APPLICATION DEADLINE: November 20, 2017
April 10-11, 2018, Pines Manor, Edison, NJ

SESSION TITLE: Essentials of Integrated Care: Health Literacy, Food Insecurity and Community Resources

Does your session fall into one of the following focus areas? (Check all that apply):

___ Fiscal success in a fee-for-service world – tips on what to do and what to avoid
___ Working in a value-based system
___ Certified Community Behavioral Health Clinics – challenges, opportunities, successes
___ Working with managed care companies
X Integrated Care – successful models, overcoming barriers, creative solutions
___ Hospital/Community Partnerships
___ Community Support Services – making it work
___ Collaborations, affiliations, mergers – share your experience

PRESENDER:

Full Name: Jan Schlaier, MS, FNP-BC, Ed.D (c)
Title: Director of Health Services
Organization Name and Address: Bergen’s Promise, Inc.

E-mail Address: jschlaier@bergenspromise.org
Office Phone: 201-712-1170
Fax: 201-712-0391
Social Work License #: (if not applicable, please put NA) N/A

BRIEF BIOGRAPHY:

Jan Schlaier is the Director of Health Services at Bergen’s Promise. She is a practicing nurse practitioner with over 40 years of experience in the field.

CO-PRESENTERS: Each session may have up to 3 presenters. Please provide the information listed above for each co-presenter on a separate form.
CO-PRESENTER:
Full Name: **Kathy Werheim**, MA, MPA
Title: Community Resources Director
Organization Name and Address: Bergen’s Promise, Inc.

E-mail Address: kwerheim@bergenspromise.org
Office Phone: 201-712-1170
Social Work License #: (if not applicable, please put NA) N/A
Fax: 201-712-0391

BRIEF BIOGRAPHY:
Kathy Werheim is the Director of Community Resources at Bergen’s Promise and an Adjunct Faculty member at William Patterson University’s Department of Public Health. She has an extensive background in health and wellness and resource coordination.

CO-PRESENTER:
Full Name: **Amy Faus**, MPH, CPH, CHES
Title: Health and Wellness Educator
Organization Name and Address: Bergen’s Promise, Inc.

E-mail Address: afaus@bergenspromise.org
Office Phone: 201-712-1170
Social Work License #: (if not applicable, please put NA) N/A
Fax: 201-712-0391

BRIEF BIOGRAPHY:
Amy Faus is a Certified Health Education Specialist serving as a Health and Wellness Educator at Bergen's Promise. She has a BA in Health and Exercise Science and a Master's degree in Public Health.
SESSION INFORMATION:

Target Audience: (e.g. Social Workers, Counselors, Management, Fiscal, etc. – specify all that apply)
Management and direct service personnel in agencies providing integrated care

Audience Target Levels: (Please specify all that apply)

  _X_ Beginner  _X_ Intermediate  ___ Advanced

WORKSHOP DESCRIPTION:

Bergen’s Promise is the Care Management Organization for Bergen County, New Jersey. The organization serves youth ages 5 to 21, with serious emotional and behavioral health challenges, substance abuse issues and developmental disabilities. Youth with chronic co-occurring behavioral and medical health issues are also served through an integrated medical care coordination and health education component called the Behavioral Health Home (BHH).

During the planning for the provision of integrated care services, Bergen’s Promise recognized the importance of addressing barriers to health and wellness in order to deliver better-tailored interventions for youth and families. These barriers included low health literacy and food insecurity. Through assessment, tailored interventions, and linkage to key community resources, Bergen’s Promise has started to address these and other barriers to foster better physical and behavioral health outcomes.

This workshop will introduce health literacy and food insecurity as potential barriers to wellness, explore screening and intervention procedures, share best practices from the field, and outline relevant community resources to provide more effective integrated care services.

LEARNING OBJECTIVES:

- A minimum of three (3) learning objectives is required.
- Each learning objective needs to be framed using a measurable and behaviorally observable verb like: define, classify, calculate, debate, and analyze. Stay away from vague verbs like learn and understand.
- Each learning objective should be brief.

