

**CHARLOTTESVILLE/ALBEMARLE COMMISSION ON CHILDREN AND FAMILIES  
MEETING MINUTES**

**June 2, 2004**

**ALBEMARLE COUNTY OFFICE BUILDING, ROOM 246**

**MEMBERS PRESENT**

Martha Carroll, 16<sup>th</sup> District Court Service Unit  
Shirley Copeland, Albemarle Citizen Representative  
Robert Cox, Charlottesville Dept. of Social Services  
Madison Cummings, Albemarle Citizen  
Representative  
Dr. Michael Dickens, Charlottesville Citizen  
Representative  
Leslie Harris-Scott, Charlottesville Citizen  
Representative  
Mark Kindler, Albemarle Citizen Representative  
Dr. Susan McLeod, Thomas Jefferson Health District  
Linda Peacock, City of Charlottesville  
Jessica Rafter, Charlottesville Youth Representative  
Kathy Ralston, Chair, Albemarle Department of  
Social Services  
Noah Schwartz, Monticello Area Community Action  
Agency  
Cathy Train, United Way-Thomas Jefferson Area  
Roxanne White, Albemarle County  
Danielle Wilcox, Charlottesville Citizen  
Representative

**MEMBERS NOT PRESENT**

Dr. Kevin Castner, Albemarle County Schools  
Timothy Heaphy, Charlottesville Citizen  
Representative  
Ron Hutchinson, Charlottesville City Schools  
Winx Lawrence, University of Virginia  
Jim Peterson, Region Ten Community Services  
Board  
Sade Ridley, Albemarle Youth Representative  
Sterling Robinson, Albemarle Citizen Representative

**CCF STAFF PRESENT**

Saphira Baker, Director  
Rory Carpenter, Juvenile Justice Coordinator  
Linda Rahman, Program Assistant

**OTHERS PRESENT**

Peggy Brown Paviour MS, CHES  
Barbara H. Yager RD., MEd

**HANDOUTS (prior to meeting)**

Agenda for June 2, 2004 CCF meeting  
May 5, 2004 CCF meeting minutes  
Director's Report  
Federal Grant Submission Summary  
Organizational Capacity Survey  
Childhood Obesity Task Force Information  
Juvenile Court Roundtable Report  
Comprehensive Services Act (CSA) Monthly  
Meeting Minutes  
April 14, 2004 CART Cases  
Charlottesville CSA Summary Financial Report for  
April 2004  
Albemarle CSA Summary Financial Report for April  
2004

**HANDOUTS (during meeting)**

Obesity Task Force PowerPoint Presentation  
Healthy Snack Pyramid

**I. WELCOME AND INTRODUCTIONS**

K. Ralston, Chair, called the meeting to order at 5:00 p.m. and welcomed Commissioners and Peggy Brown Paviour and Barbara Yager, with the Childhood Obesity Task Force, to the meeting.

**II. SPECIFICATION OF ITEMS TO BE ADDED AND ADOPTION OF AGENDA**

A motion to approve the agenda was made by M. Dickens and seconded by M. Cummings.

◆ **THE COMMISSION ADOPTED THE AGENDA FOR THE MEETING WITH NO ADDITIONS OR CHANGES.**

**III. COMMENTS FROM THE PUBLIC**

No comments from the public were made.

**IV. RECOGNITION OF CCF MEMBERS WHO'S TERMS ARE UP**

K. Ralston announced that two Commissioners are leaving as their terms have expired; Mark Kindler and Jessica Rafter and that Sterling Robinson is leaving the Executive Committee, but will remain as a Commissioner. R. Ralston reported on all the ways in which each of these Commissioners have contributed to CCF and thanked them for their work. She presented each Commissioner in attendance with a gift.

**V. MINUTES FROM THE CCF MEETING FOR MAY 5, 2004**

A motion to approve the minutes was made by D. Wilcox and seconded by R. White.

