



Jeffco F.I.T. Coalition

Volume 3, Issue 1

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Protect Children from the Harmful Effects of Secondhand Smoke

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Upcoming Event:

- The next Jeffco F.I.T. Coalition Meeting will be held on February 14, 2006 from 3:00-4:30 at the Jefferson County Court and Administration Building, 100 Jefferson County Parkway, Golden.

Become a Member!

Please call
Cynthia Farkas,
303-239-7074

As a provider of services, who works with children and their families, you are in a key and influential position to greatly improve the health of the children you serve by encouraging parents and other caregivers to protect their children from the harmful effects of secondhand smoke exposure (SHS). Secondhand smoke is a Class A carcinogen (the same classification as asbestos) and contains more than 4,000 chemicals, over 60 of which are known to cause cancer.

Approximately one-half of children under five years of age in the United States are exposed to tobacco smoke. For nearly one quarter of them, exposure begins before birth. Adverse health effects of secondhand smoke exposure include: increased lower respiratory infection and respiratory symptoms; reduced lung growth; exacerbation of asthma; irritation of eyes, nose and throat; increased risk of middle-ear disease; learning and behavioral problems; and, increased risk for SIDS.

Parents who smoke have the power to eliminate or greatly reduce their children's exposure to SHS by quitting smoking or making their children's environment smoke-free.

There are several steps you can take to assist family members that smoke:

- Educate the family on the significant dangers of secondhand smoke.
- Encourage them not to smoke in the home, car or around children.
- Insist other family members or friends not smoke around children. For those parents that may be ready to quit smoking, the Colorado Quitline is an effective method for tobacco cessation.
- The Colorado Quitline (1-800-638-QUIT) is a free, telephone counseling service that provides up to five personalized sessions with trained counselors for tobacco cessation support.



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Jeffco F.I.T. is the advisory board for the Jefferson County Department of Health and Environment's Partners for Healthy Families Program, a local Nurse Family Partnership Program providing nurse home visitation services to low-income first time parents.

About Jeffco F.I.T. Coalition

Jeffco F.I.T. meets twice a year and publishes this newsletter biannually. Thank you for your support of organizations and agencies providing services to Jefferson County's children. If interested in becoming a member of Jeffco F.I.T. coalition, please contact Cynthia Farkas, chairperson at 303-239-7074.

Mission:

To enhance and promote supportive services to Jefferson County families with children, prenatal to age three. Jeffco F.I.T. achieves its mission through information sharing, coordination of services, and identification of gaps in services.

Goals and Objectives:

- ◆ To promote information sharing among service providers
- ◆ To increase awareness of available services
- ◆ To improve Coordination and Collaboration of Services to Families
- ◆ To promote the Enhancement of Continuum of Services



"We find delight in the beauty and happiness of children that makes the heart too big for the body."

Ralph Waldo Emerson

Coalition Updates

WELCOME New Members!

Barbara Mader-Scherrer, MCPN Manager of Perinatal Services

Barbara Bronson, Nurse Family Partnership, St. Anthony Central Hospital, Centura Health

Patty Mc Hardy, City and County of Broomfield Health and Human Services.

Elissa Stein, Jefferson Center For Mental Health

Coalition Updates:

MCPN Jefferson County Perinatal Update: An exciting new program at the Jefferson County MCPN clinic at 8500 West Colfax in Lakewood offers walk-in group newborn visits on Mondays and Tuesdays at 9:00 a.m. These visits are for the newborn's first clinic visit and NO APPOINTMENT is necessary, however the patients are asked to arrive at 9:00 a.m. for registration. The visits include: patient registration, group education on newborn care and feeding, breastfeeding support and education and a physical exam by a provider.

MCPN has opened a new clinic in Arvada at 5460 Ward Rd. MCPN hopes to be able to start offering prenatal care at the Arvada clinic to better serve the community. No start date is set at this time.

