

**GUIDE  
BOOK**

# **SDoH Learning Series**

**WOSTA**  
WISCONSIN OUT OF SCHOOL TIME ALLIANCE

# Table of Contents



1

Social Determinants  
of Health **pg 6**

2

Community Resources and  
Family Supports **pg 10**

3

Systems and  
Poverty **pg 14**

4

Transportation **pg 18**

5

Housing **pg 22**

6

Food **pg 26**

\*

Thank You to Our  
Contributors **pg 30**



Addressing the Social Determinants of Health (SDoH) has become a major focus for youth-serving programs in recent years. Research shows that youth who live in supportive environments with access to essential resources can experience improved overall health and well-being.

To create these positive and supportive environments, program staff need to be equipped with essential knowledge, tools, and resources. No matter the setting—schools, community centers, afterschool programs, clubs, or libraries—the goal remains the same. We aim to create a safe, supportive environment that fosters health and well-being through intentional activities, positive relationships, and a nurturing atmosphere. But how do we achieve this? And how do we ensure our staff are ready for this important mission?

This series will explore the various elements that frontline staff need in their “toolkit” to address the Social Determinants of Health. Each topic will be presented in multiple formats to suit different training schedules, learning preferences, and timelines—including webinars, podcasts, short videos, and additional resources.

## Guidebook Legend



**Webinar** that provides an overview of the topic



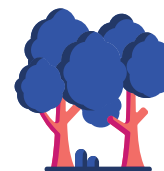
**Short video** that shares examples related to the topic



**Podcast** with staff to expand on topic knowledge



**Blog** that dives deep into the topic



**Resource** that you and your staff can use

## How to Use the E-book

This resource is designed with flexibility in mind. Use it as a staff training template and work through each topic in order or pick and choose topics and content that are most relevant to you and your staff.



# Social Determinants of Health



## HERE'S HOW WE'RE SUPPORTING YOUTH THROUGH SDOH:



### Webinar

#### [Social Determinants of Health](#) with La Crosse Area Family YMCA:

This webinar features a panel from the La Crosse Area Family YMCA discussing best practices for addressing SDOH. The panelists share insights on how factors like socioeconomic status, education, and access to health care impact community health and well-being. Learn effective strategies for promoting health equity and supporting families in your community.



### Short Videos

#### [What Are the Social Determinants of Health \(SDOH\)](#)

This video explains the concept of SDOH, highlighting how factors like economic stability, education, and access to health care impact overall health and well-being. It provides insights into how these non-medical factors shape health outcomes and discusses ways to address them to improve community health.

#### [How to Assess SDOH Needs](#)

This video provides practical guidance on assessing SDOH needs. It covers effective methods for identifying and evaluating factors like housing, food security, and transportation that impact health. Learn how to gather and use this information to better support your community's well-being.

#### [Community Health Worker: A Day in the Life](#)

This video provides an insightful look into the daily responsibilities and experiences of a community health worker. Follow along to see how they support and improve the health of their community through various tasks and interactions.

#### [Magnifying Glass on Lead Exposure](#)

This video delves into the dangers of lead exposure, examining its sources and health impacts. It highlights the importance of awareness and preventive measures to protect communities, especially children, from lead poisoning. Learn more about the critical steps needed to mitigate lead exposure risks.





## Podcasts

### [How Social Determinants of Health Impact Functioning](#)

Join us in this insightful episode as we explore the profound effects of SDoH and daily functioning. Discover practical strategies and innovative solutions to address these determinants and improve community health. Understand the critical link between social conditions and health, and learn how we can create a healthier, more equitable society.

### [United Way and 211](#)

In this episode, Lisa Smith, Director of United Way Fox Cities 211, and Megan Kenney, the 211 State Program Director for United Way of Wisconsin, discuss the 211 resources, accessible to anyone in Wisconsin. They explain how 211 helps connect families to necessary resources and services and offer insights on treating others with dignity during this process.



