

Parents As Advocates

An advocate is a person who knows and supports another. As parents, we are our children's first and best advocates. You've been advocating for your child since long before they were born and you know your child better than anyone else. You are your child's best advocate!

[Being your child's advocate](#) is your job for life. Pollywog is here to help with three tips for developing your advocacy skills, for now and as your child grows.

Tip One: Know your child!

Your child is unique and one of a kind. They have likes and dislikes, abilities and limitations, that make them the special person they are. The frustrating part of this is that all of these things can, and will, change as your child grows and develops!

Long before your child can talk, they can communicate and understand the world around them. [Talk to your child](#), as much as possible! Ask questions, narrate yours or their actions, and include them in everything as much as possible.

Sometimes we focus on what our child cannot do. This can be important at times, and it's even more important to focus on what your child can do. Find ways to include your child in your activities.

When you talk to your child and involve them in your daily work, they know they matter to you and you will take care of their needs.

Advocate for yourself, too!

What's good for your child is good for you. Know yourself and seek to understand your strengths and joys. Be gentle with yourself, especially right now. Give yourself the same care as for your child: healthy food, plenty of sleep, time to play, and time to relax.



Tip Two: Know child development!

Are you unsure of what your child can do? As an advocate for your child, it's good to know what to expect of your child developmentally. It can feel exhausting to keep up with [your child's development](#) because they are growing and changing so quickly! But that is the exact reason it's vital.

Learning about child development is as easy as downloading an app. Two great science-based apps that help parents be aware of their child's developmental stages are [Vroom](#) and [Milestones Tracker](#) from the CDC. Both are free and give information specific to your child's age.

Another great way to understand your child's development is to use [Ages and Stages Questionnaires](#) (ASQs). Many pediatrician offices ask parents to fill these out for well-child visits. Sometimes home visiting programs, like Healthy Families, will complete ASQs with families. You can access them online through [The Oregon Screening Project](#). Completing an ASQ, which involves answering easy questions about what your child is doing, is a fun way to check your child's development.

(Continued...)

Tip Three: Know where and when to get help

Every [child develops in their own way](#) and time, and usually development is within an expected timeframe. But sometimes a child's development is delayed, and there are many reasons.

Our job as our child's advocate is to follow their development, encourage them to learn new skills, and get help if they need it. That's why it's so important to know your child and know typical child development! Many developmental delays can be reversed when they are spotted early and addressed.

If you suspect your child's development is not in the typical range, your go-to expert for developmental questions is your child's doctor. Friends and family can offer great support, but a pediatrician's advice is critical to your advocacy role.

The best way your child's pediatrician can help you be your child's advocate is to see your child for regular check-ups. This is especially important now, with changes socially due to COVID-19. Pediatric offices have taken many precautions to ensure your

**3 Mini Tips for Child Development**

- 1) Comparing your child to your friend's child isn't helpful.
- 2) Focus on [teachable moments](#) throughout the day.
- 3) Always [prioritize play!](#)

child's doctors visit is safe, so be sure to keep those well-child appointments. Plus, missing check-ups can mean missing important vaccination boosters.

In addition to regular doctor appointments, regular dental appointments can also help ensure your child's development is on track. Dental development is important for learning to talk and getting proper nutrition. Check with your dentist to see when your child should have their first appointment.

More resources for help with development and differences:

- [Pollywog](#) - find classes for parents and children, resources of all kinds, and our Parent Voice blog.
- [Family Connections](#)
- [Early Intervention/Early Childhood Special Education](#) for Linn/Benton/Lincoln
- Home visiting services like Public Health Nurses, Relief Nursery, Healthy Families, and Early Head Start/Head Start
- Physical/occupational/mental health therapists recommended by your child's doctor
- [FACT Oregon](#) - a parent support resource for families experiencing disability
- [Reach Out Oregon](#) - support and advocacy for families experiencing emotional, behavioral, or mental health challenges.

