roosevelt High Schools.

Session Descriptions: Day 2

### **Track 1: Early Childhood Education Track**

**CPR Training:** This hands-on CPR course will teach participants to recognize cardiac arrest, get emergency care on the way quickly, and help a person until more advanced care arrives to take over. All participants will receive their American Heart Association CPR/AED card at the completion of class.

### **Track 2: Athletics Track**

**CPR, First Aid and AED:** Preference will be given to volunteer coaches that are not compensated by the school or LEA for their services. The "DC Be Ready Safety Training Campaign's goal is to provide training in Cardiopulmonary Resuscitation (CPR), First Aid, and Automated External Defibrillator (AED) equipment to District of Columbia residents and people that frequently visit the District, such as those employed in the District of Columbia who are not residents or attend academic and religious institutions in the District. This training is an hands on CPR course and it will teach participants to recognize cardiac arrest, and apply critical skills needed to respond to and manage an emergency until emergency medical services arrives.

**Upon completion, participants will receive certification cards by mail.**

**Title IX Training (For Middle School Athletic Directors):** This course will serve as the initial training session for middle school athletic data submission under the Title IX Athletic Equity Act. This is restricted to middle school athletic directors only.

### **Track 3: School Services and Programs**

**Implementing Health and PE Standards:** This interactive session will allow participants to become familiar with implementing the Health and Physical Education Standards. Participants will learn best practices and utilize tools such as the Centers for Disease Control and Prevention's



Health Education Curriculum Analysis Tool and Physical Education Curriculum Analysis Tool to aid in aligning, adapting, and selecting appropriate health and physical education curricula. The activities within this session will provide practical skills that will assist in improving the quality of health and physical education instruction and programming within educational settings.

### **Allergy Management Train the Trainer**

This training will explore the food allergy procedures that should be in place when caring for children in school settings according to research-based, Department of Health and Centers for Disease Control and Prevention (CDC) guidelines, and the rights of children with food allergies. After this training, participants should be able to: Confidently provide training on allergy management; Define anaphylaxis; Identify common food allergies and their signs and symptoms; Outline treatment and management options; Learn how to create and follow individual care plans for each child with a food allergy; Create and implement a detailed treatment plan in the event of an allergic reaction; and Apply and understand best practices for minimizing risks and exposure.

### **Speaker Bios**

#### **Cynthia Adams, MPH, CHES**

Cynthia Adams is a Community Education Specialist within the Child Health Advocacy Institute at Children's National Health System. Cynthia earned her Master of Public Health in Health Education and Promotion from Benedictine University and is a Certified Health Education Specialist. Her areas of expertise include health education and promotion and program development. She leads the Health Educator Network at Children's National which provides health education opportunities and information regarding available resources organization-wide. She is the Program Manager of the DC Pediatric Oral Health Coalition comprised of internal and external community-based stakeholders focused on improving the oral health of children within the District of Columbia. Cynthia also works with the School-based Health Initiatives team to determine strategies for care coordination among school-based programs to improve health outcomes.

#### **Chibu E. Anyanwu MPH, CHES**

Chibu E. Anyanwu, MPH, CHES is recognized as a Public Health Practitioner encompassing over seven years of professional experience in the government, non-profit, and consulting sectors. Rooted in her dedication to public service and public health, Ms. Anyanwu has supported various organizations using her expertise in Project Management, Youth

Development, and Cultural Competence. At OSSE, she leads the District's first comprehensive health and wellness program for child care centers and pre-kindergarten schools. She also co-coordinates the agencies' Health and Wellness Liaison Program, which connects liaisons to schools and centers to provide on-site technical assistance. Ms. Anyanwu is a graduate of West Chester University of Pennsylvania, with a B.S. in Pharmaceutical Product Development and a Master of Public Health. She serves in various leadership roles, including Commissioner for DC Commission on African Affairs and a Daniel Leadership Institute fellow.

### **Maria G. Aramburu, MD, FAAP**

Dr. Aramburu is a board-certified pediatrician with a subspecialty in Community Pediatrics and Child Advocacy who has worked exclusively at community sites in underserved areas of the District of Columbia for 5 years through the programs of the Division of Community Pediatrics. She is currently a Master's in Public Health Candidate at the George Washington University School of Public Health, focusing on Global Health and Pediatric Nutrition. Additionally, Dr. Aramburu has conducted qualitative research and quality improvement projects with underserved populations in DC affected by overweight and obesity, including a needs assessment of parental perspectives on nutrition interventions through focus group (qualitative data) analysis. Dr. Aramburu shares a passion for pediatric obesity prevention and is trained in Motivational Interviewing.