## Blog

### [Why Relationships Matter in Helping Families Get Connected to Resources](#)

Building strong relationships is essential for effectively connecting families with the resources they need. This blog post explores how trust, respect, and effective interpersonal skills form the foundation of successful partnerships. Learn why being courteous, empathetic, and supportive can empower families, enhance their confidence, and ensure they feel genuinely valued. Discover the impact of positive relationships on family engagement and the potential pitfalls when these connections are lacking. Perfect for anyone involved in family support and resource provision.



## Resource

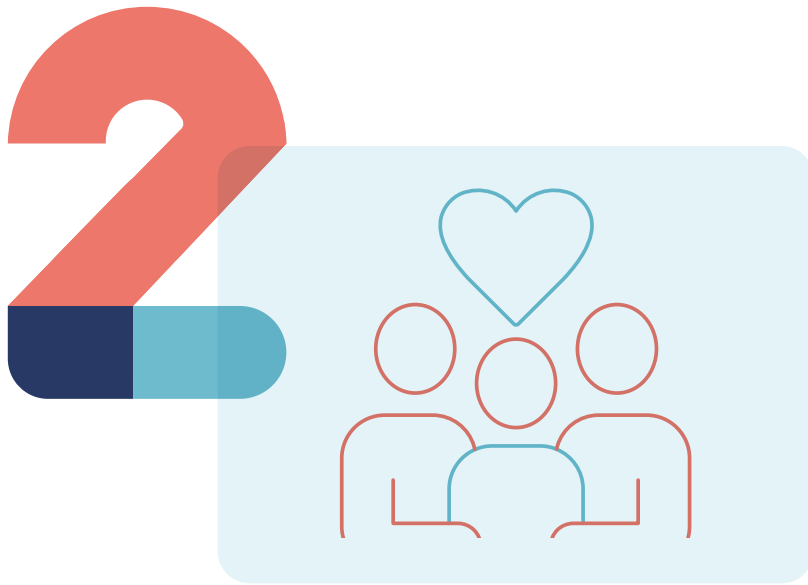
### [Elevator Pitch Example & Template](#)

This video and template help program staff create their own elevator pitch in order to better articulate the importance of addressing social determinants of health with the children in their programs. Perfect for educators, parents, and anyone passionate about comprehensive child development!

### [Template of Elevator Pitch for Staff](#)



# Community Resources and Family Supports



## HERE'S HOW WE'RE SUPPORTING YOUTH THROUGH SDOH:



### Webinar

#### [Community Resources and Family Supports](#)

This webinar explores the vital role of community resources and family support in addressing SDoH and enhancing out-of-school time programs. It provides insights into effective strategies for engaging families and leveraging community partnerships to support children's well-being. Learn more about creating a supportive network for families in your community.



### Short Videos

#### [Developing Individual Service Plans](#)

This video provides a comprehensive guide on creating Individual Service Plans (ISPs). It covers essential components, strategies for personalizing plans, and tips for ensuring they meet the unique needs of individuals. Learn how to develop effective ISPs that support personal goals and enhance quality of life.

#### [How to Connect Families to Resources](#)

This video provides practical strategies for connecting families to essential community resources. It covers effective methods for identifying needs, building relationships, and leveraging local partnerships to support families. Learn how to create a strong network of support and ensure families have access to the resources they need.

#### [How to Prepare for an Enrollment Interview](#)

This video provides essential tips and strategies for successfully preparing for an enrollment interview. It covers key points such as understanding the interview process, practicing common questions, and presenting yourself confidently. Gain valuable insights and boost your chances of securing the resources you need.



## Podcasts

### [Community Supports as Protective Factors](#)

In this episode, we discuss the vital role of community supports in enhancing the well-being of children and families. Join Nancy Parcher from Lacrosse as she shares insights on connecting kids and families to essential community resources. Learn how supportive environments contribute to better health outcomes and overall well-being. Perfect for professionals in out-of-school time programs and anyone interested in fostering strong community ties.

### [Why Connections Matter with the Office of Children's Mental Health](#)

In this episode, we delve into the critical role of connections in children's mental health. Join us as we talk with Linda Hall from the Office of Children's Mental Health, who shares valuable insights and resources to support the mental well-being of kids. Discover how fostering strong connections can help children and families navigate challenges related to mental health and social determinants of health. Perfect for educators, caregivers, and anyone dedicated to improving the lives of children.

