2018 WIC Nutrition Services Plan (NSP) Form

**County/Agency:**

**Person Completing Form:**

**Date:**

**Phone Number:**

**Email Address:**

When completed, click the *Submit* button on the top right corner of this form. You will receive a confirmation email within 48 hours. Call or email Bonnie Ranno if you have not received this confirmation: [bonnie.ranno@state.or.us](mailto:bonnie.ranno@state.or.us) 971-673-0048

**DUE on or before Friday, 12/15/17**

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| **Goal 1: Oregon WIC certifying staff will provide quality nutrition-focused education during individual appointments with participants by improving their participant centered counseling skills.** |

**Objective #1: During 2018, staff will focus on developing thorough assessment techniques and targeted nutrition and breastfeeding focused education by using deeper reflections, probing questions, and effective summaries.**

**Activities to accomplish this objective:**

1. Describe a specific action your agency will take to support certifiers’ ability to use the OARS of participant centered counseling, particularly deeper reflections and effective summaries to provide more targeted nutrition-focused education.

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1. All certifiers will attend a state-provided regional training in spring 2018 focusing on deepening participant centered counseling skills.

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| **Goal 2: Oregon WIC agencies will offer an increased number and variety of referrals that are appropriate to the needs of WIC participants.** |

**Objective #1: During 2018, Oregon WIC agencies will assure participants are offered appropriate referrals, and that referrals are documented in TWIST.**

**Activities to accomplish this objective:**

1. Research two new referrals available in your community that would meet the needs of the WIC population, and update the TWIST referral screen with these referral sources.

1. List an activity on how staff in your agency will be trained to make and document appropriate referrals in TWIST.

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| **Goal #3: WIC agency staff will increase their knowledge of trauma informed care and resiliency principles and incorporate practices into their clinic environment.** |

**Objective: During 2018, WIC agencies will evaluate their agency in regards to trauma informed practices.**

**Activities to accomplish this objective:**

1. One or more staff in your agency will complete a state-provided checklist which assesses trauma informed practices in your clinic environment. (You will receive this checklist in early June.)
2. Staff will choose two *new* practices to implement in your agency – practices that are not already in place. List the practices you plan to implement in the area provided on the checklist, and return this document to the state office by July 16, 2018.

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| Goal #4: Oregon WIC agencies will strengthen their breastfeeding education and support services. |

**Objective: During 2018, WIC agencies will evaluate their agency’s breastfeeding program.**

**Activities to accomplish this objective:**

1. Each agency will complete a breastfeeding program assessment, using an assessment tool provided by the state office. (You will receive this checklist in early June.)
2. Using assessment results, the local agency will select at least one activity to implement to strengthen their breastfeeding program, record this on the assessment tool, and return it to the state office by July 16, 2018.

*Your agency may want to develop one or more additional objectives related to nutrition education or breastfeeding, to capture activities you are currently working on, or to carry over activities from the 2017 NSP. This is entirely optional. Check with your nutrition consultant if you have any questions.*

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| **Goal 5: (Optional)** |
| **Objective:** |
| **Activities to accomplish this objective:** |

**2018 Staff In-Service Trainings**

The state will be providing quarterly training in the form of in-services, regional trainings and a statewide meeting. You do not need to return a list of your planned in-service trainings for 2018. Instead, you will identify the training that you did provide during the year in the evaluation component of your 2018 Nutrition Services Plan.

**Additional resource:**

*Nutrition Services Standards:* <https://wicworks.fns.usda.gov/wicworks/Topics/WICnutStand.pdf>