



Thrive by Five Coordinating Council

Wednesday, July 29, 2020

Webex Meeting

3:00- 5:00 pm

Agenda

- 1) Reflections from Last Meeting
 - Behavioral Health Discussion
- 2) Subcommittee Report Out
 - Maternal Health
 - Systems Navigation
- 3) Discussion: Systems Navigation
 - Omotunde Sowole-West & Todd Elliott, Help Me Grow
- 4) Other Member Updates
- 5) Additional Comments & Next Steps

Reflections from Last Meeting

Summary:

- At our May 27th meeting, the Chair opened the meeting with an overview of feedback received regarding the need for mental health supports. Dr. Lenore Jarvis, Dr. Lee Beers, and Barbara Parks provided information on a range on behavioral health topics, including perinatal mood disorders, potential stressors for young children and their families, and resource supports available to District residents.
- Are there any points of discussion from our last meeting that need to be raised? What topics should we add to our parking lot?

Subcommittees

As a reminder, these are the three subcommittees we have:

1. **Systems Navigation:** systems governance; resource supports
2. **Maternal Health:** District's responsiveness to maternal and infant health; Mayor's Maternal and Infant Health Initiative
3. **Early Learning and Development:** child care, child health and development



Subcommittee Report Out

Is there anything of note that needs to be shared at this time for the benefit of the group?

Our next subcommittee meeting date is Tuesday, August 11th at 3 PM.

Maternal Health

Most of the work of the Maternal Health subcommittee has been geared toward planning for the Mayor's 2020 National Maternal & Infant Health Summit, which will take place **Tuesday, September 15th**.



This year's Summit will be entirely virtual, featuring panel discussions and community and organization-led sessions.

We have a very diverse planning group with representation from 10+ District government agencies and 15+ community organizations.

M&IH Proposed Summit Agenda

Date	Description
Tuesday, September 15 th	Welcome & Opening Remarks <ul style="list-style-type: none">• Mayor Bowser• Dr. Faith Gibson Hubbard• Dr. LaQuandra Nesbitt
	Panel 1: What We've Learned from COVID-19
	Panel 2: Intergenerational Trauma & Mental Health
	Panel 3: Voices of Young Parents and Youth in Maternal & Infant Health
	Virtual Expo
Wednesday, Sept. 16 th	Breakout Sessions 1-3
Thursday, Sept. 17 th	Breakout Sessions 4-6
Friday, Sept. 18 th	Breakout Sessions 7-9
	Virtual Expo

M&IH Summit Panel #1

What We've Learned:

Maternal and Infant Health, Health Equity, and COVID-19

This opening panel will ground this year's Summit conversations. COVID-19 has shaped District and national response in ways that allow us all to think more critically and holistically about the positive outcomes we seek. This conversation would allow for Mayor Bowser to talk about her administration's investments and current work done to address the inequities. This conversation would also allow for other participants to highlight what they have learned as policymakers, health officials, and advocates.

M&IH Summit Panel #2

The Impact of Intergenerational Trauma & Mental Health on Maternal & Infant Health

We know that adverse childhood experiences, or early trauma, can have long-term effects linked to a variety of adult conditions. However, numerous studies are highlighting the effects of parental trauma before a child's birth and even conception. Some exposure to adverse events can impact individuals so much that their children are left dealing with their parents' post-traumatic state. In addition to trauma, mental health problems such as depression and anxiety are very common during pregnancy and after childbirth.

M&IH Summit Panel #3

In the Forefront: Young Parents & Youth Voice on Maternal & Infant Health

This year, we also have the opportunity to shift our thinking around young parents and elevating the voices of youth in the maternal and infant health space. Often times, we sit around developing strategies for working with young parents and youth instead of thoughtfully engaging with and working alongside them to create and maintain effective support networks. We are working with various youth organizations to craft this youth-led panel.

M&IH Summit Breakout Sessions

Breakout sessions were very well received last year, with 50-70 people attending per session at the end of the 2019 Summit day. Like last year, these sessions will be dedicated to connecting District residents with local and national resources and supports needed to ensure families are well.

