

A LIST OF COMMON TERMS



<p>WIC Connects One-to-One</p>	<p>WIC Connects One-to-One is the name for Participant Centered Services in Washington WIC.</p> <p>WIC Connects places the participant at the center of every WIC interaction. Staff support participants to make healthy choices by helping participants to explore their unique strengths, values and motivation.</p> <p>WIC Connects provides all WIC staff, state and local staff alike, with an opportunity to conduct <i>business</i> in a new way. This process is new for everyone and developing new skills will take time and practice for all.</p>
<p>Participant Centered Services (PCS)</p>	<p>PCS is a framework for providing WIC services that places the participant at the center of each interaction. WIC staff listens and supports participants at all levels of WIC service delivery - federal, state and local.</p> <p>PCS takes into account the entire WIC system because every aspect of WIC service delivery influences the participant and her willingness to explore healthy nutrition practices.</p>
<p>Participant Centered Education (PCE)</p>	<p>PCE is style of offering nutrition education where the participant is an equal partner. WIC staff listens and guides the participant to explore her needs, values and readiness to make healthy behavior changes. The participant comes up with solutions that work for her and her unique circumstances.</p>
<p>WIC Connectors</p>	<p>The local staff person who is the liaison to the state WIC office. The WIC Connector is a passionate supporter of WIC Connects; interested and committed in helping local agency staff develop WIC Connects skills and create a participant friendly clinic. The WIC Connector helps to keep the WIC Connects spirit alive!</p>
<p>WIC Connects State Champions</p>	<p>WIC Connects State Champions are select state staff who support other state WIC staff to develop new skills and incorporate WIC Connects into their WIC work.</p> <p>Their goals include:</p> <ul style="list-style-type: none"> • Increase state staff awareness of WIC Connects • Support state staff to explore and increase WIC Connects skills • Facilitate integration of skills into state WIC work

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<p>VENA</p>	<p>Value Enhanced Nutrition Education – VENA supports revitalizing quality nutrition services in WIC and compliments participant centered nutrition services by creating a partnership with the participant in goal setting.</p> <p>VENA increases the value of the WIC experience through a participant-centered approach.</p>
<p>Motivational Interviewing (MI)</p> <p>From Dr. Bill Miller</p>	<p>MI is a conversation about change</p> <p>MI is collaborative (person centered partnership, honors autonomy, not expert recipient)</p> <p>MI evokes, draws out, seeks to call forth the person’s own motivation and commitment</p> <p>MI is a collaborative conversation to strengthen a person’s own motivation for and commitment to change.</p> <p>MI is intended to strengthen personal motivation for and commitment to a change by eliciting and exploring an individual’s own arguments for change.</p>
<p>O.A.R.S.</p>	<p>The four fundamental skills of motivational interviewing are:</p> <p>Open-ended questions</p> <p>Affirmations</p> <p>Reflective listening</p> <p>Summarizations</p>



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