

Healthy Start Happenings

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Andrea Herr, Coordinator
Crystal Meyer, Family Resource Specialist

What is Healthy Start?



Healthy Start was established in 1991 through Senate Bill 620, The Healthy Start Services for Children Act, to improve student learning and support families. Healthy Start enhances efforts to close the achievement gap by helping children and their family members gain access to an array of learning supports. While each Healthy Start is unique, all are designed to do the following:

- Ensure that each child receives the physical, emotional, and intellectual support that he or she needs in school, at home, and in the community to learn well.
- Build the capacity of students and parents to be participants, leaders, and decision-makers in their communities.
- Help schools and other child and family-serving agencies recognize, streamline, and integrate their programs to provide more efficient support to children and their families.

Cascade Healthy Start was approved for a five year operational grant, which means we have up to five years to gain sustainability through other sources of funding. The grant covers assistance to Verde Vale, Meadow Lane, and Anderson Heights Elementary Schools. Some help is available to Anderson Middle School families as well.

Andrea began serving families in September. Crystal joined later on in December. We celebrated our expansion with an Open House held January 14th which drew people from the community. So far we have helped families find housing, employment resources, and legal assistance, dental and medical, treatment and many other services.

The Healthy Start Family Resource Center is located in Room 1 at Verde Vale and is open Monday - Friday 8-4 pm. We are also at Anderson Heights on Tuesdays and Meadow Lane on Wednesdays, 1:30-3:30 pm.

Contents

What is Healthy Start	1
Resources and Referrals	1
Upcoming Events	1
Medi-Cal & Healthy Families	
Health Insurance	2
ESL & Citizenship Classes	2
We Need Your Help	2
Our Staff	2

Upcoming Events

- ◆ Mondays in March: Medi-Cal and Healthy Families Health Insurance info and sign up

Resources and Referrals

We offer a wide array of services and we are continuously making connections with other helpful agencies in the community. Some of the services we offer are:

- ✓ Academic/Education Support
- ✓ Family Support
- ✓ Basic Needs
- ✓ Medical/Dental/Health Care
- ✓ Mental Health Care and Counseling
- ✓ Employment Assistance

Healthy Start does not necessarily pay for these services, but helps families to receive needed support and services.





Medi-Cal & Healthy Families Health Insurance

Margaret Crandell, a Health Advocate from Shasta County Public Health will be in our Family Resource Center every Monday in March from 1:30-3:30 pm to help families sign up for Medi-Cal or Healthy Families. She will help you determine what you qualify for and help you sign up. Come find out if you are eligible. We have a list of clinics near you! You can also contact Margaret at her office and she does speak Spanish.

Margaret Crandell
Shasta County
Community Health Advocate
2889 East Center Street
Anderson, CA 96007
530-225-3693
mcrandell@co.shasta.ca.us

ESL & Citizenship classes

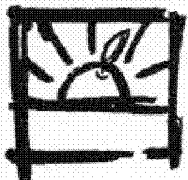
We are currently offering English as a Second Language classes. They are held Wednesdays and Thursdays from 6:30-8:50 pm. Child care is available on site and is provided by the school district.

We are also offering a Citizenship class on Tuesdays from 5-8 pm. They will help you complete N-400 application and prepare for the United States Citizenship exam. There is no childcare this night.

Both classes are free and open to anyone. The classes began in January, and end May 12th, but you can join at any time. The program is a collaboration of Shasta College and The North Valley Sponsoring Committee.

For more information call 530-736-3308 or 530-828-1540.

There will be a prize for the winner of the contest!



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Verde Vale, Room 1
19415 Jacqueline St.
Anderson, CA 96007
530-378-7002 ext. 4212
aherr@cuesd.com
cmeyer@cuesd.com

We Need Your Help!

We are in the process of completing our office here at Verde Vale in Room 1 and need to establish a permanent name or slogan for our program. "Cascade Healthy Start", our current name, seems to be causing some confusion with other health organizations. We need help coming up with something

more specific and meaningful to our community and are looking for your input. An example might be "Healthy Start - Creating Hope for Cascade Families". Please email Crystal with your ideas at cmeyer@cuesd.com. The person with the chosen entry will receive a \$25 gift certificate to the store of their choice.

Our Staff

Andrea Herr

Andrea is the Healthy Start Coordinator 40% of the time. The other 60% she is the English Language Development coordinator. She is bilingual. She has worked in the Cascade school district for almost 5 years. Andrea worked in Early Childhood Education as a teacher and a director for 11 years, and then moved on to teach various grades from Kindergarten through 6th grade for 16 years. Andrea and her husband live in Dunsuir.

Crystal Meyer

Crystal is the new Family Resource Specialist for Healthy Start as of mid December. She was hired on with AmeriCorps which involves extra training and volunteer opportunities. Crystal graduated from the University of North Texas with a B.A. in Psychology and Counseling in May, 2007. She then moved to Redding to attend Bethel's School of Ministry in August 2007. She has a passion for helping people and is excited to be part of the Healthy Start Program.