



OFFICE OF
**SCHOOL AND COMMUNITY
NUTRITION PROGRAMS**
VIRGINIA DEPARTMENT OF EDUCATION

Local School Wellness Policy: Triennial Assessment Tool 2024

School Division:

959 Commonwealth Center for Children & Adolescents

Wellness Policy Contact Name and Email:

Vickie Coyner - vickie.coyner@dbhds.virginia.gov

Wellness Policy can be found at:

[CCCA-Wellness-Policy.pdf \(virginia.gov\)](#)

Triennial Assessment can be found at:

The Triennial Assessment will be available by contacting Vickie Coyner @
vickie.coyner@dbhds.virginia.gov

Note: Triennial Assessment conducted of existing FY24 LSWP prior to modifications made per federal review.

Every three years the divisions must conduct an assessment of the Local School Wellness Policy and make it available to the public. That assessment must address:

- compliance with the division Local School Wellness Policy,
- how the policy compares to the model Wellness Policy, and
- progress made in attaining the goals of the Wellness Policy.

Please visit the [Virginia Department of Education, Office of School and Community Nutrition Programs \(VDOE-SCNP\) website](#) for all tools and resources to help you complete your Triennial Assessment.

When finalized, please forward this Triennial Assessment or a link to its location to Katy Harbin, Nutrition and Wellness Specialist, at Katy.Harbin@doe.virginia.gov.

Wellness Policy Requirements

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Policy Leadership	Designate the position or committee responsible for Wellness Policy oversight.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not designated on current FY24 LSWP. Position will be added to FY25 LSWP.
Public Involvement	Notify the public of their ability to participate in the development, implementation, and review.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not designated on current FY24 LSWP. Email designation will be included on revised FY25 LSWP.
School Meals	Serve school meals that follow USDA-FNS meal regulations. (7CFR210.10 and 7CFR220.8)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Western State Hospital (WSH) provides meals that comply with School Nutrition guidelines.
Foods Sold Outside of School Meals Program	Sell only USDA's Smart Snacks compliant foods and beverages outside of the school meals program.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not applicable. CCCA as an RCCI does not sell foods or beverages.
Foods Provided, Not Sold	Specify division guidelines for foods provided, not sold, including at celebrations, given as rewards, or classroom snacks.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CCCA receives snacks from WSH Nutrition Services which are provided based on dietary guidelines.

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Food and Beverage Marketing	Market only products that adhere to the USDA-FNS Smart Snacks rule.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not applicable
Nutrition Education	Include at least one evidence-based goal for nutrition education.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CCCA School follows VDOE guidelines.
Nutrition Promotion	Include at least one evidence-based goal for nutrition promotion.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CCCA School follows VDOE guidelines.
Physical Education/Activity	Include at least one evidence-based goal for physical education and/or physical activity.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CCCA School follows VDOE guidelines for physical education.
Other Activities that Promote Student Wellness	Include at least one evidence-based goal for other activities that promote student wellness.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CCCA's Expressive Therapy/Recreation Therapy & Psychosocial Rehab programs provide programs and therapy based on Dialectical Behavior Therapy (DBT)

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Triennial Assessment	Complete a Triennial Assessment and notify the public.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Notification of the Triennial Assessment will be included in the revised FY25 LSWP and updated on the CCCA's website.
Public Update and Information	Specify how the public will be informed about content and implementation.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Information will be updated on CCCA's Internet. The currently posted FY24 LSWP will be replaced with the model policy format for FY25 which will be updated on the CCCA's website.
Compliant Fundraisers	Permit only USDA-FNS Smart Snacks compliant food and beverage fundraisers. LEAs may choose to allow up to 30 school-sponsored fundraisers per site per school day to be exempt from the Smart Snacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not applicable as CCCA does not conduct fundraisers.
Fundraiser Times	Disallow food or beverage fundraisers during meal times.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not applicable as CCCA does not conduct fundraisers

Category	Requirement	Fully in place	Partially in place	Not in place	Action Taken Toward Goals
Fundraiser Designee	Designate an individual to monitor all food and beverage fundraisers. This designee shall not be school nutrition personnel. Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Not applicable as CCCA does not conduct fundraisers
Additional Wellness Goal	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	See additional notes below.
Additional Wellness Goal	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Additional Wellness Goal	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.
Additional Wellness Goal	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

Additional Notes:

CCCA, as an acute inpatient psychiatric hospital for children & adolescents, is constantly focused on treatment of patients' needs for mental health services along with physical health services. Treatment teams provide assessment, diagnostic, and treatment services as needed in order to stabilize the patients and have them return to their home communities. CCCA serves a diverse population from across the entire Commonwealth of Virginia. CCCA's median length of stay is 13 days. Even though no specific additional wellness goals are included, CCCA mission is to provide wellness services to our patients as part of the treatment environment during their acute inpatient psychiatric hospitalization.

How does your policy compare to the model policy?

Because of our unique situation as an inpatient psychiatric hospital, CCCA's current FY24 policy does not follow the model policy. CCCA's policy is being revised for FY25 to conform to the model policy for applicable areas.

Note progress made towards wellness goals:

See above Additional Notes

CCCA
School Nutrition Program-FY24
CCCA 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 dietitians are available for all CCCA patients, as needed, for dietary consultations. Registered dietitians 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.

