

★★★  
**THRIVE  
BY FIVE  
DC**



READY. SET. GROW.



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GOVERNMENT OF THE  
DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR

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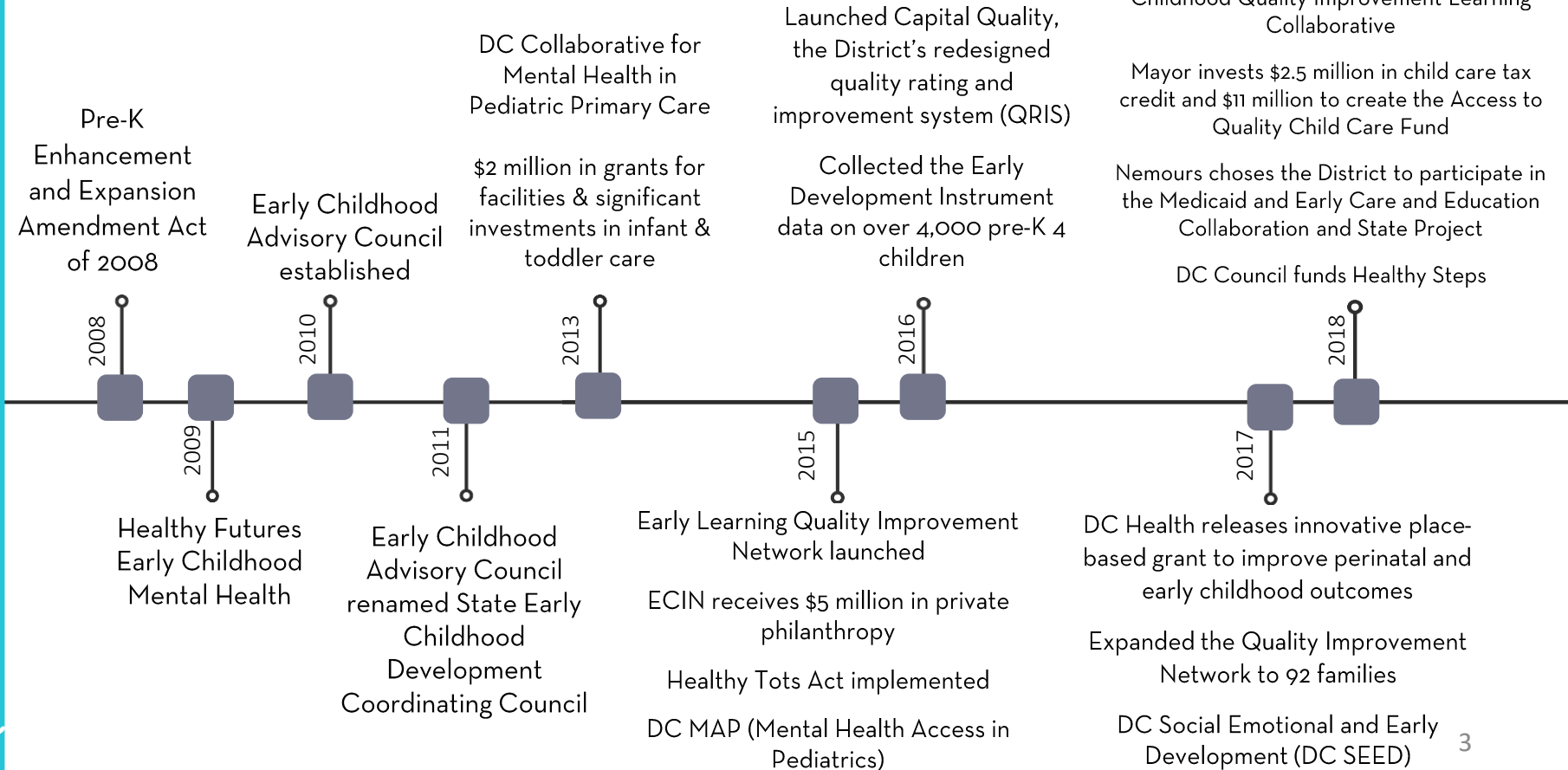
*“The first years of a child’s life are incredibly important, and we know that during this critical developmental period, **parents and caretakers are a child’s first teacher and most important advocate.**”*

