### Fall Retreat 2010:  
**Scenarios for Public Health and Outreach**

#### Scenario #1: The family with 3 kids going to school – buy school supplies – live in SE

**Learning Objectives:**
1. High-risk youth  
2. Local resources for shopping  
3. How do families budget on a limited income

**Scenario:** You are a family of 5 (Mom, Dad, 3 kids, ages 6, 11, and 17). As the head of the household, you are preparing the children for their school year (grades 1, 6, and 11). You live at **2351 Q Street SE** in DC. Your family does not own a car.

Please be prepared to present to the larger group the following:

- The schools of each of your 3 children and how they get to school in the morning. Use your digital camera to take pictures of your eldest child’s route (on foot) to school (he goes to Anacostia High School)
- What supplies they need and how you intend to buy them, using $100 total.
- You and your spouse both work full-time jobs until 6pm every night to afford the expensive rent in your neighborhood. Your 6 yo child must go from his school (Naylor Road School) to the local playground at the Boys and Girls Club of America, until his older siblings can pick him up. Again, use your digital camera to photograph this child’s walk from school to his afterschool activity.

**School Supplies Needed (present the total cost of these items and where you would buy them):**

<table>
<thead>
<tr>
<th>6yo</th>
<th>11yo</th>
<th>17yo</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 bottle of white liquid glue</td>
<td>Several #2 pencils</td>
<td>3-ring binders, one for each class</td>
</tr>
<tr>
<td>1 large, pink eraser</td>
<td>Extra erasers</td>
<td>Dividers</td>
</tr>
<tr>
<td>2 glue sticks</td>
<td>Several pens (blue or black)</td>
<td>#2 Pencils</td>
</tr>
<tr>
<td>1 box of tissues to share</td>
<td>1 box of crayons</td>
<td>Ballpoint pens (blue or black)</td>
</tr>
<tr>
<td>1 box of markers or colored pencils</td>
<td>1 box of markers or colored pencils</td>
<td>Highlighters</td>
</tr>
<tr>
<td>A backpack</td>
<td>2 glue sticks</td>
<td>Erasers</td>
</tr>
<tr>
<td>12, #2 pencils</td>
<td>1 ½ - 2 inch 3-ring binder</td>
<td>1 box of colored pencils, markers or crayons</td>
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<tr>
<td>2 dry-erase markers</td>
<td>2 composition or spiral notebooks</td>
<td>Loose leaf, college-ruled notebook paper</td>
</tr>
<tr>
<td>1 pair of safety scissors</td>
<td>Dividers-at least 6</td>
<td>Index cards</td>
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<tr>
<td>1 small school box or zippered pouch</td>
<td>1 pack of graph paper</td>
<td>Glue sticks</td>
</tr>
<tr>
<td>for school supplies</td>
<td>2 packs of loose leaf paper</td>
<td>Pack of graph paper</td>
</tr>
<tr>
<td>2, two-pocket folders</td>
<td>4, two-pocket folders</td>
<td>Composition or spiral notebooks</td>
</tr>
<tr>
<td>2 wide-ruled notebooks</td>
<td>2 highlighters</td>
<td>Ruler (inches and centimeters)</td>
</tr>
<tr>
<td>1 ruler (inches and centimeters)</td>
<td>Scissors</td>
<td>Compass</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Protractor</td>
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<tr>
<td></td>
<td></td>
<td>Graphing calculator</td>
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**Questions for Learners:**
1. What are the local resources in this neighborhood that enable you to purchase these school supplies? Do any of your children’s schools have programs to help you afford these supplies?  
2. What are the logistics involved for budgeting 3 children’s school supplies?  
3. What are the community resources available for at-risk youth? How would your children access them after school? What sort of “trouble” might they run into on the way?
Scenario #2: The single Mom with a neutropenic kid living in NE and going to GUH for care

Learning Objectives:
1. Public Transportation
2. Doctor/patient ratios in various DC quadrants
3. Food insecurity rates
4. Obesity
5. Availability of healthy foods

Scenario: You are the single mother of a 5 yo girl with ALL. She is in the middle of 2.5 years of chemotherapy and is chronically neutropenic between chemo visits. You have an older child who is 13 years old and you work as a cashier at your local Safeway. You live at 4620 Queen’s Chapel Terrace, in the heart of the Michigan Park neighborhood. You do not own a car and your annual salary as a single parent is about $23,000/year. Your child receives her weekly chemotherapy at the Lombardi Center at Georgetown at 10am every Wednesday morning.

Be prepared to present to the large group:
- The schedule of a typical “chemo day” for your child.
- How will you get there for your weekly appointments, taking into account your geography and your limited budget? You can use any form or combination of public transportation. When you return to the large group session in the afternoon, you must present the ticket of one leg of your journey (i.e. if you need 2 bus rides and one metro ride to get to GUH, we will accept the metro ticket as proof of your experience).
- How do you feel about bringing a neutropenic child onto public transport routinely?
- How will you buy all of the medicines required to keep your child healthy and how will you administer them (Biotene, po steroids, Magic Mouthwash, Nystatin)? How much do these medicines cost and where will you buy them?
- The cost of medical care for your 5 yo child has significantly drained your financial resources. You will need to also buy food for yourself and your 2 children for the week. You have $50 to spend per week. Where can you shop that is close to your house? How many markets/grocery stores are there in your neighborhood? How many fast food restaurants are there? And “sit-down” restaurants?
- Use your digital camera to document your experience of public transportation and purchasing of supplies/food.
- Your group may split up to accomplish these tasks within the time allotted.

