

Sample VENA Statements (Sample Introduction to assessment, transition, and goal setting statements)

New Certification visits:

These statements might help in setting the tone to how the session will go. The participant is informed from the very beginning.

Hi – How are you today? I’m ____ one of the nutritionists here.

- I have several questions to ask you today that will help you develop goals for the health of your child/family.
- I have several health and diet related questions to ask you today that will help me get a better understanding of your needs and strengths for your child/family.
- I have several questions to ask you today that I will try to do fairly quickly. There may some items that I will want to save for further discussion after this interview process.
- Allow me to summarize what has been done so far and what will happen next. Up to this point we have taken your child's height, weight, (hgb? and lead?). Now, I have several questions to ask about your child's health and diet. Then once I have this information we can pull it all together and talk about areas of success and area where you may want to focus some attention in order to make your child even healthier.

Recertification visits/Follow-up visits:

Every time a participant returns, WIC staff should follow up on progress made by the participant. Participants appreciate the continuity of care that is provided when WIC staff members recognize and remember specific aspects of a previous encounter.

- Hi – So what have you done to work on your last goal that you made? You wanted to (state previous goal). Do you feel you achieved your goal?
 - If yes – What things did you do to achieve it?
What worked?
 - If no – Why do you feel you didn't achieve it?
What were the barriers?
What do you feel you were successful at?
 - Is this something you want to continue to work on?
 - If yes – Do we need to change your goal at all?
 - If no – We can determine a new goal for this next time.
- So, the last time you were here you wanted to work on (state previous goal). How did that go? (continue with some of the above questions from the first example)
- Have you worked on (state previous goal) since your last visit? How did that go? (continue with some of the above questions from the first example)
- Since you have been here before, you may remember that I need to ask you several questions...

Sample statements if participant has additional questions during the interview process:

- That is a great question, I'm going to jot that down so I don't forget and we can discuss that once I finish the interview questions.
- I understand your concern and I will come back to that when I finish getting through the questions I have for you.
- Okay -we can discuss that further after all the questions I have.

Sample statements after the interview process to transition into counseling and goal setting:

Emphasize the strengths and healthy practices of the participant and family.

You are doing some really good things for your child's health like (name positive things)... Is there anything you would like to see change or work on with your child's health and eating habits and behaviors?

- From the questions I asked you today and your thoughts or concerns, these are some possible things we can discuss further today and set a goal on...(state concerns). We only have time for a couple of these, but what would you really like to change and work on?
- From today's interview here are some possible discussion items that I came up with... (state items). What would you like to talk about? What would you like to improve on? What would you like to change?