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**# 13-059**

**TO:** WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** May 29, 2013

**SUBJECT:** Revised staff trainings on VENA and CCNE

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The State Agency recently revised staff trainings for Client Centered Nutrition Education (CCNE) and Value Enhanced Nutrition Assessment (VENA) Counseling. The revisions streamline content, ensure key job-related skills and information are covered, and outline a recommended sequence of trainings for staff to gain maximum benefit. The revised trainings will be available through CenturyLink and IDL beginning in July 2013. Some of these trainings will also be available on demand beginning in August.

Revised trainings are listed on the attached and include a description of each and recommended audience. The revised trainings contain updated information, but some of the content may be similar to the old training. These trainings are not required, but are ideal for new staff and may be beneficial as refresher trainings for current staff.

Please keep documentation of attendance at the Local Agency. For a copy of the most current staff training schedules, visit the WIC Training Schedules web page at <http://www.dshs.state.tx.us/wichd/tng/idl-cal-dates.shtm>.

If you have any questions or require additional information, please contact Erica Harris, MS, RD, LD, Nutrition Education Consultant, at 512-341-4588 or [erica.harris@dshs.state.tx.us](mailto:erica.harris@dshs.state.tx.us) or Debbie Lehman, PhD, RD, LD, Nutrition Education Consultant, at 512-341-4517 or [debbie.lehman@dshs.state.tx.us](mailto:debbie.lehman@dshs.state.tx.us) or Mandy Seay RD, LD, CDE, Nutrition Education Consultant at 512-341-4516 or [mandy.seay@dshs.state.tx.us](mailto:mandy.seay@dshs.state.tx.us).

## Revised staff trainings on VENA and CCNE

New training	Description	Recommended Audience	Old training(s) Being Replaced
Introduction to Nutrition Education	Provides a basic introduction to the role of nutrition education at WIC, principles of CCNE and VENA, factors that influence behavior change, and ways that all staff can promote effective nutrition education.	All staff	N/A – This training is entirely new.
CCNE 101 – CCNE Basics	For staff who teach, introduces them to the advantages of client-centered techniques, principles of adult learning, key components of a lesson, and best practices for creating a positive learning environment.	Staff who teach WIC classes	Fresh Spin on Teaching Group Classes
CCNE 102 – Facilitating with Confidence	Covers how to become an effective class facilitator and includes tips for encouraging class participation and handling challenging situations.	Staff who teach WIC classes	Facilitating with Confidence
CCNE 103 – Planning, Scheduling, and Marketing Nutrition Education	Covers how to plan, market, and schedule nutrition education to optimize class attendance and meet participants' needs.	Nutrition education coordinators and others who plan nutrition education	Scheduling and Marketing CCNE Classes
CCNE 104 – Creating Lessons and Other Learning Opportunities	This training covers the process of creating client centered lessons and other forms of nutrition education at WIC. It is appropriate for NE coordinators and other NE champions at the agency who are involved in creating lessons.	Nutrition education coordinators and others who plan nutrition education	CCNE Lesson Development
VENA Counseling 101 – VENA Basics	Introduces the VENA counseling framework and defines the role of the VENA counselor and client in the counseling process.	Staff who provide VENA counseling	VENA Counseling Scenarios , Tools for Building Rapport, and Personalizing a Counseling Session
VENA Counseling 102 – Counseling Skills	Covers counseling skills including open-ended questions, affirmations, reflective listening, summarizing, and helping clients set goals.	Staff who provide VENA counseling	Navigating with OARS, Goal-Setting
VENA Counseling 103 – Motivating for Behavior Change	Covers the stages of change model and basic motivational interviewing techniques in order to help counselors become better behavior change agents.	Staff who provide VENA counseling	Motivating for Behavior Change