At the end of this session, attendees will be able to:

  1. Define the prevalence and impact of food insecurity and how it can be addressed
  2. Assess the level of client health literacy to enhance compliance and communication thereby affecting outcomes
  3. Refer clients to appropriate resources to address identified needs quickly and effectively
Essentials of Integrated Care: Health Literacy, Food Insecurity and Community Resources

Indicate the type of credits this session is appropriate for:

___Clinical  ___Non-clinical  ___Ethics  ___Social and Cultural Competence

**COURSE CONTENT:** Provide an outline that identifies your discussion topics and any planned activities. You should be able to easily compile a list from your course description and objectives.

- Introduction to barriers to health and wellness in integrated care
- Food insecurity
  - Definition and prevalence
  - Relevance to integrated care
  - Screening procedures
    - Introduction of the Hunger Vital Sign
  - Successful interventions across the nation
- Low Health Literacy
  - Definition and prevalence
  - Relevance to integrated care
  - Screening procedures
    - Introduction of the Newest Vital Sign
    - Bergen’s Promise case study
  - How to address low health literacy to improve compliance
- Community Resources
  - How to find resources to address barriers to effective integrated care
  - How to effectively refer clients
    - Bergen ResourceNet overview
- Questions and Discussion
Essentials of Integrated Care: Health Literacy, Food Insecurity and Community Resources

**BIBLIOGRAPHY:** List a minimum of three (3) references (five or more is preferable) as evidence of supporting research (bibliography). This is a required field in order to offer CEUs. Bibliography must be in APA format and at least half of the references must be from within the past 5 years.


CURRICULUM VITAE

NAME: Jan Schlaier, M.S., F.N.P-BC, Ed.D
HOME ADDRESS: 427 Bogert Rd. River Edge, N.J. 07661
              (352)-428-9286

Seton Hall University So.
Orange, New Jersey
Administration-Higher Education Doctoral
Candidate - A.B.D.

Pace University, Lienhard School of Nursing
Pleasantville, New York
R.N., M.S.
Family Nurse Practitioner

New York University
New York City, New York
Graduate School of Public Administration
24 Credits

Montclair State University Upper
Montclair, New Jersey B.A.

CERTIFICATION:

ANA Certification
Family Nurse Practitioner

Prescriptive Privileges State of
Florida
State of New Jersey

Children's Medical Services (CMS) Early
Childhood Interventionist
Medical Provider, Child Protection Team

Special Investigator for Patient Abuse NYS
Office of Mental Health

Nurse Practitioner

8/2014 - present
Director of Health Services, Pediatrics Behavioral Health
Home
Bergen's Promise
Rochelle Park, New Jersey

2011 - 2013
Medical Examiner
Child Protection Team
Pasco County, Florida
1996 - 2013
Nurse Practitioner
All Children's Hospital
Developmental Pediatrics/Early Intervention West
Central Early Steps

2003 - 2006
Nurse Practitioner Lakeshore Villas,
Pediatric Developmental Disabilities Tampa, Florida

1984 - 1994
Family Nurse Practitioner
Spectrum for Living, Inc.
Adult Developmental Disabilities Closter, New Jersey

**Consultant/Expert Witness**

2006-2013
President, Jan Schlaier, Inc.
Consultant/Expert Witness for Persons with Intellectual/Developmental Disabilities

2010
Health Division Consultant
Five Year Comprehensive State Plan Report Florida Developmental Disabilities Council Tallahassee, Fl.

2010
Quality, Healthcare Consultant Quest, Inc.
Tampa/Brandon, FL.

2009
Evans Court Monitor
District of Columbia vs. Evans Expert Nursing Consult Washington D.C.

Rolland Court Monitor
Commonwealth of Massachusetts vs. R. Walker Expert Nursing Consult Massachusetts

2008
Federal Department of Justice
Expert Nursing Consult Washington D.C.

2007 - 2009
Healthcare/Nursing Consultant
Angels Unaware, Inc. Tampa, FL

2006 - 2007
Healthcare Consultant
Miami Cerebral Palsy
Miami, FL
3/01 - 7/10  Consultant/Utilization Control Coordinator
State of Florida, Developmental Disabilities Suncoast Region

Consultant
Hillsborough County Developmental Center
Tampa, FL
Quest, Inc. Skipper Road Cluster
Tampa, FL
Quest, Inc. Williams Road Cluster Brandon, FL