### [Breaking Down Service Silos with United Way](#)

In this episode, we explore how United Way of South Wood & Adams Counties is breaking down service silos to better support children and families. Join Teri Jahns as she discusses the importance of collaboration among service providers to address the complex needs of the whole child and family. Learn practical strategies for forging partnerships and enhancing support systems in out-of-school time programs. Perfect for youth-serving professionals and anyone interested in holistic child development.



## Blog

### [Open-Ended Questions, A Powerful Tool to Serve the Whole Child](#)

Out-of-school time professionals can connect deeply with kids and their families. By using open-ended questions like, "Tell me about your day," they gather valuable insights and build stronger relationships. This approach helps understand and support the whole child and family, creating a safe space for sharing and fostering better support.

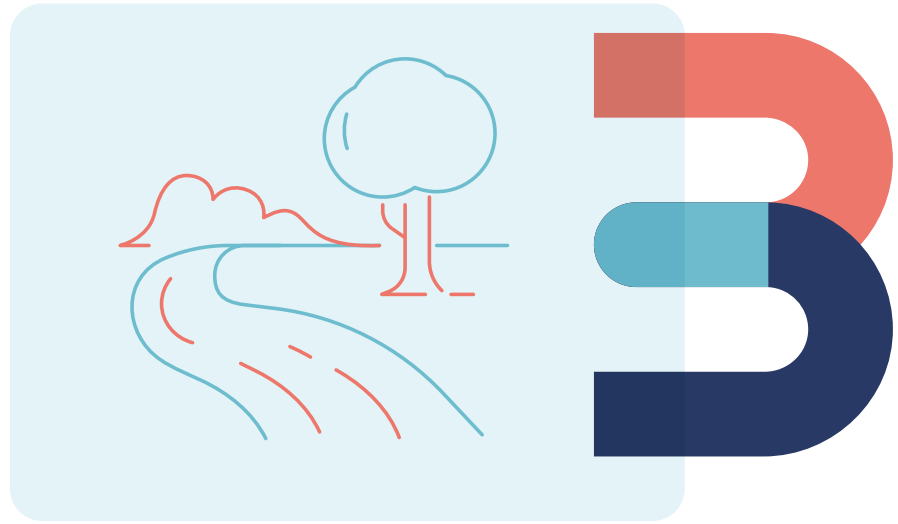


## Resource

### [Individual Service Plan Outline](#)

This service plan offers personalized support for academic, behavioral, social, and health needs, with specific focus areas, resource referrals, and impact evaluation strategies.

# Systems and Poverty



## HERE'S HOW WE'RE SUPPORTING YOUTH THROUGH SDOH:



### Webinar

#### [Reframing Poverty and the Psychology of Scarcity](#)

This webinar explores how scarcity impacts decision-making and behavior, highlighting the psychological effects of living with limited resources. Experts discuss strategies to reframe poverty and address its root causes, offering insights into creating supportive environments for those affected. Learn about the intersection of psychology and poverty and how to foster resilience and well-being in communities.



### Short Videos

#### [The Psychology of Scarcity](#)

This video delves into how the lack of critical resources—whether money, time, or social connections—can significantly alter cognitive functions and priorities. Drawing on cutting-edge research from behavioral economics and psychology, this video will reveal how scarcity shapes our thoughts, actions, and overall well-being.

#### [SDoH Myth vs. Fact](#)

Dive into the fascinating world of behavioral economics with this insightful video, which explores how scarcity—whether of time, money, or resources—affects our cognitive processes and influences the choices we make. Through engaging examples and expert analysis, this video sheds light on the psychological mechanisms behind scarcity and offers practical strategies to mitigate its effects. Perfect for anyone interested in understanding the deeper forces that shape our decisions.

#### [How Policy Creates Poverty](#)

This video examines how certain policies contribute to poverty, exploring the systemic issues and unintended consequences that perpetuate economic hardship. It provides insights into the role of legislation in shaping economic inequality and discusses potential reforms to address these challenges. Understand the complex relationship between policy and poverty.





