Safe Sleep

Sleep related deaths, including sudden infant death syndrome (SIDS), ill-defined deaths, and accidental suffocation and strangulation, claim 3,500 infants each year in the United States. After decreasing in the 1990s after a national safe sleep campaign, Back is Best, the number of annual deaths have plateaued in recent years. In Washington, about 65 infants die each year from sleep-related causes. Recent research on safe sleep found that putting infants to sleep on their backs is widely practiced, but improvements in safe sleep practices including putting infants to sleep in own, separate crib without soft bedding such as blankets and crib bumpers, is needed. The good news is that receiving advice on safe sleeping from a trusted provider improved practices in the home, primarily advising back-to-sleep. Home Visitors can build on that provider message with advice on room-sharing not bed-sharing, and removing soft bedding.

Strengthening Families Washington offers free Safe Sleep brochures, found [here](#). You can also email StrengtheningFamilies@dcyf.wa.gov to request free, mailed copies.

American Association of Pediatrics recommendations on creating a safe sleep environment include:

- Place the baby on his or her back on a firm sleep surface such as a crib or bassinet with a tight-fitting sheet.
- Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.

WHEN I’M WORRIED AND I CAN’T SLEEP, I COUNT MY BLESSINGS INSTEAD OF SHEEP. AND I FALL ASLEEP COUNTING MY BLESSINGS.

-Bing Crosby

Continued on page 2
Safe Sleep cont....

- Share a bedroom with parents, but not the same sleeping surface, preferably until the baby turns 1 but at least for the first six months. Room-sharing decreases the risk of SIDS by as much as 50 percent.
- Avoid baby’s exposure to smoke, alcohol and illicit drugs.

Measuring Performance
Safe Sleep practices are uniformly assessed across models at minimum once per year. Only Home Visiting Programs that receive MIECHV funding are required to report on safe sleep practices for clients they visit.

Instructions: Between the date the child is born until 12 Months, ask:
1. How often is your baby placed to sleep on his or her back? *Always*
2. How often does your baby bed-share with you or anyone else? *Never*
3. How often does your baby sleep with soft bedding? *Never*

Data Requirements: Child DOB, Safe Sleep Survey Date, Safe Sleep Survey Responses

In order for clients to meet the measure, the responses to the Safe Sleep Survey questions must be as follows:
1. How often is your baby placed to sleep on his or her back? *Always*
2. How often does your baby bed-share with you or anyone else? *Never*
3. How often does your baby sleep with soft bedding? *Never*

How are we doing?
Figure 1 (right) reflects performance in FFY 2018 (Oct 2017 – Sep 2018) compared to FFY 2019 (Oct 2018 – Sep 2019). Data from the clients’ last survey of the report year is used to populate this measure. While performance in the

Continued on page 3
Action Items

Dec. 30:
October 2019 Monthly Invoice

Jan. 9:
For UIAT, Portfolio Programs: Q2 Consenting Clients to DOH and Q2 Required Data submission described in Attachment 7
For NFP: November Consenting Clients to DOH

Jan. 20:
December Monthly Enrollment Report
December CQI PDSA Report
Q2 Quarterly Progress Report (to be submitted in PSRS)

All monthly enrollment reports must be submitted through the PSRS system (https://apps.dcyf.wa.gov/psrs). For assistance please email DCYF Home Visiting (home.visiting@dcyf.wa.gov). As a reminder, PSRS works best in either the Google Chrome or Mozilla Firefox browsers and tends to not operate as intended in Internet Explorer.

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.

Deadline to submit an application is Jan. 6, 2020.

Safe Sleep cont....

Figure 2 (top right) provides the performance amongst those who were eligible for inclusion in the safe sleep measure in FFY 2018 – 2019, categorized by age group.

Looking at the variance amongst the 3 questions necessary to meet the measure, Figure 3 (bottom right) indicates which areas of safe sleep clients have most difficulty in achieving. According to the responses, bed-sharing with a child is indicated as the most challenging area, with more than 65% of clients reporting they sometimes or always bed-shared with a child.