Each session should address at least one of the following topic areas: COVID-19, family supports, fatherhood, maternal mental health, pregnancy complications, prenatal/postpartum care, and racial disparities. This year's call for proposals has been shared broadly, with a submission date of July 31st.



For links to the call for proposals, please visit thrivebyfive.dc.gov/page/maternal-and-infant-health.

Questions?

Discussion: Systems Navigation



Help Me Grow

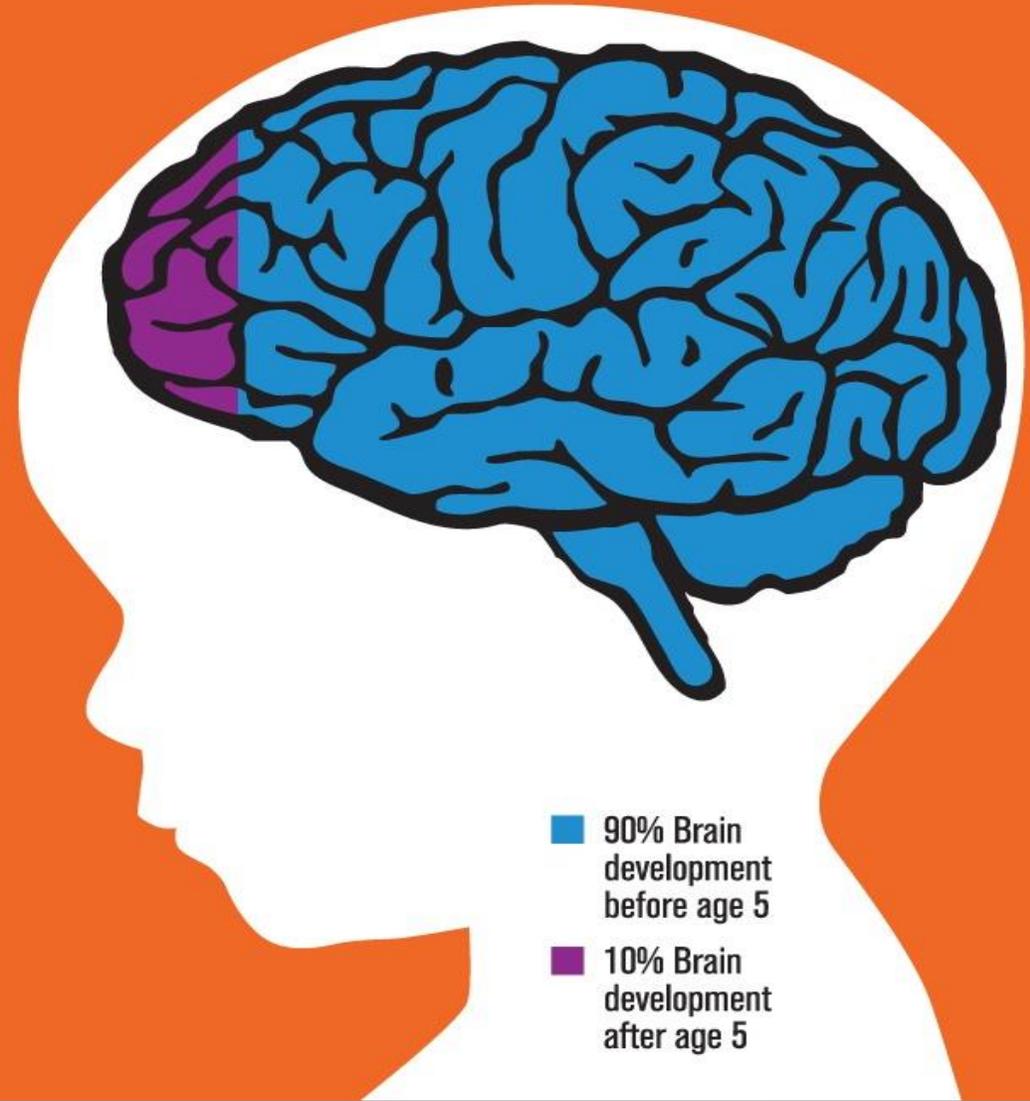
District of Columbia

Implementing Standardized Developmental Screening into Primary Care Office Visits