### Podcasts

#### [Why Wisconsin Ranks Last and What Programs Can Do About It](#)

In this episode, we explore why Wisconsin ranks last in educational equality and what programs can do to address this issue. Special guest Jess Bowers, an associate professor at the University of Wisconsin-Stevens Point, discusses the systemic challenges and disparities faced by marginalized communities. Gain insights into effective strategies for supporting children and families in overcoming these barriers.

#### [Why Partnering with Caregivers Matters](#)

In this episode, we explore the crucial role of caregivers in supporting children's development. Join Jeremiah Covington, a Community Schools Resource Coordinator, as he discusses the value of caregiver input and voice in youth-serving programs. Learn how partnering with caregivers can enhance social determinants of health and improve outcomes for children. Perfect for educators, program coordinators, and anyone involved in child development and family support.

### [Advocating for Program Resources and Making Connections](#)

In this episode, we discuss the importance of advocating for resources and building connections to support youth programs. Join us as we talk with Jennifer Smith who share strategies for securing funding, forming partnerships, and enhancing program effectiveness. Learn how to navigate challenges and leverage community assets to create impactful youth services. Perfect for program coordinators, educators, and anyone involved in youth development.



### Blog

#### [The Privilege of Buying Cheap Toilet Paper](#)

This blog post explores the hidden costs of poverty, emphasizing how financial scarcity often leads to higher expenses and mental strain. Using the example of buying toilet paper in bulk from Costco, it illustrates how the lack of resources can complicate seemingly simple tasks. The post encourages compassion and suggests simplifying processes to help those with limited mental bandwidth.

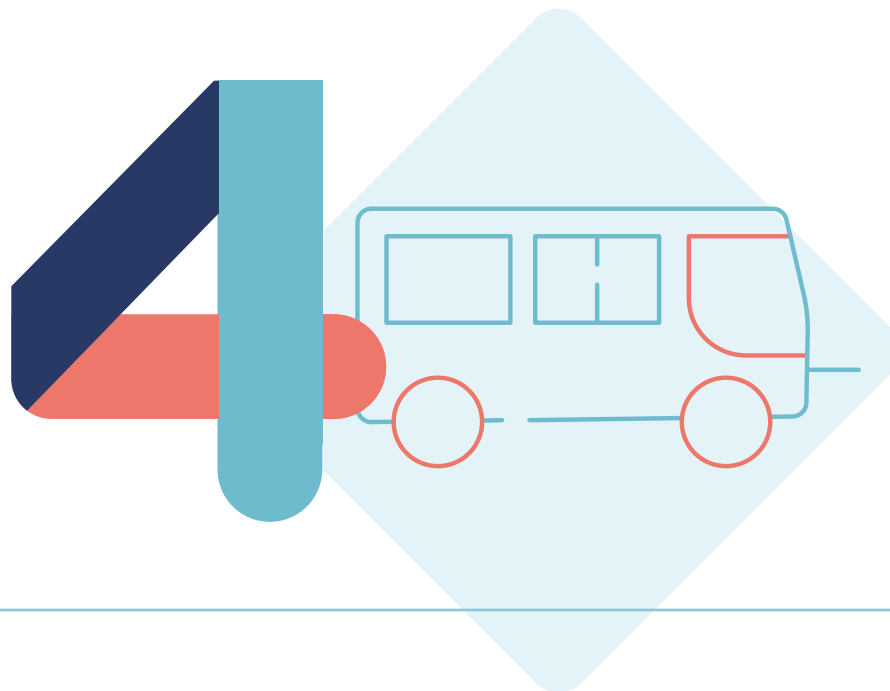


### Resource

#### [Community Needs Assessment Outline](#)

This document helps identify gaps in services and available resources for children and families. It aims to adjust programming, advocate for resources, and apply for funding based on collected data.

# Transportation



## HERE'S HOW WE'RE SUPPORTING YOUTH THROUGH SDOH:



### Webinar

#### [Transportation and Program Panel Discussion](#)

This webinar addresses the significant transportation challenges faced by out-of-school time programs. Panelists discuss innovative solutions and strategies to improve access for students, including community partnerships and creative transportation options. Learn how to overcome these barriers and ensure all children can participate in these valuable programs.



