Breastfeeding provides health benefits for mothers and children. Breastfeeding has been associated with decreased risk of infection (e.g., respiratory or ear infections), sudden infant death syndrome, diabetes, unhealthy weight, asthma, and eczema for the children, and decreased risk of breast cancer, ovarian cancer, diabetes and heart disease for the mothers. Professional Organizations recommend exclusive breastfeeding for about six months, followed by any breastfeeding for one year or longer. (American Academy of Pediatrics, US Preventative Task Force, American College of Obstetricians and Gynecologists).

Despite best intentions, not all women will choose to or are able to breastfeed. This may be due to difficulties learning to breastfeed or low milk production or demands faced when returning to work.

Home visitors have a joyful role in supporting the decisions of moms and being attentive to their needs, values and preferences. If your new mom is willing and interested in even trying breastfeeding, encourage her and share information and resources as any amount of breastfeeding has benefits.

For resources to support your families, please follow this link to the Department of Health’s Breastfeeding information page doh.wa.gov/YouandYourFamily/Breastfeeding

How are we doing?
Breastfeeding at six months of age is an HVSA Aligned Measure. We measure this for moms who enroll

"THE GREATEST JOY IS NURSING ONE’S OWN BABY. THE SECOND GREATEST IS HELPING ANOTHER WOMAN TO NURSE HERS."
-Norma Woolf Ritter

Continued on page 2
Breastfeeding

during pregnancy and are assessed between six months and 12 months (first birthday) after the delivery of the child. Figure 1 (below) shows the number of breastfeeding surveys by weeks since delivery among children who reached 6 to 12 months of age in SFY18 and SFY19. Surveys conducted before 6 months or after 12 months are not included. In SFY19, 41 percent of the eligible clients were excluded from the measure because the breastfeeding questions were asked either too early (13 percent) or too late (28 percent) (Figure 2, below). Conducting the breastfeeding surveys after the window closes (after the first birthday of the child) is especially problematic because we would have known the breastfeeding status of the child at six months of age. Our preliminary analysis found that 53 percent of HVSA infants received some breastmilk at six months of age in SFY19, down from 60 percent for SFY18. While these rates are comparable to the national rate in 2016 (57 percent), it is lower than the rate for Washington State (71 percent) in 2016.

Some improvement may simply happen by cleaning up data. Programs may be able to improve this measure if breastfeeding surveys were consistently completed on time.

Measuring Performance

Breastfeeding measure reports the percent of infants (among mothers who enrolled in home visiting prenatally) who were breastfed any amount at six months of age. Children need to have reached six to 12 months of age within the reporting year to be included.

Specifically for NFP, updated guidance from ETO indicates that Question 7 for breastfeeding should never be ‘N/A’. When a ‘N/A’ response is selected it does not populate the child question for breastfeeding weeks, which is what is needed to determine if the client met the measures, therefore it is considered ‘missing’. See guidance (page 107) [community.nursefamilypartnership.org/Tech-Updates/Informational-Videos/DCS-Guidance-Combined-081618-(2).aspx](community.nursefamilypartnership.org/Tech-Updates/Informational-Videos/DCS-Guidance-Combined-081618-(2).aspx).

For additional resources, The Institute for the Advancement of Family Support Professionals has a three-part training series focused on helping mothers choose, initiate, and continue breastfeeding. The modules include an exploration of potential challenges and “red flags” to watch for that indicate a mother may need additional help or resources, such as postpartum depression.

Need a refresher on how to enter breastfeeding surveys in ETO and VisitTracker? Please follow these links for step-by-step instructions for [ETO](http://ETO) and [VisitTracker](http://VisitTracker).
Webinar: Improving HV Services for Immigrant and DLL Families

Migration Policy Institute is holding a webinar on Effectively Serving Immigrant and Dual Language Learner Families Through Home Visiting Programs on Aug. 28 at 10 a.m. Thrive Washington’s Pam Williams will be among the speakers.