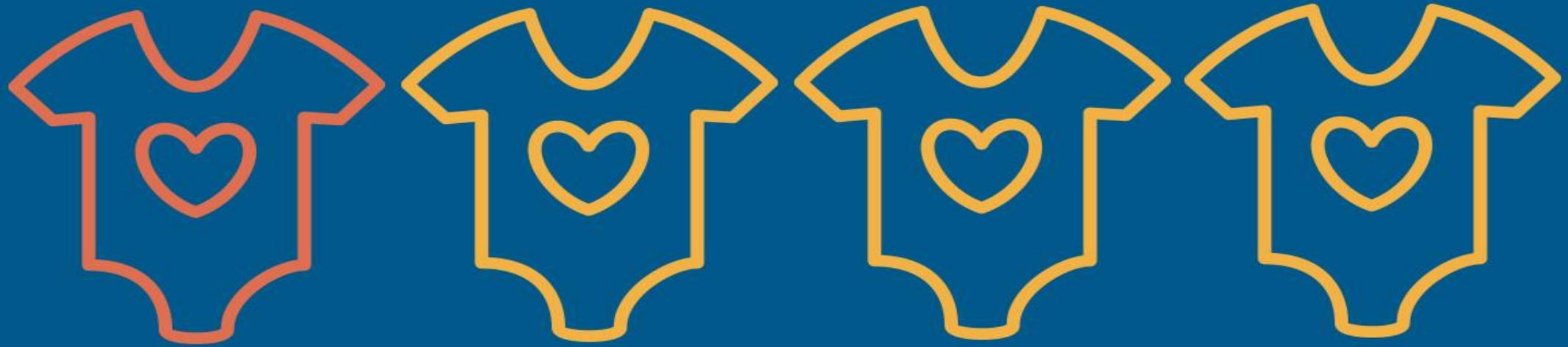
90%

**of a child's brain
development
happens
before age 5**

Source: Harvard Center for the Developing Child



1 in 4 children are at risk for a developmental delay.



Source: American Academy of Pediatrics

Children of mothers suffering from maternal depression are more likely to have



**cognitive,
neurological,
and motor delays.**

Source: American Academy of Pediatrics

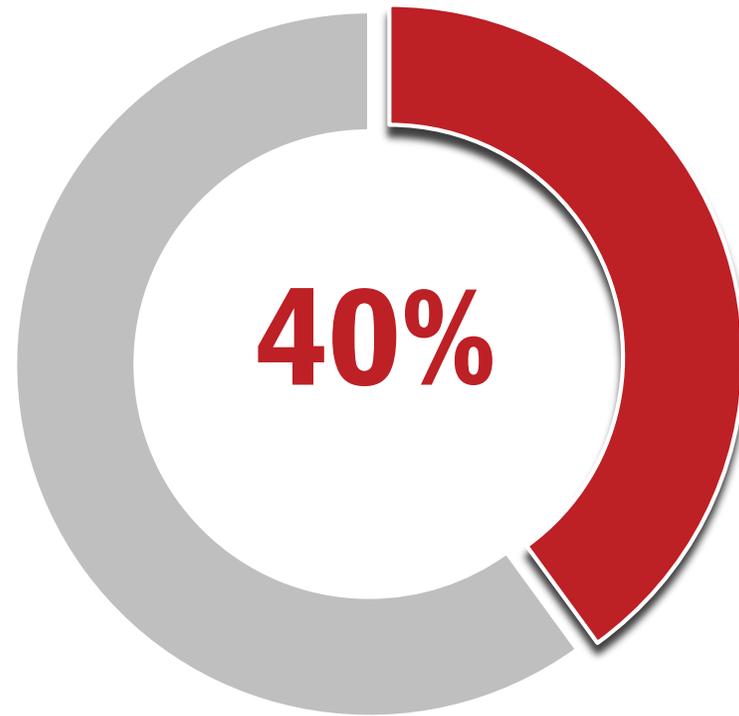
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DEVELOPMENTAL SCREENING RECOMMENDATIONS

- Developmental surveillance at all visits
- Formal screening periodically
 - 9 months
 - 18 months (including screen for autism)
 - 30 months (24, 36 months)