 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog YouTube](#)

Pollywog Family
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884

Preparing for Fall

July 27, 2020, Shirley Rubio Blake

As a parent that likes to plan ahead, I have been asking myself, *“What can I plan for fall?”*

Many of us don't have solid answers as far as school, child care, and work goes so it's difficult to make plans. My husband and I both work and our schedules and work locations have changed due to COVID-19. Our kids' school and child care are still closed. When will I go back to my office to work? Are our children's school and preschool going to open up? What will they be like?

My children's school and preschool/childcare center both communicated they will have more information and a plan around mid-August. So, we have a few weeks until we will receive more information to help us plan for the fall.



New Partner in Newport: Home Visiting Nurses

We are pleased to announce that in spite of the COVID-19 outbreak, we have a new Pollywog Partner: the Lincoln County Health & Human Services Home Visiting Nurses!

The Home Visiting Nurses provide a variety of services, including “Parents as Teachers” parenting education classes. They have been using the Family Connects Home Visiting model for the last several years, and have been successfully working with all new mothers who are interested in having a nurse visit them at home after the birth of their child.

We have also been in contact with the Maternity Nurses at the Samaritan Women’s Health Center in Lincoln City, and they are currently offering Pollywog materials to new

families and directing them to the Pollywog website to get registered for prenatal classes in Newport. We hope to get them trained and using the Pollywog database for referrals very soon.

We are also pleased to announce that the Community Doulas are now trained on the Pollywog database and you can refer your families to them for doula services.

Updated Pollywog PowToons

Pollywog began operating in January of 2017, and during that first year we established a YouTube Channel and began posting “PowToons” (animated videos) about Pollywog. The PowToons are divided into categories: for parents, for partners, for training, and then some informational PowToons that were created for the Early Learning Hub, using regional data, that we thought might be of interest to our partners.

During the Stay-at-Home order, we have had an opportunity to work on some projects that needed reworking, so we have spent some time updating our PowToons, and adding some PowToons in Spanish. If you have the time, please go out and take a look! The link to our YouTube Channel is: <https://www.youtube.com/channel/UCwW-daTY50dudVli7tYDmttw>

What’s Happening

- ✓ The next Pollywog Partner Meeting is scheduled for Thursday, August 13, from 9-10:30am. This will be a remote meeting, using the Zoom platform. Meeting log-in information will be available on the Early Learning Hub website, and we will also be sending out a Google invitation.
- ✓ Currently there are 1308 individuals in the Pollywog database, as well as 23 classes, 1 course taught in Spanish, and 115 referrals have been sent through Pollywog. Please note that Fall Term classes will be posted online in the next few weeks, and Fall Registration will begin on August 3. All classes are still being taught remotely.

New On-Line Training Videos

In mid-March, Linn-Benton Community College sent the majority of their employees home to comply with the Governor's Stay-at-Home Order, plus LBCC imposed a "no travel" order on us as well. Since we have been having face-to-face trainings with new partners to get them familiar with the Pollywog database, this presented us with a dilemma, and an opportunity to make training more simple for new partners.

We created a series of three videos: one explaining the process, one detailing the Pollywog Website, and one explaining how to use the Pollywog Database. The videos were created using "Kaltura" software, which is very similar to YouTube, except that you can create your own Channel, and the videos remain your property.

The new videos are currently posted on the "Pollywog Channel" in the LBCC media library. You are welcome to use them for refreshers or for additional training for staff. Please let us know and we'll send you a link so you are able to access the videos.

