

# **Commonwealth Center for Children & Adolescents (CCCA)**

## **School Nutrition Program-FY24**

### **Wellness Policy & Activities**

CCCA promotes nutritional education and physical activity and evaluates children and adolescent patient nutritional needs as follows:

**Admissions**-Upon admission, the initial nursing assessment includes a nutritional screening for all children and adolescents. Consultation referrals are made to Western State Hospital (WSH) Nutrition Services as needed by CCCA medical staff.

**WSH Nutrition Services**-Registered dieticians are available for all CCCA patients, as needed, for dietary consultations. Registered dieticians plan and coordinate all CCCA School Food menus for breakfast, lunch and snacks according to school nutrition guidelines.

**Infection Control Practitioner**-Provides food safety training as part of the new employee orientation and provides on-going infection control training for all staff. Additional training is provided as required to direct care staff about proper food handling techniques.

**Expressive/Recreation Therapy**- Provides therapy in individual and group sessions for after-school and evening recreational/creative activities including team building, art therapy, anger management, anxiety reduction techniques such as relaxation and coping skills and Dialectical Behavior Therapy (DBT) groups.

**CCCA School**-Provides health and wellness education in Health & Physical Education classes which encourages all students to make healthy choices and provides physical fitness activities for all students. The School utilizes the Commonwealth of Virginia Board of Education Physical Education Standards of Learning for Virginia Public Schools.

