



Family Planning and Reproductive Health in Washington State

Federal Agency and Grant Name:

Health and Human Services/Office of Population Affairs/
Title X Family Planning Service Grant

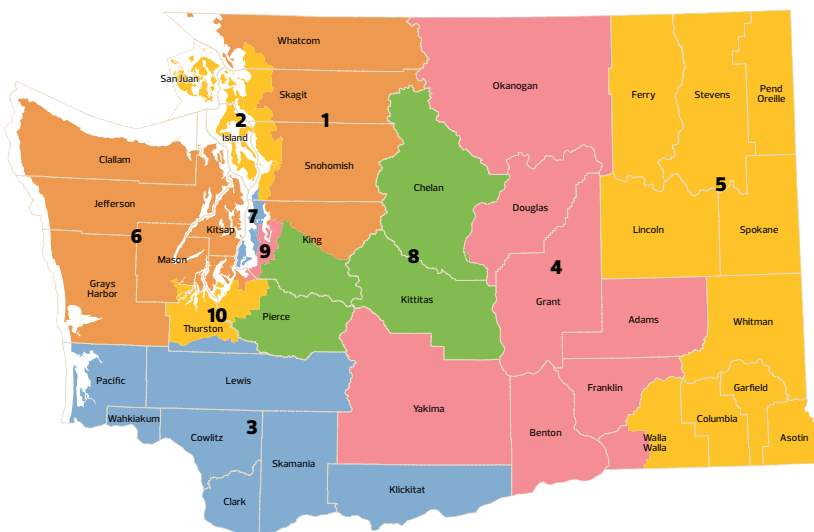
Time Period:

We have received these funds for the past 35 years. The current grant began April 1, 2017 and ends March 31, 2018.

Total Funds:

In the current grant year, we received \$3,984,000 in federal funds to which we add almost \$9 million in state funds. In 2016,¹ Title X providers served 90,168 clients over 125,316 clinic visits across Washington State, representing a 15% increase in clients and a 7% increase in clinic visits over 2015.

Congressional Districts: All



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Title X Helps Women and Families

Washington State Family Planning Program is funded in part with federal Title X funds. Title X is the only federal grant program devoted solely to family planning and related preventive health services. Both the state and federal funds focus on providing quality family planning services to low-income and uninsured people. Services include breast and pelvic exams, pap smears and other cancer screenings, HIV and Sexually Transmitted Infection (STI) testing, pregnancy testing and counseling, as well as contraceptive services. Title X funds are never used to pay for abortion services. Washington State works with reproductive care providers across the state to deliver these services.

Washington's unintended pregnancy rate is currently at an all time low of 36%. Access to contraceptive services and accurate health information likely contribute to the lower rate. While Title X is just one contraceptive service program in the state, its focus on more



vulnerable populations, such as uninsured and underinsured, make it unique and necessary to improve reproductive health for the people of Washington. Overall, clients who need Title X services experience disproportionate hardships, such as periodic homelessness, substandard child care, and low wages or unemployment. In more rural areas Title X clinics are sometimes the only medical providers available to women ages 15-44.

¹Title X services are estimated to have resulted in a net savings of \$142,421,090 in prevented expenses. Estimates are based on Washington State Family Planning Title X clinic visit record data and formulas from Guttmacher Institute (Frost JJ et al., Return on investment: A fuller assessment of the benefits and cost savings of the US publicly funded family planning program, *The Milbank Quarterly*, 2014, <http://onlinelibrary.wiley.com/enhanced/doi/10.1111/1468-0009.12080/>.)

Data sources:

Washington State Clinic Visit Record data 2015, 2016;

Guttmacher Institute Data Center. Estimates retrieved from <https://data.guttmacher.org/calculator> on 01/26/2017



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To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



Adverse Childhood Experiences in Snohomish Health District

Federal Agency and Grant Name:

Health Resources and Services Administration (HRSA)/
Maternal and Child Health Block Grant (MCHBG)

Maternal and Child Health Services Block Grant (MCHBG) is provided through Title V of the Social Security Act of 1935. Washington State receives about \$8.8 million in federal funding annually and two-thirds of that goes to 34 local health jurisdictions and one hospital district to serve all 39 counties.

