ANNOUNCEMENT OF AWARDS

In the summer of 2018, DCYF announced an opportunity for home visiting funding to either expand existing services or to start up/install new programs. We had $1.5 million to allocate to programs across Washington State. In a very short turnaround time, we received applications requesting $3.25 million from 20 organizations.

Thank you to all programs who applied – the review panels were inspired by the incredible passion and desire to serve families in your communities. The applications and interviews provided opportunity for deep learning about emerging needs and program approaches, and it gave us a lot to think about moving forward as DCYF continues expansion planning. We are also very thankful to the many Home Visiting partners who put in long hours to review applications, attend interviews and site visits, and consider all applicants from start to finish.

CHILDREN LEARN FROM WHAT THEY SEE WE NEED TO SET AN EXAMPLE OF TRUTH AND ACTION.

Howard Rainer, Taos Pueblo-Creek

Continued on page 3
Nominate a Home Visitor

We know we have some amazing home visitors in this state, and we want to highlight them here for everyone to hear about.

If you would like to nominate a home visitor, email why your home visitor is deserving of recognition to Home.Visiting@dcyf.wa.gov by the 10th of each month. This will be an ongoing feature as long as the nominations come in. Please note that home visitors must be ok with their nomination being published. We will notify supervisors if their nomination has been selected by the 11th and would need to have confirmation that the home visitor is ok with publishing by the 13th. You would not have to tell home visitors that they have been nominated/selected prior to nominating them.

Bonus points if your nomination includes a photo - or if you can get a photo to us by the 13th if your home visitor is selected.

We look forward to hearing about the amazing work your teams are doing!

Upcoming Training

WSCADV is offering two free trainings on two separate days. We encourage home visitors to take the Domestic Violence: Assessment and Response training before attending the Safety Planning training.

If you have already been to Domestic Violence: Assessment and Response you can register for the Safety Planning only.

Please register separately for each training.

For questions about registering, please email kayla@wscadv.org. For questions about the training curriculum, email Jenni Olmstead.

Domestic Violence: Assessment and Response

Even though you have experience and a lot to offer, it can still be tough to get a conversation started or to know what to say when someone shares their experience of abuse. This training will give you practical tools to help you help your clients.

Safety Planning with Families

It can be hard to figure out what will increase the safety of a parent and child who are in a relationship with an abusive partner, especially when ending the relationship is not an option. Leave with concrete strategies for supporting survivors and families.

Safety Planning with Families is for individuals who have already attended the Domestic Violence Training.

Domestic Violence: Assessment and Response

December 6th, 2018
Dumas Bay
Register here.

Safety Planning with Families

December 7th, 2018
Dumas Bay
Register here.

Action Items

As part of feedback from the All Program meeting, we wanted to include an action items section that spells out everything due each month. We will try to keep it in this same spot each month for easy access. Because this year we are closing out the fiscal year for DEL, our deadlines are harder and faster than a typical year.

November 27
• Workforce Webinar

November 28
• Data Dashboard Webinar

November 30:
• October 2018 Monthly Invoice Due

December 4
• New Program Orientation

December 10
• For NFP Nov Consenting Clients to DOH
DCYF is excited to announce funding through the HVSA for 9 home visiting programs: expansion of 7 and start-up/installation of 2 programs. Congratulations to the following organizations:

- Atlantic Street Center Parent Child Home Program (PCHP) was awarded $200,000 to expand services to families in King and Pierce Counties.
- Brigid Collins Family Support Center was awarded $195,000 to start a Parents as Teachers (PAT) program in Skagit County.
- Catholic Charities of the Diocese of Yakima PAT program was awarded $200,000 to expand services into Douglas County.
- Chelan-Douglas Health District was awarded $250,000 to start a Nurse-Family Partnership (NFP) program in Chelan County.
- ChildStrive was awarded $129,802 to expand its PAT program into rural areas of Snohomish County.
- Clark County Public Health was awarded $46,135 - to expand its NFP services in rural areas of Clark and Cowlitz Counties.
- Jefferson County Public Health was awarded $189,134 to expand NFP services to families in Kitsap and Clallam Counties.
- Lydia Place was awarded $36,000 to expand its PAT program to serve additional families in Whatcom County.
- Open Arms Perinatal Services was awarded $200,000 to expand its Outreach Doula program to additional families in King and Pierce Counties.