Speakers will provide an overview of the home visiting services landscape in the United States and discuss promising strategies to build effective partnerships with immigrant parents to support their young children’s school readiness and success. Speakers will also discuss opportunities for states to expand the participation of immigrant and DLL families in home visiting services.

Registration is now open.

Sharing and Celebrating

One of the most inspiring things to come out of the Innovation Grant and the Integration Summit was hearing home visitors telling stories of successes with families. We want to continue that in this newsletter. If you would like to share your story (identifying details can be changed or left out), please email home.visiting@dcyf.wa.gov. Or, if you would like to nominate a home visitor who is deserving of recognition, please email us.

Home visitors whose stories are shared, or home visitors who are nominated, will be considered for a scholarship to attend the Ounce of Prevention’s 2020 National Home Visiting Summit.

Webinar: Improving HV Services for Immigrant and DLL Families

The Tribal Home Visiting Program is pleased to announce the release of a new Tribal Home Visiting success story: Finding Stability and Moving Forward.

The Confederated Tribe of Siletz Indians Naytlh-‘a, translated “We Carry the Children,” program has been implementing Tribal Home Visiting since 2014, serving 11 counties in Oregon. A goal of the program is to empower families so they can achieve positive self-sufficiency outcomes, for example, housing and employment stability. This video success story describes a family’s journey and experience of achieving their dreams, moving into a new home, and starting a new life.

Tribal Home Visiting Success Story

Click here to access Tribal Home Visiting Success Story: Finding Stability and Moving Forward

Action Items

Aug 30:
July 2019 Monthly Invoice

Sept 10:
For NFP: Aug Consenting Clients to DOH

Starting with the July 2019 report, all monthly reports should be submitted through the PSRS system (https://apps.dcyf.wa.gov/psrs). For assistance please contact the Home Visiting Inbox (home.visiting@dcyf.wa.gov).

If you need any of the forms please check our website for the most current version. If you have any questions, please reach out to your Program Specialist.
Our Innovation Grant Evaluation is Complete!
For the past two years, Portland State University has been conducting an evaluation of three Innovation Grant initiatives designed to support our home visiting field: FAN, NEAR, and the Big 3 Human Design Workshop project. Home visiting programs, supervisors and home visitors throughout our Region (AK/ID/OR/WA) have provided feedback about their experience with these professional development supports and have helped us understand what’s most useful in their work with families.

Are You Curious to Know More?
If you’ve participated in our trainings, focus groups or workshops and have filled out an evaluation survey – thank you! Whether you did participate or are a program that’s considering signing up for NEAR or FAN in the future, then check out the Innovation Grant Page for Research Briefs to read the inside scoop on what we’ve learned from your peers in the field. Stay tuned too, for the Executive Summary and Full Report which will be posted later this month. For further information about the Innovation Grant Evaluation or other activities, please email Nina Evers at nina.evers@dcyf.wa.gov.

ASQ-3 Training

ASQ-3 Training Opportunity for the HVSA
Thrive is offering a training on the HVSA-required developmental screening tool: The Ages and Stages Questionnaire (ASQ-3)

The ASQ-3 gathers parent observations and insights to create a snapshot of the child’s growth and learning. Home visitors will learn to use the ASQ-3 to empower parents and facilitate the family’s connection to relevant resources. Additionally, we will practice adapting the screening tool to be culturally responsive to the family.

Training Objectives
• Learn how to use, score, and interpret the ASQ-3
• Gain tips for engaging and empowering parents in this process
• Practice discussing results in a sensitive and productive way
• Discover resources and recommendations you can offer families after an ASQ-3

Audience
This training is open to home visitors of all experience levels who want additional support in thinking through how they use the ASQ-3 with families. Home visitors from HVSA-funded programs will receive priority registration. We will maintain a waitlist for other interested participants.

Registration
Once you have submitted your information you will receive an email notification prompting you to finalize and confirm your attendance. If registration is full, you will be added to the waitlist. Programs that are not funded by the HVSA should contact Anna Contreras at anna@thrivewa.org to be added to the waitlist and notified of open slots.

