

Strengthening Families Washington



*Our animated team
Thank you for letting us join you today!*



Connecting and Learning

- Objective 1: Share about the work of the Strengthening Families team, partnerships and community programs.
- Objective 2: Learn from you about where you see opportunities and needs you are seeing for prevention and partnerships in your court(s).

What does prevention mean to you?



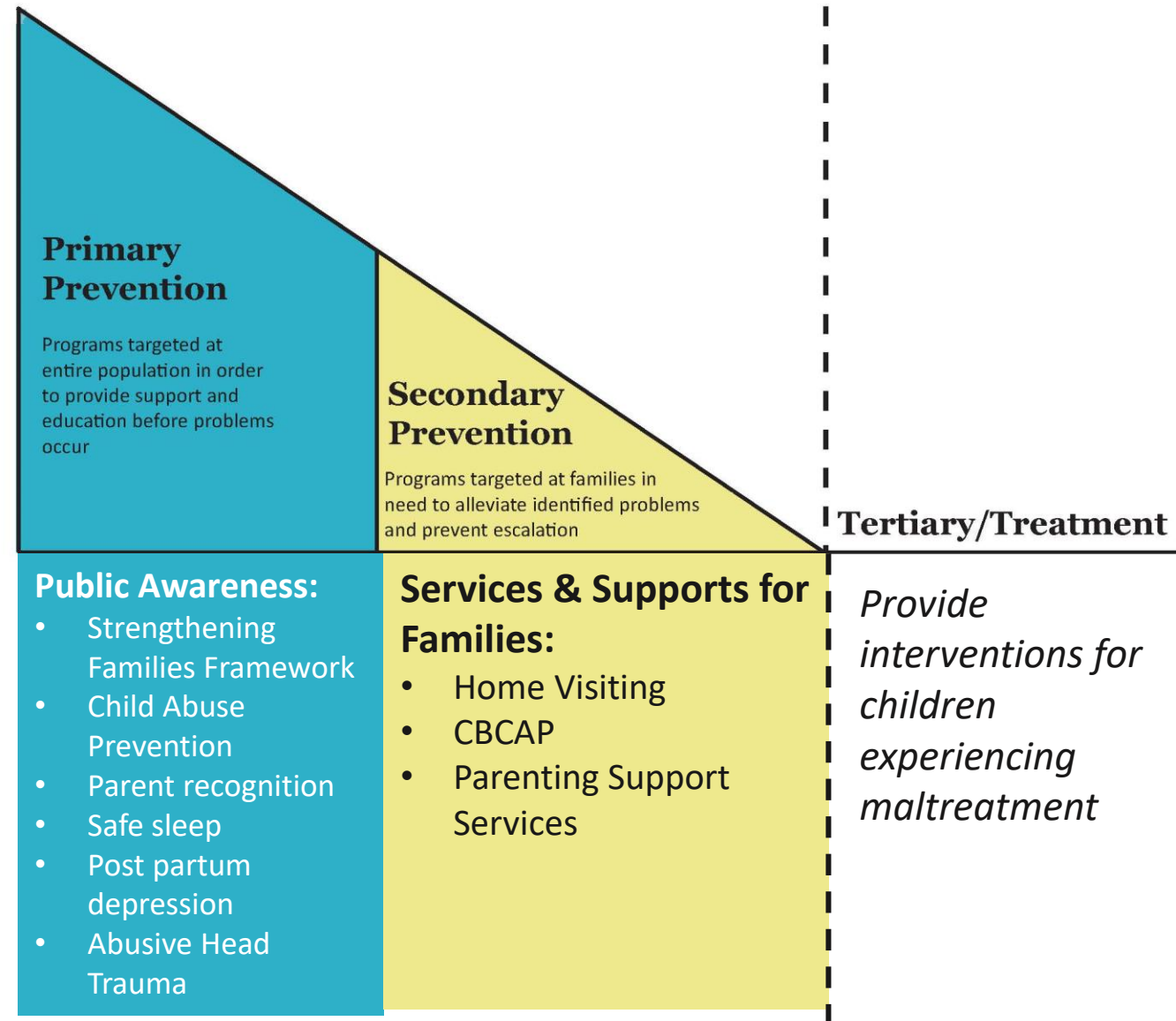
SFWA Purpose

- Build awareness to catalyze change in social norms.
- Build and leverage partnerships, change policy and systems.
- Engage families and communities to identify and build on strengths.
- Utilize research and data to understand factors associated to child maltreatment.
- Implement and support a range of high quality initiatives, programs and services.



Child Abuse Prevention

A Primary and Secondary Prevention



Expand community-based prevention in high-need areas

What the data says

- Community & Parental Stress & Isolation:
 - Washington had a greater than 50% increase in fatal overdoses involving synthetic opioids from June 2019-May 2020 (CDC Health Alert, Dec 2020)
 - During June 2020, 40% of adults reported struggling with mental health and substance use, Washington State Adults: 40% with Anxiety and 30% with Depression (45% of adults had at least one).
- Economic Stressors and Neglect:
 - 2021 Child Maltreatment data indicates 43,474 investigations or alternative responses → 4,030 substantiated (19,221 unsubstantiated) → 2,657 substantiated neglect cases (66% of all substantiated cases)