◆ **THE COMMISSION APPROVED THE MINUTES OF THE MAY 5, 2004 CCF MEETING WITH NO CHANGES OR ADDITIONS.**

**VI. CHILDHOOD OBESITY TASK FORCE – DR. SUSAN MCLEOD**

Dr. McLeod introduced two Health Department staff members who work with the community's Childhood Obesity Task Force, Barbara Yager, who is a Registered Dietician that currently directs the WIC program and Peggy Brown Paviour, who is a Certified Health Education Specialist.

B. Yager began the presentation by discussing child obesity and why it is such a concern from the national perspective. Data indicates that overweight children who are 10 to 12 years of age are 70% more likely to become obese adults, which then raises the possibility for chronic disease. Children who had a Body Mass Index (BMI) greater than or equal to the 85<sup>th</sup> percentile, but less than the 95<sup>th</sup> percentile were once referred to as "overweight", but the new CDC terminology now refers to them as "at risk for overweight". Children with a BMI at or above the 95<sup>th</sup> percentile were once referred to as "obese", but are now referred to as "overweight". B. Yager stated that the health department began collecting data in 1996. Prior to that time, no data had been collected. A study was conducted following a group of Albemarle County and Charlottesville City public school students as they progressed from 3<sup>rd</sup> to 4<sup>th</sup> to 5<sup>th</sup> grades between 1996 and

1998. Data showed that, in 1996, 31% of 3<sup>rd</sup> graders in Albemarle County were at-risk for overweight or overweight, 28% of these same children, who were now 4<sup>th</sup> graders, were at-risk for overweight or overweight in 1997 and 29% of these same children, who were now 5<sup>th</sup> graders, were at-risk for overweight or overweight in 1998. Another study compared 3rd graders from three separate years. In 1996, 31% of all Albemarle County third graders were at-risk for overweight or overweight, in 2001, 34% of all Albemarle County third graders were at risk for overweight or overweight and 39% were at-risk for overweight or overweight in 2002. Following Charlottesville City students from 1996 to 1998, data indicated that 37% of 3<sup>rd</sup> graders were at-risk for overweight or overweight in 1996, 37% in 1997 and 37% in 1998. In 1996, 37% of all 3<sup>rd</sup> graders were at risk for overweight or overweight and in 2001, it was 42%. The Childhood Obesity Task Force, which was convened in 1999, has concluded from this data that the overweight problem has not gone away. Further studies showed that minorities have a higher prevalence of being overweight and that, in 2002, third grade males had a higher rate than females in Albemarle County; which contradicts the national figures where females have a higher rate. In the City of Charlottesville, the ratio of male to female being overweight is approximately the same. When compared to national figures, Albemarle County and the City of Charlottesville have a higher percentage of overweight children than the national average. The risks to overweight children include diabetes, high blood pressure, absenteeism, low self-esteem and bullying problems, sleep apnea and joint problems.

Peggy Brown Paviour continued the presentation by discussing what the Childhood Obesity Task Force has been doing in the community to address this issue. P. Paviour stated that the task force has representatives from health care, education, recreation and human service organizations addressing the prevention and treatment of overweight among children through a community-based approach. There are 30 active members that meet quarterly. Subcommittees meet more frequently. The task force first assessed the local overweight status and surveyed parents and students on nutrition and physical activity. They developed a series of pilot projects in the past three years in 11 Albemarle County and Charlottesville schools implementing programs that are low-key to infuse in the schools the possibility and opportunity for change. Examples of piloted programs are:

- Low-fat milk challenge
- Walking programs and pedometer/walking challenges
- Safe routes to schools/walking Fridays (implemented by a member agency, the Alliance for Community Choice in Transportation)

P. Paviour noted that the task force has also identified a need in the community - a place to send children for treatment if they were already overweight. So two years ago, a group of health professionals started a free clinic (held on a monthly basis) to treat overweight children. This clinic ran for a full year before it developed into the UVA Children's Fitness Clinic. The task force is also looking at policy/environmental change. For example, it was involved in Albemarle County's "vending machine debate" and was instrumental in providing testimony and advocacy for looking at the health consequences of vending machine options and access in high schools. In addition, they are working with Nutrition Directors with both Charlottesville and Albemarle County Schools on piloting healthy options for snacks and experimenting with competitive pricing as a way to make healthier snacks appealing to students. The task force also works in education and awareness. P. Paviour stated that this next year the task force hopes to work with the Partnership for Children and some other organizations in developing training for professionals and paraprofessionals who work with families of young children. In addition, the task force has a Physical Activity Work Group that is looking at how to promote greater physical activity in existing community programs for at-risk children. P. Paviour announced that the lessons the task force has learned are to: focus on nutrition and physical activity, not weight; otherwise, some children can become preoccupied with weight and develop eating disorders; that money is a

component to change but not the sole factor; and that the work of the task force is about changing norms, which takes time.