1984 - 1994  Consultant to Director of Nursing
Spectrum for Living, Inc.
Closter, New Jersey

ACADEMIC APPOINTMENTS:

1996 - 2013  Adjunct, Assistant Professor of Nursing
University of Tampa.
Department of Nursing
Tampa, Florida

1990 - 1994  Assistant Professor of Clinical Nursing
University of Medicine and Dentistry
School of Nursing
Baccalaureate and Higher Degree Programs
New Jersey

1987 - 1990  Instructor in Clinical Nursing
Columbia University
School of Nursing
Graduate Division of Community Care Nursing
New York, New York

Administration

1987 - 1988  Acting Director of Nursing
NYS Psychiatric Institute at
Columbia Presbyterian Medical Center
New York, New York

1984 - 1990  Assistant Director of Nursing
NYS Psychiatric Institute at
Columbia Presbyterian Medical Center
New York, New York
1979 - 1982  Executive Director  
Norumbega Center Developmental Disabilities  
West Newton, Massachusetts 

1978 - 1979  Director  
Fair Lawn Opportunity Center for Developmental Disabilities  
Fair Lawn, New Jersey 

1977 - 1978  Executive Director  
Independent Living for Adults with Developmental Disabilities  
Hackensack, New Jersey 

1975 - 1977  Adult Program Coordinator  
Comprehensive Developmental Centers  
Monticello, Indiana 

AWARDS AND HONORS: 

1996 - present  Honor Society of Nursing  
University of Tampa - Charter Member  
Sigma Theta Tau 

2000 - present  Sigma Theta Tau  
Delta Beta -At-Large Chapter 

2004  Southeastern American Association of Mental Retardation (SEAMMR) Poster Presentation Award  
one of two awards given at Annual Conference 

1987  New York State Office of Mental Health  
Employee Of The Year 

1985  Parent/Teacher Organization Paramus, NJ  
Community Service - Special Education Award 

1974  Montclair State University Magna Cum Laude  
Nominee for Danforth Fellowship 

1972  Pi Gamma Mu  
National Honor Society for  
Social and Behavioral Sciences
1972 & 1993 - present Kappa Delta Pi
National Educational Honor Society
Xi Gamma Chapter

**LEGISLATIVE ACTIVITY:**

2007
Expert Testimony, Medication Administration Rule,
Chapter 65G-7, Florida Administrative Code.
Tallahassee, Fl.

1991
Prescriptive Privilege Bill S1200
Member, Task Force on Revisions met with New Jersey
legislators to lobby for bill
Author-Impact Statements-Joint BSN Program for New
Jersey Legislature

**NATIONAL PRESENTATIONS:**

**Females with Intellectual and Developmental Disabilities:** Anatomy of Sexual Abuse May 6, 2012 Developmental Disabilities Nurses Association Annual Education Conference Orlando, FL.

May 9, 2009 Developmental Disabilities Nurses Association and American Academy of Developmental Medicine & Dentistry Annual Education Conference Orlando, FL.

**Self-Help Group Work for Women with Developmental Disabilities: A Twenty Year Study.** July 30, 2003. 9th National Conference of QMRP’s (Qualified Mental Retardation Professionals) Orlando, FL.

Prematurity: Outcomes & Implications for Diligent Assessment Across the Lifespan May 31, 2002. 125th Annual Meeting of the American Association on Mental Retardation (AAMR) Orlando, FL.


Defying The Odds: A Case Study of a 14 Year Old Male with Pena Shokeir Syndrome Type II June 2, 2000.124th Annual Meeting of the American Association on Mental Retardation (AAMR) Washington, D.C.
Fragile X Syndrome: Genetic and Gynecological Manifestations May 1999. 123rd Annual Meeting Of the American Association on Mental Retardation (AAMR), New Orleans, LA.