UNSUNG HERO

It is one of our favorite times of the year again - - PARENT RECOGNITION MONTH!

As 2019 is quickly approaching we are gearing up for our annual Unsung Hero campaign in honor of Parent Recognition month (February) and we are hoping you can help us spread the word far and wide.

Since 2011, with your help, we have honored 196 men and women in Washington for the roles they have taken with their families, schools and communities. They have been recognized because they have shown strength, courage and empathy in their communities.

Please help us in honoring 28 more in February 2019 by nominating a parent/primary caregiver/guardian for the Unsung Hero award. The nomination form is attached. All nominations must be submitted by January 4, 2019. The nominations can be emailed to strengtheningfamilies@dcyf.wa.gov.

Please pass this on to your Washington networks. We appreciate your support and let us know if you have any questions. Thank you.
November is NATIVE AMERICAN HERITAGE MONTH, a time to honor tribes and urban Indian communities and an opportunity to recognize unique challenges faced by Native people.

In Washington State, pregnant American Indian and Alaska Native (AI/AN) women are more likely to get late or no prenatal care, have a mental health diagnosis, or have experienced intimate partner violence than any other racial group.¹ Between 2011 and 2015, babies born to AI/AN mothers in Washington experienced infant mortality rates that were twice the rate of those born to White mothers.² Home visiting programs address these and other disparities by supporting healthy pregnancies, sharing information on parenting and child development, and linking families to community services and resources.

In honor of Native American Heritage month, we invite you to check out these resources that celebrate the successes of home visiting efforts in tribal communities.

This report shares key findings and lessons learned from the first two cohorts of Tribal MIECHV grantees, which are supported through the Administration for Children and Families Tribal Home Visiting program. Notably, ACF found that cultural adaptations and enhancements to home visiting models help to make home visiting more appealing and effective in tribal communities.

Culture, Collaboration, and Innovation: How Tribal Home Visiting Programs Are Working To Improve Outcomes for Children, Families, and Communities

The American Indian Health Commission (AIHC) of Washington State partners with DCYF to support the inclusion of culturally appropriate home visiting services in the state’s home visiting system. This report details what has been learned through the partnership and provides recommendations for future work. Access the report here.

2017 Update: Tribal and Urban Indian Healthy Communities Maternal, Infant, and Early Childhood Home Visiting Project


**MIHOPE Reports are Rolling Out**

**MIHOPE** is the legislatively mandated evaluation of the Maternal, Infant and Early Childhood Home Visiting (MIECHV) program, also known as the “Federal Home Visiting Program”. The MIHOPE stands for the Mother, Infant Home Visiting Program Evaluation. This study was a national, prospective, randomized control trial meant to assess the implementation and outcomes of four evidence-based home visiting models. The four evidence-based home visiting models included in the study were Early Head Start Home-Based, Health Families America, Nurse-Family Partnership, and Parents as Teachers, three of which are implemented in Washington State. The MIHOPE Study had three major study components:

1. Implementation Research Study – report released!
2. Outcome Research Study – coming in early 2019
3. Cost Research Study – coming in early 2019

The MIHOPE study was conducted in twelve states, including six sites in Washington State. The six sites in Washington state worked incredibly hard to ensure the study was implemented within the parameters and timeframe required by the evaluation team. Please note, that due to sample size, the study results will not be published by state level, but instead by a national cohort and possibly with some model specific results. The study began in 2012 and results are beginning to be rolled out and as they do, we want to ensure that you are informed of where the reports are some key findings, especially in the case that the research reports generate press.