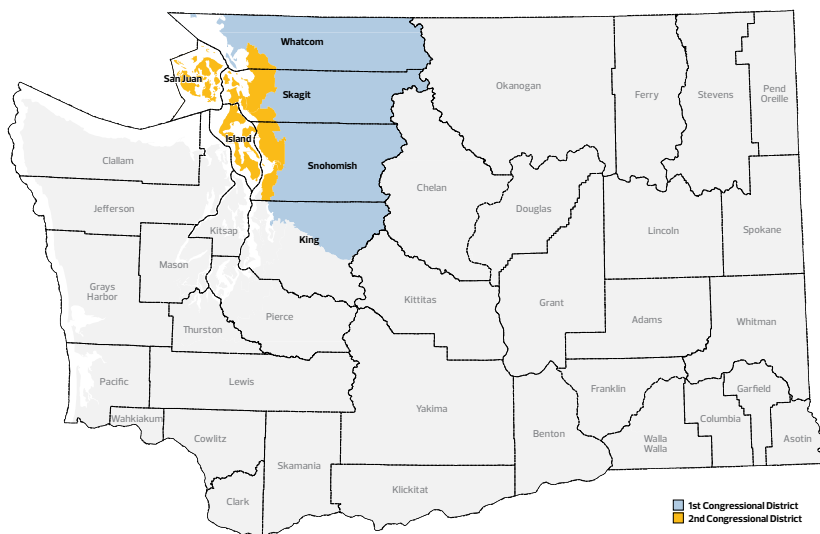
Time Period:

October 1, 2016 to September 30, 2017

Total Funds:

Snohomish County receives \$444,879 through this program.

Congressional Districts: 1, 2



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The Link Between Trauma and Health

Adverse Childhood Experiences (ACEs) are traumatic events that negatively impact health when experienced before the age of 18. Research also shows, however, that increased resilience can significantly mitigate the negative impacts of these traumatic experiences.

Snohomish Health District utilizes Maternal and Child Health Block Grant (MCHBG) Public Health Nurses (PHN) to address ACEs and build resiliency in our community. Three examples of federal funding at work in our community include:

ACEs and Resiliency Classes: PHNs have been conducting ACEs/resiliency classes in a local homeless shelter over the past year to build resiliency in shelter staff and residents.

Reading to Promote Resilience: One method for promoting resilience in children is reading to them.

The PHN partnered with Everett Public Libraries Youth Program to create a book list to inform parents about the role that reading to their children plays in promoting resilience and provided the librarians and staff of the Library on Wheels program with training on how to implement ACEs knowledge in their work. By the end of the short training, this group of experienced professionals felt empowered in the knowledge that their work has an even greater meaning and purpose than they previously thought. They saw their roles in how they can help children mitigate the negative impact of ACEs by promoting resilience during story times.



ACEs Quarterly: The MCHBG Public Health Nurse hosts the ACEs Quarterly meeting with the overarching goal of engaging community members in discussion about ACEs. The most recent ACEs Quarterly screened the documentary *Resilience: The Biology of Stress and the Science of Hope*. As this documentary was screened locally in 2016, outreach for the 2017 screening targeted a sector of our community less familiar with ACEs and resiliency. Outreach was successful with 75 attendees, the majority of whom had never seen the documentary. Discussion and surveys after the film highlighted areas of perceived need such as greater communication among agencies, widespread discussion, and access to resources for utilizing this knowledge to impact our communities.



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Children and Youth with Special Health Care Needs in Spokane

Federal Agency and Grant Name:

Health Resources and Services Administration (HRSA)/
Maternal and Child Health Block Grant (MCHBG)

Maternal and Child Health Services Block Grant (MCHBG) is provided through Title V of the Social Security Act of 1935. Washington State receives about \$8.8 million in federal funding annually and two-thirds of that goes to 34 local health jurisdictions and one hospital district to serve all 39 counties.