### Short Videos

#### [Alternatives for Parent Drop-Off and Pick-Up](#)

This video explores various solutions to improve parent drop-off and pick-up routines. It covers creative and practical alternatives such as walking buses, carpooling, and partnerships with local organizations to ensure safe and efficient transportation for children. Discover strategies that can ease the daily commute for families and enhance overall safety and convenience.

### [Alternatives to Vehicle Safe Transport](#)

This video explores various safe transportation alternatives for children, including walking buses, biking, and carpooling. It highlights creative solutions to ensure kids can travel safely to and from school and activities, even without a vehicle. Discover practical strategies for enhancing child transportation safety in your community.



### Podcasts

#### [What is a Walking School Bus; How Small Interventions Make Big Impacts](#)

Discover the benefits of a walking school bus with Rachel Deterding, Community School Resource Coordinator at Lake View Elementary. In this episode, Rachel explains how this initiative can positively impact children's health and community engagement. Learn how to assess and implement a walking school bus in your program for lasting benefits.

### Alternative Forms of Transportation

In this episode, Jennie Mayer, Safe Routes to School Coordinator, discusses the challenges and solutions related to transportation for families. She highlights the benefits of walking school buses and other alternative transportation methods. Learn how these initiatives can improve access to programs and enhance overall health in both urban and rural areas.



#### **Blog**

##### Getting There is (Half?) the Battle

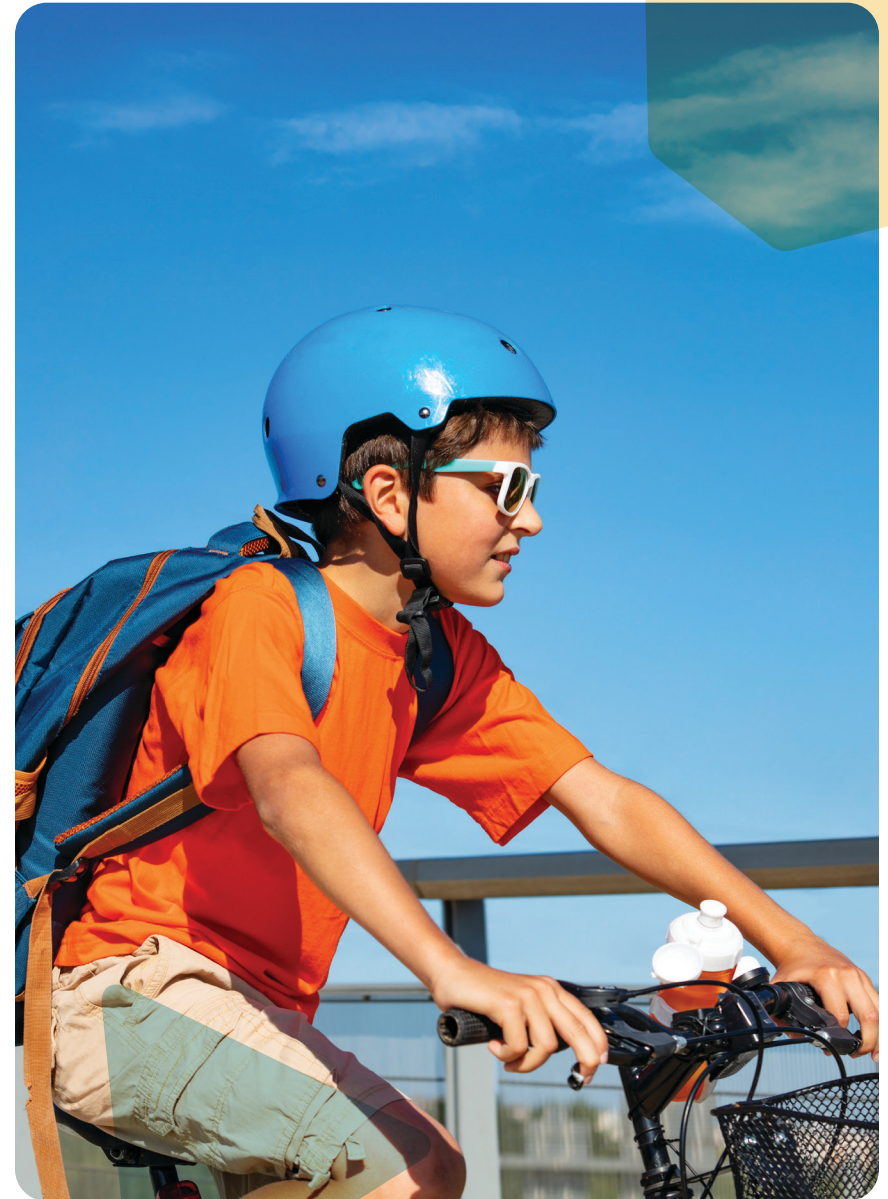
Transportation issues hinder access to out-of-school time programs. Urban areas struggle with public transit and unsafe routes, while rural areas face long commutes and weather challenges. Solutions include walking buses, late bussing, carpooling, and partnerships for reduced-cost rides. Assess community-specific needs and take small steps to improve access, ensuring all children can participate.