### **Deborah Archer, EdD**

Deborah Archer established partnerships with schools in multiple districts to provide instruction to thousands of pre-K through grade 12 students and their parents. She has partnered with OSSE on the application process for the Healthier US School Challenge recognition. Dr. Archer serves on a School Wellness Council and is an Advisory Member for preschool programming. In 2010, she established an ongoing collaboration with the Alliance for a Healthier Generation. Dr. Archer has presented several posters at Biennial Childhood Obesity Conferences examining the role of school communities and policies in addressing health outcomes. Dr. Archer received her Bachelor of Science degree in Clinical Nutrition. She holds Masters' degrees in both Secondary Education and Organizational Leadership, and completed her doctoral studies in Education. In her spare time, Dr. Archer enjoys spending time with her children, being of service within her church and visiting her hometown of New York City.

### **Lee Savio Beers, MD**

Dr. Beers is Associate Professor of Pediatrics and the Medical Director for Municipal and Regional Affairs within Children's National's Goldberg Center for Community Pediatric Health and Child Health Advocacy Institute. She is also the Director of the DC Mental Health Access in Pediatrics (DC MAP) program and Co-Director of the Early Childhood Innovation Network. She oversees the DC Collaborative for Mental Health in Pediatric Primary Care, a public-private coalition that serves as a catalyst to elevate the standard of mental health care for every young

person in the city by increasing primary care provider capacity and achieving systemic policy change. She earned her Medical Degree from Emory University School of Medicine and completed a pediatric residency at the Naval Medical Center in Portsmouth VA. Prior to joining Children's National, she was a general pediatrician at the Naval Hospital in Guantanamo Bay, Cuba and the National Naval Medical Center in Bethesda, MD.

### **Lola Bloom**

Lola Bloom is the Director of Food and Wellness at DC Bilingual Public Charter School. She gained experience and expertise in the area of food education through over 16 years as an educator and Co-founder and Co-Executive Director of City Blossoms, a community-based youth gardening non-profit. At DC Bilingual, Lola has a unique role of combining food service management with vigorous farm-to-school programming in order to highlight and reinforce the progressive local wellness policy. She pulls inspiration from children's museums, making mistakes in the kitchen, and reading children's books. Lola has a BFA in Art Education from VCU and a Masters of Public Management from University of Maryland.

### **Michael D. Briscoe**

Michael D. Briscoe, a native Washingtonian, is a graduate of Howard University. Prior to joining Serve DC, Mr. Briscoe taught Adaptive Physical Education, Health and Physical Education to students across the District of Columbia for 8 years. While serving as an educator, Mr. Briscoe became a certified American Red Cross instructor and has certified thousands in CPR/AED and First Aid practices. In his spare time, Mr. Briscoe enjoys coaching athletes with intellectual disabilities through Special Olympics, spreading awareness on emergency preparedness topics, and volunteering at various D.C. community based events.

Serve DC – The Mayor's Office on Volunteerism is the District of Columbia Government agency dedicated to promoting service as an innovative, sustainable solution to pressing social challenges. Serve DC engages District communities by building partnerships and organizational capacity, leading local and national volunteer and service initiatives, and providing and promoting meaningful service opportunities. Serve DC supports communities across the District through federal grant funds from the Corporation for National and Community Service (CNCS) and the US Department of Homeland Security (DHS).

### **Diana K. Bruce, MPA**

Diana K. Bruce has more than 20 years of experience in child and adolescent health, reproductive health, LGBTQ-inclusive programming, HIV/STI prevention and sexuality education. As Director for Health and Wellness for the District of Columbia Public Schools

(DCPS), Diana leads DCPS's school health office, developing policies, programs systems and partnerships that enable local schools to provide school health services and support for students. Prior to joining DCPS, Diana was the Director of Policy and Government Affairs of AIDS Alliance for Children, Youth & Families in Washington, DC, and served temporarily as its Interim Co-Executive Director. An alumna of the University of Texas at El Paso with a Bachelor's in Journalism, Diana also holds a Master's in Public Administrations from Columbia University's School of International and Public Affairs.

**Whitney Carrington, MS, CHES**

Whitney Carrington is a Health Education Specialist on the Healthy Schools and Wellness Programs Team at Office of the State Superintendent of Education, DC. Whitney oversees the Access to Epinephrine to Schools Act of 2015 to ensure all Public and Public Charter Schools throughout the District are Allergy Safe. Ms. Carrington provides professional development on allergy management to teachers, and technical assistance to agency partners. In addition to her work at OSSE Whitney has worked with U.S. Army Office of the Surgeon General where she coordinated, educated, and implemented health promotion initiatives and materials for Soldiers, families, and DA-Civilians. Ms. Carrington received her bachelors in Social Work from George Mason University and later perused her Masters of Science in Health Promotion Management from Marymount University focusing on Ethical Practices in Health Care Delivery.

