

# Change

from page 1

## So where do you begin?

Mark Allen Poisel, Associate Vice President of Student Development and Enrollment Services at the University of Central Florida (UCF), urges parents to teach their children decision-making skills long before they are ready to head for college. Many college students don't know how to make decisions or realize the consequences.

Parents sometimes do so much for kids that it undercuts their ability to be self-reliant and self-confident, said Aimee Jennings, Coordinator of the CHILL (Community Help & Intervention in Life's Lessons) counseling program. (The CHILL program, supported by a Winter Park Health Foundation grant, provides free in-school counseling services to students and their families in public schools in Winter Park, Maitland and Eatonville.)

While parents think they are helping by trying to make their children's lives as easy as possible, it is really a disservice that will make life harder for them in the future, she explained.

The importance of helping build decision-making skills is illustrated by a freshman who wandered into a UCF counselor's office seeking help... on buying books. Dr. Poisel said the young man's parents had passed away not long before he started college. He arrived not having the skills to do something as basic as buying books at a book store on his own.

That is an extreme example, but shows the importance of kids getting experience with making decisions and tackling problems well before they leave home.

One way parents can begin is to talk a child through the decision-making process, Dr. Poisel said. Ask the child to look at the pros and cons of a decision, perhaps making a list. The next step would be to consider alternatives and then the implications of making a particular decision; i.e., if I do this...this will happen and if I don't do this...this will happen. With all this information in hand, the child can then think through the best decision possible at that time.

Mistakes are OK. However, it is important to learn from them and figure out the steps to take to correct them.

Kids often want parents to go ahead and make decisions, but it is much healthier to have a conversation that walks the child through the process and helps him or her come up with their own decision, he said.

And if the teen doesn't want to listen to a parent's decision-making advice, Ms. Jennings recommends parents try having a discussion when the student isn't in the midst of a problem, perhaps at dinner. And if at first parents don't succeed, she recommends parents try, try again.

Dr. Poisel said there is nothing wrong with parents wanting to be involved in the lives of their children, though

some parents go to the extreme in watching over their college-age children controlling every move. These parents are sometimes referred to as "helicopter" or "Black Hawk" parents. However, when parents are in touch with their children it is recommended they inquire about issues facing the student and have a conversation about them.

Talk through the decisions with the child. The student will be better prepared next time—even when you are not around.

### For more information on transitions and decision-making, please visit:

[www.healthychildren.org](http://www.healthychildren.org), a new website sponsored by the American Pediatrics Association

[www.aboutourkids.org](http://www.aboutourkids.org), a website sponsored by the NYU Child Study Center

[www.kidshealth.org](http://www.kidshealth.org), part of the Nemours Foundation's Center for Children's Health Media.



**INSIDE:**  
Graduation Means Big Changes—Parents Can Help  
Earn \$ for Your School—Take the CYI Survey  
Stress is Taking a Toll on Kids  
Community Help in Hard Times  
Healthy Recipes

Winter Park Health Foundation  
220 Edinburgh Drive  
Winter Park, FL 32792

# Healthy Kids Today

Non Profit Org.  
US Postage  
PAID  
Mid-Fl, FL  
Permit #286

## Florida KidCare

### A Low-Cost Option for Uninsured Children—Enroll at Any Time

If you find yourself without health care insurance coverage or need a more affordable option, don't forget about the Florida KidCare program.

Florida KidCare is a free and low-cost health insurance program subsidized by the state and federal government for uninsured children under the age of 19. It provides medical and dental coverage. While premiums vary depending on family income, most families pay only \$15 or \$20 a month.

Parents also can apply if the company they work for offers insurance but they can't afford to buy it.

In addition, if a family doesn't qualify for subsidized insurance for their children through Florida KidCare, they can apply for the program's coverage at full price which in Orange County is either \$133 or \$159 per child per month depending on the child's age. This cost includes both medical and dental benefits.

Parents can apply online by going to [www.floridakidcare.org](http://www.floridakidcare.org) or they can download an application from the website. Applicants are asked to supply documents depending on sources of income, including the most recent tax return, or a wage and earning statement or current pay stubs for one month.

There is open enrollment throughout the year.