#### **Resource**

##### Transportation Infographic

This infographic outlines initiatives to help communities overcome transportation barriers. Reliable transportation is crucial for improving health outcomes by enabling access to health care, jobs, and education.



# Housing



## HERE'S HOW WE'RE SUPPORTING YOUTH THROUGH SDOH:



### Webinar

#### [The Many Faces of Homelessness](#)

This webinar explores the diverse experiences and challenges faced by individuals experiencing homelessness. Panelists share personal stories and discuss systemic issues, providing insights into effective strategies for support and advocacy. Gain a deeper understanding of homelessness and learn how to make a positive impact in your community.



### Short Videos

#### [How to Connect Families to Resources](#)

This video provides practical strategies for connecting families to essential community resources. It covers effective methods for identifying needs, building relationships, and leveraging local partnerships to support families. Learn how to create a strong network of support and ensure families have access to the resources they need.

#### [Why Housing Matters](#)

In this video, Lisa Brooks discusses the impact of homelessness on health and how we can help. As a CHW and Advanced Housing Navigator, Lisa shares her expertise and successful strategies for improving housing conditions.







### Podcasts

#### [The Faces of Homelessness, Why Housing Matters](#)

In this episode, Lisa Brooks discusses the critical issue of homelessness and its impact on health. As a CHW and Advanced Housing Navigator, Lisa shares insights on how quality housing promotes health equity and what we can do to support families facing inadequate housing. Learn from Lisa's experience in creating successful housing plans.



### Blog

#### [Navigating Housing Instability: A Guide for Educators](#)

This article explores the complex challenges of housing instability and homelessness, highlighting their profound impact on students and families. It offers practical strategies for educators and program staff to create supportive environments and develop comprehensive, compassionate interventions that address the root causes of housing instability.

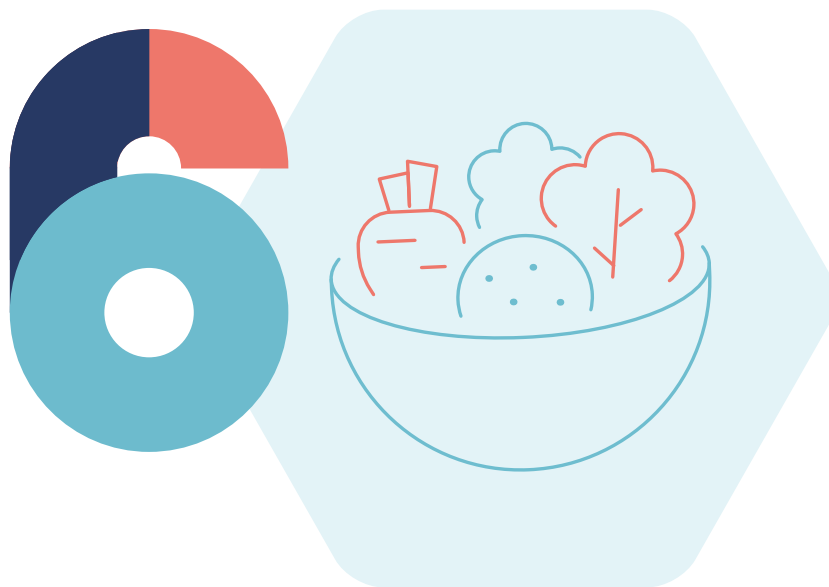


### Resource

#### [Housing Resource Links](#)

This document provides various housing assistance programs for Wisconsin residents, including rental assistance, emergency shelter, and utility bill support. It also offers resources for homeownership, fair housing, and supportive housing initiatives.