**Latonia Coryatt, MPH, CHES**

Latonia Coryatt is a Health Education Specialist at the Office of the State Superintendent of Education. Ms. Coryatt is the lead for the *DC Personal Responsibility Education Program* which funds organizations to educate adolescents to prevent pregnancy and sexually transmitted diseases. Ms. Coryatt monitors sub-grantees' program implementation as well as completes performance and evaluation measures for this program. In addition, Ms. Coryatt has experience conducting HIV risk reduction through outreach, educational sessions, and support groups. Ms. Coryatt also has experience with program monitoring, capacity building, conducting needs assessments and program development. She received her Master of Public Health in Health Promotion form The George Washington University and her Bachelor of Science from Cornell University in Human Development, with a concentration in Social Inequality and Social and Personal Development.

**Aunamesha Henley, DrPH**

Aunamesha Henley, DrPH, currently serves as Program Officer for the Division of Health and Wellness at the DC Office of the State Superintendent of Education. In her role, Dr. Henley provides public health expertise to survey development and dissemination of the district youth data. She is also an adjunct professor at Trinity Washington University in Washington, DC. Dr. Aunamesha Henley is a native of Waterloo, Iowa. She has 10 years of experience in nutrition education and community health advocacy. Dr. Henley graduated from Loma Linda University in Loma Linda, California, receiving a Doctor of Public Health in Health Education and Nutrition. Her work is centered on developing culturally sensitive research questions regarding physical activity guidelines for minority college students using a qualitative research approach. She has also conducted researcher studies regarding vegetarian diets among minorities along with breast cancer prevention practices among African immigrants. She received a Master's in Public Health focusing on Community Health from George Mason University and a Bachelor's degree in Nutritional Science from Howard University.

#### **Kristal Dail, MPH**

Kristal Dail is a Program Specialist for the Child and Adult Care Food Program at OSSE. Before joining OSSE in 2016, she worked at DC Department of Health as a Nutrition Program Specialist for the DC SNAP-Ed Nutrition Education and Obesity Prevention Grant Program. She also worked on the Title V Maternal and Child Health Block Grant while at DC Department of Health. Ms. Dail received her Master of Public Health from George Washington University.

#### **Jasmine C. Dailey, MPH, RD, CHES**

Jasmine Dailey holds a Bachelor's degree in Health Education, a Master's degree in Public Health, is a Registered Dietitian Nutritionist, and a Certified Health Education Specialist. With years of supervised in-kitchen training, food science instruction and clinical dietetic experience, Jasmine is dedicated to making the *healthy* choice, the *easiest* choice for children and their families.

#### **Dr. P. Ann Davis**

Dr. Pallittia Ann Davis received her Bachelor of Science Degree in Chemistry at Howard University while working in the Center for Virology, Immunology, and Infectious Diseases at Children's National Medical Center in Washington DC. Dr. Davis then worked for the Department of Defense in their research Center for Medical and Molecular Genetics under the Armed Forces Institute of Pathology which afforded her the opportunity to enter the Graduate Genetic Counseling program at Howard University. She received her Medical Degree from Meharry Medical College in Nashville, TN. After starting her pediatric internship at Saint Vincent's Hospital in Staten Island, NY, Dr. Davis. She is currently involved with "Building Educated Leaders for Life" (BELL) an afterschool summer biology program in Maryland.

**Julia DeAngelo**

Julia DeAngelo is a Program Manager of School Strategies in the Community Affairs and Population Health Department of the Child Health Advocacy Institute. In her role, she ensures there is alignment and coordination of Children's National school-based programs in DC metropolitan area schools. Other responsibilities include supporting the implementation and evaluation of Children's National Community Health Improvement Plan in coordination with the DC Healthy Communities Collaborative.

**Lanre Falusi, MD, FAAP**

Dr. Lanre Falusi is a pediatrician and the Associate Medical Director of Municipal and Regional Affairs at the Child Health Advocacy Institute of Children's National Health System. Dr. Falusi is the Immediate Past President of the DC Chapter of the American Academy of Pediatrics (DC AAP). With the influx of unaccompanied immigrant children into the DC area in 2014, Dr. Falusi worked with a group of pediatricians to create the DC AAP Immigrant Health Committee to support healthcare providers and community advocates who care for this vulnerable population. Dr. Falusi has spoken at national meetings on the topics of immigrant health, urban poverty, and social determinants of health, and she regularly provides testimony on local and national levels to promote child health and well-being.