The first MIHOPE report was released in November. The MIHOPE Implementation Research report (411 pages) presents detailed information on the home visiting services provided to families by MIECHV-funded programs that participated in the study and how those services vary depending on the characteristics of families, home visitors, and local programs. The findings are based on data collected 2012 to 2016. Some of the highlights of the MIHOPE Implementation Research report highlights include:

- MIECHV-funded local programs served families in disadvantaged communities with higher than average levels of risk.
- Consistent with prior research, families participated in home visiting for eight months on average. Families with relatively more challenges and barriers, including first-time mothers and less-educated mothers, participated for a shorter time.
- Services were tailored to family needs; home visitors with specific training and screening protocols on sensitive topics addressed them more often with families.
- Local programs reported that their community offered multiple types of services that families need, but home visitors reported that barriers prevented families from accessing and benefiting from these resources.

Consistent with other research, the study highlights opportunities for the field to continue improving programs to meet the needs of families, such as the need to help staff engage parents struggling with substance use, mental health or intimate partner violence, and supporting the most vulnerable families to stay engaged with the program to maximize positive results across generations. These findings are not a surprise to us, as we have seen this in our own data and testimonies from the field about the experience of scaling up home visiting over the past five to seven years. As such, these are topic areas that Washington has embraced over the past couple of years as focus areas of Continuous Quality Improvement (CQI) efforts, training and professional development, and a major focus of the Region X MIECHV Innovation Grant – including rolling out of the Facilitating Attuned Interactions (FAN) and NEAR@Home learning opportunities for the home visiting workforce. If you get questions about the report that you would like support in answering, please contact us at home.visiting@dcyf.wa.gov.
**Program:** El Centro de la Raza, Parents as Teachers

**Topic:** Family Engagement – Dosage

**Aim Statement:** By December 2018, we will improve family engagement in program through overall visit frequency. We will increase % of families receiving 2 visits per month to 90%. This will impact both our program and enrolled families. We will be able to form a stronger bond through consistent communications and be able to provide higher-quality services.

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### Plan

**Test:** Program provided planners to all families in the first visit of October. Visitors stamp calendars at every visit. Prize incentives for mothers who have completed 6 visits at the end of December 2018.

**What question(s) do you want to answer?**
Will giving mothers a planner and implementing a punch-card prize system improve visit frequency?

**What changes do you predict as a result of this test?** We predict that when we give mothers a planner and get them excited about getting a reward when the 6 visits are completed in 3 months, this will result in improved visit frequency.

**Who is responsible?** Growing & Learning Together team

**Tasks/Tools Needed to Complete Test**
Each parent educator is responsible for implementing system with their families. Supervisor is responsible for ordering and providing planners and prizes.

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### Study

What did you observe that wasn’t part of the plan?
Nothing out of the ordinary was observed. Planners were gladly received.

**What results have you seen so far?**
For the month of October, 47 out of 58 (81%) of enrolled families received 2 visits. The other 11 families received 1 visit.

**What did the data/results tell you?**
The results so far demonstrated that most families are being more consistent in fulfilling their 2 visits of the month.

**What did you learn?**
Our team learned that by constantly explaining the importance of fulfilling the 2 visits and offering the opportunity of a prize at the end of the quarter, families are committing to those scheduled visits.

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### Act

**Did you adopt, adapt, or abandon this change?** Based on the results so far, we will likely adopt this change and continue to provide mothers with planners and have incentives for 6 completed visits.

**Looking ahead – Based on what you learned, what will you test next?**
This test will continue until the end of December 2018. The change will be implemented for the rest of the program year.
UNDERSTANDING HOW HOMVEE PRIORITIZES HOME VISITING MODELS FOR REVIEW

To register for event, please click below:
Register for the webinar

On Monday, November 26, from 1:30 to 2:30 p.m., Mathematica will host a webinar to explain how HomVEE prioritizes home visiting models for review and answer your questions about the prioritization process. The webinar will feature researchers from the Administration for Children and Families, Office of Planning, Research, and Evaluation as well as Mathematica. Speakers will provide the following:

- An overview of HomVEE prioritization criteria
- An explanation of how home visiting models earn study- and model-level prioritization points
- An explanation of how prioritization scores are calculated
- Updates to the annual review process

PRESENTERS:

- Amanda Coleman, senior social science research analyst at the Office of Planning, Research, and Evaluation
- Emily Sama-Miller, HomVEE project director and senior researcher at Mathematica Policy Research
- Lauren Akers, HomVEE deputy project director and researcher at Mathematica Policy Research
WHAT HAPPENS IF SHE SCREENS POSITIVE FOR POSTPARTUM DEPRESSION?

