In the 2019 legislative session, the HVSA received $1.25 million in new state funds for State Fiscal Year 2021 (July 1, 2020 – June 30, 2021). The HVSA will be distributing funds through three different pathways this year utilizing the stages of Implementation Science. Each pathway will have its own application process.

1. **Community Exploration**

In the Exploration stage, communities engage in community planning to evaluate if a new home visiting program would be a good fit for families and assess the community’s readiness to develop and implement a new program. Through this process, a team of local stakeholders will convene to explore whether home visiting would be a good strategy to support local families, determine which home visiting model is most aligned with community priorities and select a local agency that is best poised to implement the home visiting program.

**Continued on page 2**
2. Tribal Installation
In the Installation stage, tribal communities will engage in a capacity building process that includes an opportunity for installation of a home visiting program that meets the needs of the Tribe or Tribal organization. A Tribe or Tribal organization must have already identified the role of home visiting and the need for services in their community. This process for building capacity will support a successful start-up of the selected home visiting model.

3. Expansion
In the Initial Implementation stage, communities who currently deliver home visiting services may propose to expand their current home visiting program capacity to serve additional families. This opportunity will be open to evidence-based, research-based and promising home visiting programs in Washington State. These may include: local government agencies including health departments and school districts, nonprofit organizations, educational institutions, and federally recognized Indian tribes located in Washington.

The Community Exploration LOI has been released and can be found here. This LOI is due February 7 by 5p.m.

Watch for the tribal application and expansion application to be released later this winter.

In the News

Foster Care Record High: Foster care adoptions are reaching record highs across the country. It’s both good news but also a sign of the chaos caused by the opioid crisis. Read more here.

Supports for Foster Youth: Foster youth have a network of support in Launch Success program, an offshoot of Treehouse. To learn more about the program check out this King5 report here.

January is National Mentoring Month: Mentoring can manifest in many ways. Here’s how one DCYF employee has become a mentor.

Don’t abbreviate 2020: DCYF is joining auditors, financial advisors and police departments in urging the public to write out the full year rather than abbreviating it in forms and documents. This year’s abbreviation can be easily manipulated to a date in the past (ex: 1/9/2001) or even a future date (1/9/2021). Staff are advised to avoid shortening 2020 to 20 in documents to avoid scammers from pre-dating or post-dating documents.
Building on the strong foundation and years of experience that currently exist in Washington, the Ounce of Prevention Fund is excited to strengthen partnerships and create new relationships to support growth in quality programs and advocacy efforts that benefit children and families and provide every child with high quality early learning experiences. For nearly 40 years, the Ounce has worked in Illinois providing direct services to thousands of children and families prenatal to five, training and professional development to community-based early childhood professionals, as well as research, program design, and advocacy.

Beginning on February 1 the Ounce Washington will work closely with the Department of Children, Youth, and Families (DCYF) and other key stakeholders to begin management of the Home Visiting Implementation Hub (formerly managed by Thrive WA) to support programs in the delivery of effective home visiting services while working with stakeholders to build community capacity for growth. The hub team can still be reached using their Thrive contact information, and programs will continue to receive all the same technical assistance supports from their model leads and the rest of the Hub team.

In addition, Ounce Washington will enhance state efforts through a public-partnership, providing research, program and professional development resources throughout the state to enact policies and build systems that support children and families. The Ounce is committed to growing public and private investment in providing high quality early learning to Washington’s children and families.

Save the Date! Two Day Perinatal Mental Health Training

Please save the dates April 1 – 2 for a two-day Perinatal Mental Health Training for Home Visitors with Perinatal Support Washington – training will be held near Seattle. This training is for home visiting teams (supervisors and home visitors are welcome) and is intended to be a foundational training in perinatal mental health, covering topic such as perinatal mood and anxiety disorders, PHQ-9 screening and follow-up, providing referrals and ongoing support, and crisis protocol.

Upcoming Webinar: The latest in the Supporting Families Experiencing Homelessness Webinar series, “Establishing and Sustaining Community Partnerships for Outreach and Continuity” will be Jan. 23 from noon to 1:30 p.m. PST. Topics for the webinar include: Increasing knowledge of outreach efforts to identify families experiencing homelessness, recognizing the role of local- and state-level partnerships for enhancing identification, outreach, and provision of services and exploring exemplary practices for coordination with state and community providers serving families experiencing homelessness. Register here.

“Applying Motivational Interviewing to Support Family Engagement” Training

We are excited to offer a new Motivational Interviewing (MI) training opportunity with Jonnae Tillman. This will be a full-day training for home visiting teams focused on practical application/strategies for integrating Motivational Interviewing to support family engagement and retention in home visiting. Training details:

Date: Tue. February 18
Time: 9 a.m. – 4:30 p.m.
Location: South Seattle College - Georgetown Campus
Audience: Home Visiting Teams (Supervisors and Home Visitors) – this training will build on previous full-day MI trainings offered by the HVSA, so we strongly recommend that participants have had at least one full-day of foundational training in MI.