Pollywog Partner Update

Below is a list of all of the Pollywog Partners, by county, who are trained and ready to receive referrals through the Pollywog database:

Linn County:

Linn County Home Visiting Nurses
Kidco Head Start
Samaritan Albany General Hospital
Samaritan Lebanon Community Hospital
Obria Medical Clinic
Family Tree Relief Nursery
DHS (Albany & Lebanon) - no incoming referrals
Family Connections
WIC
Old Mill Center / Healthy Families

Benton County:

Old Mill Center / Healthy Families
Old Mill Center / Preschool & Counseling
DHS (Corvallis) - no incoming referrals
Community Doulas

Lincoln County:

Samaritan Pacific Communities Hospital
Lincoln County Home Visiting Nurses
DHS (Newport) - no incoming referrals

More will be coming soon!

Contact Us

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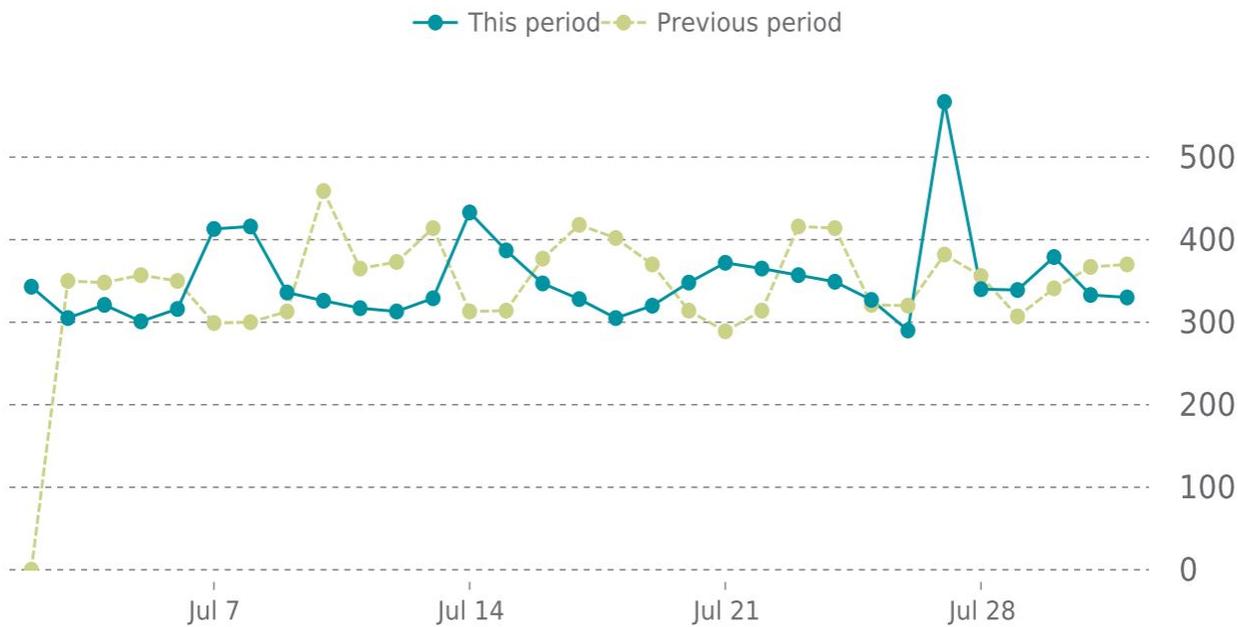
<https://www.facebook.com/PollywogFamily/>