MOVING POSTPARTUM CARE FROM SCREENING TO TREATMENT AND BEYOND

NOVEMBER 28
12:00 - 1:00 PM EST
8:30 AM PST

Register Now

Nancy Byatt, DO, MCPAP for Moms, Lifeline4Moms
Deborah Cowley, MD, University of Washington
Emily Fienberg, ScD, CPNP, Boston University

This webinar is a joint project of the Centers of Excellence in Maternal and Child Health at Boston University and Harvard T.H. Chan School of Public Health. Funding is provided by the HRSA Maternal and Child Health

PUBLIC CHARGE WEBINAR

NOVEMBER 28, 2018
12:00 PM PST

Join Early Support of Infants and Toddlers (ESIT) for an informational webinar about Public Charge, a federal policy affecting immigrant families. The federal government is proposing changes to the long-standing policy, which may impact ESIT families. This webinar will provide information about the current policy, the proposed changes and how providers can support families.

Please register for “Public Charge & ESIT: A Brief Overview”

Click here to register for the Public Charge Webinar

We will post a recording of this webinar to the Dpt. of Children, Youth & Families website.

Questions? Please contact Sue Rose at sue.rose@dcyf.wa.gov
Thank you to everyone who submitted their Self-Reflection Tool for the year!

The Hub team has been busy reviewing them and thinking about how we can best support you individually and collectively. Your model lead will be in touch shortly, if not already, to review your responses to the Tool and think through a technical assistance plan for the year. We wanted to share with all of you a summary of responses across the HVSA:

Implementation Stage

This year, more of you were fully implementing than last year (33% last year, 40% this year), and more of you are considering expanding your program (17% last year, 24% this year). Most notably, a third of you are experiencing

Implementation Drivers:
Here are the drivers you feel most strong in:
1. Ability to listen and adapt
2. Team culture
3. Concrete program knowledge
4. Training and professional development for all staff
5. Staff retention

Here are the drivers where you would like more support:
1. Receiving reflective supervision
2. CQI metrics and measurement
3. Community feedback
4. PDSA cycles
5. Connections to CSO, DSHS
6. Family Leadership

Professional Development/Training
Here are the top five trainings you said we should prioritize (and you said all of them should be in-person):
1. Infant mental health
2. Attachment theory
3. Culturally responsive home visiting
4. Maternal mental health
5. Motivational interviewing

Thank you for all the amazing work that you do, and we look forward to working with you in the next year!
In last month’s newsletter we discussed how as part of the Region X Innovation Grant, Big 3 Human-Centered Design Workshops will be happening in Alaska, Idaho, Oregon and Washington throughout October and November. Anthro-Tech, a human-centered design consultancy based in Olympia, Washington has been facilitating these workshops. Idaho, Oregon, and Washington’s workshops are complete, and the Alaska Design Workshop will be held at the end of this month. Below is a recap of the Washington State workshop written by our friends at Anthro-Tech:

The goal of a Design Workshops is to bring together home visitors, supervisors, and subject matter experts in home visiting programs, the Big 3 (domestic violence, substance use, mental health), and other related fields, to collaborate and co-create innovations and solutions that will support home visitors in their work. On November 6th we facilitated a Design Workshop with 12 participants from across Washington State.

Participants began the day with a quick crash course in human-centered design, (HCD) learning about the principles and primary methods of an HCD process. This was followed by a rich discussion on key barriers home visitors face when supporting clients experiencing the Big 3 (domestic violence, substance use, mental health). This discussion touched on participant experiences with building trust with a family who may be experiencing one of the Big 3, paperwork home visitors are required to collect as part of their job, difficulties connecting a family to resources after they disclose, and having enough time and program support for self-care.

