

# CESA 7 Head Start / Early Head Start

## Journey to Protect Children, Families & Staff

Sandi Schleis-Ulmen, RN, BSN MS  
PSM Health / Nutrition

Linda Gratz  
Director

# Head Start Active in Tobacco Control Initiatives Since 1992

- Member of Coalition under ASSIST 1992
- Developed smoke-free worksite policy 1993
- Member of Manitowoc County Tobacco Control Coalition 2001 – present
- Sandi joined the group 2003

2004 – 2005

Manitowoc County Tobacco Control &  
Head Start / Early Head Start established  
a goal to ‘assist people of low  
socioeconomic status to quit smoking’

# Evaluated Current Environment at Head Start / Early Head Start

- No process to ID people who smoked
- Few educational materials available
- No procedure to assist families
- Family workers uncomfortable discussing smoking with families

# Increased Staff Comfort

- Presentation by Roger Dier, CTRI  
(Center for Tobacco Research & Intervention)
- Educational handouts
- Quit Line materials
- Open discussion among staff

# Developed Process to ID Families That Smoked

- Tobacco Control met with Head Start Leadership
- PSM integrated 'smoke' exposure into family / child health history interview & form
- PSM trained staff to use the process

Developed educational materials  
packet for parents & staff

Surgeon General's Report  
published June 2006

“Secondhand smoke is deadly”

# Tobacco Control Discussed Surgeon General's Report

- PSM shared report with HS / EHS staff
- Negative reactions
  - Managers
  - Family workers

# Educated Management Team

- County Health Department
- Tobacco Control
- Existing Policies

New policy written and approved  
by the Head Start / Early Head  
Start Policy Council

“Non-smoking Policy” for home visitors

October 2006

# Notified Families of Policy Change

- New Families
  - Notified as part of recruitment
- Existing Families
  - Notified by letter

# Non-compliance Protocol

- Family worker notifies supervisor
- Supervisor contacts family
- Options are explored
- Family might choose to drop out of program

# Outcomes of Policy Change

- Opened discussions about secondhand smoke exposure in the home / vehicle
- Created opportunities to offer cessation materials / referrals
- Improved the worksite safety for workers
- Improved the home environment for children



# Ultimate Outcome of the Policy Change

Protect Children, Families & Staff



Journey to Protect Children, Families & Staff

# CESA 7 Head Start / Early Head Start

## Journey to Protect Children, Families & Staff

Sandi Schleis-Ulmen, RN, BSN MS  
PSM Health / Nutrition

Linda Gratz  
Director