Please note that trainings are capped at 50 participants. If you have registered but are unable to attend, please let us know immediately so we may release slots through the waitlist.

For questions or concerns email anna@thrivewa.
Procurement Update

The Department of Children, Youth & Families is currently deep into the process of a home visiting program expansion procurement. We know that we have many programs interested in this and wanted to provide a quick update.

As you likely know, we have $950,000 to expand 125-150 home visiting slots. Eligible programs include local government agencies, nonprofit organizations, educational institutions, or federally recognized tribes/tribal organizations. Programs hoping to use 2019 expansion funds must have been fully operational for at least 12 months and serving children prenatal to four years old. In addition, they must propose to serve one of the 22 pre-determined school locales or a federally recognized tribe or tribal organization serving tribal communities. Each program may apply for up to $300,000 for a 12-month period.

Letters of intent were due Aug. 11.

Questions must be submitted by Aug. 23 and will be posted by the 30th on our website.

Applications are due by 4 p.m. on Sept. 6 and will be reviewed by a panel on Sept. 17. Successful programs will be announced Oct. 24.

If you have any questions on the process or about the expansion, please email home.visiting@dcyf.wa.gov.

Domestic Violence Trainings

Washington State Coalition Against Domestic Violence is offering two free trainings for home visitors.

Register Now - Lacey
Lacey Community Center
6729 Pacific Avenue SE
Lacey, WA
October 2, 2019
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. Registration is now open.

October 3, 2019
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. Registration is now open.

Save the Date - Federal Way
November 18, 2019
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.

November 19, 2019
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.

For questions about registering, please email mackenzie@wscadv.org.

For questions about the training curriculum, email or call Jenni Olmstead, 360.725.4414.
SFY20 CQI Learning Collaborative Kickoff

**Topic Selection:**
Final Topic Selection Survey – Must be completed by August 30
- Survey Monkey Link: [https://www.surveymonkey.com/r/26BMDDW](https://www.surveymonkey.com/r/26BMDDW)
Questions/Consultation: For program-level topic data or general consultation reach out to Elisa Waidelich elisa@thrivewa.org

**Prework Packet:**
We are so excited to kick off this year’s CQI Learning Collaboratives. Once all programs have completed the Topic Selection Survey (above), we will send a communication specific to each topic group, including your Prework Packets and a roster of fellow topic participants.

Purpose of Prework:
- Deepen understanding of current system/processes
- Reflect on current strengths, barriers, and hopes for improvement
- Prepare for Learning Session 1

**Prework Packets will be shared during the first week of September.**

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<thead>
<tr>
<th>Family Retention</th>
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<td>Root Cause Analysis – Fishbone Diagram</td>
<td>Process Map</td>
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<td>Team Reflection Exercise</td>
<td>Team Reflection Exercise</td>
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<td>Team Storyboard – Due Oct. 21st</td>
<td>Team Storyboard – Due Oct. 21st</td>
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Resource in Approaching Domestic Violence in Home Visiting

Washington State Coalition Against Domestic Violence (WSCADV) has a new resource - “Healthy Moms, Happy Babies Part II: Healing Approaches to Preventing and Responding to DV in Home Visitation Programs.”

This on-demand webinar is available [here](https://www.wscadv.org).

Part 1 is available [here](https://www.wscadv.org).

Questions? Contact Leigh Hofheimer at leigh@wscadv.org.

Save the Date

The date is set for the fall All HVSA! Please hold November 5-6 on your calendars. We will be meeting at the Hotel Interurban. We will continue to share more information closer to the event, including agendas and registration information. We look forward to seeing you there and continuing our great conversations.
Aim Statement – By the end of June 2019, 80% of enrolled clients with infants will remain actively enrolled in the program in order to meet NFP’s expected outcomes for client retention during the infancy phase (80%).

What changes did you see? How did these changes compare to your expectations?
The Jefferson- Kitsap team served a total of 85 clients (all funding sources) between 1/1/2019-6/30/2019. 49 clients had infants during this period and five clients with infants exited the program early, a retention rate of 90%. The overall retention rate through pregnancy, infancy and toddlerhood, was 82% in this time period. The most attrition occurred during infancy, one of the clients moved and one left after a change in Nurse Home Visitors.