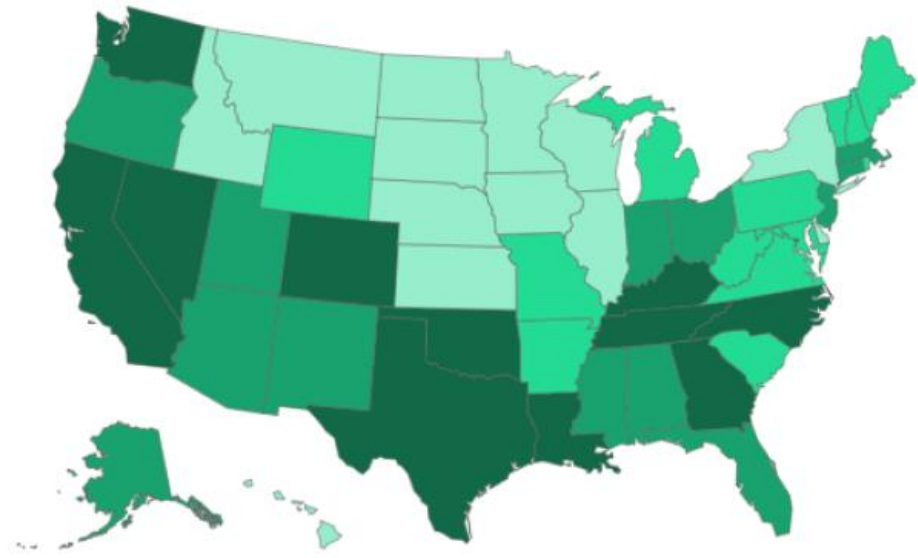
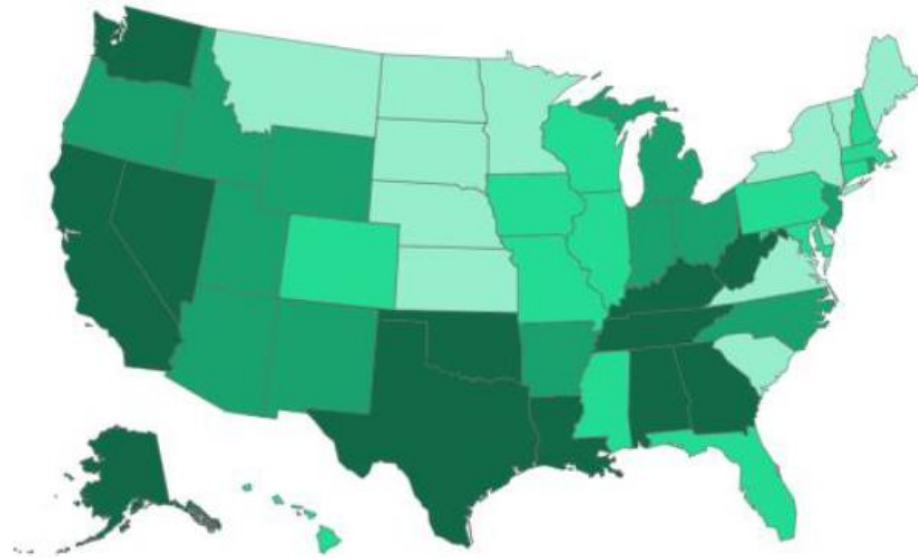


Depression and Anxiety Symptoms by State

Household Pulse Survey, Jan 20 – Feb 1, 2021

Depression Symptoms
WA: 33.2%

Anxiety Symptoms
WA: 41.0%

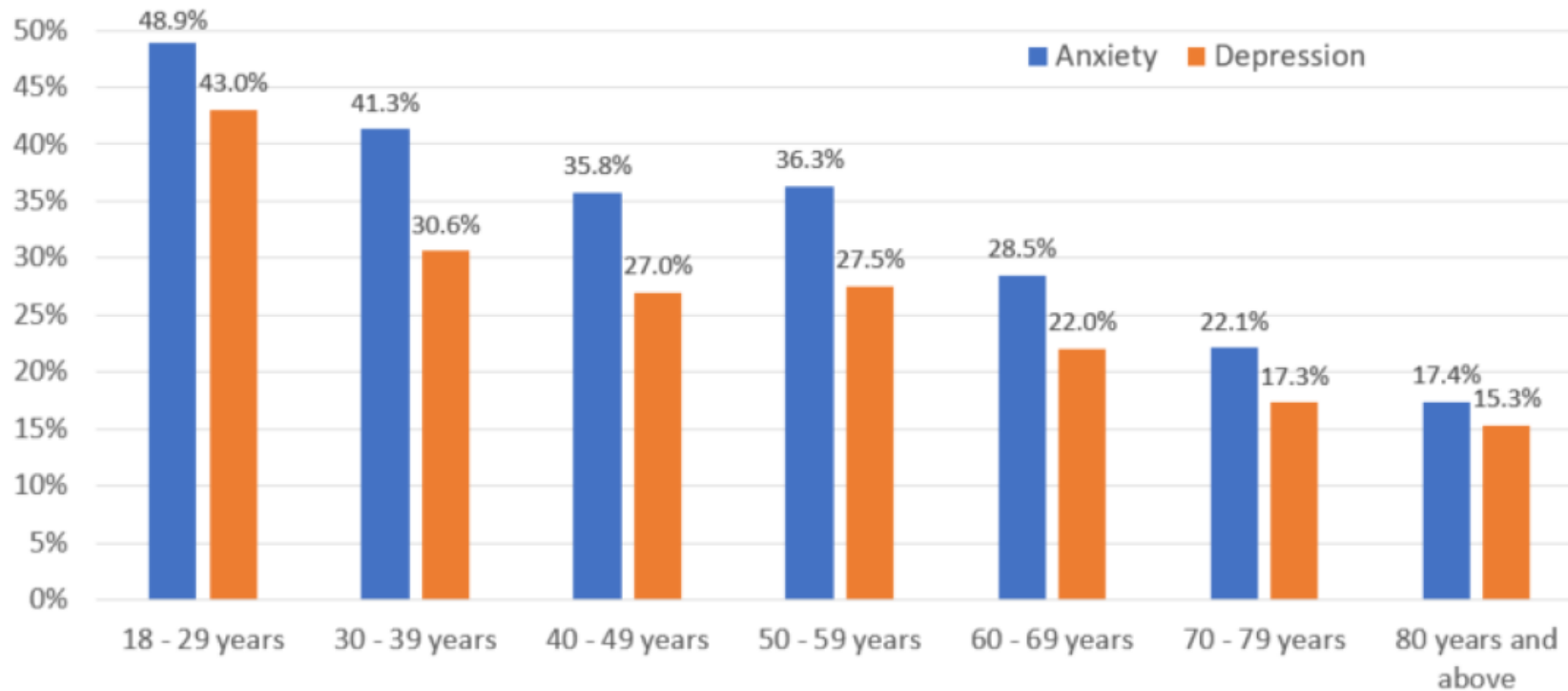


Source: [Mental Health - Household Pulse Survey - COVID-19 \(cdc.gov\)](https://www.cdc.gov/mentalhealth/household-pulse-survey-covid-19/)

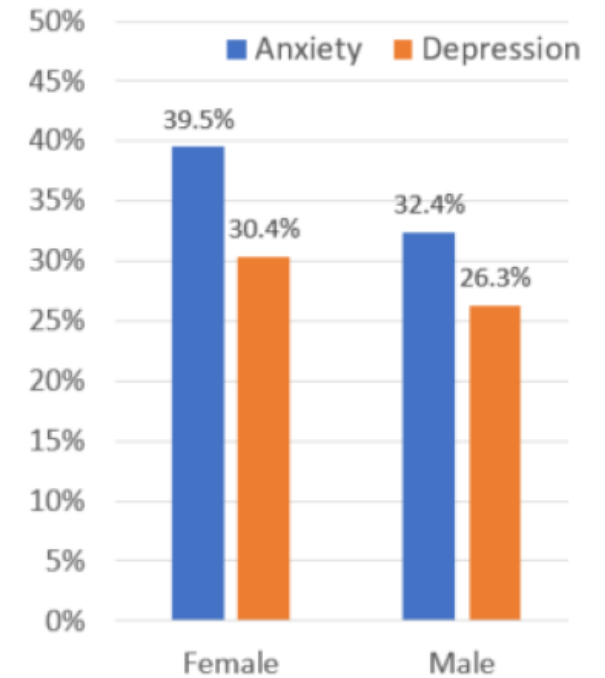
Anxiety and Depression Symptoms by Age and by Gender