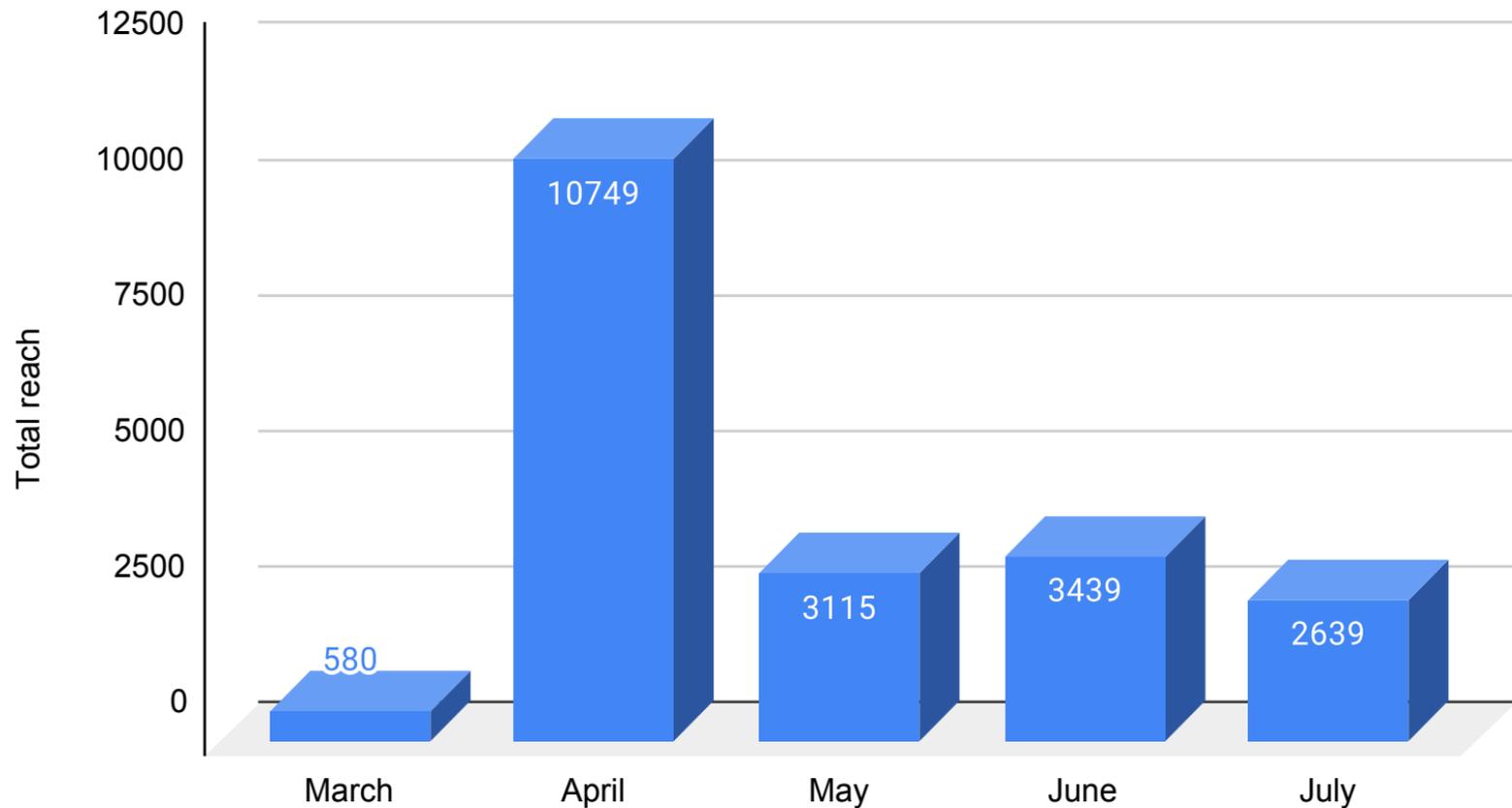
Traffic up by: **2.1%**

2020-07-01 to 2020-07-31

SESSIONS



Total Reach for Pollywog Facebook Page





OVER \$3.5 MILLION AVAILABLE FOR COVID-RELATED RENTAL ASSISTANCE!

AVAILABLE JUNE 24TH

Funds will be used to help those who cannot afford rent due to COVID-related job loss

WHO

- Renters in **Linn, Benton and Lincoln counties** with job/income loss due to COVID-19
- Must meet income criteria
- Must not be receiving Section 8 or VASH rent subsidies

HOW

Applicants must be pre-screened via the link below

Those unable to apply online can call (541)704-7506 to be screened

Eligible applicants will be contacted for next steps

To apply for services, visit

CommunityServices.us/Rent-Relief-Questionnaire

Funding provided through the federal CARES Act



Helping People. Changing Lives.

