

## **Beyond 9 Training FAQs**

Thank you for your interest in the Beyond 9 Trainings. Below is a list of frequently asked questions and answers that we hope you will find helpful.

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### ***Why attend a preconception health 'Beyond 9' workshop?***

"In the field of maternal child health, experts in the field of maternal and child health are now looking at the entire course of a woman's life as an indicator of potential birth outcomes. This is known as the Life Course Model. It has been found that the health of the mother prior to pregnancy is a major determinant of the health of the baby." To ensure WIC mothers are aware of some of the best practices for ensuring optimal health, trainings are being offered to WIC staff to optimize the special role they play to help promote healthy mothers and birth outcomes and prevent prematurity, low birthweight births and birth defects.

### ***When and where are the Beyond 9 Trainings being offered?***

Arrangements for Beyond 9 Trainings are made directly with each interested local WIC agency. The Beyond 9 Training Team will come directly to you.

### ***Is this a full day training? What are the times of the training?***

Yes, this a full day training with the day consisting of approximately 7 hours of content + 1 hour for lunch (and an AM & PM break). We are open to the start time -- depending on the preference of the agency.

### ***What are the Beyond 9 training objectives? Are CEUs available?***

Training objectives would be to increase awareness and knowledge of what is preconception health and its components, identify opportunities for WIC staff have to improve birth outcomes and prevent premature and low birthweight births, and explore and consider strategies to provide optimal support and care for postpartum WIC moms. Yes, attendees can claim CEUs. (Exact hours – TBD.)

### ***What topics will be covered in the training?***

The Beyond 9 workshop will cover preconception and interconception health and its related components that influence pregnancy and birth outcomes. The training will also review areas and activities specific for WIC such as group education class and individual education counseling topics.

### ***What is the cost of the training?***

The Beyond 9 workshop trainings are free for local WIC agencies. The trainings are generously supported through funding from a Statewide WIC grant.

### ***What does the requesting local WIC agency need to provide?***

We ask for the local WIC agency to provide the training room with a projector, computer access with a flash drive feature and DVD player. Other requested materials include 2-3 easels with flip chart paper. For attendees, we prefer to have round tables available.

### ***What size groups can the training accommodate?***

An ideal training group size is about 30 individuals or less.

### ***Are the trainings recommended for ALL staff or just those who see participants (e.g. WNAs, RDs and DNs)?***

The training is definitely beneficial for all -- personally and professionally -- so the workshop is

recommended for all WIC staff. It pairs wonderfully with worksite wellness. It also has the best impact when all members are on the same page.

***Do you employ learner-centered and/or motivational interview strategies in the training?***

Yes. The training is designed to be interactive, and incorporates time for attendees to process the information and identify areas for (personal/professional) application. Components of the training such as the group education and individual education have been developed with RISE and client-centered counseling principles.

***What specifically does the training recommend we do, i.e. are there new forms we'd be using? New questions we'd be asking? In other words, what will staff be doing differently as a result of this training?***

These are some of the direct application opportunities from the training include:

1. GA group education - suggested to be offered to non-pregnant WIC mothers and their families
2. Enhanced individual education: We'll review how adding a set of women's health related questions (a new BF/NBF Nutrition Questionnaire has been developed and available for adoption) to the BF/NBF Mom enrollment/recertification contact can lead to better screening and opportunities for staff to provide improved health promotion and referrals.
3. 6 week Postpartum Check-up: a review of the importance of this first interconception care appointment and the checklist -- the goal will be that all WIC moms are encouraged to go to this appointment and know what to expect and ask their doctor
4. Health education materials: resources will be introduced and reviewed to support WIC counselings so hopefully these will be used
5. Some agencies may want to start up support groups for families with preterm babies

\*\* Hopefully the training will help staff improve the quality of their PP contacts. We have clients expressing appreciation that attention is being given to them as it is generally focused on the baby/children, BF and their pregnancies so you'll also end up with happier, more satisfied participants. :)

***What sort of follow-up do you provide or advise that we do?***

At this time, we are not offering hands-on observation or technical assistance, but we are definitely available to answer questions, share resources, and provide support remotely for your agency as you promote women's health.

We would advise the following for the post-training period. 1) We highly recommend arranging for staff to receive additional training in some of the following topics: mental health/maternal depression/stress, preventing or controlling diabetes, healthy weight or obesity, domestic violence/abuse. This helps to further equip the staff with their client encounters. 2) We also suggest following up with staff on their personal health goals.

***Is family planning (i.e. birth control, spacing of pregnancies) addressed in the training?***

Yes, family planning is addressed during the training as it is an integral part of preconception health.

***How do I sign up for trainings?***

Contact Denise Gee at [denise@phfewic.org](mailto:denise@phfewic.org) or 626/856.6618 x304 to schedule a training.

***When will the trainings be offered?***

Funding to provide Beyond 9 Trainings will be available until September 30, 2011. Sign up quickly as dates are getting filled.