Household Pulse Survey, Jan 20 – Feb 1, 2021, United States

% with symptoms



% with symptoms



Source: Anxiety and Depression. Household Pulse Survey. <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>



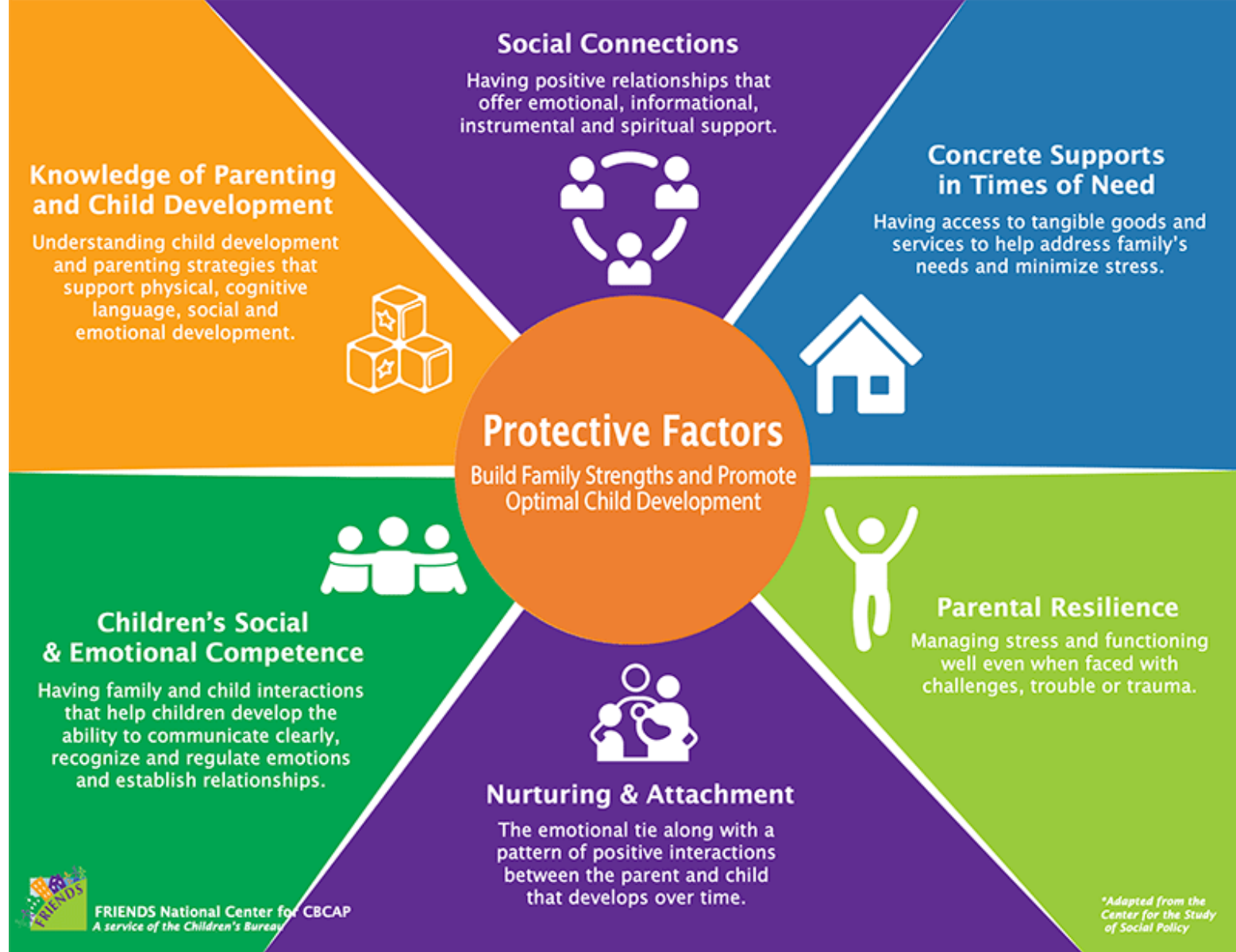
Protective Factors

Conditions that can protect families and promote resilience.

Serve as a buffer against adversity — when present in families, likelihood of child maltreatment goes down.

The Protective Factors framework focuses on strategies for building family strengths rather than focusing exclusively on risks and deficits.



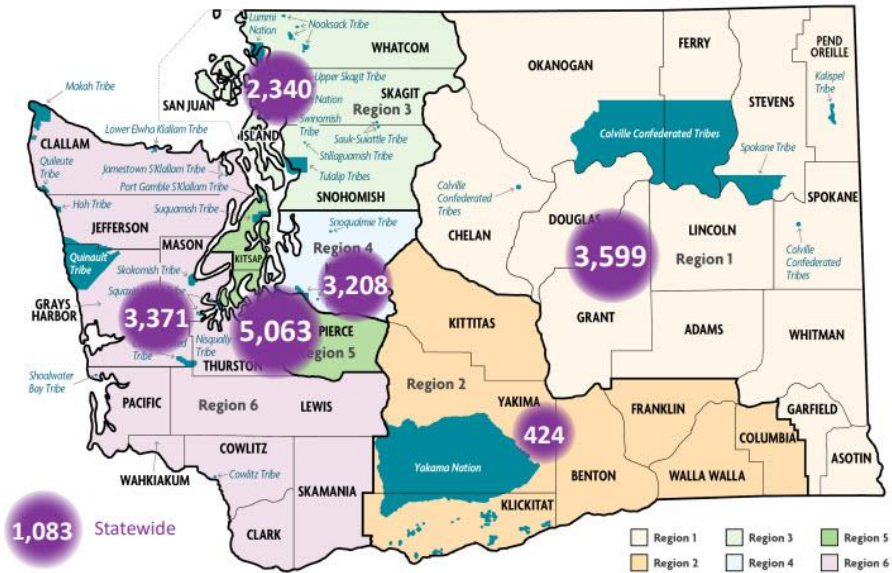


Community-Based Services

- Concrete Goods and Economic Supports
- Capacity Building Efforts:
 - Perinatal Mental Health – Group Peer Support
 - Community-Based Family Supports
 - Family Resource Centers
 - Fatherhood Initiatives
 - Crisis and Respite Care
- Community-Based Home Visiting
- Navigation Systems and Supports: Child Welfare Early Learning Navigators and Help Me Grow
- Service Array: <https://dcyf.wa.gov/sites/default/files/pdf/HV-ArrayServices.pdf>



