



January 2024
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2022-23 Local Health Jurisdiction Success Stories

Washington State Congressional District 2

The Maternal and Child Health Block Grant (MCHBG) is provided through Title V of the Social Security Act of 1935. [Washington State Department of Health](#) receives about \$8.8 million annually, and more than 60% goes to serve 39 counties through contracts with Local Health Jurisdictions (LHJ) and a hospital district.

Island, San Juan, Skagit, Snohomish, and Whatcom counties together receive approximately \$790,896 of MCHBG funding to improve maternal and child health outcomes in their communities. These funds help create and support initiatives for pregnant individuals, infants, children, adolescents, and children and youth with special health care needs (CYSHCN). The success stories below show the impact of these initiatives in the 2022-23 contract year.

Island County Health Department

We partnered with local schools to assess the need and build community support to establish school-based health centers (SBHC). We ensured that our SBHC efforts were aligned with our Community Health Improvement Plan and ongoing needs assessments. We used MCHBG funds to identify partners and resources for SBHC efforts before shifting to other funding sources. Partners included a local community health center, a nearby LHJ, Island County Human Services counselors, the school board, school nurses, Washington Chapter of the American Academy of Pediatrics, and the local Educational Service District.

San Juan County Health & Community Services

We are a small and mighty team working on a collection of islands designated rural by the Federal Office of Rural Health Policy. Our efforts focused on supporting CYSHCN. We are a part of the San Juan County Autism Collaborative (SJCAC), and work with the local School Medical Autism Review Team (SMART). Along with local pediatricians, school districts, Family Resource Centers, Early Learning Programs, and other partners, the SJCAC increased community capacity to diagnose autism, supported resource navigation, and conducted community outreach. Timely support helped a teen diagnosed with autism host a community concert as her senior project. This concert helped raise awareness about Autism Spectrum Disorder and collected \$800 in donations to support the SJCAC.

Skagit County Public Health

Our MCH leaders, in partnership with trusted community partners, created impactful work in our

community. In 2018, we developed a community health improvement plan called First 1,000 Days. The plan included Help Me Grow (HMG) Skagit system, the 4th local affiliate of Help Me Grow Washington. It offers families a Family Resource Navigator and a Family Resource Center. We partnered with local pediatric providers to create easier connections supporting child and family well-being. We provided free continuing medical education offerings for health care providers, collected data about unmet community needs, and created plans to address them. We leveraged different funding sources to continue to ensure that all families with young children can connect to what they need, when, and how they need it.

The Skagit Breastfeeding Coalition developed a presentation and proclamation for County Commissioners during Breastfeeding Month. Our MCHBG lead says, “Partners know they can count on Public Health leadership for efforts like the proclamation.” These efforts helped support Skagit County’s work to increase baby-friendly spaces and policies in our community.

Snohomish County Health Department

Our staff are leaders who advocate for the health of children, youth, and their families through the Trauma and Resilience program. We educate parents, caregivers, and children in Snohomish County and beyond. In 2022-2023, the Trauma & Resilience program reached 1,197 community members and 475 professionals. We focused on educating about adversity and its effects on the brain and body, mitigating factors, hands-on resilience skill building, and coping strategies like self-care, self-soothing, and paradigm-shifting. We presented at the Washington Association for the Education of Young Children (WAEYC) Conference on processing stress and trauma as a strategy for preventing trauma when caring for children in the child care environment.

Our CYSHCN program educated Early Head Start staff serving a higher percentage of Black, Indigenous, and People of Color (BIPOC) and clients who have low incomes about “Perinatal Depression and How Home Visitors Can Identify and Help Women Get Treatment.” We also helped a CYSHCN client with a chromosomal deletion and gene variant, who has struggled to thrive since birth, take his first steps at 26 months. He is now walking, running, and climbing.

Whatcom County Health and Community Services Department

We directed part of our maternal health efforts toward expanding peer support for parental mental health. Together with our partners, the Peer Support Project Leads within the Perinatal Mental Health Taskforce, we expanded access to culturally responsive peer support for parents. We leveraged local opportunities to support this work, starting with mapping resources and partnerships for implementation. Our work with Peer Support Project Leads connected existing peer support facilitators, expanded training to new facilitators, and determined support needed to maintain existing and launch new support groups. We also researched other funding sources to continue supporting our work.

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Contact: Katie Eilers
Title V Project Director
Katie.Eilers@doh.wa.gov
doh.wa.gov/mchbg