To get help locally, you can call a Florida KidCare Outreach Specialist, at 407-836-2528 who provides assistance to applicants in Orange County. The Winter Park Health Foundation (WPHF) provides grant support for these outreach efforts in hopes of raising awareness about Florida KidCare and assisting qualifying families in Winter Park, Maitland and Eatonville.

Once an application is submitted, it usually takes four to six weeks to be approved.



Middle & High School Edition

# Healthy Kids Today

## Spring 2010

Graduation Means Big Changes—Parents Can Help  
Earn Money for Your School—  
Take the CYI Survey

Stress is Taking a Toll on Kids  
Community Help in Hard Times,  
Florida KidCare  
Healthy Recipes

**Healthy Kids Today** is published by the Winter Park Health Foundation especially for students and families affiliated with schools in the Winter Park Consortium of Schools—Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Lake Sybella and Lakemont elementary schools; Glenridge and Maitland Middle schools; Winter Park 9th Grade Center; Winter Park High School.

[HealthyKidsToday.org](http://HealthyKidsToday.org)



Click Here For Health

A Service of the Winter Park Health Foundation

## Graduation Means Big Changes For High School Seniors: Parents Can Help

With high school graduation coming fast, teens are speeding toward some of the biggest transitions of their young lives.

High school seniors are heading to college or the adult world of work where they will face more freedom

and more responsibilities, and some potentially rude awakenings.

But parents can do a lot to help pave the way for a smooth and successful transition at any age by helping their children develop self-confidence and decision-making skills to cope with change.

No matter what the age, it is never too late, but education and mental health professionals say the earlier, the better. These aren't skills you can suddenly switch on when you hit college or a job.

*Continued inside*



Earn Money for Your School by Completing a CYI Survey

## WE WANT AND NEED YOUR FEEDBACK!

In the past decade, the Winter Park Health Foundation (WPHF) has provided nearly \$12 million in funding for comprehensive student health and wellness services in Winter Park, Maitland and Eatonville area schools designed to help students be the healthiest and most academically productive possible.

The free programs, part of the Coordinated Youth Initiative (CYI) launched over 10 years ago, touch the lives of thousands of local students and continue to have a major impact on them.

In an effort to make the programs the best they can be, WPHF would like your feedback. Parents are invited to complete the survey posted on the website, [www.healthykidstoday.org](http://www.healthykidstoday.org), and provide thoughts and suggestions. Your child's school will receive \$1 for each completed survey to be used for healthy school activities.

*Continued inside*

# Healthy Recipes to Try This Summer

Nutrition doesn't have to fly out the window when school doors close. Summer can be a great time to try out healthy recipes like these tasty ones supplied by Heather McPherson, Orlando Sentinel Food Editor. They would also make great additions to your children's lunch bags when it's time to return to school.

## Tamale Beef Squares

Makes 6 servings.  
Adapted from the American Heart Association's Kids' Cookbook.

### Ingredients:

1 large onion  
1 tablespoon butter  
1/4 cup water  
1 pound ground round  
1 tablespoon chili powder  
1/4 cup drained, diced mild green chilies (from a 4-ounce can)  
1/2 teaspoon garlic powder  
1/2 teaspoon salt (optional)  
1 (14 1/2-ounce) can diced tomatoes in juice, drained  
2/3 cup frozen corn kernels  
1 (8-ounce) package corn bread mix (select a mix that does not include lard)  
1/3 cup skim milk  
1 egg  
1 tablespoon corn oil  
Vegetable oil spray  
1 cup grated, sharp, low-fat Cheddar

### Directions:

1. Peel and chop onion. Place skillet on burner. Turn heat to medium. Add onion,

margarine and water to skillet. Cook, stirring occasionally with wooden spoon, for 5-7 minutes, or until onions are almost clear. Crumble ground round into skillet. Add chili powder, drained chilies, garlic powder and salt. Cook, uncovered, 8-10 minutes on medium heat, stirring often, until meat is browned. As meat cooks, stir to break up into small pieces. Stir tomatoes and corn into skillet, remove from heat.