PERCENTAGE OF PEDIATRICIANS THAT DO NOT CONSISTENTLY COMPLETE RECOMMENDED DEVELOPMENTAL SCREENINGS



Source: American Academy of Pediatrics

WELL CHILD CARE

Preventing disease or injury and promoting healthy child development

- Newborn Screening (hearing, metabolic disorders, congenital heart disease)
- Monitoring growth and development
- Nutrition (breastfeeding)
- Immunizations
- SIDS (Back to Sleep)
- Injury Prevention
- Ensuring safe environment (toxins)
- Screening for parental/maternal depression
- Managing challenging behaviors



THE CHALLENGES

- Time and reimbursement
- Short visits that are of high quality and efficiency that are billed and reimbursed adequately
- Staying current with new guidelines and recommendations
- Managing the office (or functioning with a hospital system)
- Maintaining licensure and certification

Developmental Monitoring

WHO: Parents, grandparents, other caregivers

WHAT: Look for developmental milestones

WHEN: From birth to 5 years

WHY: To help you

- celebrate your child's development
- talk about your child's progress with doctors and childcare providers
- learn what to expect next
- identify any concerns early

HOW: With easy, free checklists – get yours at www.cdc.gov/Milestones

Developmental Screening

WHO: Healthcare provider, early childhood teacher, or other trained provider

WHAT: Look for developmental milestones

WHEN: At 9, 18, and 24 or 30 months, or whenever there is a concern

WHY: To find out

- if your child needs more help with development, because it is not always obvious to doctors, childcare providers, or parents
- if a developmental evaluation is recommended

HOW: With a formal, validated screening tool – learn more at www.hhs.gov/WatchMeThrive 

Developmental Evaluation

WHO: Developmental pediatrician, child psychologist, or other trained provider

WHAT: Identify and diagnose developmental delays and conditions

WHEN: Whenever there is a concern

WHY: To find out

- if your child needs specific treatment
- if your child qualifies for early intervention

HOW: With a detailed examination, formal assessment tools, observation, and checklists from parents and other caregivers, often in combination, depending on the area of concern

ORGANIZATIONS THAT PROVIDE EARLY INTERVENTION & SCREENING SUPPORT



- **Ages: 0-3**
- **Focus: Developmental Delays**
- **Get Assigned a Coordinator**
- **Refer you to an evaluation site**
- **Result of assessment will determine child's eligibility to receive services**



- **Ages 3-5**
- **Focus: Developmental Delays**
- **Automatically receive a developmental screening (not behavioral)**
- **Based on results will receive more in-depth evaluation and services**
- **If evaluation is needed the family will then be assigned a care coordinator**