The Commissioners and task force discussed the problems and concerns with the rising rate of overweight children and the many factors that contribute to obesity.

S. Baker suggested that the Assets for Youth Work Group and the Childhood Obesity Task Force should share their survey results and their common threads of promoting greater physical activity in existing after school programs for children.

K. Ralston thanked the task force for their report and the Commissioners agreed to have this topic on the next month's agenda to see how the Commission could help in advocating change, advocating more physical activity, help with expanding after-school programs and help in supporting the Parks and Recreation Department to promote physical activity.

## **VII. JUVENILE JUSTICE ROUNDTABLE REPORT – RORY CARPENTER**

K. Ralston introduced Rory Carpenter, Juvenile Justice Coordinator. R. Carpenter thanked the Commission for the opportunity to report on the Juvenile Justice Advisory Committee and the Roundtable Report. R. Carpenter stated that he would be focusing on the recommendations as the Juvenile Justice Advisory Committee is requesting approval from the Commissioners on the report. He further stated that on January 29, 2004, 54 professionals representing over 20 different public and non-profit agencies met to discuss the findings of the Juvenile Court Survey conducted by the Juvenile Justice Advisory Committee. The survey investigated the impressions and concerns of those individuals involved with the juvenile court system. Overall, it was felt that the results were positive. They did find that there were several aspects of the juvenile court process that could be improved and that is what the Roundtable focused on. Focusing on the themes that came out of the survey:

- Communication among court professionals
- Education of court-involved youth about the Juvenile Court
- Legal representation of court-involved youth
- Impact of court procedures

The roundtable divided into groups and all discussed the communication theme as well as one of the three remaining themes. The groups were asked, "What works well" and "What would you change"?

R. Carpenter reported that the first theme discussed was communication among court professionals. The discussion results were to improve the ability to exchange information between agencies and to develop a specific protocol for that exchange while maintaining confidentiality and legality. R. Carpenter stated that the Information Sharing Implementation Work Group is currently working on that.

The second theme was education of court-involved youth about the juvenile court. The discussion results were for more time for the child to spend with their Defense Lawyer and having the Defense Lawyer in the room with the child at the detention hearing in addition to hosting an ongoing series of interactive peer workshops at a variety of community locations.

The third theme was legal representation of court-involved youth. The discussion results voted that the *Juvenile Court Guide* was one of the best ways to improve legal representation.

The last theme was Impact of Court Procedures. The discussion results were providing court volunteers who could answer questions and explain court procedures while court was in session, better preparation by lawyers and other professions and a “Lawyer in the Lobby” concept.

R. Carpenter stated that next in the report are the recommendations that came directly from the roundtable small group discussions. For communication among court professionals, the recommended strategy was to convene a facilitated discussion between the schools, the courts and other youth serving agencies regarding existing practices regarding client information sharing and confidentiality. The outcome would be improved client information sharing practices across agency boundaries through effective communication and increased understanding of agency information sharing protocol.

The second recommendation strategy was that the CCF and/or JJAC should ask agencies to designate an individual in each agency to be the resource person or point of contact for understanding how to share information between agencies. The outcome would be a clear point of contact within each agency to answer questions or provide referrals about retrieving agency information regarding young people and their families.