Supplies Needed for 5 yo with ALL (present the total cost of these items and where you would buy them):
- Biotene Mouthwash
- Nystatin suspension
- Magic Mouthwash
- Broviac cleaning kit

Questions for Learners:
1. What is the ratio of Doctors to Patients in NE? In other quadrants? In other places in the US?
2. How will your 13 yo child be affected by the scenario you have developed to help your 5 yo?
3. What is the rate of food insecurity in your neighborhood? In DC? In the US?
4. What is the availability of healthy foods in various neighborhoods in DC? How does this contribute to the “obesity epidemic”, by zipcode?
Scenario #3: The non-English-speaking immigrant family with a 2 week old baby (Mt Pleasant)

Learning Objectives:
1. What are the local resources available to non-English-speaking families to support them in parenthood?
2. What are the logistics of navigating a neighborhood that is not designed for non-English speakers?
3. uninsured vs underinsured
4. substance abuse issues – community support
5. How do Mt. Pleasant and Bethesda differ in terms of the support systems in place? How well does each location cater to diverse populations?

SCENARIO:
You and your spouse are both 28 years old and you moved to DC from Mongolia about 8 months ago. You both speak only a few sentences of English and you live in Mount Pleasant, surrounded by Spanish speakers! You have a 2 month old girl who is very healthy; you live at 1704 Kilborn Street NW with 5 of your cousins. In Mongolia, both you and your husband were engineers, but you have had to resort to cleaning houses to make ends meet (your qualifications are not recognized in the US and your English is not advanced enough for you to fight with the powers-that-be regarding this injustice). You do not have medical insurance for the members in your family.

Be prepared to present the following to the larger group:
1. Your baby is hungry constantly and uses up many diapers per day. You decide to shop at Best Way Supermarket for all of your baby’s needs. How will you find what you need in this store? How will you afford these supplies on your limited budget? You can spend $30 total per week on baby supplies.
2. Your baby requires Alimentum due to a milk protein intolerance. Find your nearest WIC office and determine the difference in price of buying Alimentum both with and without a WIC voucher.
3. Where does your baby receive medical care and how do you pay for it without medical insurance?
4. Recently, your husband has become very depressed due to your family’s financial instability. He has been drinking 4-5 beers each night when he comes home from work and has been moderately to severely intoxicated 3-4 nights every week. Once or twice over the past month, he has become verbally abusive to you while being drunk and hit you for the first time last night. He has not hurt the baby but his reliance on alcohol, as an emotional escape, is increasing. You are afraid he will one day harm your newborn. What are your options for help, both for you and your baby, as well as for your alcohol-dependent husband? Do any of these options serve Mongolian speakers? Pick 3 resources that are available in your community and compare them during your presentation.
5. Please use your digital camera to document your experience.

Supplies needed for Newborn (present the total cost of these items):
- Diapers (enough for one week)
- Alimentum formula (enough for one week)
- Desitin ointment
- Baby wipes
- TriVisol with iron
- 2 plastic bottles, Bottle cleaner

Questions for Learners:
1. What is the rate of uninsured and underinsured children in DC, compared with the national rate?
2. What is the difference between being uninsured and underinsured? What medical risk factors do these situations create?
3. What role does substance abuse play in families living in poverty? What are the resources available to families, both for the drug abuser as well as the other family members?
4. How do language barriers relate to health disparities? Which minority groups have an advantage over others?
Scenario #4: The non-English-speaking immigrant family with a 2 week old baby (Bethesda)
Learning Objectives:
1. What are the local resources available to non-English-speaking families to support them in parenthood?
2. What are the logistics of navigating a neighborhood that is not designed for non-English speakers?
3. uninsured vs underinsured
4. substance abuse issues – community support
5. How do Mt. Pleasant and Bethesda differ in terms of the support systems in place? How well does each location cater to diverse populations?

SCENARIO: You and your spouse are both 28 years old and you moved to DC from Mongolia about 8 months ago. You both speak only a few sentences of English. You have a 2 week old girl who is very healthy and you live with 3 of your cousins in Bethesda (corner of Oakland Road and Brookside Drive). In Mongolia, both you and your husband were engineers, but you have had to resort to cleaning houses to make ends meet (your qualifications are not recognized in the US and your English is not advanced enough for you to fight with the powers-that-be regarding this injustice). You do not have medical insurance for the members in your family.