**Katrina Florek**

Katrina Florek is a Child and Adult Care Food Program (CACFP) Specialists at OSSE. As a CACFP Specialist, she provides oversight, training, and technical assistance on nutrition, meal planning, and administration to participating organizations and applicants. Katrina received a Bachelor of Arts in Psychology from Notre Dame of Maryland University. She previously worked in clinical and home settings interviewing families on food insecurity at University of Maryland School of Medicine in Baltimore before coming to OSSE. Ms. Florek has over 5 years of experience as a CACFP Specialist.

**Kier Gains**

Mr. Kier Gains is a graduate student at the University of District of Columbia Clinical Rehabilitation Counseling Program. Kier first found his passion for community involvement at STRIVE DC, managing a \$5 million juvenile offender initiative that provided job training and placement to formerly incarcerated youth. He currently works for DC Public Schools as a Job Placement Specialist within the Office of Teaching and Learning. There, his efforts are geared toward building meaningful relationships with community stakeholders, and developing partnerships that produce quality work based learning experiences for the districts future leaders. Kier aims to deliver a message of self-awareness and self-advocacy, kindling a profound

commitment to family and community--increasing young people's ability to bravely face the challenges of adulthood. Kier has previously served as a teacher at Kingsman Academy PCS, an institution that caters to youth with intellectual and emotional disabling conditions.

### **Dr. Jonelle Grant-Anamelechi**

Dr. Jonelle Grant-Anamelechi is the owner of Children's Choice Pediatric Dentistry and Orthodontics in New Carrollton, MD. She is a graduate of Duke University in Durham, NC and the University of North Carolina Schools of Dentistry and Public Health in Chapel Hill, NC. She is also a graduate of St. Joseph's Regional Medical Center Pediatric Dental Residency Program in Paterson, NJ. Dr. Grant-Anamelechi is attending teaching faculty at Children's National Medical Center and Georgetown University Medical Center. She has privileges at Children's National Medical Center (Washington, DC), Prince Georges County Hospital (Cheverly, MD) and Bowie Surgical Center (Bowie, MD). Along with professional memberships locally, nationally, and internationally, Dr. Grant-Anamelechi serves as the president of the DC American Academy of Pediatric Dentistry and a co-leader of the Medical and Dental Collaboration committee for the DC Pediatric Oral Health Coalition and the Maryland Dental Action Coalition and the DC Pediatric Oral Health Coalition. She is also a speaker for Colgate-Palmolive Oral Health Network Speakers Program. Dr. Grant-Anamelechi was recently named one of America's Top Pediatric Dentists by Consumers' Research Council of America.

### **Vincent Harris**

Vincent Harris is licensed as LPN in the District of Columbia and State of Maryland for over two decades. He is retired military with training as an X-ray technician, combat medic, and EMT and also holds a Bachelor of Science Degree in Business Administration with the emphasis in management from Bowie State University. Mr. Harris has worked with children and adolescents in residential programs and providing education to children and their families.

### **Lenore Jarvis MD, MEd**

Dr. Jarvis is a pediatric emergency medicine attending at Children's National and current Advocacy Chair and Board Member of the DC American Academy of Pediatrics (AAP). She helps to facilitate testimonies for the Council of the District of Columbia to assist in enacting health care policies. Dr. Jarvis' advocacy work also includes research involving screening and intervening for vulnerable patient populations. She created the "Help for Victims of Violence Collaboration" (HVOV) and partners with the community to provide resources, screening, and education for victims of violence. The HVOV Collaboration is now part of the Children's National School Health Collaborative that works with DC youth organizations and schools to teach adolescents about healthy relationships and signs of partner violence. Dr. Jarvis collaborates with social work and community stakeholders to provide real-time interventions for persons who screen positive for domestic safety concerns.

**Nichelle L. Johnson, MPH**

Nichelle Johnson holds a Bachelor's in Biology, a Master's in Public Health and has over 5 years of experience working with District of Columbia public schools, public charter schools, staff, students, and families providing nutrition and health education, as well as, assisting schools with creating a culture of wellness. Nichelle is passionate about reducing health disparities and improving the wellbeing of children in underserved communities.