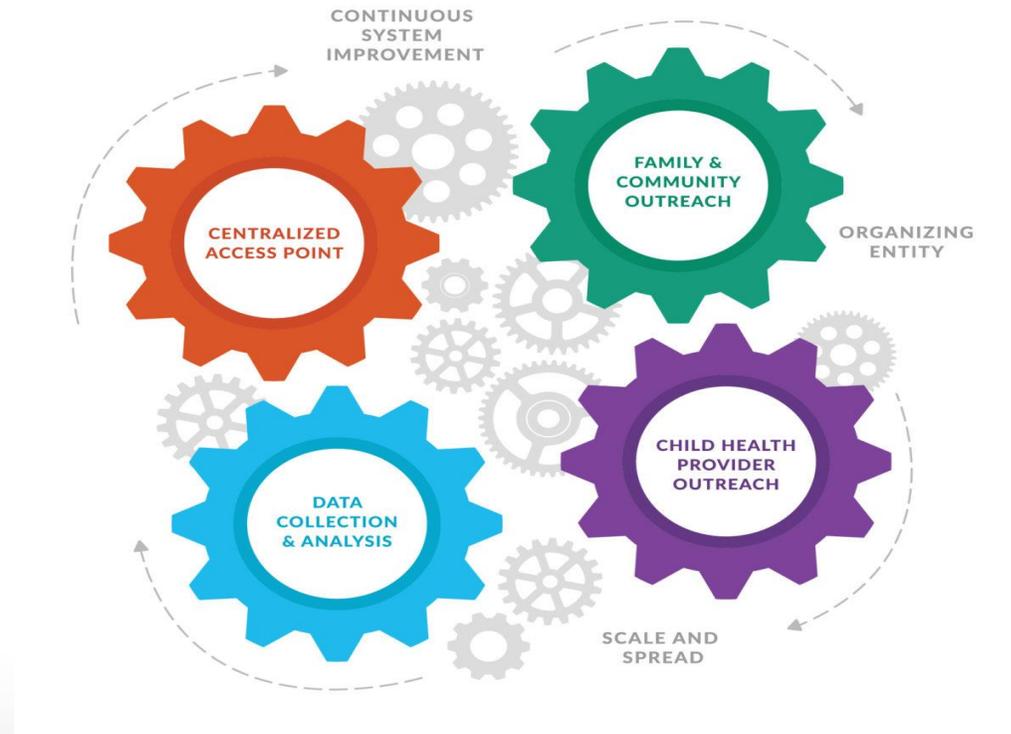


- **Ages: 0-5**
- **Focus: Developmental Delays & Social Emotional Surveillance**
- **All families and providers are immediately assigned to a Care Coordinator**
- **Care Coordinator will conduct intake to identify immediate and long-term needs**
- **When necessary Care Coordinators will provide developmental and behavioral screenings and direct referrals**

HELP ME GROW SYSTEM MODEL



SYSTEM MODEL



HELP ME GROW DC: SERVICE TO PROVIDERS

- Consultation and Support
 - Technical assistance
 - Training
 - Data collection and sharing
 - Access to the HMG phone line for consultation on learning behavior and development.
 - Option for ASQ-3 and Social Emotional Wellness online or over the phone for patients
 - Quarterly Newsletter
 - Data



IMPROVING ACCESS TO WIC SERVICES AMONG ELIGIBLE PARTICIPANTS THROUGH SYSTEMS-BUILDING EFFORTS

CARE COORDINATION: ENROLLING FAMILIES IN WIC



Program Screening Efforts

- Food Insecurities and Grocery Store Access via Neighborhood Ward

Access to WIC Program and Benefits

- COVID -19 Challenges (Access)
- Mailed Vouchers
- Enrollment or Recertification via phone
- Staff Access



