Expansion of Home Visiting Services

The Washington State Department of Children, Youth, and Families (DCYF) recently selected four home visiting programs to expand their existing services to an additional 146 families. These programs will bring services to families across the state in school locales with the highest need based on the recent home visiting needs assessment.

“The expansion of home visiting slots will serve as an important tool in our state’s effort to ensure a lasting impact for the youth and families in Washington for generations to come,” said DCYF Secretary Ross Hunter.

Programs were selected through an intensive application process, that included review by a panel of state and private partners and parents from around the state. Finalists also participated in an interview and gave a presentation to a separate panel.

YOU WILL EITHER STEP FORWARD INTO GROWTH, OR YOU WILL STEP BACKWARD INTO SAFETY.

-Abraham Maslow

This round of funding – which was approved by the Washington State Legislature – is slightly more than $1 million. The programs selected for expansion are:

• Spokane Regional Health District Nurse Family Partnership - $293,215 to serve 50 families.
• Thurston County Public Health and Social Services NFP - $289,000 to serve 38 families in the Centralia School Locale.
• Yakima Valley Memorial Hospital NFP - $243,000 to serve 16 Yakima Nation tribal families.
• West African Community Council Parent Child+ - $225,000 to serve 40 families.

“We are excited to be able to pair families with trained professionals to support the healthy development of children and the success of families,” said Judy King, DCYF Director of Family Support Programs. “This expansion will allow for trained home visitors to work with more families, and we commend the ongoing commitment of our local prevention partners that make this happen.”
Welcome to our new Prevention Program Specialist

Sara Winkelman was selected as the new Prevention Program Specialist for the Strengthening Families Washington team, filling the role previously held by Courtney Jiles.

Sara comes to the Community Based Child Abuse Prevention and Perinatal Mental Health work from the Home Visiting Contracting team at the DCYF. Prior to that, she worked for more than 10 years providing direct services to at-risk families through a local early learning program.

Welcome Sara! We are so excited for this new chapter!

In the News

- How much good does a preschool experience offer children born in poverty? Enough to make their later lives much better, and they pass a heritage of opportunity on to their own children. See the New York Times article here.
- Brooke Klumpp, a special education senior at Rainier High School, has long held two wishes close to her heart — she wanted to be a princess and she wanted a forever home with the Klumpp family. Both of her wishes have now come true. Read more here.
- Home Visiting nurses bring care in Spokane in this Spokesman Review article.

Honoring the History of Native Americans

November was Native American Heritage Month. Indigenous peoples have overcome many hardships over many years and now hold a vital cultural, political, social and moral presence in our society. Tribal Nations are distinct sovereign Nations whom are “partners” with the state of Washington. We honor Native American Heritage Month by acknowledging the indigenous people whom have stewarded these lands since time immemorial.

A common Squaxin term, “kwedigwsaltxw,” means to “walk with gratitude.” It is a holistic look on the world to value our surroundings and be thankful. Also to value honesty, respect, compassion and empathy. The indigenous, “7 generations mindset” is the obligation and want to protect future generations; to acknowledge and respect the past; and to be “present” by living in “kwedigwsaltxw.” November is commonly thought of as a month of giving thanks and family; it is also a fitting time to acknowledge the heritage, culture, history and way of life of our Native American friends.

It’s important to keep this message in our hearts year round, in our work and in our personal lives.
New Warm Line Resource

Perinatal Support Washington is once again offering a Spanish speaking Warm Line. For now, callers can leave a message and a Spanish speaking Warm Line staff member will return their call within 24 hours. Starting early 2020, PS-WA will begin answering the Warm Line live during business hours. Parents can call the toll free line at 888.404.7763 or email warmline@perinatalsupport.org.

You can also download the Spanish language flier here.

Fostering in Washington State

The last weekend before Thanksgiving is National Adoption Day, and in King County 30 adoptions were finalized, read here.

Those interested in fostering will soon find an easier process to navigate, along with more supports for foster parents, in the coming year. For more information, here’s an article from the Yakima Herald.

Upcoming Webinar

Todo por mis hijos: Perinatal Mental Health in the Latina Community

Up to 43 percent of Latina women experience depression following the birth of their baby. In this webinar, we will explore the unique risk and protective factors that Latina women experience during the perinatal period. We will examine risk factors such as low socioeconomic strata (low-SES) and the factors associated with this (low income, less than high school education, and limited access to medical care) increase stress, which has a strong influence on developing a PMAD. Also, we will explore ‘Marianismo,’ the pressure many Latina women may feel to be a perfect mother, a martyr mother, just like the Virgin Mary.

The webinar features Meyleen Velasquez, LCSW, PMH-C, RPT-S, a psychotherapist specializing in perinatal mental health. Her practice supports individuals identifying as women and clinicians working on practicing from an anti-oppressive framework.

Please join us on January 13, 2020 from 12:00-1:30p. No registration is required. To access the webinar use this link https://wadcyf.webex.com/wadcyf/j.php?MTID=mb305dd579ee1e753bc166711dcaaabf0nd and use access code 808 993 923 password WHtdJ6kK.

Thanks to Tiger Taekwondo!

Over the years Tiger Taekwondo Academy has continued to show support for the Children’s Trust and this year that continued with their recent fundraiser and donation. Thank you so much for your hard work and support for children in Washington!
Resource to Share

Are you interested in hosting a viewing of the documentary Broken Places in your community?

Broken Places revisits abused and neglected children previously profiled to illustrate how trauma shaped their lives and why some are severely damaged by early adversity and others are able to thrive.

SFWA has purchased several copies to share with communities. If you are interested in setting up a viewing in your community, email strengtheningfamilies@dcyf.wa.gov.

Unsung Hero

February is Parent Recognition month and each year we celebrate by honoring individuals around the state with an Unsung Hero Award.

Since 2011 we have honored 224 individuals in Washington, for the roles they have taken with their families, school and communities. They have shown strength, courage and empathy in their communities and beyond.

If you know someone who deserves to be honored, contact SFWA at strengtheningfamilies@dcyf.wa.gov for a form, or download one from our webpage.

Combating Toxic Stress: Stress can be toxic. It’s a fact all too familiar to the family support field. However, with the right supports, toxic stress doesn’t have to lead to bad outcomes. Harvard Center for the Developing Child has some great tips, tools and resources, found here. You can also check out their one pager here.

Upcoming Home Visiting Community Planning Opportunity

Thrive will offer another opportunity for home visiting community planning supports. The community planning process convenes a diverse group of community stakeholders to think together about how a new home visiting program could support local families and fill systemic gaps in services, even if there are already existing home visiting services in the area.

If you know of a community that might be interested in participating, please email home.visiting@dcyf.wa.gov.

Prevent Child Abuse Washington

When you purchase a Keep Kids Safe License Plate, you help keep children of healthy and safe.

Proceeds from each plate are invested into communities throughout Washington to support programs and services that help strengthen children and families.

YOU CAN HELP!

To purchase a Keep Kids Safe license plate visit DOL's website: www.dol.wa.gov/vehicleregistration/spkidssafe.html