From this discussion, participants learned about “ideation” – or rapid, creative brainstorming. Over the course of 45 minutes, participants brainstormed 313 ideas on ways to support home visitors working with families experiencing the Big 3! 313!

The rest of the afternoon participants went through a process we call Focus & Prototyping. In small groups of 3 or 4, participants chose one idea they wanted to focus on and spent the remaining workshop time building out this idea. They used props like playdoh, pipe cleaners, and construction paper to first visualize their new innovation and add detail. They then sketched the innovation and listed out all the things that would get better for home visitors and families if the innovation existed right now. Finally, they gave each other feedback on their ideas, and updated their first prototype based on the group’s feedback. At the end of the day there were 4 brand-new ‘prototypes’, or new innovations to support home visitors working with families experiencing the Big 3.

We’re grateful for all who participated, and thank them for bringing an open, creative mindset to the day’s activities. We look forward to our Alaska Workshop, and to synthesizing the rich ideas and insights shared by home visitors and subject matter experts across Region X to identify opportunities for innovations that will support home visitors’ work with families experiencing the Big 3.
This fall the Home Visiting Career Trajectories project launched its national survey. The data generated from this survey will help answer important questions about the home visiting workforce related to staff retention, home visitor characteristics, training and professional development, and more.

At this point, all local implementing agencies that receive MIECHV funding should have received an invitation to participate in a web survey. The study includes a program manager survey, that also allows managers to provide staff contact information, and a home visitor and supervisor survey.

The program manager survey closes SOON and we’d like your help to improve the survey response rate. Please help us boost the response rate by telling your LIAs about the survey at upcoming trainings and events. State MIECHV leads may also share updated contact information for program managers in their states by contacting the survey team via e-mail (hvcareers@urban.org) or phone (1-844-247-0774) Monday-Friday 9am-5pm.

Participation in the study is voluntary. If a program manager has not received an email invitation and should have, please advise him or her to email the survey team at hvcareers@urban.org to request an invitation. Links are unique to each agency and cannot be forwarded or shared across sites.
Thank you for continued focus on enrollment, both in your outreach and engagement efforts as well as CQI projects. Everyone should take a moment and reflect how far we have come in one year, from 80% all the way to 84%! Amazing!

**By the Numbers**

In September we had 2,515 home visits across Washington State to 1,474 families for an average of 1.71 visits per family.

Our statewide enrollment for September was 1,906 families, bumping us up to 84%! This is great work everyone!

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**Fiscal Tip:** Now that the new fiscal year has started, please take a moment to review your contract section 12.8 or last month’s newsletter about submitting invoices (and preparing for this year’s site visit). Many of you now have a new fund source for your contract. Backup financial documentation to your A-19s must delineate these funds separately.

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**Data Dashboard Webinar**

**NOVEMBER 29**

8:00 AM PST

To register for event, please click below:

[Register for Webinar]

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**Workforce Study Webinar**

**NOVEMBER 27**

12:00 PM - 1:00 PM PST

To register for event, please click below:

[Register for Webinar]

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**Enrollment Check**

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**By the Numbers**

In September we had 2,515 home visits across Washington State to 1,474 families for an average of 1.71 visits per family.

Our statewide enrollment for September was 1,906 families, bumping us up to 84%! This is great work everyone!
What’s Happening This Month?

**NOVEMBER 2018**

- **4** Daylight Savings Time Ends
- **6** Election Day
- **8** For NFP Oct Consenting Clients due to DOH
- **11** Veterans Day
- **18** Workforce Webinar
- **20** Monthly Enrollment Due
- **21** Thanksgiving
- **23** DCYF Closed
- **24** Monthly Invoice Due
- **25** Workforce Webinar
- **28** Data Dashboard Webinar

**DECEMBER 2018**

- **2** For NFP Nov Consenting Clients to DOH
- **9** New Program Orientation
- **16** Christmas
- **23** Nov Monthly Invoice Due
- **1** DCYF Closed
- **14** Winter Solstice
- **19** New Monthly Enrollment Report Due