2. Combine corn bread mix, milk, egg and corn oil just until ingredients are evenly blended.

3. Heat oven to 400 degrees F. Coat baking pan with vegetable oil spray. Spread corn bread mixture on bottom of pan. Distribute meat mixture over corn bread layer. Sprinkle cheese over meat. Bake 30-35 minutes, or until cheese is melted and slightly bubbly. Place on wire rack to cool a few minutes. Cut into 12 squares.

## Eggless Egg Salad

Makes enough filling for 6 sandwiches or wraps.

### Ingredients:

1 pound firm tofu, drained well and crumbled  
1 stalk celery, chopped  
2 tablespoons low-fat mayonnaise or soy-based mayonnaise  
2 teaspoons Dijon-style mustard  
2 dashes Worcestershire sauce  
Salt and freshly ground black pepper to taste

### Directions:

1. Combine all ingredients in a small mixing bowl.

2. Blend ingredients well.

Recipe note: If you want this to look just like egg salad, add a pinch of turmeric. This yellow spice is used to give mustard its color.



# Community Help in Hard Times

These are economically tough times, but there are many sources of help in Central Florida.

## HERE ARE SOME SUGGESTIONS:

### 2-1-1

Anyone who needs any type of community assistance can dial 2-1-1 for free information and referrals. For more information, call 2-1-1 or go to [www.211oc.org](http://www.211oc.org).

### The Neighborhood Centers for Families

The centers, operated under the direction of the Orange County Citizen's Commission for Children, are available in 13 communities including Winter Park, Eatonville and Union Park. Each center provides services addressing the needs of the surrounding community, such as clothing; food; utility bill, rent and mortgage assistance; and employment, as well as after school care.

#### In Winter Park:

901 West Webster Avenue  
Winter Park, FL 32789  
407-622-2911  
Hours: 8:30 a.m. to 5 p.m.

(Meetings are available at other times by appointment.)

#### In Eatonville:

323 E. Kennedy Blvd. Suite D  
Eatonville, FL 32751  
407-629-5655  
Hours: 8 a.m. to 5 p.m.

**In Union Park** (which includes the Cheney Elementary neighborhoods)  
9839 East Colonial Drive  
Orlando, FL 32817  
407-207-1684  
Hours: 8 a.m. to 5 p.m.

### Primary Care Access Network (PCAN)

PCAN helps Orange County residents who are underinsured or uninsured find a medical home where they can get regular health care.

For more information, call 407-836-PCAN (407-836-7226).

[www.pcanorangecounty.com](http://www.pcanorangecounty.com)

### Second Harvest Food Bank

The Winter Park Health Foundation has provided grants to Second Harvest to help increase the amount of emergency food available to families in need through the Food Bank's regular distribution sites in the Winter Park, Maitland and Eatonville areas. For more information about sites in your area, call 407-295-1066.

[www.foodbankcentralflorida.org](http://www.foodbankcentralflorida.org)

## OTHER HELPFUL INFORMATION:

### The Benefits Connection

To meet with outreach specialists who are part of the Benefits Connection program, a partnership between Second Harvest Food Bank of Central Florida and Heart of Florida United Way, call 407-423-7333. The outreach specialists qualify and

register residents for food stamps as well as the Earned Income Tax Credit, KidCare and Medicaid.

### Florida KidCare

To get an application for Florida KidCare, the state's children's health insurance program for uninsured children under age 19, call 407-836-2528. (Also, see related story in this newsletter.)

### Free and Reduced School Lunches

To apply for free and reduced school lunches for children, pick up a form in any school's front office. The form explains who is qualified for the program.

### Free Cell Phone Service

Citizens who receive any of the following services: Section 8 Housing, Food Stamps, Medicaid, a Head Start subsidy, or have a child on free lunch are eligible for a free cell phone with 68 minutes a month. They would also be eligible if their income is below 135 percent of the federal poverty level. For more information, call 1-800-977-3768 or go to [www.safelinkwireless.com](http://www.safelinkwireless.com).

### State Assistance information website

The Florida Department of Children and Families' new website lets you prescreen for benefits including food stamps, temporary cash assistance

## SURVEY from page 1

CYI programs include the School Nursing Initiative (SNI), Student Health Centers, the CHILL counseling program and Healthy School Teams.