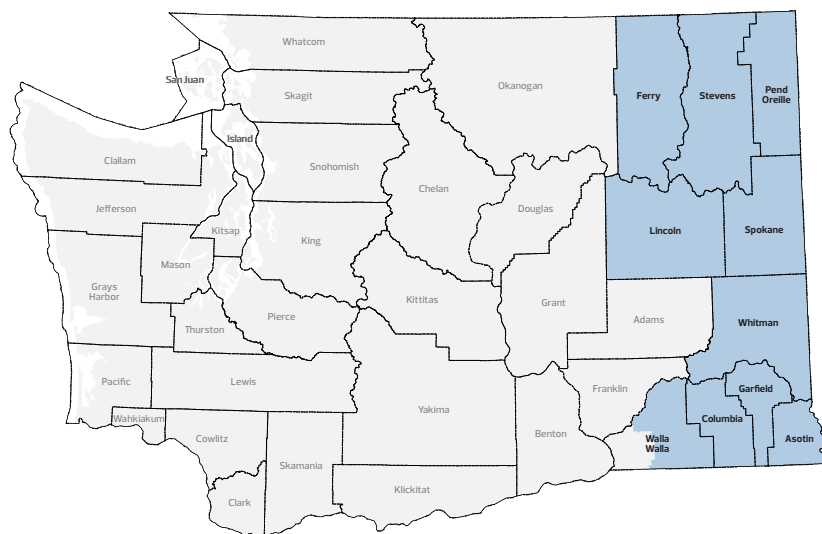
Time Period:

October 1, 2016 to September 30, 2017

Total Funds:

Spokane County receives \$358,513 through this program.

Congressional Districts: 5



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Supporting Mothers and Children

Children and Youth with Special Health Care Needs (CYSHCN) Public Health Nurses (PHN) in Spokane respond to families in need and connect them with local resources. In July 2017 a PHN received a referral from an Apple Health Plan Case Manager for a mother and son who needed assistance accessing services and completing multiple applications.

The mother had recently left a violent relationship. Her son, who has autism, was recently denied Supplemental Security Income (SSI) benefits after receiving SSI for the past three years. She needed to complete the appeal paperwork, obtain the documentation necessary to support the appeal, sign up for Developmental Disabilities Administration (DDA) benefits for her son, enroll him in a summer program, and sort through and make sense of court documents. She was worried about losing her housing if SSI funds were not available.

Together, the mother and PHN waded through her paperwork, filled out the SSI appeal document, organized the supporting



documentation, and completed the application for a summer program at a local community center and the paperwork for DDA. They read through her court documents and identified the required response dates. This child has since had his SSI reinstated, is enrolled with DDA, attended a summer program through his local community center, and now receives services at his school, where he also has an Individualized Education Program (IEP). His mother has maintained housing for her family.



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Children and Youth with Special Health Care Needs in Walla Walla

Federal Agency and Grant Name:

Health Resources and Services Administration (HRSA)/Maternal and Child Health Block Grant (MCHBG)

Maternal and Child Health Services Block Grant (MCHBG) is provided through Title V of the Social Security Act of 1935. Washington State receives about \$8.8 million in federal funding annually and two-thirds of that goes to 34 local health jurisdictions and one hospital district to serve all 39 counties.

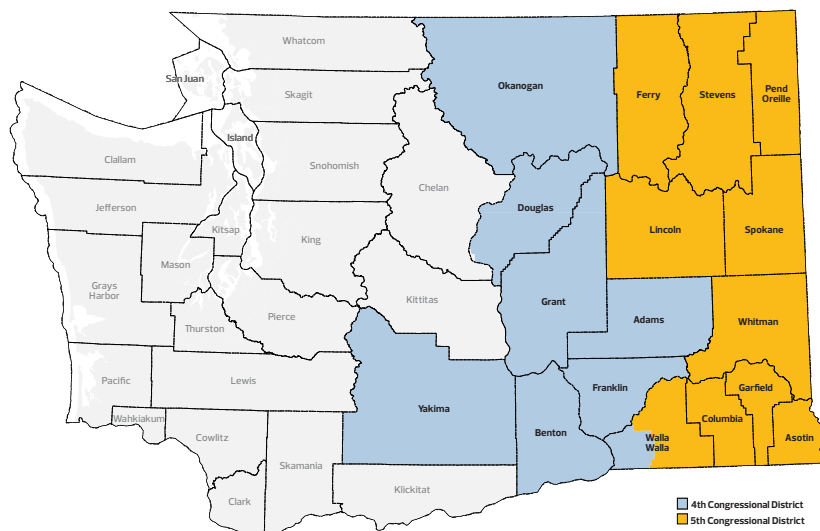
Time Period:

October 1, 2016 to September 30, 2017

Total Funds:

Walla Walla County receives \$67,276 through this program.