Enhancing Lifelong Wellness: Implications of Health, Sensuality, & Intimate Relationships For Older Adults; Continuum of Hormonal Health Patterns For Women With Developmental Disabilities. May 1998 122nd Annual Meeting of the American Association on Mental Retardation (AAMR) San Diego, CA

Assessment and Prevention of Osteoporosis And Breast Cancer for Women with Developmental Disabilities Over Age Forty May 1998 122nd Annual Meeting of the American Association on Mental Retardation (AAMR) San Diego, CA


Managing Headache Pain in Persons with Mental Retardation, May 31, 1995 119th Annual Meeting of the American Association on Mental Retardation San Francisco, CA


Self-Help Groups for Women with Mild Retardation: A Ten-Year Case History

Regional Presentations:

Issues in Medical Care for Persons with Developmental Disabilities Feb. 6, 2005 Hillsborough Association of Retarded Citizens Tampa, Fl.


Current Issues in Advance Practice Nursing May 1998 All Children's Hospital Annual Clinical Nursing Conference. St. Petersburg, Fl.


Skin Assessment and Developmental Disabilities, Sept. 9, 1992 featured speaker at the Annual Meeting of the National Assoc. for Nurses of the Developmentally Disabled, Convent Station, NJ

Pre-menstrual Syndrome and the Primary Care Practitioner. May 23, 1992 Primary Care Conference for Nurse Practitioners and Physician Assistants. University of Medicine and Dentistry, NJ

Dual Diagnosis-The Challenge of a Severely Retarded/Mentally Ill Care Conference June 1988. Neurological Institute/Psychiatric Institute at Columbia Presbyterian Medical Center. NY, NY

Pre-Menstrual Syndrome Nursing Grand Rounds June 1987 Psychiatric Institute, NY, NY

Poster Presentations:
Twenty Years and Still Going Strong Nov. 10-12, 2004 south Annual Conference of the Southeastern American Association of Mental Retardation. Jackson, Mississippi


Assessing Premenstrual Syndrome in Women with Developmental Disabilities June 6, 1994 Poster Presentation at the Sigma Theta Tau Research Conference, Newport, RI
Assessing Premenstrual Syndrome in Women With Developmental Disabilities March 5, 1993 Poster Presentation at the First Annual Conference On Primary Care for the Medically Underserved in Boston, MA.

Nursing Classification System for the Developmentally Disabled Oct. 1989 Co-Author Poster Session AAMR Conference Mid Eastern Region 1X Williamsburg, Va

GRANT AND/OR RESEARCH HISTORY:
Co-Principal Investigator:
Co-Principal Investigator:

PUBLICATIONS:


Abstracts:


Prematurity: Outcomes & Implications for Diligent Assessment Across the Lifespan May 31, 2002. 125th Annual Meeting of the American Association on Mental Retardation (AAMR) Orlando, FL.


Defying The Odds: A Case Study of a 14 Year Old Male with Pena-Shokeir Syndrome Type II, June 2, 2000. 124th Annual Meeting of the American Association on Mental Retardation (AAMR) Washington D.C.

Fragile X Syndrome: Genetic and Gynecological Manifestations, May 1999. 123rd Annual Meeting of the American Association on Mental Retardation (AAMR), New Orleans, LA.

Health, Hormones, and Sensuality: Life Passages for Women with Developmental Disabilities May 1997 121st Annual Meeting of the American Association on Mental Retardation New York City, NY

Informed Consent in Complex Areas for Adults with Mental Retardation: Menopause, Hormone Replacement Therapy and Pre-Menstrual Syndrome Treatment May 30, 1996 120th Annual Meeting of the American Association on Mental Retardation San Antonio, TX.


Managing Headache Pain in Persons with Mental Retardation, Partnerships: Crossing the Bridge To The Future for the 119th National Convention of the American Association of Mental Retardation in San Francisco, CA June, 1995


Assessing Premenstrual Syndrome in Women with Developmental Disabilities Poster Presentation at the Sigma Theta Tau Research Conference, Newport, RI June 6, 1994


BOOK REVIEWS:


Health Assessment Prentice Hall, 2005 Reviewer for Cardiac

Chapter BOOKS

Editorial Board:
Member International Nursing Journal of Intellectual and Developmental Disabilities
Kathryn Werheim, MA, MPA  
Towaco, New Jersey  07082  
Mobile: (973) 477-1171  E-mail: werhelmk@gmail.com  LinkedIn Profile  
Gallup Strengths: Learner, Maximizer, Futuristic, Achiever, Self-Assurance