In addition, WPHF produces this newsletter--Healthy Kids Today--sent home to the families of students. Additional health news, updated weekly, and more complete information about CYI programs, can be found on the website developed and maintained by WPHF--[www.healthykidstoday.org](http://www.healthykidstoday.org)

Please take time to complete the survey online by June 4, 2010. Please complete no more than one survey per family per school. We look forward to your input!

and Medicaid - or manage your account. [www.myflorida.com/accessflorida/](http://www.myflorida.com/accessflorida/)

Don't forget, your school's nurse, CHILL counselor and the nurse practitioners at the Student Health Centers at Glenridge Middle School and Winter Park High School also can provide information on helpful resources.

To find out how to contact these professionals, go to [www.HealthyKidsToday.org](http://www.HealthyKidsToday.org), which is a WPHF-sponsored website, and look under the title Coordinated Youth Initiative.

# Stress is Taking a Toll on Kids of All Ages

## Stress is up, and kids aren't immune.

In fact, a recent study by San Diego State University (SDSU) reveals today's high school and college students report more anxiety and mental health problems than ever before. In 2007, five to eight times as many young people reported very high levels of mental health problems as compared to those living during the Great Depression era.

Here in Central Florida, 23 percent of adolescents responding to the 2006 Child and Adolescent Health Survey conducted in Orange, Seminole, Osceola and Brevard Counties with support from the Winter Park Health Foundation indicated they worry a lot and 27.3 percent had sleep difficulties.

"Students have always had higher anxiety than the general adult population, but the increase over time is startling," said Jean Twenge, SDSU psychology professor and the university study's lead author, in a release about the study. "Anxiety is usually a precursor to more serious mental health issues like depression, so it's important to teach young people how to manage their stress now so it doesn't become worse."

The good news in this is that there is a lot parents can do to help their children learn to manage stress, according to Aimee Jennings, Coordinator of the CHILL (Community Help & Intervention in Life's Lessons) counseling program.

CHILL counselors are mental health professionals who provide free, school-based counseling

services to students and their families in public schools in Winter Park, Maitland and Eatonville. The program is part of a collection of school-based health services made possible through grant support from the Winter Park Health Foundation.

She said the CHILL counselors are seeing more anxiety and depression among students and a lot comes from underlying stress. Students are talking about the usual stressors—school and friends and problems at home, such as finances and divorce. These issues have always been around, but new forms of communication have accentuated the impact. For example, schools have always had bullies, but not bullies who could attack via computers and telephones using words as well as photos.

While stress is normal, too much can lead to more serious problems like depression. How do you know there may be a problem?

As children get into middle and high school, signs include anxiety and depression, a drop in self image, negative thinking, feelings of anger, skipping school and using alcohol.

Sometimes it can be tough for parents to differentiate between the

normal pulling away that occurs when teens try to become independent and withdrawing because of stress and anxiety.

Kids tend to keep worrying inside, and teens don't always tell parents about what is bothering them, Ms Jennings said. Some say they don't want to worry their parents.

It is "more crucial than ever" for parents to communicate with their teens and to ask open ended questions. "When my parents ask a yes or no question, that's how I'm going to answer," one student told Ms. Jennings. "If they want me to tell them more, they should ask real questions."

In other words, rather than asking "did you have a good day," you might want to say "tell me about your day," explained Ms. Jennings. "Let them know you are really interested." Students would really rather get along with their parents, she added. The stress that comes with fighting with parents really bothers them.

Parents can also help by:

- Fostering independence and teaching problem-solving skills (For information on how to do this, see the Big Changes story in this newsletter.)

- Letting children know they are trusted

- Helping minimize the amount of self-criticism that goes on with teens

- Setting clear and appropriate guidelines at home—but don't go overboard with guidelines that are too harsh

- Encouraging children to develop hobbies that can serve as stress relievers

- Promoting a positive outlook

Parents also can help by modeling good coping skills. According to The Parent Letter by the NYU Child Study Center, "The way parents respond to emotional situations significantly affects how well children learn to cope with their emotions."

The Letter also suggests parents help their children become aware when experiencing stress, learn deep breathing and progressive muscle relaxation to reduce stress and encourage other stress relievers like meditation, yoga, visualization and listening to soft music.

For more information and assistance, parents can contact the CHILL counselor assigned to their child's school.