Need a refresher on how to enter a Safe Sleep Survey into your data system? Please follow this link for step-by-step instructions on how to enter into VisitTracker and NFP forms.
During the Fall All-HVSA Program Meeting, we held 5 roundtable discussions on the following topics:
- Consent
- Data Dashboards
- Long-Term Data System Planning with Berry Dunn
- Performance-Based Contracting for PAT programs
- Workforce Development related to FAN

Below is a brief summary of each roundtable discussion:

**Consent:**
During the Consent Roundtable, LIAs looked at parental consent data from 2018 and 2019 that compared the percentage of consented, missing and refused consent forms across the HVSA. LIAs then provided input on the levels of missing consent forms as well as the variability across the HVSA. The groups also began to identify opportunities to reduce the number of missing. There were discussions about possible changes to the consent process for SFY21, at this time no changes will be made.

**Data Dashboards:**
During the Data Dashboards Roundtable, LIAs looked at dashboard examples and provided input on what has been helpful and where there could be some future updates. Some of the feedback was specific to enrollment, retention and caregiver depression – with a focus on providing clearer definitions, labels and additional context to help make the dashboards more easily understandable and supportive to programs.

**Long-Term Data System Planning with Berry Dunn:**
Members of the Berry Dunn team hosted a roundtable to share key objectives about the HVSA Long-Term Data System Project. LIAs had the opportunity to ask questions of the Berry Dunn team and provide feedback on current challenges and successes with data systems and reporting. LIAs specifically discussed challenges around the data, process and specific data systems. LIAs also provided input on what would be useful in a data system moving forward.

**Performance-Based Contracting for PAT programs:**
PAT Supervisors and Home Visitors provided feedback on the top 3 potential outcomes that the HV workgroup identified for potential contracting: Family Economic Security, Caregiver Depression/Mental Health and Parent Capacity/Parent-Child Interaction. LIAs discussed how these outcomes could impact programming and/or families, challenges or successes with implementing current measurement tools and additional ideas the Performance-Based Contracting team should consider as they move forward.

**Workforce Development related to FAN:**
During the Workforce Development Roundtable, many LIAs had the opportunity to reflect on their experience using FAN (Facilitating Attuned Interactions) within their teams while other LIAs learned more about FAN and upcoming opportunities for training. LIAs discussed the how to integrate FAN into their teams, the importance of mindfulness and the importance of reflective practice in their work.
Getting Started with PDSAs

We hope by now you’ve had a chance to begin brainstorming with your teams about your first PDSA cycles. Finding a place to start can be tricky, especially if you have more than one idea. A few tips for getting started:

• Scale down size of test (the power of one! – one home visit, one family, one home visitor)
• Start with volunteers
• Don’t need to get complete buy-in, consensus, etc. – just get started
• Think a couple of cycles ahead
• Collect useful, simple data during each test
• Continue testing across a range of conditions/situations

If you need support or consultation about your first PDSA cycle, please reach out to Elisa Waidelich – elisa@thrivewa.org.

CQI Data Trackers – FINAL

CQI data trackers for Family Retention and Caregiver Depression are available on the DCYF website and the SFY20 CQI Basecamp site. Thank you for your input and great questions as we try something new. As always, please reach out with any questions. (sarah.simpson@doh.wa.gov, elisa@thrivewa.org).

Upcoming CQI Due Dates:

• January 20 (email to home.visiting@dcyf.wa.gov)
  ◊ First PDSA report is due (submit a completed PDSA report)
  ◊ Topic specific data tracker (completed for the report submission month of January)

Monthly CQI Topic Webinars

Beginning in January, we will host monthly CQI webinars for each topic. These webinars will provide opportunities to hear from subject matter experts, learn more about your PDSA tests and connect with peers. We encourage home visitors to participate, as schedules allow. Webinars will also be recorded and posted to Basecamp. You will receive calendar invitations soon, please note these will be reoccurring for each month.

• Caregiver Depression CQI Webinars – 4th Wed. 1:30 – 2:30pm (Jan. 22)
• Family Retention CQI Webinars – 4th Thur. 1:00 – 2:00 pm (Jan 23)

Basecamp

Recently each supervisor received an email invitation to join the SFY20 CQI Basecamp site. If you would like other members of your team to have access, please send us their names and email addresses so we can add them to the project (elisa@thrivewa.org or anna@thrivewa.org).

