Spruce Program Overview for Site Leads

A quick guide for implementing Spruce at your practice. Full details follow in the toolkit.

What Spruce Is

Spruce helps pediatric primary care teams incorporate oral health into well-child visits through family oral health kits, educational materials, and conversations with families.

Each base kit includes a toothbrush, floss, two trial-size toothpaste flavors, and an educational bifold. Additional toothbrushes are available for siblings and caregivers.

Your Role as Site Lead

- Serve as the main contact with From the First Tooth (FTFT)
- Keep staff informed about Spruce and the kit workflow
- Respond to FTFT updates and check-ins
- Submit reorder requests and the annual evaluation
- Help staff use Spruce educational materials and encourage oral health conversations during well-child visits
- Maintain communication with FTFT to remain active in the program

At Each Well-Child Visit

- Complete the oral health risk assessment and provider evaluation, and apply fluoride varnish
- Offer a kit and toothbrushes to every family, regardless of insurance or risk assessment score
- Use Spruce educational materials and resources to support conversations about oral health

Your Year at a Glance

- **Start-up:** Receive kits, posters, and resources; brief staff
- **Months 1 to 11:** Distribute kits; FTFT sends supply reminders every 6 months
- **Month 12:** Complete the required annual evaluation

The cycle repeats for up to three funded years.

Reordering Supplies

- To order more supplies, visit: www.fromthefirsttooth.org/order-materials
- Track remaining kits and toothbrushes so one request covers your needs
- Requests are filled in the order received, based on inventory and funding
- If an item runs out, keep distributing what you have

Questions? Email mhfirsttooth@mainehealth.org