<table>
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<th><strong>Current</strong></th>
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<tbody>
<tr>
<td>Bergen’s Promise, Rochelle Park, NJ</td>
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<td>Director, Community Resources</td>
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| William Paterson University, Wayne, NJ  | 2003-present |
| Adjunct Faculty, Department of Community Health |

**PROFESSIONAL EXPERIENCE**

| MedFit Corporate Services, Inc.  Florham Park, NJ  | 2007-2014 |
| Manager, Health Promotion Products-Services |

- Design and launch a culturally tailored worksite wellness program to promote and improve the health and wellbeing of local and dispersed employees including: assess needs, risks, interests and costs; develop strategy, objectives; propose business case; create foundation, operation standards and templates.
- Survey the health-wellness industry landscape to identify, vet, select, negotiate, partner and manage the relationship with third party vendors that can add value as a component of worksite and community wellness management services.
- Proactively collaborate and consult with the regional and client management team to identify trends and opportunities to introduce products-services that align with client wellness-population health strategy, culture, and budget.
- Act as ongoing liaison or subject matter expert and resource to corporate worksite and community wellness accounts.
- Collaborate with business development, marketing, and operations, as well as product/service partners to integrate and support wellness programs and population health strategies.
- Hire, train, mentor and evaluate direct report staff members.

**SPECIAL PROJECTS:**  
*Chairperson, Wellness Committee*

- Annual assessment of risks and health cost drivers; identify needs and interests; then plan, develop, implement and evaluate the workplace wellness program for sustainable improvements in individual and organizational health and wellbeing.
- Lead and mentor the Wellness Committee.
- Design and promote health education campaigns through bi-weekly online newsletter, intranet sites, educational email campaigns by leveraging communications tools including Constant Contact, Survey Monkey, and Google forms.
- Serve as workplace resource on employee health/wellness benefits.

*Weight Management Project Team Member*

- Design curriculum and facilitator materials for 10-week, in-person/online weight management program.
- Develop train-the-trainer program and toolkit materials for facilitators of the program.
- Facilitate the fee-for-service program for clients. Working with individuals and a group setting to educate and support these employees in making sustainable lifestyle behavior changes.

**Health Promotion Account Manager**

- Consult on strategic direction and startup of new clients’ online health promotion efforts.
• Proactively manage existing client accounts and seamless integration of partner products-services.
• Develop processes, standards and guidelines to ensure improved operational efficiency.
• Oversee the development of appropriate communication materials, site content and development of new online challenges.

Drew University, Madison, NJ  
Coordinator, Aventis Health and Wellness Program
• Assess, design, implement and evaluate a grant-funded, comprehensive health promotion program that promotes positive health choices and behaviors in undergraduates, faculty and staff.
• Plan and develop interdisciplinary, collaborative means of integrating wellness into the campus culture.
• Develop and coordinate the campus wellness peer education program and activities.
• Mentor and supervise 6 work study students.

St. Joseph’s Regional Medical Center, Paterson, NJ  
Community Education Specialist, Community Health and Education Division
Exercise Physiologist, Sports Medicine Department
• In alignment with organizational mission and values, establish a culture of health by influencing behaviors within the workplace through supportive policies and environments, strategies and programs.
• Engage and collaborate with diverse stakeholders to design strategies to improve community health through increased awareness, education and build skills needed to change behaviors related to health, disease prevention and management.
• Develop culturally appropriate health-wellness content and curriculum for worksite and community.
• Manage relationships and expenditures associated with third party fitness professionals and vendors.
• Establish and manage an Employee Athletic League

ACCOMPLISHMENTS
• Certified Instructor, Mental Health First Aid Training (adult). National Council for Behavioral Health
• Faculty, Wellness Council of America (WELCOA) – 2013-present
• National Judge, WELCOA’s Top 100 Health Promotion Professionals, DISH, 2014
• Resource Member, New Jersey Council on Physical Fitness and Sports - 12/2001-present
  ▪ Reviewer of ShapingNJ Healthy Community Grants - 2012 – present
  ▪ Assist in planning and implementation of the Leaders’ Academy for Healthy Community Development, co-sponsored by the NJ Department of Health - 2007-present
• Certified Facilitator, National Diabetes Prevention Program
• Certified Facilitator, Raw Coping Power, Organizational Wellness and Learning Systems (OWLS)
• New Jersey Certified Teacher of Health and Physical Education