- Mayor Muriel Bowser



# Health & Education Investments

From 2008 to 2018



Mayor's 1st Annual National Maternal and Infant Summit

DC Collaborative implements an Early Childhood Quality Improvement Learning Collaborative

Mayor invests \$2.5 million in child care tax credit and \$11 million to create the Access to Quality Child Care Fund

Nemours chooses the District to participate in the Medicaid and Early Care and Education Collaboration and State Project

DC Council funds Healthy Steps

# 2019 Health & Education Investments

## Investments

- The District of Columbia awarded a \$10.6 million Preschool Development Grant, Birth to Five (PDG B-5) to conduct a comprehensive needs assessment and create a comprehensive strategic plan to maximize parent choice.
- The District awarded \$1.7 million expansion of the Early Head Start – Child Care Partnership grant.
- Children’s National awarded a Pritzker Prenatal-to-Age Three State Planning Grant on behalf of the District of Columbia.
- DC Families First Success Centers Investment
- DC Council expands Healthy Steps.
- DC Council expands Healthy Futures, mental health consultation.

## Innovation/System Redesigns

- The District is selected to participate in national ZERO to THREE Infant and Early Childhood Mental Health Policy Convening and Technical Assistance opportunity to advance infant and early childhood mental health financing and policy.
- DHCF issued transmittal to pediatric providers to provide guidance on behavioral health screenings in pediatric primary care, including the addition of a new maternal depression screening code to be used during the well-child visit.

**Thrive by Five DC &  
the Thrive by Five Coordinating Council established.**

# Thrive by Five DC Launch

As evidenced by continuous programmatic investments, Mayor Bowser is deeply committed to ensuring our youngest DC residents, and their families, have the best start possible. In early 2019, Mayor Bowser established Thrive by Five to ensure all stakeholders have the knowledge of and access to the plethora of resources and support available in the early childhood landscape.



Thrive by Five DC is the District's first **comprehensive initiative** focused on **maternal and childhood health**, **child development** and **early learning**.

# Framing Our Work

In early 2019, Mayor Bowser established Thrive by Five to ensure all stakeholders have the knowledge of and access to the plethora of resources and support available in the early childhood landscape. Thrive by Five DC is the District's first comprehensive initiative focused on maternal and childhood health, child development and early learning.



- Create better outcomes for children by **CONNECTING** education, health and human services
- Spread **AWARENESS** of resources and services among mothers and families
- Help residents **NAVIGATE** the city's wide range of early health and learning resources
- Create collective **ACTION** at the intersection of health care and education to improve **OUTCOMES** for mothers, infants, and children

# In Our Work

## We Know...

Thrive by Five's mission is to create the best possible start for DC children by connecting families and caregivers with a community of resources, education, and support that all children need to thrive by five.

## We Believe...

By working together across the District, we can connect families with the services and programs, resources and support designed to nurture the whole child and prepare them for lifelong success.

## Our Guiding Principles...

Thrive by Five's work is shaped and guided by a belief in:

- Family & Community Partnership
- Program Evaluation & Continuous Improvement
- Systems Coordination & Collective Action
- Equity & Access

# Thrive by Five Is...



Partnership and collaboration



Resources and support



Outreach and engagement



Thrive by Five Working Group



Thrive by Five Coordinating Council



# Partnership and Collaboration

In partnership with a number of government agencies and organizations, Thrive by Five's work requires the **collaboration and coordination of existing efforts** to address the holistic needs of District families in the areas of perinatal health and wellness, early childhood development, and education.

# Resources and Support

Thrive by Five aims to **streamline information gathering for District families and service providers** with our online resource hub. Families, caregivers, and providers can navigate through resources sorted by **health, early development, early care and education, and family supports.**

# Outreach and Engagement

With our newly developed tagline, mission, and vision, we were able to design outreach materials to expand Thrive by Five's visibility/brand awareness. Our outreach brochures and palm cards are available in:

- English
- Amharic
- Chinese
- French
- Korean
- Spanish
- Vietnamese

**We Know**

We know consistent coordination, partnership, and collaborative actions can ensure families feel the benefit of investments in health and education.

**We Believe**

Thrive by Five's work is shaped and guided by a belief in:

- Family & Community Partnership
- Program Evaluation & Continuous Improvement
- Systems, Coordination & Collective Action
- Equity & Access

We believe by working together across the District, we can connect families with the services and programs, resources and support designed to nurture the whole child and prepare them for lifelong success.