IMPROVING ACCESS TO WIC SERVICES AMONG ELIGIBLE PARTICIPANTS THROUGH SYSTEMS-BUILDING EFFORTS

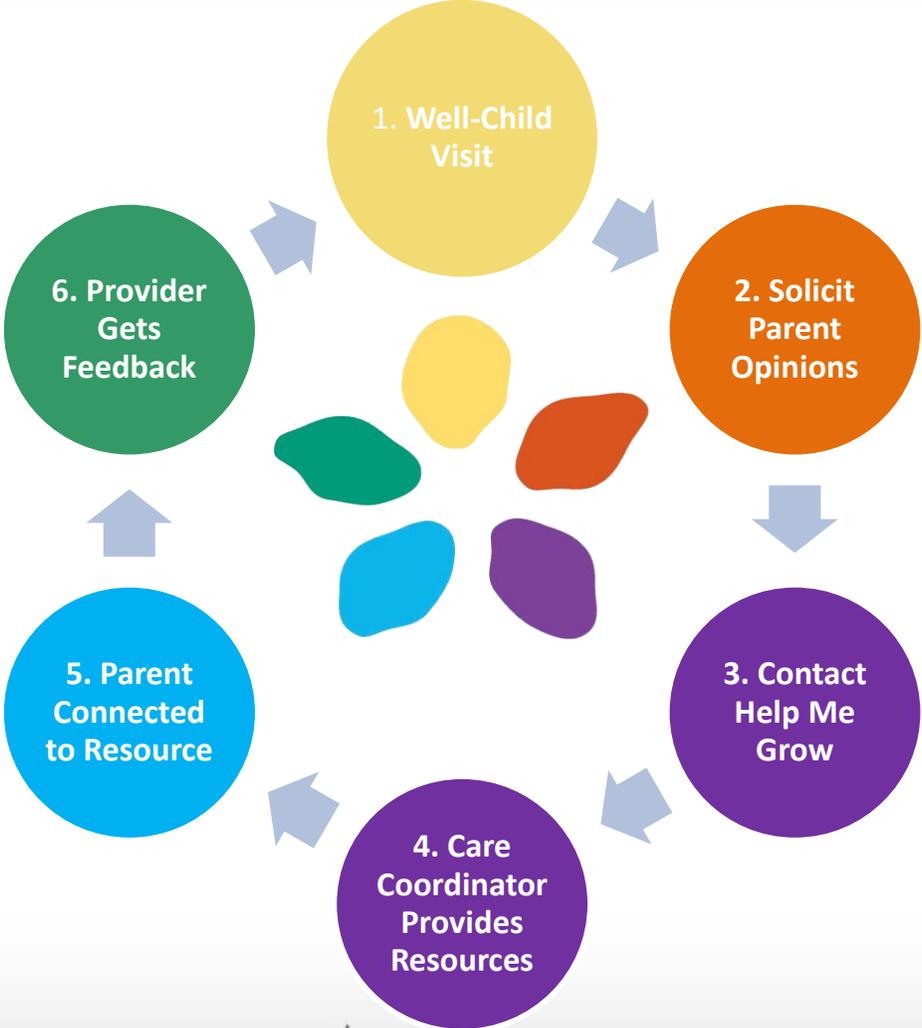
ENROLLING FAMILIES IN WIC

Program Referral and Monitoring Process

- HMG Care Coordination
- HMG and Organizational Case Management Services



HELP ME GROW DC PHYSICIAN CARE PATHWAY



UTILIZING TECHNOLOGY AND WEB-BASED SOLUTIONS TO ENHANCE SCREENING, LINKAGE, AND REFERRAL

IMPLEMENTATION: PARENT TV

As a means of reaching parents with on-going concerns with regards to traditional early stages questions or awareness, our web-based ParentTV partnership serves as a means for families to get real-time information and virtual storytelling to enhance their understanding of their child's positive development.



We've all got questions about parenting!

- When is the right time to start potty training my child?
- What's the best way to get my child to eat a balanced diet and sleep through the night?
- How can I better deal with biting, hitting and toddler tantrums?

We've pulled together a team of trusted parenting experts in the areas of health, technology, behavior and everything in between and created a range of easy to access 2-5 minute videos answering just about every parenting question under the sun.

Help Me Grow DC has subscribed to ParentTV so all our families have access to this digital treasure trove of informed advice. It is easy, and it's optimized for mobile devices. We hope you enjoy it!

For more information call: **1-800-MOM-BABY**
DC HEALTH #HEALTHIERDC

Help Me Grow DC | ParentTV

HELP ME GROW DC ADDRESSES THE CHALLENGES

- Efficient systems of development and behavioral screening
- Identification of resources and services who do not qualify for mandated public services
- Identification of resources and services
- Especially for those “at risk” children who do not qualify for mandated public services
- Care coordination and linkage to services (without having to pay for a service)
- Meeting the needs of families during the current COVID-19 public health pandemic



DC | **HEALTH**

THANK YOU!!!

**1-800-MOM-BABY
HELPMEGROW.DC@DC.GOV**

Discussion: What We've Heard

Other Member Updates

Additional Comments?

Meeting Materials



Thrive by Five Coordinating Council meeting materials are available via OneDrive.

Included, you will find:

- Thrive by Five Coordinating Council’s Establishment Order
- Council Meetings folder
 - Contains meeting agendas, minutes, presentations, and other relevant one-pagers
- DC Government Reports
- Other Reference Materials
 - Currently contains DCPCA’s Human-Centered Approach to Improve Reproductive and Maternal Health Outcomes in Washington, D.C.

Reminder: Future Meeting Dates

Thrive by Five Coordinating Council meeting dates usually fall on **Wednesdays**.

Date: September 9, 2020

Time: 3-5 pm

Location: Virtual

Date: October 28, 2020

Time: 3-5 pm

Location: Virtual

Date: December 16, 2020

Time: 3-5 pm

Location: Virtual

In addition to these full Council meetings, we have time set aside for subcommittees to meet Tuesday, **August 11th at 3pm**.

Thank you!

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Email address: thrivebyfive@dc.gov

Twitter/Instagram: [@thrivebyfiveDC](https://www.instagram.com/thrivebyfiveDC)