Thank you to our dedicated staff.

#WICSTRONG

COVID – 19 UPDATE

6-29-2020
Today’s Agenda

- Welcome – Jean O’Leary
- Opening remarks – Paul Throne
- Announcements – State staff
- Waiver update – Brittany Tybo
- Separation of Duties waiver file review – Marian Polsak
- Questions and answers – Heidi Feston
Loss at the National WIC Association

DUWVAUGHN P. FRANCOIS
ACCOUNTING AND OFFICE MANAGER
NWA Work Plan Goal on Racism

Dismantling Anti-Black Racism in the WIC Program and Community

Building upon our Vision, Mission and commitment to Health Equity, our goals are to:

• Shine a light on the reality of anti-Black racism in our midst;

• Grow from allyship to accomplices as we stand up against anti-Black racism;

• Create a culture of growth based on opportunities for education and conversation that identify White privilege in our community;

• Discern meaningful actions to create anti-Black racism change in our workplaces, our relationships, and our community;
NWA Work Plan Goal on Racism

- Disrupt and dismantle policies that contribute to disparities and barriers;
- Provide leadership, tools, grant guidance, and information libraries to assist state and local agencies in implementing those change-creating actions and policies;
- Assure that all board and association education, training, policy, and governance decisions are viewed through an equity, diversity, and inclusivity lens; and
- Work collaboratively with the Academy of Nutrition and Dietetics (AND), Historically Black Colleges and Universities (HBCU), schools of public health and nutrition, and other professional organizations to advance NWA’s anti-Black racism goals and cultivate career opportunities.
Where are we?

Life as we knew it

Today

Life as it will be
Where are we?

"Normal" Functioning

- Shock and Denial
  - Avoidance
  - Confusion
  - Fear
  - Numbness
  - Blame

- Anger
  - Frustration
  - Anxiety
  - Irritation
  - Embarrassment
  - Shame

- Depression and Detachment
  - Overwhelmed
  - Blahs
  - Lack of Energy
  - Helplessness

Return to Meaningful Life

- Empowerment
- Security
- Self-Esteem
- Meaning

Acceptance
- Exploring options
- A new plan in place

Dialogue and Bargaining
- Reaching out to others
- Desire to tell one’s story
- Struggle to find meaning for what has happened
This pandemic creates increased uncertainty and stress. Under stress, we focus on our basic needs and operate from the survival portions of our brain. These trauma-informed practices can help staff:

- **Support regulation** - under stress it’s hard to manage emotions and staying regulated. Build in time for regulation practices like breathing, grounding exercises, and movement.
- **Prioritize relationships** - Social support and connection can actually buffer a stress response.
- **Explain the why** behind decisions. Understanding why something (like a policy or practice) is happening can give people a sense of control and decrease a stress response.
- **Help staff know what to expect** to the extent possible. In uncertain times, having any amount of certainty or predictability is helpful. Sharing information when it’s available will decrease stress.
- **Reframe behaviors** - Emotional regulation and impulse control are more difficult during times of stress. Give grace and understand that challenging behaviors are a sign of stress.
How we can help get things right

Practice Compassion
- Focus on people more than their tasks
- Make space to listen, really listen—schedule a virtual meeting with no purpose other than to discover how someone is doing
- Provide reassurance during these uncertain times

Practice Empathy
- Seek to understand the need and challenges of people you impact
- We too often think we must solve every problem or be a counselor. Let that go. Listen instead

Help Others in the Ways They Need It
- After they’ve finished talking, you might ask, “How can I help?” or “What would help you get through this?”
- For personal matters, remind people of our excellent EAP people and services
- Help in the ways we all need help: Support Regulation, Prioritize Relationships, Explain the Why, Help Staff Understand What to Expect and Reframe Behaviors
Washington is masking up!

Please wear a face covering
Help stop the spread
COVID-19 Status

Rate of newly diagnosed cases per 100K people

- Case rate
- Latest case rate
- Case rate (incomplete data)
- Goal < 25 cases

Graph showing the rate of newly diagnosed cases per 100K people, with a peak in April 2020 and a recent increase to 65.4 cases in June 2020, compared to a goal of < 25 cases.
Washington is masking up!

Required:
• Indoor public spaces
• Outdoors if can’t stay 6 feet apart

Exemptions:
• Some disabilities or health conditions
• People who are deaf or hard of hearing
• Children under 2

May remove:
• Seated at a restaurant
• Enjoying recreation alone

https://www.coronavirus.wa.gov/information-for/you-and-your-family/face-masks-or-cloth-face-covering
Special requirement for Yakima County

**Gov. Inslee’s Proclamation** creates additional requirements for Yakima County beyond the **Secretary’s Order**. Businesses in Yakima County may not serve anyone who enters their business without a facial covering.
Masks for qualified people

The state’s Emergency Management Division distributed nearly 2.8 million face coverings with a plan to distribute two masks to every Washingtonian below 200 percent of the federal poverty level.

The state delivers the face coverings to local emergency management offices who then work with various community organizations and service providers to deliver them to individuals.

