

Part 3: Effective Data Collection and Counseling

RESOURCE	DESCRIPTION
<i>Counseling Resources</i>	
WIC Works Participant-Centered Groups: Job Aid	https://wicworks.fns.usda.gov/resources/participant-centered-groups This job aid, which supports the WIC Learning Online course, VENA: Connecting the Dots between Assessment and Intervention, provides group facilitation tips and WIC State agency examples of learner-focused group sessions.
WIC Works Motivational Interviewing: Job Aid	https://wicworks.fns.usda.gov/wicworks/WIC_Learning_Online/support/job_aids/MI.pdf This job aid provides an overview of motivational interviewing steps to support behavior change.
WIC Works Open-Ended Questions: Job Aid	https://wicworks.fns.usda.gov/wicworks/WIC_Learning_Online/support/job_aids/questions.pdf Examples of open-ended questions you may use when working with WIC families in your local agency.
Molly Kellogg Tip: Rolling with Resistance	http://www.mollykellogg.com/tip-103-rolling-with-resistance/ Molly Kellogg is a psychotherapist and nutrition therapist that provides counseling tips and strategies. Refer to this tip to review strategies to “roll with resistance” when working with clients.
Molly Kellogg: Nutrition Counseling Tips	http://www.mollykellogg.com/counseling-tips/ http://www.mollykellogg.com/counseling-tips/subscribe/ Refer to these free nutrition counseling tips that provide relevant examples and strategies to use when navigating nutrition topics with. Read archived tips or subscribe to the free tips that Molly Kellogg distributes monthly.
Minnesota WIC: PCS Webinars	https://www.health.state.mn.us/people/wic/localagency/training/pcs/index.html Refer to these helpful webinars created by Minnesota WIC that address many common issues, such as: handling sensitive topics in counseling, having difficult conversations, discussing weight, evoking motivation, resistance, goal setting, and many others.
Nevada WIC: PCS Training Resources	http://nevadawic.org/wic-staff/nv-wic-c-a-r-e-s/ Created to support the Nevada WIC C.A.R.E.S. framework, refer to the PCS training resources that cover topics such as: asking open-ended questions, empowering participants, tackling difficult topics, evoking motivation for breastfeeding, and many others.
Washington WIC: PCS Modules	https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/PublicHealthSystemResourcesandServices/LocalHealthResourcesandTools/WIC/Training/WICConnects Refer to the energizer skill building activities and additional nutrition counseling skill building resources.

North Carolina WIC Nutrition Assessment and Care Plan Training Resources

<p>USDA Substance Use Prevention: Screening, Education, and Referral Resource Guide for Local WIC Agencies</p>	<p style="text-align: center;">https://wicworks.fns.usda.gov/wicworks/Topics/ResourceManual.pdf</p> <p>A resource guide meant to assist WIC local agency staff who must decide how to integrate substance use information and referral elements into their activities without overburdening either their participants or themselves.</p>
<p>Cultural Awareness Resources</p>	
<p>Wisconsin Center for Public Health Education and Training: Training Modules</p>	<p style="text-align: center;">https://wicphet.org/sites/default/files/courses/cultural-awareness/introduction/story.html</p> <p>This training module provides an overview of concepts such as culture, cultural awareness, and cultural competence. The module reviews the role of cultural humility in public health and highlights the skills needed to work with diverse cultural groups.</p>
<p>Dairy Council of California: Pre-recorded Webinar, Supplemental Handout, and Cultural Food Guide</p>	<p style="text-align: center;">https://www.healthyeating.org/Health-Wellness-Providers/Professional-Development/Webinars/The-Way-We-Eat</p> <p><i>“The Way We Eat: Looking Beyond Nutrient to Help Clients Build Better Diets”</i> by Mary Young, MS RD; Polly Adema, PhD; Laura Thomas, MED RD LD. An overview of the factors that influence consumer food choices, counseling strategies to identify factors that influence a client’s food choices, and strategies to tailor counseling to cultural needs.</p>
<p>Wisconsin WIC: Interpreters in WIC, Civil Rights Training Webinar</p>	<p style="text-align: center;">https://connect.wisconsin.gov/dhswicrinterpreters</p> <p>This training module addresses ways to avoid discrimination, with a focus on language barriers.</p>
<p>Iowa: Recognizing Cultural Influences on Food Beliefs and Practices Webinar</p>	<p style="text-align: center;">https://prepareiowa.training-source.org/training/courses/Recognizing%20Cultural%20Influences%20on%20Food%20Beliefs%20and%20Practices/detail</p> <p>A three-part webinar series that reviews cultural competence, feeding/eating practices, and resources to build cultural awareness.</p>
<p>Hungry Planet: What the World Eats Book</p>	<p style="text-align: center;">https://www.amazon.com/What-World-Eats-Faith-DAluisio/dp/1582462461</p> <p>A photographic collection that explores what the world eats, portraying 25 families from 21 countries.</p>
<p>Eatright.org: Culture and Traditions Articles</p>	<p style="text-align: center;">https://www.eatright.org/health/lifestyle/culture-and-traditions</p> <p>A collection of nutrition-related articles to build cultural awareness.</p>