**Hanseul Kang**

Hanseul Kang became DC's state superintendent of education in March 2015. She previously served as chief of staff for the state of Tennessee's Department of Education. A seasoned leader and former high school teacher, she reorganized and restructured the department to reflect strategic priorities, and created a more streamlined budget process that allowed for improved personnel decision-making and better use of resources. Kang was part of the team that implemented policies and offered support to districts and schools that resulted in Tennessee becoming one of the fastest improving states in the nation in student achievement outcomes. Prior to joining Tennessee's education department, Kang worked for Tech For America, where she was a managing director of program for the organization's regional office in the District. She led a team of program directors supporting middle and high school teachers in schools across the District and Prince George's County. Kang holds a Bachelor's Degree in international politics from Georgetown University and a J.D. from Harvard Law School, and was a Jack Kent Cooke Foundation Graduate Scholar. She is a member of Chiefs for Change and serves on the Governing Board of the Partnership for Assessment of Readiness for College and Careers (PARCC).

**Sheena King, MS**

Sheena King is a Program Specialist for the DC Healthy Tots Program. Healthy Tots provides funding and resources to support child care facilities' ability to serve nutritious meals and to offer high-quality wellness programming. Ms. King has over 15 years of experience working with children, youth and families in various settings. She has experience with working in compliance in the Early Learning Division at OSSE, managed a caseload of 20 youth in a foster care program as a case manager and served as a pre-K teacher at Friendship Public Charter Schools. She has developed practices within systems to better engage and support children, youth, and families. She graduated from Norfolk State University with a Bachelor of Science in Education. She also received her Master of Science in Human Service Administration from the University of Baltimore. She is a native to Washington, DC.

**Charnise Littles, CBS**

Charnise Littles is a Certified Breastfeeding Specialist from Bowie, Maryland. She studied health science and health education at Howard University and proceeded to work in various clinical settings providing breastfeeding support. Passionate about maternal child health, becoming a



lactation professional was a natural career path for Charnise. She serves as a program assistant for the DC Breastfeeding Coalition, a lactation peer educator for the Children's National East of the River Lactation Support Center and a high school cheerleading coach. In her spare time Charnise loves communing with her family and friends, especially her 2 year old son.

### **Aimee McLaughlin**

Aimee McLaughlin is a Health Education Specialist in the Department of Health and Wellness. In this role, Aimee manages data collection projects such as the School Health Profiles, the Youth Risk Behavior Survey (YRBS), and the Health and Physical Education Assessment. Aimee's background is in project management, nonprofit management, and health-based youth development work.

### **Dr. Daniel Newman**

Dr. Daniel Newman is an attending physician in the Department of Community Pediatrics at Children's National Health System and an Associate Clinical Professor of Pediatrics at George Washington University. He is also the Associate Medical Director for the Northwest Children's Health Centers at Adams Morgan and Shaw. His interests include working with immigrant children and families and he is a co-chair of the DC Chapter of the American Academy of Pediatrics Immigrant Child Health Committee.

### **Dr. Earl Nicholas**

Dr. Early Nicholas is a graduate of Meharry Medical College in Nashville, Tennessee. He completed his residency (medical training) at The George W Hubbard Hospital which is affiliated with Meharry Medical College, specializing in Obstetrics and Gynecology. Dr. Nicholas is affiliated with Obstetrics and Gynecology practices in Baltimore Maryland, LA Plata Maryland and the District of Columbia. He presently continues to practice Obstetrics and Gynecology and is also an Adjunct Faculty Instructor in the Health and Biological Science Department, Anne Arundel Community College. His professional memberships include the American Medical Association and the National Medical Association.

### **Ellen Ormsby**

Ellen is the US Games FitnessGram® Manager. She earned her Bachelor of Business Administration from James Madison University and is currently pursuing a Master's degree in Health Information Systems at the University of Maryland College Park. For over nine years, Ellen has worked with schools and organizations nationwide to promote resources that support quality physical education. She presents comprehensive wellness solutions at health and wellness conferences and demonstrates the FitnessGram® software both virtually and in-person. Ellen is an accomplished athlete and fitness enthusiast competing in the World Duathlon and several marathons.

**Sombo Pujeh, MPH**

Sombo Pujeh is a Health Education Specialist on the Healthy Schools and Wellness Programs Team at the DC Office of the State Superintendent of Education. There, she manages the HIV prevention programming of the School-based HIV/STD Prevention and Surveillance cooperative agreement of Centers for Disease Control- Division of Adolescent and School Health. In this capacity, Ms. Pujeh provides professional development on sexual health education to teachers, technical assistance to agency partners, collaborates with community based organizations and co-coordinates the Youth Advisory Committee to address adolescent health issues in the District. In addition to this work in Washington, DC, Ms. Pujeh has had the opportunity to complete comprehensive HIV/AIDS research in Uganda, serve as a public health ambassador in China, provide HIV/AIDS education in Haiti and conduct community health outreach in Ghana. Ms. Pujeh received her Master's degree in global public health at George Washington University with a concentration in program design, monitoring and evaluation. She is currently a candidate for a Doctorate in Public Health degree at Morgan State University; with her dissertation research focusing on mental health in the local African immigrant community.