Number of Families Served by Region by 51 organizations statewide



Concrete Supports in Times of Need



Types of Goods										
Diapers and Baby Supplies	Grocery Gift Card/ Groceries/ Food	School Supplies	Hygiene Supplies	Gift Card - Other	Household Items/ Furniture	Cleaning Supplies	Gas GC/ Gas/ Bus Pass/ Auto Repair/	Clothes	Short Term Bills/ Rent/ Temp. Housing	Employment Assistance
41,097	4,317	2,248	2,184	2,106	1,737	607	504	502	97	29

Family Resource Centers

- Multi-generational, strengths-based, family-centered approach
- Designed for all families
- No or low cost for participants
- Support families to build protective factors



Family Resource Centers

- Most Common Service Areas:

- Parenting Support



- Access to Resources

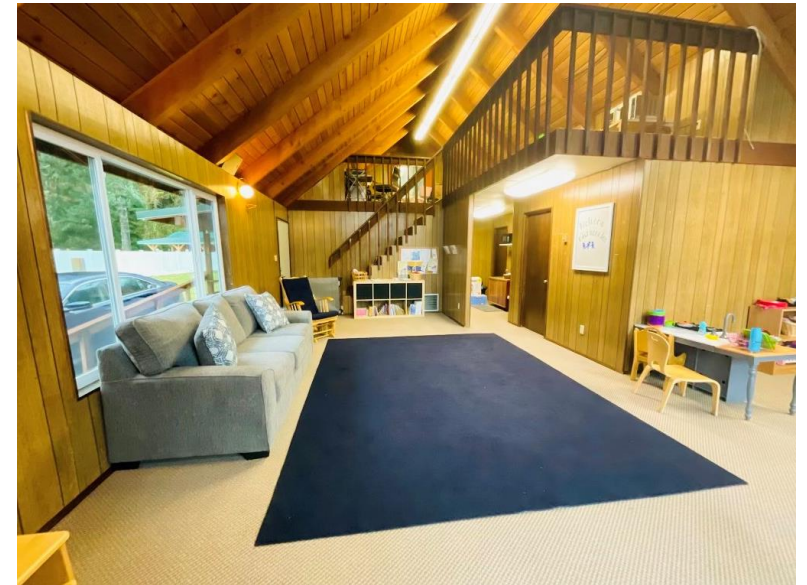


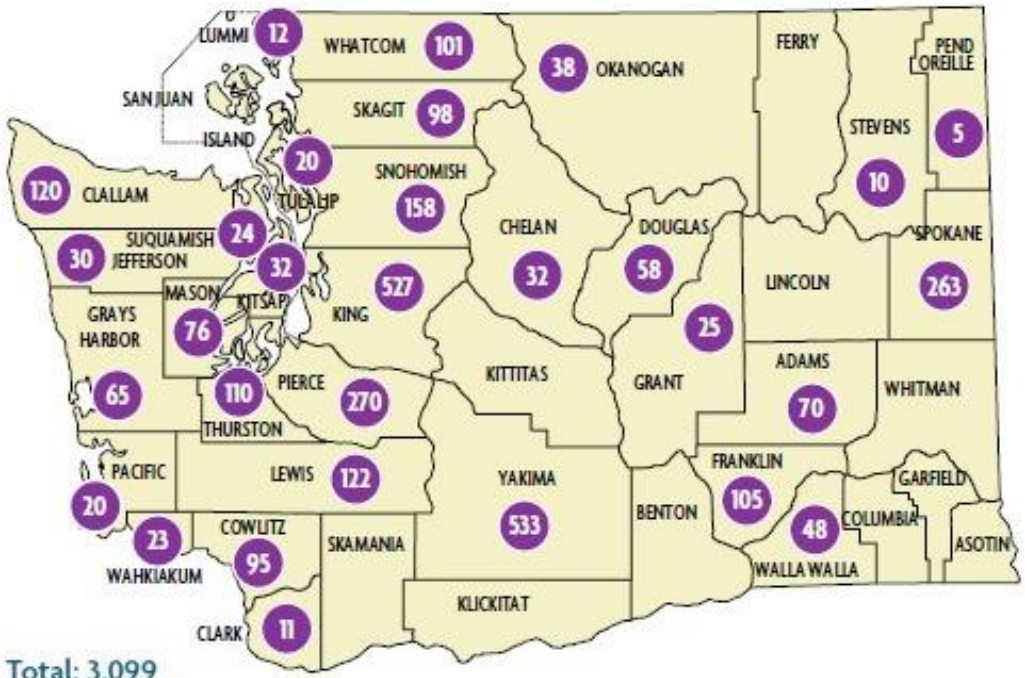
- Child Development Activities

- Parent Leadership Development

Family Resource Centers In Washington

- Washington Family Support Network (Akin)
- SFWA funding 9 FRCs
- Setting the stage for FFPSA Community Pathways





Total: 3,099

(Another 6,000+ families receive home visiting services outside of the HVSA)

Home Visiting Slots Across Washington

- **3,099 HVSA Slots – 44 programs with 6 Tribal programs (3 Tribes, 2 Tribal Organizations and one hospital/Tribe partnership)**
- **~\$32M in SFY23** representing 8 different funding sources

Why Parents/Caregivers Participate in PAT

Caregivers Views

- Improve parenting skills
- Ideas on activities to do with my child
- Learn more about my child's development
- Improve parenting knowledge
- Have someone who will listen and support me
- Be more confident in my parenting abilities

>20% of respondents

Home Visitors Views

- Learn more about child/child development
- Listening ear/ nonjudgmental support
- Relationship/ reduce isolation
- Connections to resources
- Gain confidence in parenting
- Incentives