Which strategies resulted in improvement or learning? How will you sustain these changes?
A single strategy was not identified as offering the most improvement. The NHVs offered a variety of strategies, including alternative visit schedules, opportunity to reset nurse-client relationship, letters and notes for contact if phone/text not successful, and having nurse supervisor call. Client retention/attrition was the focus of a team meeting, and NHVs were able to share strategies and have a chance to discuss thoughts and feelings around this sensitive and often personally-challenging topic.

What did you learn? Did anything surprise you?
While not surprising, nurses hold a strong investment in maintaining their clients and in the relationships that they’ve formed with their clients. “Losing” clients is not easy for them, and NHVs will often maintain a client on their caseload until all efforts to re-engage are made. Nurses that were skilled in motivational interviewing, those that clarified choices, offered clear visit structure, and those that provided anticipatory guidance with respect to visit schedules and visit topics maintained high client engagement.

How will you use what you’ve learned moving forward?
Regular and proactive review of clients who are disengaged or disengaging and with increased missed/canceled may offer opportunities for reflection on strategies for client participation.

Thrive Washington Update
A few months ago, we shared with you that Thrive Washington was working on an agreement with Illinois-based Ounce of Prevention Fund to acquire our home visiting and early learning policy/advocacy work. The Ounce is a national leader in both of these areas and has been connected to various early learning efforts in Washington State for more than a decade. This fall we expect to transition our work and key staff, including the entire Home Visiting Implementation Hub, to a Washington State-based office of the Ounce. Shortly thereafter, Thrive Washington will sunset as an organization. We hope to be able to share more with you next month.
On June 27, Nurse Family Partnership (NFP) programs gathered together in Olympia to celebrate the 20th anniversary of providing NFP services in WA state. More than 120 participants attended and consisted of nurse home visitors, supervisors, administrators, NFP alumni and staff from the National Service Office. Penny Simkin was the guest presenter and shared her expertise on childbirth and the postpartum period. NFP’s program founder NFP’s founder Dr. David Olds joined on video conference to congratulate the staff and to provide some of his historical context. It was a day of learning, networking and appreciating the dedication to this meaningful work and to early learning.

Enrollment for May 2018 - May 2019

GOAL ZONE

Enrollment Check

Thank you for continued focus on enrollment, both in your outreach and engagement efforts as well as CQI projects. We remained above our goal zone! Great work!

By the Numbers

In May, we had 3,116 home visits across the state to 1,679 families for an average of 1.86 visits per family.

Our statewide enrollment for May was 1,941 families, coming in at 89%!
What’s Happening This Month?

2019 AUGUST

SUN | MON | TUE | WED | THU | FRI | SAT
---|---|---|---|---|---|---
 | | | | 1 | 2 | 3
4 | 5 | 6 | 7 | 8 | 9 | 10
11 | 12 | 13 | 14 | 15 | 16 | 17
18 | 19 | 20 | 21 | 22 | 23 | 24
25 | 26 | 27 | 28 | 29 | 30 | 31

- NFP Consenting Clients to DOH
- Nat'l Coloring Book Day
- Int'l Left-Handers Day
- Monthly Report
- Nat'l Bow Tie Day
- Monthly Invoice Due
- Nat'l Coloring Book Day

And Next?

2019 SEPTEMBER

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday
---|---|---|---|---|---|---
1 | 2 | 3 | 4 | 5 | 6 | 7
8 | 9 | 10 | 11 | 12 | 13 | 14
15 | 16 | 17 | 18 | 19 | 20 | 21
22 | 23 | 24 | 25 | 26 | 27 | 28
29 | 30 | Monthly Invoice Due

- Labor Day
- Nat'l Coffee Day
- First Day of Fall
- Nat'l Chocolate Milk Day
- Monthly Report
- Nat'l Coloring Book Day

- NFP Consenting Clients to DOH
- Monthly Report