Referral To Community Service

✓ Accept ✗ Cancel

Class: External Re Referral: To provider:  To loc/pos: Reason:  OtherPriority: Routine  Routine UrgentTo prov spec: Referral: Location/POS:  From:  To:  # of Visits:  Provide a detailed description of the clinical question or concern you would like the specialist to address during the consult:Type of Service:  Act Beyond Pain A Place for Mom CardV Coast Pre-Diabetes Boot Camp «Comments»

Community Health Navigator Community Services Consortium Dental

Community intervention Food Bank Healthy Homes Hospice Transition

Hospital Home IHN Flexible Services Lincoln City Community Center

Lions MLP Pollywog Family Other SamFit Pass

Senior Services/ADRC SMAP Tobacco Specialist

Comments:         <Insert SmartText>    

2021 CCO Incentive Measures

#	Measure	NQF Number	Measure Description	Measure Steward	Data Source*	Population Characteristics		Sector				
						Patient Population	Sex	Dental Health	Behavioral Health	Primary Care	Specialty Physical Health**	Hospital
Prevention/Early Detection - Physical Health Conditions												
1	Childhood Immunization Status (Combo 2)	0038	Percentage of children that turned 2 years old during the measurement year and had the Dtap, IPV, MMR, HiB, HepB, and VZV vaccines by their second birthday	NCQA	Claims/Clinical Data	Children	All			Y		Y
2	Immunizations for Adolescents (Combo 2)	1407	Percentage of adolescents that turned 13 years old during the measurement year and had the meningococcal, Tdap, and HPV vaccines by their 13th birthday	NCQA	Claims/Clinical Data	Adolescent	All			Y		Y
3	Well-Child Visits in the 3rd, 4th, 5th, and 6th Years of Life (kindergarten readiness)	1516	Percentage of children ages 3 to 6 that had one or more well-child visits with a PCP during the measurement year	NCQA	Claims/Clinical Data	Children	All			Y		
4	Prenatal & Postpartum Care - Postpartum Care	1517	Percentage of deliveries of live births between November 6 of the year prior to the measurement year and November 5 of the measurement year that had a postpartum visit on or between 21 and 56 days after delivery.	NCQA	Claims/Clinical Data	Adolescent, Adult, Older Adult	Female			Y		Y
Prevention/Early Detection - Mental Health Conditions												
5	Screening for Depression and Follow-Up Plan	0418	Percentage of patients aged 12 years and older screened for depression on the date of the encounter or up to 14 days prior to the date of the encounter using an age-appropriate standardized depression screening tool AND if positive, a follow-up plan is documented on the date of the eligible encounter.	CMS	Claims/Clinical Data (eCQM measure)	Adolescent, Adult, Older Adult	All			Y		
Prevention/Early Detection - Substance Use Disorder (SUD) Conditions												
6	Cigarette Smoking Prevalence	NA	Percentage of Medicaid members (ages 13 and older) who currently smoke cigarettes or use other tobacco products.	OHA	Clinical Data	Adolescent, Adult, Older Adult	All			Y		Y
7	Alcohol and Drug Misuse: Screening, Brief Intervention and Referral for Treatment (SBIRT)	NA	Percentage of patients ages 12 years and older who received an age-appropriate screening and, of those with a positive full screen, percentage who received a brief intervention or referral to treatment.	OHA	Clinical Data	Adolescent, Adult, Older Adult	All			Y		
Prevention/Early Detection - Oral Health Conditions												
8	Members Receiving Preventive Dental Services, ages 1-5 (kindergarten readiness) and 6-14	NA	Percentage of enrolled children ages 1-5 (kindergarten readiness) and 6-14 who received a preventive dental service during the measurement year	OHA	Claims	Children, Adolescent	All	Y				
9	Oral Evaluation for Adults with Diabetes	NA	Percentage of adult CCO members identified as having diabetes who received at least one dental service within the reporting year	OHA (modified from DQA/ NCQA)	Claims	Adult, Older Adult	Adults	Y				