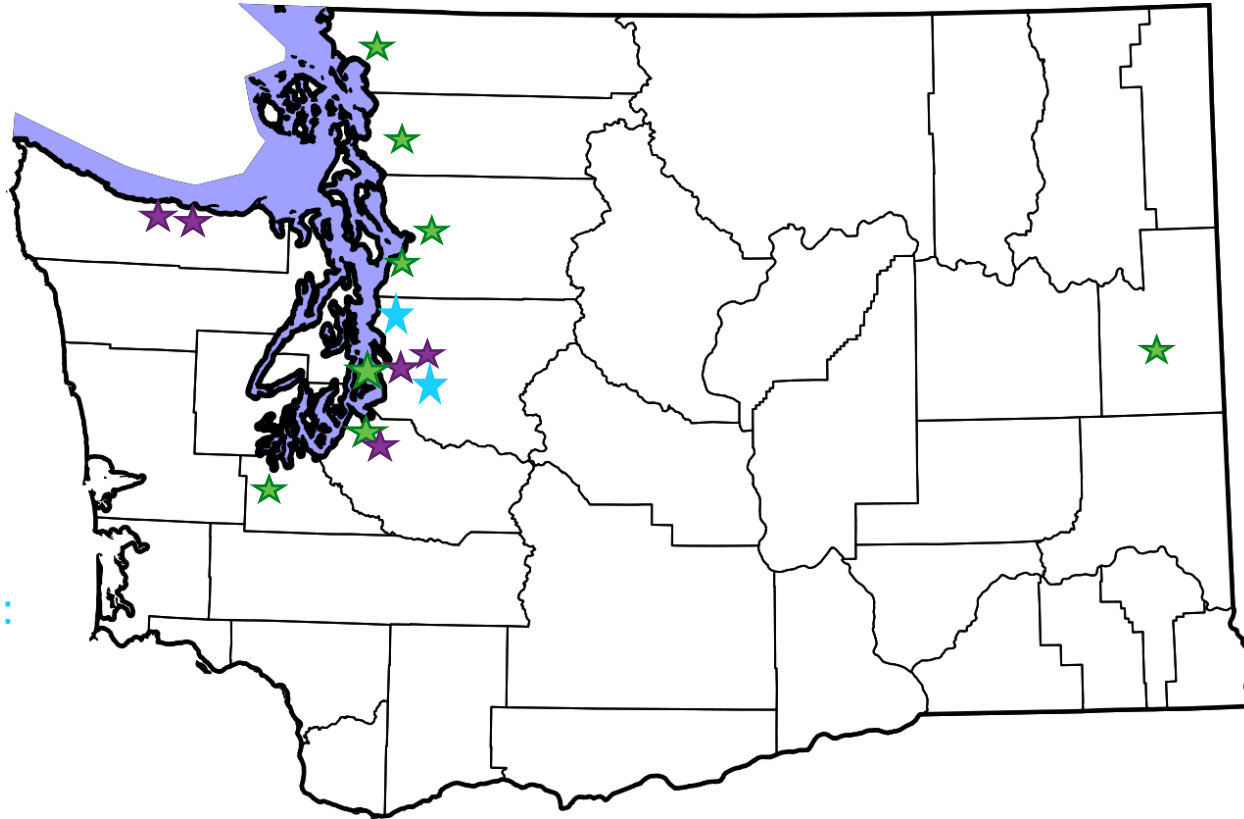
Capacity Building Funded Communities

First Year Programs:

- East African Community Services (Seattle)
- Esperanza Mobil Family Resource Center (Pierce Co.)
- First Step Family Support Center (Port Angeles)
- Lower Elwha Klallam Tribe (Port Angeles)
- Perinatal Support Washington (Seattle)

Innovative Statewide Programs:

- Parent Trust for Washington's Children
- FIRST Clinic Legal Services



Second Year Programs:

- Center for Human Services (Shoreline)
- Family Education & Support Services (Tumwater)
- Little Red School House/ChildStrive (Everett)
- Lydia Place (Bellingham)
- Multicultural Child & Family Hope Center (Tacoma)
- Vashon Youth & Family Services (Vashon)
- Volunteers of America (Spokane)
- Youthnet (Mount Vernon)



Perinatal Mental Health Funded Organizations

Clallam County: First Step Family Support Center

King County: Northwest Center

Kittitas County: NAMI Kittitas

Klickitat County: Community Enrichment for Klickitat/Skamania Counties

Lewis County: Family Education & Support Services

Okanogan County: Okanogan County Child Development Association

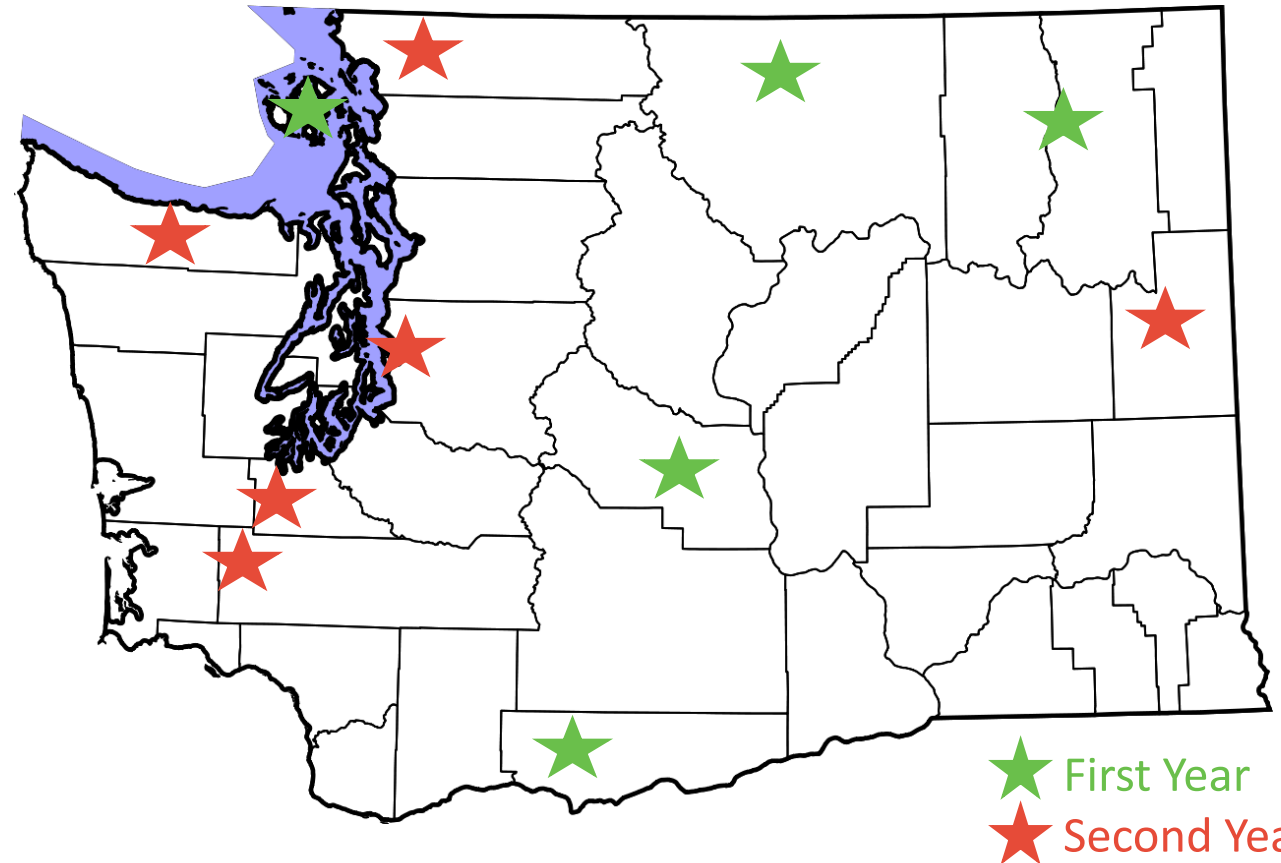
San Juan County: Joyce L Sobel Family Support Center