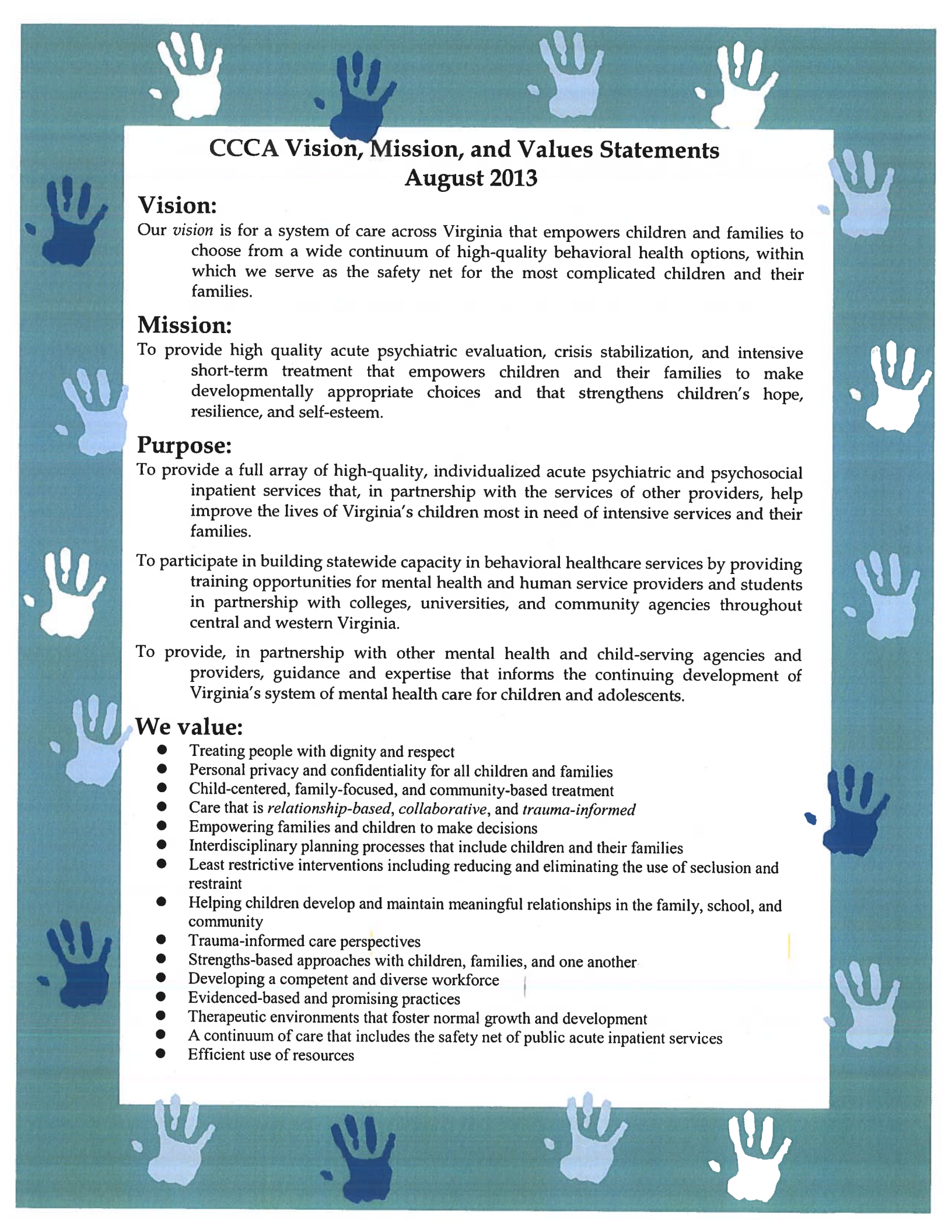


CCCA
School Nutrition Program-FY24
Documentation of Student & Parent Involvement

Due to the nature of the facility being an acute inpatient psychiatric facility for children and adolescents, the involvement of students (patients) and parents/guardians can be limited. See attached CCCA Vision, Mission and Values Statement. CCCA's average length of stay is 17.0 days and median length of stay is 9 days.

When a dietary consult is ordered by the physician, the patients have direct contact with the Western State Hospital (WSH) Registered Dietician. Western State Hospital also has performed patient food preference surveys when staffing resources are available. With the changes in the food delivery system and nutritional requirements, Western State is frequently revising menus and food choices.





CCCA Vision, Mission, and Values Statements August 2013

Vision:

Our *vision* is for a system of care across Virginia that empowers children and families to choose from a wide continuum of high-quality behavioral health options, within which we serve as the safety net for the most complicated children and their families.

Mission:

To provide high quality acute psychiatric evaluation, crisis stabilization, and intensive short-term treatment that empowers children and their families to make developmentally appropriate choices and that strengthens children's hope, resilience, and self-esteem.

Purpose:

To provide a full array of high-quality, individualized acute psychiatric and psychosocial inpatient services that, in partnership with the services of other providers, help improve the lives of Virginia's children most in need of intensive services and their families.

To participate in building statewide capacity in behavioral healthcare services by providing training opportunities for mental health and human service providers and students in partnership with colleges, universities, and community agencies throughout central and western Virginia.

To provide, in partnership with other mental health and child-serving agencies and providers, guidance and expertise that informs the continuing development of Virginia's system of mental health care for children and adolescents.

We value:

- Treating people with dignity and respect
- Personal privacy and confidentiality for all children and families
- Child-centered, family-focused, and community-based treatment
- Care that is *relationship-based, collaborative, and trauma-informed*
- Empowering families and children to make decisions
- Interdisciplinary planning processes that include children and their families
- Least restrictive interventions including reducing and eliminating the use of seclusion and restraint
- Helping children develop and maintain meaningful relationships in the family, school, and community
- Trauma-informed care perspectives
- Strengths-based approaches with children, families, and one another
- Developing a competent and diverse workforce
- Evidenced-based and promising practices
- Therapeutic environments that foster normal growth and development
- A continuum of care that includes the safety net of public acute inpatient services
- Efficient use of resources