R. Carpenter reported that the next recommendation is surrounding education and there are two recommendations. The first is to conduct a series of peer workshops at a variety of community agency locations about the juvenile court system; specifically the Detention Center, the schools, Community Attention and Region Ten. R. Carpenter has already had conversations with the Detention Center and he reported that they seem very interested and look forward to the workshops. The second strategy is to use the new *Juvenile Court Guide* to make sure it is distributed at intake and R. Carpenter reported that that has already begun. Under legal representation, R. Carpenter reported that the Round Table recommended additional training for attorneys who act as court-appointed lawyers for delinquent youth. He reported that there was a sense among those present at the discussion that the Guardian *ad Litem* attorneys need more training. R. Carpenter reported that we have moved forward with that particular recommendation. The Juvenile Court Best Practices Group has put together a Guardian *ad Litem* training on June 10<sup>th</sup> at Martha Jefferson Educational center. To date, there are approximately 50-60 lawyers who will be attending. They will receive credit for the training and Judge Berry is sponsoring it. They are hoping the training will help in terms of defense with some of the kids in the system and their families. The second strategy was for attorneys who interact with the juvenile court system to participate in training to increase their knowledge of the juvenile court procedures. R. Carpenter reported that for this, the JJAC is looking to the local BAR Association. They have received some input from the President of the Bar and they are interested in working with them to provide on-going training in the juvenile court process. He reported that Tim Heaphy has also volunteered to help.

The final recommendation was regarding the impact of court procedures. R. Carpenter stated the strategy there would be court volunteers who would be available to answer questions so court-involved youth and their parents understand the court procedures and the court process. R. Carpenter announced that they are also going to look at other localities that have this program to see whether it can be moved forward. The Round Table also was looking at the possibility of having lawyers volunteer their time but the lawyers would have to volunteer as citizens for legal reasons.

R. Carpenter reported that overall it was an excellent round table. He was really impressed with the participation and interest of the different levels of individuals who participated. They received some very good results and are now at the point where they would like to ask the Commission to sign off on this report.

A motion to approve the Juvenile Court Roundtable Report and Recommendations was made by B. Cox and seconded by M. Kindler.

K. Ralston opened the floor to discussion. R. White inquired if there was a way of tracking these recommendations. She asked how will the Commission know these recommendations are being carried out and how the results will be measured? R. Carpenter stated that they have initiated an electronic survey for the Juvenile Court Guide to measure its impact. R. White inquired if there were any actions that the Commission needs to do. S. Baker reported that it was similar to the Cost Containment Report in that there is a group meeting these recommendations and making them happen. Once the Commission approves the recommendations, the group would come back in one year and the Commission would receive a report on how they're doing. These recommendations were crafted in terms as to what CCF's capacity was and what the Juvenile Justice Advisory Committee could accomplish. S. McLeod inquired about the specific recommendation for a single point of contact within each agency. As it is written, S. McLeod felt it was very broad but inquired if the idea was for the purpose of juvenile justice client information sharing only or, for instance, would information on the health department have to go through one person? R. Carpenter stated that the Juvenile Justice Advisory Committee felt it was broader than juvenile justice client information. K. Ralston stated her impression that it doesn't have to be a one person who knows everything but if someone does not know where to go, it was a way for that person to be able to be referred or receive an answer if known. S. McLeod inquired if it would be a particular kind of client service. K. Ralston answered yes. S. McLeod stated that is different when you have a lot of public information services. K. Ralston agreed that it was too broad and needs to be flushed out by the workgroup. S. McLeod stated she would feel better approving the recommendation if it were more defined. R. Carpenter will report back to the Commissioners with a more defined recommendation. Commissioners discussed problems with trial postponements and learned a task force is working on that and they have already helped cut down the amount of time the trials are postponed. The Commissioners learned it is not a court issue but more an issue with witness scheduling and attorney scheduling.

B. Cox inquired on how improved client information sharing practices across agency boundaries and the objectives of the Information Sharing Work Group differ. S. Baker stated that they are a little bit different. This is more educational regarding the current state of information sharing guidelines; the work group is implementing an electronic information sharing system.

K. Ralston stated that there is a motion before the board to approve the recommendations. Are all Commission members in favor? Ayes – all. Noes – none.