Spokane County: The Learning Project

Stevens County: Roots on the Road

Thurston County: Thurston County Public Health & Social Services

Whatcom County: Whatcom Family & Community Network



Child Welfare Early Learning Navigators (CWELN)

• Current Regions/Offices

- Region 2 / Yakima Office
 - 2 Navigators
- Region 4 / Kent Office
 - 2 Navigators
- Region 5 / Puyallup Office
 - 1 Navigator – Tribal
- Region 6 / Aberdeen, Long Beach, Shelton and South Bend
 - 1 Navigator
- Region 1 / Spokane Office
 - 1 Navigator

• Expansion to Regions/Offices (2024)

- Region 6 / Kelso/Centralia Offices
 - 1 Navigator
- Region 3 / Bellingham Office
 - 1 Navigator
- Region 5 / Lakewood Office
 - 1 Navigator
- Region 1 / Office TBD
 - 1 Navigator
- Region 3 / Office TBD
 - 1 Navigator



WithinReach & Help Me Grow Washington

Our Statewide Hotlines

- Help Me Grow WA Hotline: 1-800-322-2588
- Apple Health for Kids Hotline: 1-877-543-7669
- Family Food Hotline: 1-888-436-6392

Online Benefit Finder

- Self-referral portal on www.Parenthelp123.org;
we contact you within 2 business days

Text “WIC” to 96859

Text “FOOD” to 96859

Help Me Grow Washington is a network of communities across Washington that work together to create a resource grid of community services and supports. Help Me Grow listens to families, links them to services and provides ongoing support.

The Help Me Grow Washington network represents an ever-growing, powerful coalition of communities and individuals invested in an ambitious and resourceful early childhood system that optimally serves all families and children.



Depending on where you live in the state, Help Me Grow resources are available to you. See below for our statewide hotline and other local numbers to help connect you with the supports you need.

Kittitas County: 509-490-3009

Pierce County: Call 211 & ask for Help Me Grow

Skagit County: 360-630-8352

Yakima County: 509-490-3009

Statewide Help Me Grow: 1-800-322-2588

- Monday – Thursday: 8:00 am – 5:30 pm
- Friday: 8:00 am – 5:00 pm



Washington State Department of
CHILDREN, YOUTH & FAMILIES



Pregnant & Parenting Families with SUD

HMG connects pregnant and parenting families with SUD to voluntary treatment and wrap-around services through DCYF's SUD in Pregnancy Pilot and the Plan of Safe Care community-based pathway.

FEW

Home Visiting and Early Intervention

HMG connects some families to supports to mitigate risk factors, such as early intervention, home visiting, state benefit programs, concrete goods, and specialist health care providers. For example, HMG resource navigators connect families enrolled in Temporary Assistance for Needy Families (TANF) to Home Visiting and wrap-around supports and services.

SOME

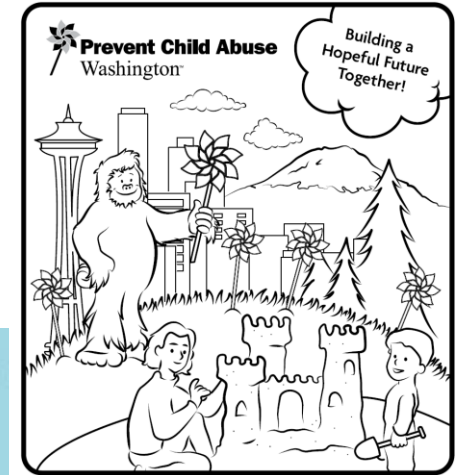
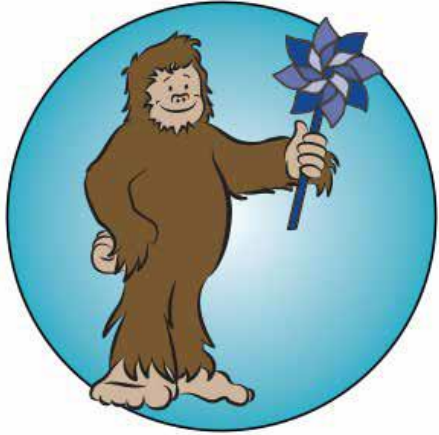
ALL

HMG is available to all families with young children regardless of income, providing connections to supports such as developmental screening, health and development supports and early learning programs. Eligible workers are also connected with the Paid Family Leave benefit.