New Nurse Family Partnership Program at St. Anthony Central Hospital. The program began taking referrals in October, 2005 and currently has a caseload of 40 clients. The program serves clients from Jefferson, Adams and Denver Counties and is currently staffed with program supervisor, Barbara Bronsen, RN; nurses, Margaret Catchpole, Liz Van Nostrand and Julie Wilber; and, an administrative assistant, Ana Lopez. The program has an opening for a nurse.





Moms Connecting With Moms . . .

JCDHE Nurse-Facilitated Support Group

Moms Connecting with Moms, a support group for first-time mothers at JCDHE, utilizes the nursing process to provide interaction and support to clients enrolled in Partners for Healthy Families (PFHF).

Assessment – During home visits and survey, clients identify barriers to building strong support systems: first-time moms, lack of transportation, isolation and limited financial resources. Family support is often absent, and clients are often unfamiliar with available community resources. Nursing diagnosis includes inadequate parent/child attachment, knowledge deficit, and risk for prenatal and postpartum depression.

Planning – The support group addresses client concerns in providing a monthly group at the Lakewood site, which is centrally located in Jefferson county, and accessible by bus. Nurses rotate group coordination and facilitation to ensure adequate planning and preparation.

Implementation – The nurse facilitator chooses a topic for discussion and plans a related activity which encourages moms to positively interact with their child and other moms. Activities have included: planting flowers, outdoor play, relationship collages, making a children's book, deco-

rating Christmas cookies, making kites, making affirmation bracelets, journaling, making gift bags and greeting cards. Nutritious snacks and water or juice are served.

The PFHF team participates in discussion, interaction and child care.

Evaluation – An evaluation tool is completed by each mother at every group meeting. Clients comment that the best part of the group is: "Giving us new ideas for making us feel good", "Deciding to do an affirmation for starting my own business", and "I love getting advice

from other Moms". The best resource for a first-time mom is often peer support from other mothers facing the same issues and challenges. Attendance has remained consistent at 10-15 mothers each month. Moms are connecting with each other outside the group, and some have started their own play group. Clients are utilizing the resources presented to them in group, including going to story time at the county library and accessing local swimming pools.



Protecting Children From Secondhand Smoke continued

Free materials for your clients/consumers

- Colorado Prevention Information Center Clearinghouse: **FREE** secondhand smoke and cessation materials <http://www.rmc.org/shop/index.php> or call 303-239-8633.
- Smoke-Free Home and Auto brochures and pledge -call the EPA at **1-800-438-4318** for free copies.
- Colorado **Quitline 1-800-638-QUIT** for tobacco cessation counseling, or visit **Quitnet**. <http://co.quitnet.com> for online peer-to-peer quit support.
 - ◆ The Quitline is now offering two months **FREE** of Nicotine Replacement Therapy, ("the patch"), when callers enroll with the Quitline counseling. Participants must be 18 years old, not pregnant or breastfeeding and be medically cleared by Quitline staff. There are no insurance status requirements.
 - Nicotine replacement therapy (gum and patches) are also available over the counter at most pharmacies and supermarkets at a cost.

For more information on secondhand smoke tobacco cessation or other tobacco related topics, please contact The Tobacco Prevention Initiative at the Jefferson County Department of Public Health & Environment.

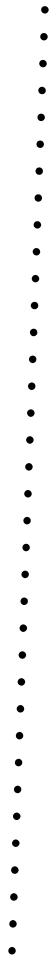
- Rhea Staniszewski, Secondhand Smoke Specialist (303) 275-7558 rstanisz@jeffco.us,
- Anne Elgerd, Adult Tobacco Cessation Specialist (303) 275-7556 aelgerd@jeffco.us.



We're on the Web!
<http://health.jeffco.us>

F.I.T. Newsletter is going electronic! This will be the last print version of the newsletter. Future editions will be emailed to you. Please call or send us your email address:

Phone: 303-239-7074
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303-239-7074



Contact Us . . . Coalition Members

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