Congressional Districts: 4, 5



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Connecting Patients to Care in Walla Walla

On June 19, 2017, Adventist Health in Walla Walla County announced that it would close three of its facilities, including a pediatric practice housed within the Adventist Health Medical Group. The pediatric practice had three pediatricians and one advanced registered nurse practitioner (ARNP). After the facility closures, Walla Walla was left with only one pediatric practice, which accepted only one Medicaid plan and already had a full caseload. Patients were given six-weeks' notice to prepare or transition to new care providers for their children.

The Maternal and Child Health/Children and Youth with Special Health Care Needs (MCH/CYSHCN) program stepped in to help Walla Walla families change health plans, request transfers of medical records, coordinate and advocate for needed follow up at the remaining pediatric clinic, schedule critical tests approved by their current Medicaid plan before the plan changed, and more. MCH/CYSHCN services helped to ease the families' anxieties and insecurities, and children with the most



immediate needs were seen and cared for by a pediatrician during the transition period. The pediatric practice providers have since transferred to the remaining pediatric clinic to resume taking care of their patients.

Children enrolled with the CYSHCN program were assisted along with other referrals from Adventist Health in response to a letter sent to the pediatric clinic by a public health nurse offering assistance with coordination/transition of care.



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Adverse Childhood Experiences in Thurston County

Federal Agency and Grant Name:

Health Resources and Services Administration (HRSA)/
Maternal and Child Health Block Grant (MCHBG)

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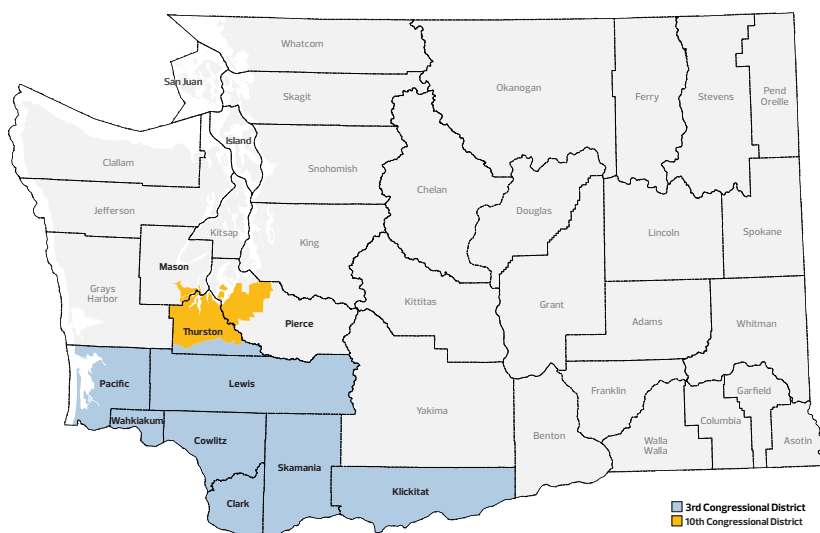
Time Period:

October 1, 2016 to September 30, 2017

Total Funds:

Thurston County receives \$170,583 through this program.

Congressional Districts: 3, 10



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Amy's Story

Amy was referred to Nurse Family Partnership (NFP) by a parole officer in June 2016 when she was 17 years old and 16 weeks pregnant. At the age of 15 she had run away from the home she shared with her mother. Amy found herself in a neighboring state in an abusive relationship with a 30 year old man who began putting methamphetamine in Amy's food after she became pregnant in the hopes that she would have a miscarriage. By this time, Amy had been with him for a year and a half.

Amy was eventually found when a police officer pulled the man's vehicle over and arrested him. The man's parole officer brought Amy back to her mother's home in Thurston County and immediately called Thurston County Public Health and Social Services to connect her to an NFP nurse.

Amy was placed in a juvenile detention facility, where she continued to see the NFP nurse, and was eventually convinced to enter



an inpatient drug treatment. After several weeks of treatment, Amy resumed phone visits with the NFP nurse. Amy completed her treatment program and moved in with her grandmother two weeks before she delivered a healthy, full-term baby girl.



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