More information:

Final thought

My mask protects you

Your mask protects me
Announcements

- GoToMeeting update – Margaret Dosland
  - Call Cascades Support if problems with laptop camera
  - Activate user accounts
  - Request license: WICLPC@doh.wa.gov

- Upcoming Participant Survey on Remote Services – Carolyn Connor

- Future webinars – Jean O’Leary
  - Every Thursday beginning July 9th through September
  - No webinar Thursday July 2nd
  - New name: WIC Update webinar
Announcements

- NWA Nutrition Education and Breastfeeding Promotion Conference – Jacqueline Beard
  - Save the dates - September 9, 10 and 11
  - Adding funding to Local Agency contracts to support you and your staff to attend
  - Funding will be available September 1

- Continue to view all the NWA Virtual Conference sessions and engage with NWA network through July 31
  - Complete evaluation and receive certificate for CEUs
Announcements

- **Washington Listens** – Jacqueline Beard
  - Increased reach and help for people grappling with great stress, uncertainty and isolation
  - Statewide crisis support and referral line
  - Call 833-681-0211, Mon-Fri 9am–9pm, Weekends 9am–6pm
  - Expand mental health counseling and substance abuse treatment for individuals w/o health care coverage or limited
Announcements

○ Stay Safe, Stay Healthy, Stay Vaccinated campaign
  ■ Help get the word out - Important to keep kids up-to-date with their immunizations!
  ■ Remind parents that clinics are taking steps to reduce exposure to COVID-19 and to keep families safe
  ■ New flyers available in Spanish, Chinese, Russian, Somali, Vietnamese, Amharic, Ukranian, and Tigrinya languages
  ■ Social media toolkit – Facebook, Twitter, Instagram
  ■ Find materials at: COVID-19 and Immunizations
Waiver Update
Separation of Duties (SOD) – waiver file review

- Washington WIC received a waiver for SOD on March 30th
  - Due to COVID-19 and staff working remotely, USDA/FNS approved our waiver request to allow 1 person to complete all parts of the certification

- To assure program integrity, Washington WIC had to submit a SOD waiver file review process to FNS by May 31st.
  - Our waiver file review process was approved in June

The waiver file review process is in effect for certifications not meeting SOD from June 1st until the SOD waiver ends
For certifications that don’t meet SOD due to COVID-19:

- **Review a random 5% sample of initial and subsequent certifications** each month
  - There isn’t a specific requirement to review certifications for infants receiving formula
  - Use the Cascades Separation of Duties report listed under the Operations report category

- **Complete the SOD File Review Form - COVID-19**
  - Call the participant or caregiver *(customer service call)*
  - If not available by phone, complete a file review
  - Keep the File Review form on file for 4 years
Separation of Duties (SOD) – waiver file review

- The policy is attached and will be posted to the WIC Policy & Procedure page (Remote Services section at top of page)
  - The File Review form is included in the policy

- Contact your LPC for consultation if you have challenges meeting the waiver file review requirement

- Contact the Policy Support line with questions about the waiver file review requirement and policy
Pandemic-EBT: Emergency School Lunch Program

- New food benefit program: P-EBT
  - Helps families in WA buy food when school is closed
  - Eligible students may receive up to $399 of benefits
  - Only for students enrolled in 19-20 school year
  - Apply before August 31, 2020 or before 20-21 school year begins - whichever is later

- Eligible Students:
  - Students enrolled in a K-12 school that offers a school lunch program during the normal school year AND
    - Eligible for free or reduced-price school meals OR
    - Attending a school where meals are free for all students
Pandemic EBT (P-EBT): Emergency School Meals Program
Get help buying groceries while schools are closed

Does your child receive free or reduced-price school meals or does your child’s school provide all meals free?

YES

Do you receive Basic Food benefits?

YES

You will automatically receive P-EBT on your EBT Card.
Benefits will be added to your EBT card by July 7.

NO

NO

NO

Call your local school to apply for free/reduced-price school meals and then apply for P-EBT

Who is eligible?
Students going to a K-12 school that offers a school lunch program during the school year AND
- Is eligible for free or reduced-price school meals; OR
- Is attending a school where meals are free for all students

Can immigrant households apply?
Yes. Using P-EBT benefits does not count as a public charge. P-EBT does not change a parent or child’s immigration status. P-EBT replaces school meals and are for all families that receive free and reduced-price school meals.

What is the benefit?
For children who received free or reduced-price meals when schools closed in March, each family will get $399 per child. For families that enrolled in Basic Food or applied for school meal benefits after schools closed, each child will get less than that. The value depends on when you applied for food assistance.

Important Information
- Applications for P-EBT must be completed by August 31, 2020 or before the start of the 2020-2021 school year—whichever is later.
- If you need help understanding your eligibility or how to apply for benefits, see the Frequently Asked Questions at k12.wa.us/PEBT or call Department of Social and Health Services at 877-501-2233.

Your benefits card will look like this:

Washington Quest

5077 1012 3456 7890
John P Cardholder

Washington State
Department of Social & Health Services
Transforming Lives

Washington Office of Superintendent of Public Instruction
This institution is an equal opportunity provider.
Pandemic-EBT: Emergency School Lunch Program

What you need to know for WIC:

- P-EBT benefits:
  - Do not provide adjunct eligibility
  - Are not counted as income when determining WIC eligibility.

Please help WIC families with older children:

- Help promote this program
  - Display or offer the [P-EBT Parent Flyer](#) to WIC families
  - Refer families to the [P-EBT webpage](#) for more information
Questions?

Contact us with your questions:

Policy Support phone: 1-800-841-1410, press 3, then press 1 or email at wicpolicysupport@doh.wa.gov

Your Local Program Consultant (LPC) or email at wiclpc@doh.wa.gov