Register Here: https://events.eventzilla.net/e/applying-motivational-interviewing-mi-to-support-family-engagement--2138783375
We’re celebrating the one year mark of the beginning of our HV CoIIN 2.0 project focused on Intimate Partner Violence. In January 2019, representatives from our state team, Catholic Charities PAT, Yakima Valley Farm Workers PAT and Yakima NFP traveled to Washington D.C. for a two day CQI Learning Session. Over this past year we have had an incredible opportunity to deepen our understanding of IPV, grow our skills in CQI and explore the role of parent leaders to strengthen quality improvement. This project will continue into the spring, but we wanted to share some of our learnings and results. Here are just a few of the PDSA’s our Washington State teams have tested:

- **Education on Healthy Relationships**: Home visitors introduced education on healthy relationships – Utilized and adapted scripts, tested various healthy relationship tools, tested the timing of education, and role played combining this with conversations about safer planning.

- **Partnering with DV Advocates**: Home visiting teams built strong relationships with local domestic violence advocates - Including hosting workshops with local domestic violence agency advocates in partnership with WSCADV – focused on developing shared understanding of work, shared language, mapped out processes for referrals/support; invited advocates to join team meetings (vice versa), case conferenced IPV situations; Advocates led training on safety planning for home visitors; Invited advocate to join on home visits.

- **Safer Planning**: Home visitors participated in safety planning training, role played and practiced asking questions to support client-led safer planning (including how to ask follow-up questions).

A few IPV and Safety Planning resources to share from this work:

- WSCADV Safety Planning
- The Equality Wheel

**Upcoming CQI Due Dates:**
- **February 20** (email to home.visiting@dcyf.wa.gov)
  - Second (or third, fourth) PDSA report is due (submit completed PDSA report)
  - Topic specific data tracker (completed for the report submission month of February)

Reminder: 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).

**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 – 2:30 p.m. (Jan. 22)**
- Family Retention CQI Webinars – **4th Thur. 1:00 – 2 p.m. (Jan. 23)**

**Basecamp**

By now each supervisor should have 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).
Hi Friends!

You may have met me at a home visitor training about intimate partner violence or safety planning with families experiencing coercion and abuse. I love the work I get to do with home visitors across the state and now we are trying something new in this newsletter. Every couple of months, I will offer practical strategies about supporting families who are experiencing coercion and abuse like offering prompts to start a conversation about healthy relationships or safer planning.

My first job as a domestic violence advocate was answering a hotline. When I first started, I remember sitting in a training room, learning about what domestic violence looks like but never how to actually talk to people about their experiences. I was longing for tangible help on WHAT TO SAY. I found that when I could eavesdrop and listen to experienced advocates, I had a place to start. My hope is that this bit of eavesdropping will help you feel like you have a place to start or continue conversations about relationships and feel more confident in your work to make things better for families. So, check out the upcoming newsletters to get a feel for the actual words you can say about what you are seeing or sensing in people’s relationships and how to walk side by side with a parent when we don’t know where to start, or worried about making things worse when we leave.

At the Coalition, we use Love Like This materials to help folks talk about healthy and unhealthy relationships and give us all practical ways to make things better. I hope that this corner helps you to not only feel more confident in the amazing work you do with families but also to Love Like This in all you do every day. I look forward to seeing you out and about, and as always feel free to reach out.

Leigh Hofheimer has worked in direct service advocacy, systems advocacy and community engagement on behalf of survivors and their families. The Washington State Coalition Against Domestic Violence has been deepening our relationship with DCYF, THRIVE WA, DOH and local home visiting programs since 2014. We started small with figuring out a training, and now we are building local partnerships between home visitors and domestic and sexual abuse advocates. A great success was the creation of the beautiful Spanish language family calendar for 2020 created by and for home visitors to leave with families. Contact me if you want to talk about connecting with advocacy programs or supporting a family at leigh@wscadv.org.

Leigh and Marisol Quezada and Marisol’s son Kai at the fall All HVSA.
Pinwheels for Prevention

Join us as we observe Child Abuse Prevention month in April to raise awareness in communities about child abuse and neglect prevention.

As the Prevent Child Abuse Washington State Chapter, we encourage you to join the Pinwheels for Prevention initiative. This initiative uses pinwheels – a timeless symbol for childhood – to represent its campaign.

Last year, DCYF distributed nearly 10,000 pinwheels to communities around the state. Pinwheels for Prevention is a reminder that it is not enough to respond to child abuse and neglect – we must build and support strong families through community engagement, programs and policies. This movement works toward developing communities that are healthy, safe and nurturing for all children and all families.

Please place your order for pinwheels through strengtheningfamilies@dcyf.wa.gov. Pinwheels are available on a first-come, first-serve basis. Pinwheels will be available for delivery in late March.