*"As we work to spread inclusive prosperity and ensure that all Washingtonians are benefiting from our city's growth, initiatives like Thrive by Five DC will put more families on a path to long-term success."*

—Mayor Muriel Bowser

Launched by Mayor Muriel Bowser, Thrive by Five DC is the District's first comprehensive initiative focused on maternal and childhood health, child development and early learning. We partner with local and national stakeholders who are investing in health and education services for families to prepare all children for lifelong success.

THRIVE BY FIVE DC  
READY. SET. GROW.

Thrive by Five's mission is to create the best possible start for DC children by connecting families and caregivers with a community of resources, education, and support that all children need to thrive by five.

THRIVE BY FIVE

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@thrivebyfiveDC

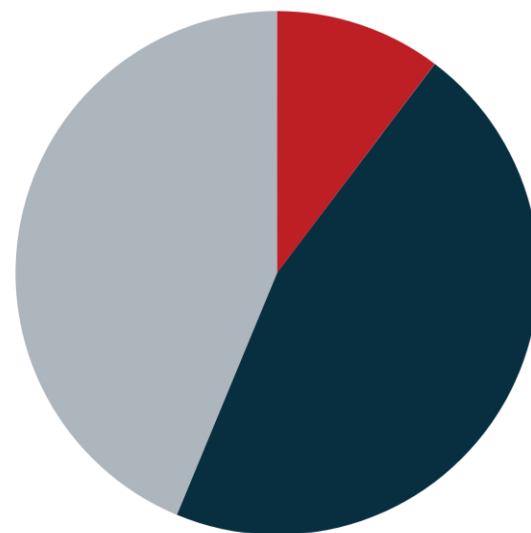
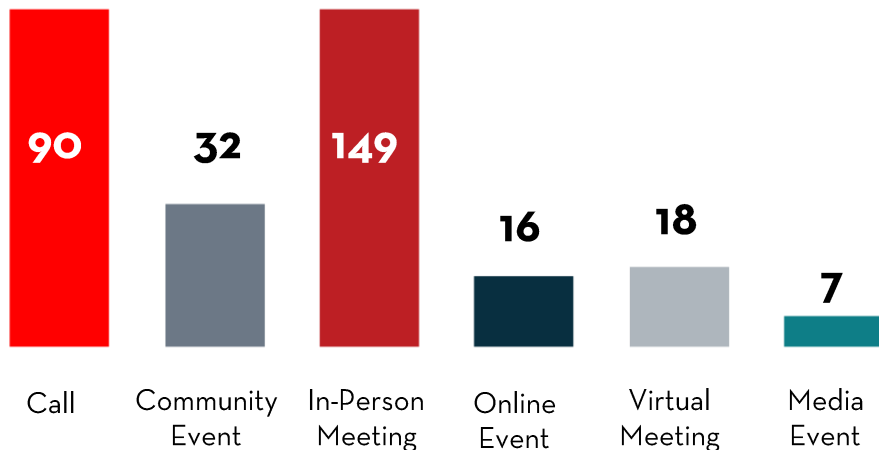
DC GOVERNMENT OF THE DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR

VISIT [thrivebyfive.dc.gov](https://thrivebyfive.dc.gov) TO ACCESS THESE RESOURCES.

# Outreach and Engagement

In 2019, Thrive by Five attended, participated in, and/or hosted over 330 in-person meetings, virtual meetings, calls, media events, and community events.

Thrive by Five has made over 12,000 contacts in the following engagement modes:



- Community Engagement
- Government Stakeholder Engagement
- Organization Stakeholder Engagement

# Thrive by Five Working Group

Our working group is an **advisory group of agencies and organizations** working to identify top issue areas and trends, gaps in health care and education, and examples of innovation and positive outcomes.

# Thrive by Five Coordinating Council

The Coordinating Council consists of a combination of public, organizational, and government members focused on measuring progress of District and community-level initiatives focused on improving maternal and infant health and promoting healthy child development from birth to age five.



The Thrive by Five Coordinating Council is unique—

**Out of 185 boards and commissions, the Thrive by Five Coordinating Council is the only one with eight seats for parents.**

FOR MORE INFORMATION, VISIT

[thrivebyfive.dc.gov/page/thrive-five-coordinating-council](http://thrivebyfive.dc.gov/page/thrive-five-coordinating-council).