**Natella Rakhmanina, MD, PhD, FAAP, AAHIVS**

Dr. Natella Rakhmanina is a Professor of Pediatrics at the George Washington University and serves as a Director of the Special Immunology HIV Program at Children's National Medical Center in Washington, DC, USA. She also serves as a Senior Technical Advisor at Elizabeth Glaser Pediatrics AIDS Foundation. Dr. Rakhmanina focuses her research on the treatment and prevention of HIV in children and adolescents. She has more than 15 years of experience treating children and adolescents living with HIV. Dr. Rakhmanina is one of the national leaders in promoting HIV and STI screening and prevention among adolescents and youth. Dr. Rakhmanina is a member of the Committee on Pediatric AIDS at the American Academy of Pediatrics, member of the US Department of Health and Human Services Panel on the Pediatric HIV Management Guidelines at the National Institutes of Health and a member of the Pediatric Advisory Working Group at the WHO.

**Charles Rominiyi, MHS, CHES**

Charles Rominiyi is a Health and Physical Education specialist on the Healthy Schools and Wellness Programs Team at the DC Office of the State Superintendent of Education. Charles implements the physical activity and physical education components of the Healthy Schools Act of 2010, a law designed to improve health and wellness of students attending DC public and public charter schools. Charles works with schools, community-based organizations, and other stakeholders to increase the capacity of physical education teachers to provide quality physical education and increase physical activity opportunities for students in the District. Prior to joining OSSE, Charles completed a year-long fellowship with the Global Health Corps where he was placed at Athletes United for Social Justice (The Grassroot Project) in Washington, DC. Charles

received his Master's degree in Health Science from Western Carolina University with a concentration in health education.

### **Susan Sabin, Ph.D**

Dr. Susan Sabin is the national Child & Adolescent Functional Assessment Scale (CAFAS) and the Pre-School & Early Childhood Functional Assessment Scale (PECFAS) Master Trainer. She has trained mental and behavioral health providers in various settings on the CAFAS/PECFAS across the United States and Canada for over 10 years. Dr. Sabin worked closely with the creator of the CAFAS/PECFAS, Dr. Kay Hodges for several years and is a trusted resource for trainings, and understanding and utilizing the CAFAS/PECFAS.

### **Willie Bennett**

Willie Bennett is Registered Athletic Administrator and Sports and Entertainment Consultant in the Washington, DC area with 15 years of versatile experience. He received a B.S. degree in Sports Management from Hampton University and his M.S. in Sports Studies from the United States Sports Academy. He has a proven success record in administration, event management, educational student support services, campus involvement, coaching, community activities and professional services. He coached college football for 12 years before moving into Sports Administration in 2011, as the Assistant Athletic Director for the District of Columbia Public School System where he was responsible for game administration and rule enforcement. In 2014 he started his consultant firm to help bridge the gap between high school administration and community engagement. His current clients include the District of Columbia State Athletic Association and the District of Columbia Department of Recreation where he has developed policy and procedures for enforcement and participation in sports as well as administered championship events.

### **Natalie M. Randolph**

Natalie Randolph has been an educator in the District of Columbia for 13 years as an education coordinator with Department of Public Works and a science teacher for DC Public Schools. During her education career she had the privilege to serve as one of the few female head football coaches in the country for Coolidge High School after serving two years as an assistant coach at HD Woodson High School. During her four year tenure as head football coach, Randolph was able to lead the team to two playoff appearances and one championship appearance in 2011. As a former collegiate athlete herself, competing in track and field for the University of Virginia, Randolph has always had a passion for athletics and the importance of athletics in education. As a head coach she worked hard to ensure the graduation of all of her student athletes and was also able to ensure that all student athletes that completed the program were accepted into a college, university, or post-secondary program.

Randolph continues to serve student athletes in her new position with the Office of the State Superintendent of Education's State Athletic Association as the Senior Women's Administrator and Title IX Coordinator. In her new role Randolph hopes to help put a strong emphasis on equity in athletics and the overall improvement of athletics in the District.

### **Christopher Ray**

Chris Ray was named the Assistant Athletic Director for Compliance at Georgetown University in August of 2016. Ray joined the Hoyas after three years at American University.