Questions? Contact strengtheningfamilies@dcyf.wa.gov.

Training Tools

Want to learn more about Maternal Depression? Home Visiting Improvement Action Center Team (HV-ImpACT) has a great webinar focusing on PDSA cycles on the topic nationally. The webinar includes talking points for home visitors, crisis management aids and HV CoIIN resources. You can check out the webinar here.

New Training Resource on Human Trafficking in Tribal Communities

The National Human Trafficking Training and Technical Assistance Center has a new online module, SOAR for Native Communities. Through a public health approach, the SOAR for Native Communities online module helps those serving indigenous populations to better understand human trafficking and its impact on Native communities.

The training includes resources relevant to indigenous populations and supports professionals in building trauma-informed and culturally responsive interventions to human trafficking in American Indian, Alaska Native, Native Hawaiian, and Pacific Islander communities. Register for the online training here.

LEARN MORE
https://go.usa.gov/xnfPk
Greetings from the new Reflective Practices Corner

The HVSA is committed to continuing professional development opportunities that provide training and support for sustainable reflective practices at home visiting program, team, supervisor and home visitor levels. We’ve created this new Reflective Practices Corner to keep you in the loop for upcoming opportunities and we welcome your comments, thoughts and insights to help us grow and serve you better. Happy 2020 to you and your team!

Kennewick FAN Training Spots Still Open!
Region-wide FAN (Facilitating Attuned Interactions) Training
February 6-7, (Days 1-2), and August 7, (Day 3) Kennewick
The FAN training generally costs $615 per person and includes training materials, and breakfast, lunch, and snacks each day. HVSA home visiting programs may apply to DCYF to pay for the training and for help with travel costs as allowable. If your team is interested, please contact Nina Evers, nina.evers@dcyf.wa.gov.

Registration Deadline is January 24.
For more information about what the FAN training includes, click on this link: https://www.dcyf.wa.gov/sites/default/files/pdf/RegionXFANat-a-Glance.pdf

Reflective Supervision Self-Assessment Tools and Key Principles Now Available in Spanish
Is your team using the Key Principles and Self-Assessment tools created as part of the Region X Reflective Supervision Guidelines? These two components have now been translated into Spanish and are available here: Region X Innovation Grant Webpage

WA-AIMH Reflective Practice Groups Are Starting Up!
Congratulations to everyone who signed up for the Supervisor and Provider Reflective Supervision Consultation Groups offered through WA-AIMH. Due to the overwhelming response, three Supervisor and two Provider groups will be starting up next month. All groups will use the Region X Reflective Supervision Guidelines as the foundational base for practices and more groups are planned to start up in the summer. Supervisors and teams interested in being contacted for the summer groups can contact Nina Evers, nina.evers@dcyf.wa.gov.

Calling all FAN Trained Supervisors for Community of Practice Opportunity!
Cooper House and DCYF are working together to build new opportunities for FAN-trained teams to sustain and deepen your practices. We are kicking these efforts off with a four-month pilot of a monthly Community of Practice and a survey monkey was recently sent to trained supervisors to help determine the makeup of this first group. Slated to start in March, this opportunity is just the first – stay tuned for home visitor opportunities too!

New Mindfulness Toolkit from Zero to Three
Thank you to Erin Schreiber from the Grays Harbor PAT program for sharing this new Mindfulness resource with us: “Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations” If the author’s name looks familiar, it’s because Maria Gehl presented on Mindfulness at last spring’s HVSA meeting.
MIECHV Opportunity: Demonstrating Improvement

At the state level, we greatly appreciate all of the work that goes into submitting data into data systems or directly to DOH. That information represents strong services to children and families in our state and is an important element of telling the story of home visiting. We share summaries of performance data with our funders as part of our deliverables to them. HRSA, our MIECHV funder, makes use of this information for program monitoring, program planning, and information sharing for sustaining funding for MIECHV. In particular, HRSA is tracking states’ progress on the 19 performance measures, so we are developing more formalized ways to both review and report on our performance measures. Expect to hear more from us in the next year, and to see some summary and LIA-specific reports on the measures. We are excited to track and share all of this important information that demonstrates your good work!

Legislative Session: Legislative session is already once again upon us. Since this is a short session, we don’t anticipate a great deal of impact on home visiting, however we are closely monitoring bills and will update you on anything that may impact the Home Visiting Services Account.

Enrollment Check

By the Numbers

In November, we had 3,091 home visits across the state to 1,664 families for an average of 1.86 visits per family.

Our statewide enrollment for November was 2007 families, putting us right at 83 percent.

We are continuing to rise back up, almost in the goal zone, after taking a slight dip due to an increased number of slots funded through expansion. Great work everyone. Thank you for all you do!
What’s Happening This Month?

JANUARY 2020

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And Next?

February 2020

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