# Thrive by Five Coordinating Council

## Priority Areas

*The Coordinating Council's priority areas are aligned with the four main tasks the body was charged with in the mayoral establishment order. They include:*

1. Track and Report
2. Programmatic and Policy Recommendations
3. Coordination and Streamlining
4. Identifying Gaps and Opportunities

## Guiding Principles

*The following principles guide the Coordinating Council in its goals, strategies and types of work. Those principles include:*

1. Family & Community Partnership
2. Program Evaluation & Continuous Improvement
3. Systems Coordination & Collective Action
4. Equity & Access

# Strategic Focus Areas

**MATERNAL &  
INFANT HEALTH**

**ROADMAP**

**FISCAL MAPPING**

**FAMILY CAPACITY**

**RESOURCE  
WEBSITE & TOOLS**

**COLLABORATION**

**EARLY  
INTERVENTION**



# Maternal & Infant Health Initiative



*"Healthy babies start with healthy women."*



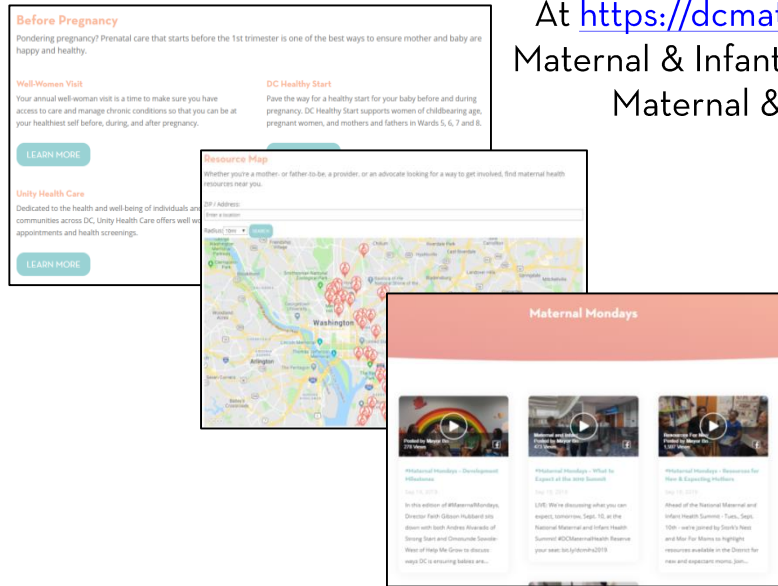
As the primary organizer of the 2019 National Maternal & Infant Health Summit, Thrive by Five ensured that the Summit underscored the connection between health, human services, and education.

With the establishment of Thrive by Five, the District can comprehensively and strategically demonstrate the alignment between maternal and infant health and early childhood development with the **National Maternal & Infant Health Summit**, the **yearlong series of events**, and the **#MaternalMondays series**.

FOR MORE INFORMATION, VISIT [dcmaternalhealth.com](https://dcmaternalhealth.com).

# Maternal & Infant Health Resource Website

At <https://dcmaternalhealth.com/>, you can find information about the National Maternal & Infant Health Summit, as well as all things concerning Mayor Bowser's Maternal & Infant Initiative. Some of the resources available include:



- Archives of the 2018 and 2019 Maternal & Infant Health Summit
- Resources for Before, During, and After Pregnancy
- Interactive Resource Map
- Yearlong Education and Resource Series
- Frequently Asked Questions
- #MaternalMondays series
- Contact Information for DC Agencies & Organizations

DC Health also provides a wealth of resources on their website including their Perinatal Health Framework, Infant Mortality Report (2018), and other perinatal health resources and programs.

FOR MORE INFORMATION, VISIT [dchealth.dc.gov/perinatal](https://dchealth.dc.gov/perinatal).

# Thrive by Five Resource Website



HEALTH

EARLY  
DEVELOPMENT

EARLY CARE  
& EDUCATION

FAMILY  
SUPPORTS

Thrive by Five aims to **streamline information gathering for District families and service providers** working with District families with our online resource hub.

Families can click through resources related to **health, early development, early care & education**, and other **family supports**.

FOR MORE INFORMATION, VISIT [thrivebyfive.dc.gov](https://thrivebyfive.dc.gov).