As the Assistant Athletic Director for the Hoyas, he is responsible for educating, monitoring and enforcing NCAA rule compliance for department staff members, administrators and student-athletes. Ray also aids in the certification and monitoring of initial and continuing eligibility for more than 700 student-athletes.

Ray served as the Assistant Director of Compliance at American University for three years prior to joining the Hoyas. Before his time at American, he served as the assistant swim coach at SUNY College at Old Westbury in New York for one year. He was also an assistant swim coach at the Somerset Hills, YMCA in Basking Ridge, New Jersey, where he assisted in developing the skills of swimmers ages 13-18 for four years.

Ray was a student-athlete at Providence College (2005-09) as a member of the swim team. Ray was a three-time Big East Conference Championship participant in the 100 and 200 breaststroke events. A team captain his senior year, Ray was also a three-year member of the Student Athlete Advisory Committee.

Ray holds a B.S. degree in Finance from Providence College and a M.S. in Sports Management from Adelphi University.

### **J. Cordell Smallwood, BBA**

Cordell Smallwood is a healthcare administrator and educator with over 26 years of experience in clinical and practice management, patient financial services, and health information technology. Accomplished adult educator on both the collegiate and career school levels in the Maryland and DC area since 2008. Written curriculum for community colleges and private career schools, and is a credentialed EMR/EHR trainer through EPIC Systems.

### **Shakeelah Sutton, MS, RCEP**

Shakeelah is a Registered Clinical Exercise Physiologist and has assisted people of all ages in finding creative ways to use their bodies for their intended purpose: to move. As a firm believer in the concept of "exercise is medicine," Shakeelah is passionate about using physical activity as a tool for managing and preventing lifestyle-related medical conditions.

**Wesley Thomas**

Wesley Thomas is a Philadelphia, PA native holding two master's degrees in both Public Health and Education of Human Sexuality. An alumni from Cheyney University, a Pennsylvania based HBCU, he has committed his professional career to reconciling conversations between health disparities like HIV and STI acquisition with understanding intersecting identities and oppressions of marginalized populations. In his current capacity with District of Columbia Public schools, he manages the HIV/STI Prevention grant through the CDC's Division of Adolescent and School Health. Through the grant DCPS provides programming and collaborations to enrich the lives of LGBTQ students and the larger school community.

**Veronica Urquilla, MSW**

Veronica Urquilla is the Education and Outreach Manager for the STD Bureau of the DC Department of Health's HIV/AIDS, Hepatitis, STD and TB Administration. In this role, she provides oversight and management of programs and special initiatives that implement programs and policies that promote sexual health for priority populations, including youth and young adults. Prior to working at DOH, she served as the Deputy Project Director at JBS International in support of the Office of Adolescent Health Training and Technical Assistance and Conferences contracts. In this role, she provided planning, training, and oversight of the TTA and Conferences for the OAH and Administration on Children, Youth and Families/Family and Youth Services Bureau Teen Pregnancy Prevention grantees. She was the Adolescent Health Program Specialist for the District of Columbia's Office of the State Superintendent for Education, where she was responsible for the development of programs and trainings focused on sexual health education for school- and community-based educators. In addition to her work with educators, Ms. Urquilla created a youth advisory committee that provided feedback and guidance to program staff and policymakers on youth health programming in the District of Columbia. Ms. Urquilla also served as the Director of Programs for Crittenton Services of Greater Washington, DC, overseeing the development and implementation of school-based teenage pregnancy prevention and teen parenting support programs for young women in the District of Columbia and Montgomery County, Maryland, school districts. She holds a master's degree in social work from Boston University and is a licensed social worker in Washington, DC.

**Omotunde Sowole-West, MPH**

Omotunde "Tunde" Sowole-West is a Public Health Practitioner who has spent more than 15 years working to promote and improve the overall health and well-being of children, youth and families. Currently, Tunde serves as the Health Education Manager with the Healthy Schools and Wellness Programs (HSWP) Team at the Office of the State Superintendent of Education (OSSE). There, she oversees the early childhood education and elementary school health portion of the team. She works closely with the Director of the HSWP team to manage matters related to

health and physical education and physical activity of several local and federal funding sources; Personal Responsibility Education Program; Promoting Adolescent Health; and Environmental Literacy. Tunde has also served as the DC Youth Risk Behavior Survey (YRBS) Coordinator along with various other roles during her time at OSSE. Prior to Tunde's arrival at OSSE, she was the Program Director for Sasha Bruce Youthwork's (SBY) Prevention, Outreach, Wellness, Education and Risk-Reduction (P.O.W.E.R) Program, which is one of the largest and most experienced providers of services to youth in Washington, DC. Tunde has also worked as a middle and high school science educator with the Prince George's County Public School system. Tunde received her Master's degree in Public Health from the George Washington University and her Bachelor of Science degree from Howard University.