◆ **THE COMMISSION APPROVED THE JUVENILE COURT ROUNDTABLE REPORT AND RECOMMENDATIONS.**

**VIII. EXECUTIVE COMMITTEE REPORT BACK – K. RALSTON**

- **CUSTOMER FEEDBACK MECHANISM**
- **JABA REQUEST TO CCF**

The Executive Committee Report Back will be tabled until the next meeting due to lack of time.

**IX. DIRECTOR'S REPORT – S. BAKER**

K. Ralston asked if there were any questions or comments regarding the Director's Report previously distributed. K. Ralston inquired if there was more information about the Family Violence Workgroup Prevention Committee planning a community forum for the fall and the expansion of KidsWatch for September 2004. S. Baker stated that the community forum was

related to taking KidsWatch City and Countywide and she will get more information regarding this initiative to interested Commissioners. She further stated that CCF has received support from UVA graduate students in Education and they will be helping in coordinating these efforts. S. McLeod inquired if there was a plan for improving the Charlottesville Superintendent of Schools involvement in CCF. S. Baker stated that she and Kathy Ralston met with the current School Board Chair and the incoming City School Board Chair so that they could communicate the importance of the Superintendent's involvement with the Commission. They were very receptive and want to make it a part of the Superintendent's work and stated they would orientate the new Superintendent toward that goal. The City of Charlottesville City Manager is prepared to do that as well.

S. Baker stated that one thing that is not on the Director's Report is we do have a County Citizen vacancy and the deadline for that is June 28, 2004. The best way the Commission has found members is by word of mouth, she urged those who know of anyone interested in the position, to ask them to apply to the County Board of Supervisors on the website. Commission members discussed requirements and limitations.

- **UPDATE ON RETREAT RECOMMENDATIONS**

S. Baker gave an update on the recommendations that were made from the Commissioner's Retreat in the fall.

1. *Connecting low income and at-risk middle and high school youth to more productive out of school activities.* S. Baker stated that this is taking place under the Assets for Youth Work Group and a report from the work group was given at the May CCF meeting. The work group is going well and is on target with the last focus groups taking place this week and the report due out in a couple of months.
2. *Developing a cadre of neighborhood leaders to increase resident's access to information about services and programs and to also look at schools as a place to get information.* S. Baker informed the Commission that this has gotten a very slow start. Commissioners interested in this recommendation convened and a concept was developed on how we would accomplish this kind of outreach. The next step is to go out to the different community groups and see if there is any buy-in, resources and/or interest. That part of the process has been slow. S. Baker believes people are interested but this project is more work than what was originally thought and it requires more attention and greater capacity if we want to have a big impact on outreach.

R. White inquired if there was the ability to build upon groups that are already out there. S. Baker stated that the plan was to contact Albemarle Kids, The Parent Center, Monticello Avenue and other community places and try to see if there is a way that we can coordinate information throughout the community, but it will take significant additional time and resources to bring that together. M. Dickens stated that the public Library would be a good resource.

3. *Increasing the pool of dentists that accept Medicaid or payments.* S. Baker stated that the Commissioners made the decision early on to stay informed and abreast of CADA's efforts, given this group already exists.
4. *Ways to increase communication between parents and their children around substance abuse* S. Baker reported that this recommendation is being addressed by the Prevention Coalition who held a community forum on May 25<sup>th</sup> with activities that were focused on that issue.
5. *The Earned Income Tax Credit recommendation.* S. Baker reported that there has not been any success in finding a group to carry that torch. The Rotary, Kiwanis Club, or

Leadership Charlottesville has not taken that on. She further stated that we either need to find another entity or figure out if we want to push harder on this subject and do it ourselves. At this time we do not have a group to push this forward.

S. Baker reported that in summary, the Assets for Youth Workgroup is doing well, the Outreach Work Group needs more people power and resources, the two involved community groups are going well and the EITC doesn't have a home.

**X. MEMBER'S COMMENTS**

No comments were made.

The meeting adjourned at 6:35 p.m.

**THE NEXT MEETING OF THE COMMISSION WILL BE  
JULY 7<sup>th</sup>, 2004  
ROOM 235 OF THE ALBEMARLE COUNTY OFFICE BUILDING**