# COVID Updates & Resources

## Coronavirus/COVID-19 Updates & Resources

With any public health concern, we need to be prepared and informed about possible impacts coronavirus may have in our community. Stop the spread of germs and stay informed. For more information on the District Government's preparations for potential impacts of coronavirus (COVID-19), please visit [coronavirus.dc.gov](https://coronavirus.dc.gov) for the most up to date information and details.

**FOR  
FAMILIES**

**FOR  
PROVIDERS**

**MATERNAL  
HEALTH**

In light of the coronavirus/COVID-19 epidemic, we have added a “Coronavirus” tab with information and resources for families and providers. Families will be able to find information about distance learning, activities for kids, and other online resources. Providers will be able to access guidance from OSSE on meals, closures, provision of early intervention services, and online resources.

AS A REMINDER, PLEASE VISIT [coronavirus.dc.gov](https://coronavirus.dc.gov) FOR THE MOST UP TO DATE INFORMATION.

# Outreach Efforts

## SYMPTOMS OF CORONAVIRUS (COVID-19)

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms can include:

If you have been in an area affected by COVID-19 or in close contact with someone with confirmed COVID-19 in the past two weeks and symptomatic to a facility



### TIPS FOR USING NON-MEDICAL MASKS OR FACE COVERINGS

- C** **6'** Masks or face coverings do not eliminate the need for social distancing and staying home when sick!
- Before putting on a cloth mask, clean hands with soap and water or use hand sanitizer.
- Cover mouth and nose, make sure there are no gaps.
- Avoid touching the mask when using it.
- After using, toss single-use masks in the garbage or immediately wash cloth masks and clean your hands with soap and water or use hand sanitizer.
- Please don't purchase N95 respirator masks, they are needed for healthcare workers and first responders.

### Maintaining Your MENTAL HEALTH

Need someone to talk to? We're here to help! Certified clinicians are available for you 24/7. Call the Department of Behavioral Health mental health hotline: 1-888-793-4357.

#### Tips for Reducing Anxiety:

- Reach out for help; your mental health is important.
- Exercise regularly.
- Limit time spent in public places.
- Moderate news intake.
- Practice deep breathing exercises or other methods of meditation.
- If working from home or in self-quarantine, arrange your space so it's calming. Make sure you shower and get dressed like you're going to work.

We know that our stakeholder groups have had to shift their operations to best serve families, and we stand ready to shift our efforts to connect with them. In addition to our website addition for families and providers and our COVID-19 social pushes, we have also shown presence on the Mayor's ReOpen DC Advisory Group, District-wide cluster calls, and various work groups to amplify the needs of families and providers.



# Thrive by Five Strategic Items

## ROADMAP

District families, education and healthcare professionals, and service providers should know where to go, internal and external to government, when seeking information about health and education in the maternal health and 0-5 space.

## FAMILY CAPACITY

Family-centered approaches engage, involve, and support children. As experts on their own needs, District families deserve meaningful participation in decision-making that impacts their children's development.

## EARLY INTERVENTION

Effective practices in early intervention, regardless of where services are provided, are a critical part of improving developmental outcomes for children with disabilities.

# Thrive by Five Strategic Items

## FISCAL MAPPING

In order to track and report outcomes of District and community programs, we must first determine how money flows and is being utilized to improve perinatal health and healthy child development.

## COLLABORATION

Our work requires the collaboration and coordination of existing efforts to address the holistic needs of District families in the areas of perinatal health and wellness, early childhood development, and education.

# Thrive by Five is...

Ultimately, families should have the knowledge, awareness, and access to navigate the wide array of systems designed to provide resources and support.

The work of Thrive by Five is about fostering and nurturing collaborative efforts and innovation, building capacity, removing barriers to access and knowledge, while supporting the power and advocacy of families, caregivers, and communities

Working together – in partnership across government, with families, and in the community – will take us far by creating self-sustaining, positive outcomes in which all can see their work and needs reflected.





# CONNECT WITH US



**web: [thrivebyfive.dc.gov](http://thrivebyfive.dc.gov)**  
**email: [thrivebyfive@dc.gov](mailto:thrivebyfive@dc.gov)**  
**social: [@thrivebyfiveDC](https://www.instagram.com/thrivebyfiveDC)**