What can I find on the SFY20 CQI Basecamp Site?

• Topic specific resources and materials
• PDSA reports from other programs (organized by changes)
• Other example PDSAs
• Learning Session materials
• Recorded webinars
• Message board – ask questions, communicate with peers, gather resources, etc.
More than half of the HVSA programs in Washington State receive funding from HRSA’s Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program. In receipt of this funding, each year the HVSA is required to provide data on 19 measures that reflect work completed by these funded Home Visiting Programs. In Oct, this data was submitted to HRSA for Federal Fiscal Year 2019 (FFY19) which includes data from Oct. 1, 2018 – Sept. 30, 2019. Data is reported for each site that receives MIECHV funding and only for those allocated slots.

We are sharing the data reported to HRSA, as shown below. As compared to data for FFY18, performance increased in seven of the 19 measures, while missing data improved in 10 of the 19 measures, both indicated with their performance in green. Most notably, performance increased by more than 10 percent for Completed Depression Referrals, while missing decreased by almost 38 percent for Tobacco Cessation Referrals. However, while missing data was cleaned up for Tobacco Cessation Referrals, the performance towards the measure saw a significant decrease of more than 20 percent in 2019. Performance for Preterm Birth, Child Maltreatment and Child Injury is expected to be low based on how the measure is calculated, where lower numbers indicate better performance towards the measure. Also please note, performance on Child Injury data is not provided on this graph as it is calculated as a rate – the 2019 rate was 34 injuries/1,000 children and is equal to the 2018 rate.

You can find more information on HRSA’s MIECHV Program, or more details on the MIECHV measures. We are currently working on ways to present site level data back to each program on performance of these measures, so please watch for further communications on this topic in the coming months.
Upcoming Home Visiting Community Planning Opportunity

Thrive will be offering 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, keep an eye out for more information in the new year.

Save the Date! – Motivational Interviewing Training

Please save the date Feb. 18, 2020, for a full day Motivational Interviewing (MI) training with Jonnae Tillman – training will be held near Seattle. This training will be geared to home visiting teams (supervisors and home visitors) and will focus on practical application/strategies for integrating Motivational Interviewing (MI) to support family engagement and retention in home visiting.

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=mb305dd579ee1e753bc166711dcaabf0nd and use access code 808 993 923 password WHtdJ6kK.

New Resource Coming

At long last, we have completed a program template for programs to create their own one pagers highlighting their great work. We will be sending them out next month with the monthly email. The templates are in a PDF where anyone can drop in text or images into the boxes to make each one unique to your program. If you need help in filling out or creating your page, we would be happy to help, just contact Kyra.Ingraham@dcyf.wa.gov.
Innovation Grant Wind Down and NEW Reflective Practice Opportunities

The Innovation Grant was Just the Start.... The Region X Innovation Grant work has come to an end, but the benefits of the work are just beginning. **If you’re one of the 300+ Washington State home visitors and supervisors who participated in any of the Innovation Grant activities – THANK YOU!**

Because of you, the Region X workforce study, FAN training, NEAR@Home Learning Process, Reflective Supervision Guidelines, and Wellbeing Toolkit were developed and will continue to inform and grow Washington’s capacity to support reflective practices for all home visiting programs. You can learn more and continue to download materials to support your work, using this link: [Region X Innovation Grant Webpage](https://secure.lglforms.com/form_engine/s/WxwV6LVgLggWeXdxXRJwFmlg).

**NEW Reflective Practice Opportunities for Teams and Supervisors**

WA-AIMH, in partnership with DCYF will be starting up new, 12-month Reflective Practice and Reflective Supervision groups starting in early 2020. All groups will include an overview of the Region X Reflective Supervision Guideline materials created during the Innovation Grant.

**Please Note:** three separate, year-long, team-based group opportunities are available and priority will be given to teams who haven’t yet participated in a WA-AIMH group before. Sign up Links are included below and the first review of applications will happen on January 7th and programs will be notified the same week.