# Food



## HERE'S HOW WE'RE SUPPORTING YOUTH THROUGH SDOH:



### Webinar

#### [Food Insecurity and Program Panel Discussion](#)

This webinar features a panel discussion on the challenges and solutions related to food insecurity. Experts share insights on innovative programs, community partnerships, and strategies to improve food access. Learn how different initiatives are addressing food insecurity and supporting families in need.



### Short Videos

#### [How to Create a Safe Space in Programming for a Food Pantry](#)

This video offers practical tips on starting a food pantry in an out-of-school time location. It covers essential steps such as identifying community needs, securing donations, organizing volunteers, and ensuring the pantry operates smoothly and effectively. Perfect for community leaders, educators, and volunteers looking to support families and children outside of school hours.

#### [Food Insecurity, How to Access Food](#)

This video explores the critical issue of food insecurity, highlighting the challenges faced by individuals and families in accessing nutritious food. It provides practical solutions and resources to help those in need find food assistance programs and community support. Learn about the various factors contributing to food insecurity and discover ways to ensure everyone has access to healthy food.



### Podcasts

#### [Why Feeding One Belly, Feeds Many](#)

In this episode, Jeremiah Covington, a Community Schools Resource Coordinator, discusses how small interventions can have significant positive impacts on children and families. He shares examples like providing weekend snack packs or bus passes and emphasizes the importance of considering the whole child and family in out-of-school time (OST) work. Jeremiah also highlights how this holistic approach can inspire and motivate staff.



### Running a Food Program Out of Your OST Program

On this episode, Kimberly Lowe, Associate Director of Grants Administration at Boys and Girls Clubs of Greater Milwaukee, joins us to talk about how to break down the daily tasks of running a food program. She provides concrete strategies around organization and promotion and also gives insight into how to create a safe culture in your program where families feel comfortable getting additional support and accessing resources.



#### **Blog**

### Supporting Food Security in OST

Food insecurity significantly impacts children's well-being, learning, and development. Out-of-school time (OST) programs can play a crucial role in addressing this issue by conducting needs assessments, forming community partnerships, and implementing supportive interventions that go beyond meal provision to foster a holistic, dignified approach to food security.



#### **Resource**

### How To Start a Food Backpack Program

This document outlines a Backpack Program, which provides food to children in need over weekends and holidays when school meals are unavailable. It details how the program operates, including food collection, packing, and distribution processes.





# Thank You to Our Contributors

## **University of Wisconsin Stevens Point**

Jess Bowers

Dr. Lindsay Bernhagen

## **Madison Metropolitan School District**

Rachel Deterding

Jeremiah Covington

## **La Crosse Area YMCA**

Jennie Melde

Courtney Kramolis

Nancy Parcher

Anna Stindt

## **United Way**

Tari Jahns, South Wood & Adams County

Lisa Smith, Fox Valley

Megan Kenney, United Way State Program

## **Marshfield Clinic Region of Sanford Health-WOSTA**

Jennifer Smith

Rachel Charron

Samantha Newton, AmeriCorps

## **Stan Kocos**

ADVANCE NPO Solutions, LLC

## **Leslie Smith**

Madison School and Community  
Recreation

## **Colleen Hayes**

Urban League of Greater Madison

## **Kimberly Lowe**

Milwaukee Boys and Girls Club

## **Linda Hall**

Office of Children's Mental Health

## **Jennie Meyer**

Safe Schools Coordinator

## **Lisa Brookes**

Milwaukee AHEC

## **Kelly Coulthard**

Spark 2 Ember Consulting

## In partnership with:



Wisconsin Department of  
Children and Families



Marshfield Clinic  
Health System