EDUCATION
• Master of Public Administration – Health Administration concentration. Rutgers the State University of New Jersey, Newark, NJ. Policy Paper: Telehealth - its use for the effective management of children with diabetes at school
• Master of Arts, Physical Education - Exercise Science concentration. Montclair State University, Upper Montclair, NJ. Thesis: Effect of the Menstrual Cycle on Resting Metabolic Rate and Dietary Intake
• Bachelor of Science, Health and Physical Education - Exercise Physiology concentration. Cook College, Rutgers The State University of New Jersey, New Brunswick, NJ.
Amy L. Faus, MPH, CPH, CHES
83 Bleecker Street, Jersey City, NJ 07307
(315) 396-3114, alchrisfield@gmail.com

Professional Experience
Health and Wellness Educator, Bergen’s Promise Behavioral Health Home
Rochelle Park, NJ, 2014-Present
- Provide tailored health education to youth with co-occurring emotional/behavioral and chronic physical health needs.
- Manage program quality improvement plan and assess program outcomes on a quarterly basis.
- Present on health education and behavior change topics at community venues.
- Assist with research and program evaluation projects. Present results via poster presentations at relevant conferences.
- Supervise Masters of Public Health students from NYU and Montclair State University serving as program interns.
- Create program evaluation plan and procedures. Coordinate with consultants to develop database components.
- Develop program policies and procedures for CARF accreditation. Awarded exemplary conformance.

Program & Research Coordinator, Healthy ME: Pediatric Lifestyle Changes Program
New Brunswick, NJ, 2013-2014
- Supported children and their families in making lifestyle changes to address overweight and obesity.
- Oversaw weekly outpatient clinic and served as the primary point of contact for program participants.
- Developed and delivered a positive psychology curriculum for group sessions.
- Advocated for local policies to address childhood obesity in partnership with community organizations.
- Conceptualized, designed, and conducted program evaluation and research projects.

Applied Public Health Training
Research Intern, Healthy ME: Pediatric Lifestyle Changes Program New Brunswick, NJ, 2012-2013
Bridging the Gaps Intern, St. Christopher’s Hospital Farm to Families Philadelphia, PA, Summer 2012
Research Assistant, Drexel University School of Public Health Philadelphia, PA, Fall 2011
Nutrition Educator, Harrisburg Salvation Army Harrisburg, PA, Summer 2011
Employee Wellness Assistant, Messiah College Employee Wellness Program Grantham, PA, 2010-2011
Primary Researcher, Messiah College Health and Human Performance Department Grantham, PA, 2010-11
Wellness Outreach Intern, East Shore YMCA Harrisburg, PA, Fall 2010
Lead Nutrition Educator, Get Up! Get Active! After-school program Harrisburg, PA, Fall 2010

Education
Masters of Public Health Drexel University, Philadelphia, PA, June 2013
Drexel University School of Public Health Cumulative GPA: 3.98/4.0
HRSA Traineeships Program for Urban Challenges/Urban Solutions, 2012-2013

Bachelor of Arts: Health and Exercise Science; Psychology Minor Messiah College, Grantham, PA, May 2011
Messiah College Honors Program Cumulative GPA: 4.0/4.0
Australia Studies Centre Semester, Wesley Institute, Sydney, NSW, Australia, 2010
Summa Cum Laude, 2011, Alumni Merit Award, 2011, Ernest L. Boyer Scholar, 2010-2011
Health & Human Performance Department Achievement Award, 2009, 2011
Phi Epsilon Kappa Honor Society; Psi Chi Honor Society

Certifications and Professional Memberships
Certified in Public Health (#9226), National Board of Public Health Examiners
Certified Health Education Specialist (#24398), National Commission for Health Education Credentialing, Inc.
Member, American Public Health Association, 2013-Present

Publications


Skills
- Proficient in Microsoft Excel, Microsoft Word, Microsoft PowerPoint, Microsoft Publisher, and SPSS
- Experienced with quantitative & qualitative research, health education & health promotion
- Capable in program planning, implementation, and evaluation