**Team-Based Opportunities** for Enhanced Reflective Practice Groups are available and include:

- A four hour in-person introduction to reflective practices and orientation to the group.
- 12 monthly sessions of group reflective supervision from a consultant/trainer who is also receiving reflective supervision themselves.
- An optional two hours of group training each quarter on topics of your team’s choice.
- Opportunities for infant mental health endorsement scholarships.
- To sign up your team for a group, click on this link: [https://secure.lglforms.com/form_engine/s/WxwV6LVgLggWeXdxXRJwFmlg](https://secure.lglforms.com/form_engine/s/WxwV6LVgLggWeXdxXRJwFmlg)

One, year-long, supervisor-only group is available for up to five supervisors from any HVSA funded program, with priority given to supervisors new to their roles or supervisors from programs new to the HVSA.

**The Supervisor Reflective Supervision Group** includes:

- Participation in one of WA-AIMH’s two-day, in-person Introduction to Reflective Supervision trainings and orientation to the group.
- To sign up for the supervisor group, click on this link: [https://secure.lglforms.com/form_engine/s/JBTdCO_00bmCW21EAmrDNg](https://secure.lglforms.com/form_engine/s/JBTdCO_00bmCW21EAmrDNg)
- One hour per month for 12 months of group Reflective Supervision and process mentoring from a consultant/trainer who is also receiving reflective supervision themselves.

If your team or supervisor is interested in these opportunities, please complete an application by January using the registration links provided and you’ll be contacted by WA-AIMH in mid-January.

**NEW FAN Training Opportunity in Kennewick WA, February 6-7, 2020**

Cooper House will be hosting a regional FAN training for programs throughout Region X in February 2020. DCYF has reserved a limited number of slots for the training and **priority will be given to Eastern Washington HVSA teams not yet trained and new home visitors or supervisors who are joining already trained teams**. To sign up or to learn more, please contact Nina Evers at nina.evers@dcyf.wa.gov or at 360.522.0982 for more details.
Celebrating Our Washington State Partners Who Led the Region!
Over the past three years, three of our state’s professional development partners stepped up to lead new Innovation Grant initiatives throughout Alaska, Idaho, Oregon and Washington: The Washington Association of Infant Mental Health (WA-IMH), who led the Reflective Supervision Guidelines work; Cooper House, who became the Region X FAN Training Entity and Thrive’s NEAR@Home team, who trained and piloted a guided learning process for supporting parents who’ve experienced significant childhood trauma. We are deeply grateful to these organizations for their continuing leadership and commitment to the home visiting field and encourage you to visit their websites to learn more about how their work supports families and parenting in Washington State:

Cooper House: https://www.cooperhouse.org/
NEAR@Home: https://www.nearathome.org/
WA-AIMH: https://www.wa-aimh.org/

Governor’s Budget Released: Governor Jay Inslee has released his 2020 supplemental budget. While there are no changes regarding home visiting in the proposal, we will continue to monitor budgets, as well as the upcoming legislative session and continue to keep you informed of any changes or requests that may impact the HVSA.

By the Numbers
In October, we had 3,339 home visits across the state to 1,659 families for an average of 2.01 visits per family.

Our statewide enrollment for July was 1,985 families, due to our expanded number of slots we are now at 82 percent.

It may look like a dip, but don’t be alarmed! We expected this with our new expanded slots and will continue to see lower numbers while programs get up and running to full capacity. We have already started moving up over the past month and fully expect that trend to continue. Thank you for all you do!

Enrollment Check

Enrollment for Oct 2018 - Oct 2019

GOAL ZONE

85% 85% 85% 87% 86% 85% 85% 77% 80% 81% 82%
What’s Happening This Month?

2019 DECEMBER

- Consenting Clients to DOH (NFP)
- Giving Tuesday
- Pearl Harbor Remembrance
- Nat’l Maple Syrup Day
- Monthly Report Due
- Christmas
- Kwanzaa begins
- Hanukkah begins
- Hanukkah ends
- New Year’s Day
- Museum Selfie Day
- Chinese New Year

And Next?

JANUARY 2020

- Consenting Clients to DOH (NFP, NIAT, Promising)
- C2 & Monthly Reports, and CQI PDSA Due
- New Year’s Day
- Monthly Invoice Due
- National Summit Home Visiting

(Images of calendars with various events and dates marked)