### **Ryan Stanberry**

Ryan Stanberry was named the Assistant Director for Compliance at Georgetown University in May of 2016. Stanberry re-joined the Hoyas after serving as the Compliance Coordinator at Florida Gulf Coast University and interning at Georgetown prior to that. As the Assistant Director for the Hoyas, he is responsible for helping to educate, monitor and enforce NCAA legislation for department staff members, administrators as well as student-athletes. Stanberry also assists in the certification and monitoring of initial and continuing eligibility for more than 700 student-athletes. Stanberry holds a B.A. from the University of Maryland as well as a J.D. from Washington & Lee University.

### **Opening /Keynote Speaker:**

Marceé White, MD, is a Board-Certified Pediatrician and the medical director of Children's National's Mobile Health Program, Children's Health Project of DC and the Children's Health Center at the Town Hall Education Arts Recreation Campus (THEARC). She is also the Medical Director of four (4) school-based wellness centers in Prince George's County, MD and the Pediatrician Consultant for Children's School Services. Dr. White is an Assistant Professor of Pediatrics at George Washington University and the former Assistant Director of the Community Health Track for Children's Nationals' Pediatric Residency Training Program.

Under her leadership, the Children's Health Center at THEARC has integrated behavioral health services, expanded its social support programs to address the social determinants of health such as the WIC program and has been designated as a Level 3 Patient-Centered Medical Home by the National Committee for Quality Assurance. Dr. White leverages technology to standardize screening for adverse childhood experiences (ACEs), toxic stress, mental health and developmental concerns. Recently, Dr. White launched the Children's Health Fund's Healthy and Ready to Learn Initiative in DC. This initiative provides screening and care coordination for key health barriers to learning. These health barriers to learning include vision, hearing, lead,

anemia, hunger, stress, oral health and asthma. Dr. White is in the process of designing a Healthy and Ready to Learn mobile unit.

Dr. White earned her medical degree from George Washington University School of Medicine and a bachelor of science in biology pre-medicine from Xavier University of Louisiana. She completed her pediatric residency training from the combined Children's National and Howard University Community Health Track. Prior to joining the faculty at Children's National, she served as Chief Pediatric Resident. Dr. White has a certificate in leadership development from the George Washington University Master Teacher Leadership Development Program.

Dr. White is the President of the DC Chapter of the American Academy of Pediatrics and also serves on the board of directors for Martha's Table, and DC Action for Children. She is the physician lead for the Central Southern Maryland Pediatric Medical Society and is a member of numerous committees such as the Prince George's County Maryland Department of Health Behavioral Health Workgroup and System of Care Core Planning team, and the DC Pediatric Oral Health Coalition, and the SafeKids DC Coalition.

### **Panel Facilitator**

Dr. Djing Lindsay-Strickland is a family medicine doctor in Washington, District of Columbia and is affiliated with MedStar Washington Hospital Center. She received her medical degree from George Washington University School of Medicine and has over 10 years of experience in the field of medicine. She currently practices at Kaiser Permanente Capitol Hill Medical Center and is affiliated with Calvert Memorial Hospital, Children's National Main Hospital and Doctors Community Hospital. In addition to English, Dr. Lindsay-Strickland's practice supports these languages: Korean, Vietnamese and Spanish.

### **Closing Session Speaker**

Olga Acosta Price, Ph.D., is associate professor in the Department of Prevention and Community Health at the George Washington University (GW) Milken Institute School of Public Health. She is also director of the Center for Health and Health Care in Schools (CHHCS), a national resource and technical assistance center that promotes positive child health and education outcomes through the advancement of effective school health programs, policies, and practices, housed at GW. Dr. Acosta Price is a clinical psychologist with postdoctoral training in school mental health. As founding director of the District of Columbia School Mental Health Program

(SMHP), Dr. Acosta Price coordinated, implemented, and evaluated comprehensive school-based mental health programs in more than 30 public schools across the city. Her contributions to the child health field have spanned efforts to maximize community participation and engagement in the development of school-connected interventions (particularly for those who experience disproportionate health outcomes), the development and evaluation of school mental health programs and practices, as well as on the dissemination of innovative strategies for maintaining proven community-based approaches long-term. Dr. Acosta Price has written numerous articles and book chapters on children's behavioral health and school-based services and frequently presents at national conferences and meetings on children's health and wellbeing. Dr. Acosta Price received her Masters and Ph.D. in clinical psychology from the State University of New York at Buffalo and her undergraduate degree from Vassar College.