Be prepared to present the following to the larger group:
1. Your baby is hungry constantly and uses up many diapers per day. You decide to shop at Whole Foods (5269 River Road, Bethesda) for all of your baby’s needs. How will you find what you need in this store? How will you afford these supplies on your limited budget? You can spend $30 total per week on baby supplies.
2. You and your husband do not have insurance, but the application for Medicaid for your baby is currently pending. Where does your baby receive medical care? Are there providers in your area that accept Medicaid? Please call (202) 724-5506 for answers to these questions.
3. Recently, your husband has become very depressed due to your family’s financial instability. He has been drinking 4-5 beers each night when he comes home from work and has been moderately to severely intoxicated 3-4 nights every week. Once or twice over the past month, he has become verbally abusive to you while being drunk and hit you the first time last night. He has not hurt the baby but his reliance on alcohol, as an emotional escape, is increasing. You are afraid he will one day harm your newborn. In Bethesda, what are your options for help, both for you and your baby, as well as for your alcohol-dependent husband? Do any of these options serve Mongolian speakers? Pick 3 resources and compare them during your presentation.
6. Please use your digital camera to document your experience.

Supplies needed for Newborn (present the total cost of these items):
- Diapers (enough for one week)
- Enfamil formula (enough for one week)
- Desitin ointment
- Baby wipes
- TriVisol with iron
- 2 plastic bottles, Bottle cleaner

Questions for Learners:
1. What is the rate of uninsured and underinsured children in DC, compared with the national rate?
2. What is the difference between being uninsured and underinsured? What medical risk factors do these situations create?
3. What role does substance abuse play in families living in poverty? What are the resources available to families, both for the drug abuser as well as the other family members?
4. How do language barriers relate to health disparities? Which minority groups have an advantage over others?
Scenario #5: Teenaged parents with a newborn

Learning Objectives:
1. What is the rate of teen pregnancy in DC? Divided by quadrant?
2. What are the services at public schools in DC available to teenaged parents?
3. Are DC schools breast-feeding friendly?
4. How are the lives of the teens and their baby different if they are in school vs if they have dropped out of school? What are the pros and cons of each scenario?

SCENARIO:
You and your friend are both 16 years old and are each 15 weeks pregnant. You attend Spingarn Senior High School, and your friend attends Anacostia High School. You decide to compare the teen parent resources available to each of you at your respective schools.

You have a meeting set up with Lizeth Hester, who works at Anacostia High School. Please meet her at 9:30am today in Room 109 to discuss the following items with her.

Plan to present the following to the large group, based on your meetings today:
- Does either school help you arrange your prenatal care?
- Will you breastfeed your baby? Are both schools supportive of this? What are the resources available at each school?
- Is there medical care available to your baby at either school? (i.e. in a school-based clinic, etc)
- Will you plan on staying in school during your pregnancy? And after your delivery? What factors help you make this decision? What will your friend do? Do the resources available at each school help you make this decision?
- Please also speak with Nurse Carrie Martin at Spingarn HS via telephone.
- Please use your digital camera to document your experience.

Questions for Learners:
1. What is the teenage pregnancy rate in DC (broken down by quadrant), compared with the national rate? What is the rate of neonatal mortality for children born to teenaged Moms in this country? What is the rate of prematurity for babies born to teen mothers?
2. What are the local resources (i.e. in Anacostia) for breastfeeding mothers? Are there specific resources geared towards younger/teen moms?
3. How does this scenario differ if the teen mom stays in school versus leaving school?
Scenario #6: What “positives” do these communities offer? Aka: Is it really ALL bad?
The 5 other groups in this Fall Retreat are acting out scenarios that demonstrate the health disparities in
the diverse Washington, DC community. Your group has an entirely different task. Today, you will be
exploring the positive/resilient aspects of these communities. How do members of these communities
create their own solutions to solve these inequities? What ARE the resources available in the
communities?

1. Please visit the following sites, talk to as many people as you can, and find out as much information as
you can. Go inside! Explore! Ask! And be ready to report on your experience, with both pictures and a
short presentation:
   - Anacostia community museum
     - What is Gullah?
     - What disease was Gmolu punished with?
     - What were some of the past exhibits at the Anacostia Museum?
   - Frederick Douglass National Historic Site
   - Thearc
     - Take a picture of the CNMC mobile van
   - Covenant House (For homeless teens)
     - Copy down their mission statement
   - The Seed School of Washington

2. Complete this Windshield survey to map out the community.
As you drive through this community, please take note and take photos of the following items:

   How many schools do you see? Do they look new? How many playgrounds do you see?
   How many churches do you see?
   How many alcohol vendors do you see? Hair salons?
   How many child care centers? Would you send your child there for daycare?
     - Take a picture of the child care center at Savannah Place and 23rd street, and the child
care center on Ainger street
   How many playgrounds / parks do you see?
   How many fast food restaurants do you see? What do you think is the average BMI of the people you
see?
   How many Targets, Best Buys, Walmarts, Kmart, Giant stores, Safeways, etc do you see?
   How many metro stops did you pass?

Questions for the participants: (to be seen only by rennert / us)
As you drive around, what are the factors that you see that you think contribute to this community’s
resiliency?
What were your gut reactions to the neighborhood? The people?
Were there any other resources other than those listed above?
What are your thoughts on the location of these places?
Windshield scavenger hunt – take photos and display them later