2021 CCO Incentive Measures

#	Measure	NQF Number	Measure Description	Measure Steward	Data Source*	Population Characteristics		Sector						
						Patient Population	Sex	Dental Health	Behavioral Health	Primary Care	Specialty Physical Health**	Hospital	Public Health	
Prevention/Early Detection - All Conditions														
10	Mental and Physical Health and Oral Health Assessment Within 60 Days for Children in DHS Custody	NA	Percentage of children ages 0-17 who received a physical health assessment, children ages 1-17 who received a dental health assessment, and children ages 4-17 who received a mental health assessment within 60 days of the state notifying CCOs that the children were placed into custody with the Department of Human Services (foster care)	OHA	Claims/Social Service Data	Children, Adolescent	All	Y	Y	Y				
Chronic Disease and Special Health Needs - Physical Health Conditions														
11	Comprehensive Diabetes Care: Hemoglobin A1c (HbA1c) Poor Control (>9.0%)	0059	Percentage of patients 18-75 years of age with diabetes who had hemoglobin A1c > 9.0% during the measurement period	NCQA	Claims/Clinical Data (<i>eCQM measure</i>)	Adult, Older Adult	All			Y				
Chronic Disease and Special Health Needs - Substance Use Disorder (SUD) Conditions														
12	Initiation and Engagement of Alcohol and Other Drug Abuse or Dependence Treatment	0004	Percentage of adolescent and adult patients with a new episode of alcohol or other drug (AOD) dependence who (1) initiated treatment through an inpatient AOD admission, outpatient visit, intensive outpatient encounter or partial hospitalization within 14 days of the diagnosis and (2) who initiated treatment and who had two or more additional services with a diagnosis of AOD within 34 days of the initiation visit <i>*Note Metrics & Scoring Committee may choose to limit measure to adults for calculations against incentive measure benchmark; this will be noted in specifications.</i>	NCQA	Claims	Adolescent, Adult, Older Adult	All		Y	Y			Y	
Acute, Episodic and Procedural Care (Includes Maternity and Hospital)														
13	Disparity Measure: Emergency Department Utilization among Members with Mental Illness	NA	Number of ED visits per 1,000 member months for adult members enrolled within the organization who are identified as having experienced mental illness	Homegrown CCO	Claims	Adult, Older Adult	All		Y	Y			Y	
14	*NEW* Meaningful language access to culturally responsive health care services**	NA	The proportion of visits with spoken and sign language interpreter needs that were provided with OHA qualified or certified interpreter services.	OHA	Plan Reporting	Children, Adolescent, Adult, Older Adult	All	Y	Y	Y	Y	Y	Y	

Notes
 *Clinical data includes electronic health records, registry data, and paper medical records. Claims/clinical data includes measures that require claims and clinical data, and measures that require claims or claims and clinical data. eCQM measures are indicated using italic font.

^Denotes measure included in Challenge Pool

**Measure will be assessed for operational feasibility, reliability, validity and impact at 18 and 36 months following implementation by a state-funded health plan (CCOs, OEBB, PEBC, Oregon Health Insurance Ex.).

Measure Steward Abbreviations

AHRQ: Agency for Healthcare Research and Quality
 AMA-PCPI: American Medical Association-convened Physician Consortium for Performance Improvement
 CMS: Centers for Medicare & Medicaid Services
 DQA: Dental Quality Alliance
 MNMCM: Minnesota Community Measurement

NCQA: National Committee for Quality Assurance
 OHA: Oregon Health Authority
 OHSU: Oregon Health & Science University
 PQA: Pharmacy Quality Alliance
 TJC: The Joint Commission