Navigational Infrastructure is a Key Component of Prevention

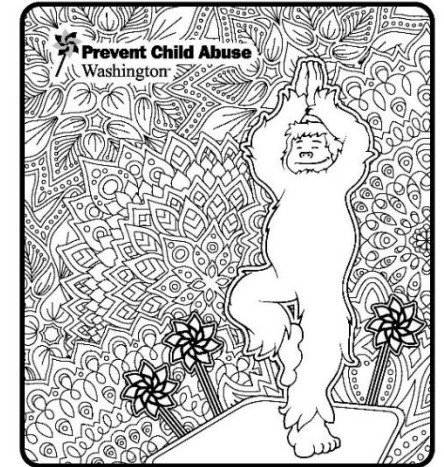
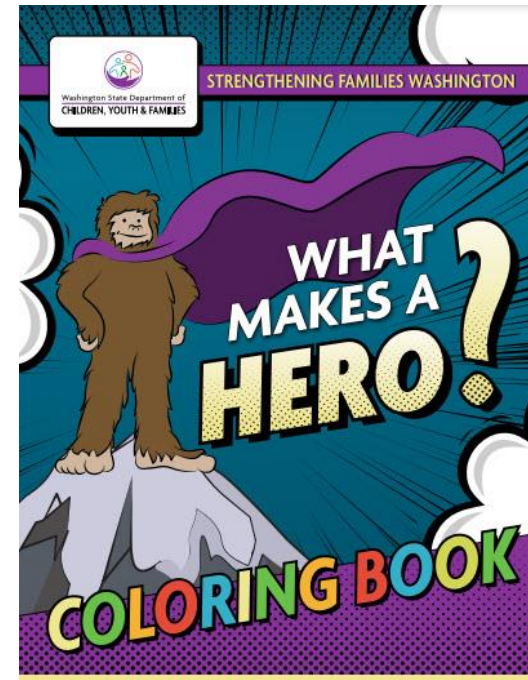
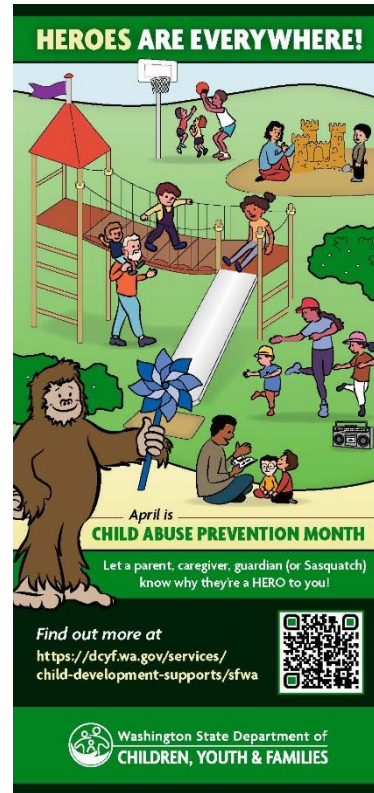
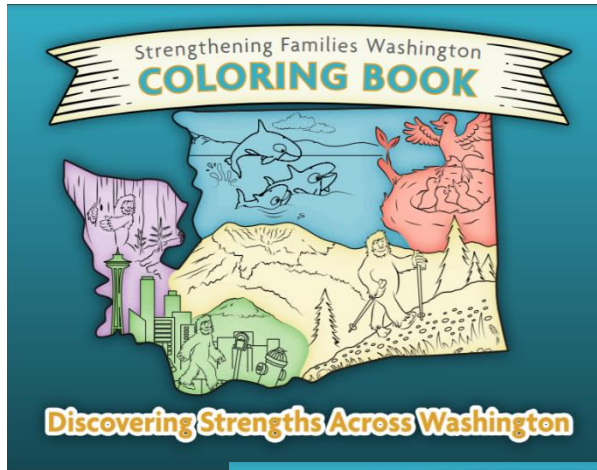
The **Help Me Grow (HMG) system** provides navigational infrastructure for families with young children. Although universally offered, HMG also sustains **specialized pathways for populations of focus** across the public health, early learning, education, health care and social service sectors. These on-ramps are **efficiently built** upon the base HMG system and are designed to connect families to tailored services and supports throughout their communities.

Child Abuse Prevention Month Activities



Please email: Strengtheningfamilies@dcyf.wa.gov to order materials!

Resources and tools for families



Available on our website dcyf.wa.gov/services/child-development-supports/sfwa

Discussion Questions

- What do you need to effectively *refer* families to community supports?
- What opportunities could we explore to amplify prevention partnerships, approaches and services?

Strengthening Families Washington Key web pages:

- Strengthening Families Washington:
 - CBCAP, PCAA, Children's Trust Fund (web page: <https://www.dcyf.wa.gov/services/child-development-supports/sfwa>)
 - Home Visiting (web page: <https://www.dcyf.wa.gov/services/child-dev-support-providers/home-visiting>)
 - Strengthen Families Locally (web page: <https://www.dcyf.wa.gov/services/child-development-supports/sfwa/sf-locally>)



Thank you!



Reference/Info Slides

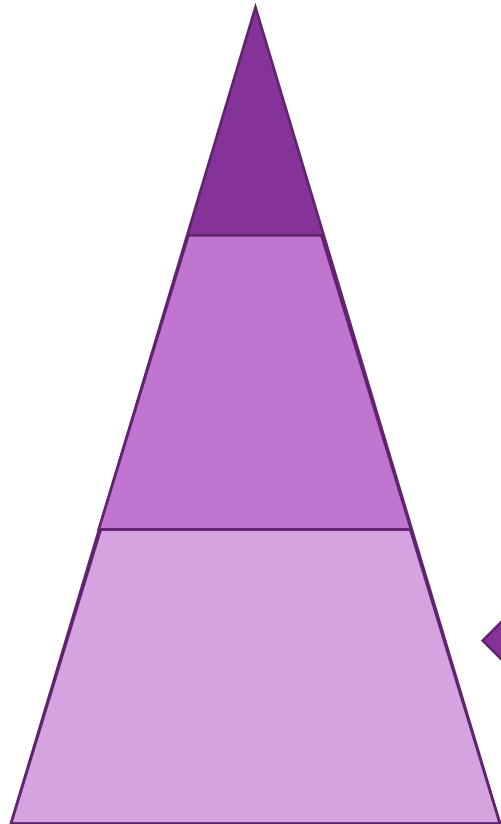
www.dcyf.wa.gov



Washington State Department of
CHILDREN, YOUTH & FAMILIES

Primary Prevention

State Level Family Supports

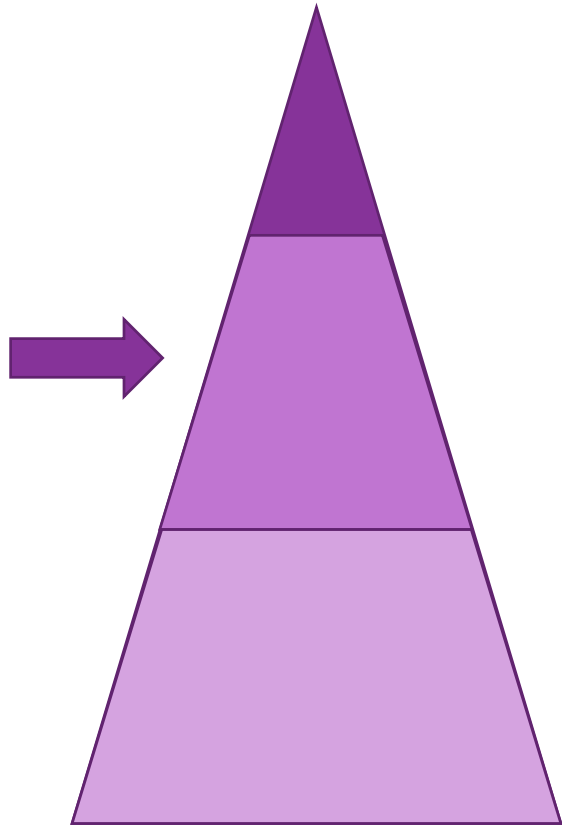


- Social Norms: Tools and messages that elevate the important role of families, parents and caregivers
 - Watch Me Grow, Coloring Books, Videos
- Social Norms: Increases in supports for Parent Leadership
- Social Norms and Capacity Building: Training and Capacity Building for people who work with families,
 - “Bringing the Protective Factors to Life in Your Work” or other relevant training for practitioners who work with families
- Provide Parenting Supports & Quality Care and Education: Expand capacity and support coordination of services for families, such as statewide resources like Help Me Grow and Parent Trust



Secondary Prevention

Community Level Family Supports



- Parenting Supports: Group classes, individual supports, such as home visiting, or drop-in
- Supports for Families in Crisis, such as respite care or crisis nurseries
- Family Resource Centers and Family Support Centers
- Specific support for Mental Health, such as women experiencing post partum depression.
- FIRST Legal Clinic – Medical Legal Partnership
- Partnerships: Parents, Corrections, Behavioral Health



MAKING PREVENTION THE PRIORITY

WHAT IS PRIMARY PREVENTION?

Stopping abuse *before* it occurs.
Primary prevention activities are **designed for the general population to provide support to prevent ACEs and minimize risks before they occur**

WHAT IS SECONDARY PREVENTION?

Targeted responses to at-risk populations.
Secondary prevention activities are **targeted at families that have one or more risk factors associated with ACEs (such as substance use or mental health conditions) to prevent and minimize challenges.**

WHAT IS TERTIARY PREVENTION?

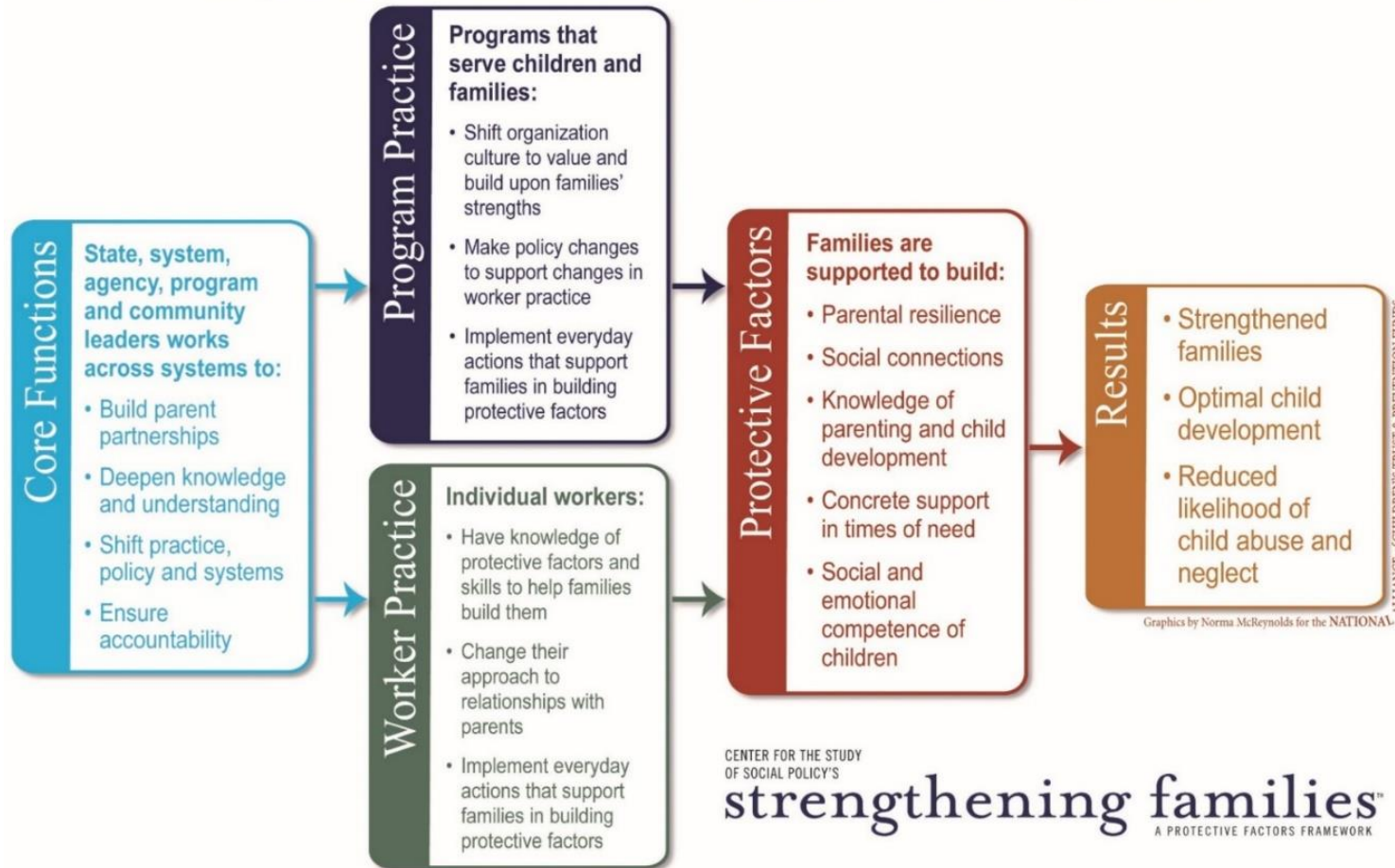
Long-term responses to stop abuse and neglect and minimize consequences.
Tertiary prevention activities **focus on families of children who have already experienced ACEs in order to minimize impact, prevent further harm and help families heal.**

Preventing and mitigating Adverse Childhood Experiences (ACEs) protects children, strengthens families and saves taxpayer dollars. Investing in prevention efforts upstream helps to prevent more serious problems in the future.



The Pathway to Improved Outcomes for Children and Families

Strengthening Families™ Protective Factors Framework Logic Model



Concrete & Economic Supports Goods

Concrete support in times of need: Access to concrete support and services that address a family's needs and help minimize stress caused by challenges

16,000 families served in SFY22 and 18,000 families in SFY23 via trusted entities in their communities including diaper banks, Community-Based Programs, Early Learning Programs, and Juvenile Rehabilitation

"We had some families in tears when they received their grocery cards; though it doesn't seem like much, it was a huge help to our families." (Service Provider | Education Service District)

