

Maternal and Child Health Advisory Board (MCHAB)
February 7, 2020 Update

- **Domain: Women/Maternal Health**
 - Increase the percent of women ages 15-44 receiving routine check-ups in the previous year
 - Increase the percent of women receiving prenatal care in first trimester

- **Title V/MCH Program and Partners –**
 - Community Health Services (CHS) provided 3,013 preventive education services, 286 well-care screenings, 524 contraceptives, 206 Sexually Transmitted Infection (STI) screens, 69 immunizations, and 482 clients received nutrition, weight, and exercise information. All women presenting for reproductive health visits were screened for domestic violence and behavioral health, including postpartum depression. Three women were referred to mental health providers.
 - The Partners Allied for Community Excellence (PACE) Coalition Community Health Worker (CHW) participated in five community collaboration meetings promoting PACE's programs to improve health among MCH populations. The CHW conducted outreach at one venue and disseminated prevention materials to five people on intimate partner violence. Additionally, the PACE staff taught one Mental Health First Aid (MHFA) class empowering six new community members to avert suicide attempts.
 - Carson City Health and Human Services (CCHHS) promoted annual wellness exams through the clinic's outside digital sign and social media. Facebook posts promoting the importance of annual well women exams reached 2,959. In the clinic, CCHHS conducted 664 well visits for women. Referrals were made for 12 women afflicted by domestic violence, 61 for mood disorders, 94 for substance use, and 252 reporting alcohol use were educated about risks of alcohol use with pregnancy. Sobermomshealthybabies.com was promoted during clinic visits.

- **Rape Prevention & Education (RPE) Program –**
 - The Nevada Rape Prevention and Education (RPE) Program implements activities to decrease sexual assault and intimate partner violence through RPE and Preventive Health and Health Services (PHHS) federal grant funds. The Title V Maternal and Child Health (MCH) Block Grant supports, in part, the RPE Coordinator position in the Maternal, Child and Adolescent Health (MCAH) Section within the Division of Public and Behavioral Health.
 - Research through the Centers for Disease Control and Prevention shows relationship abuse is a significant health issue in the United States. One of the most pronounced sexual health disparities occurs in young adults living with a developmental disability and their heightened vulnerability to sexual assault and abuse.¹
 - Significant sexual health disparities, including unplanned pregnancy, sexually transmitted infection (STI) rates, and the prevalence of sexual abuse negatively impacts the quality of life for this population.²

¹ Sexual Health Disparities Among Disenfranchised Youth. (2011)

² Goldman, R. L. (1994). Children and youth with intellectual disabilities: Targets for sexual abuse. International Journal of Disability, Development and Education, 41(2), 89-102.

- Children living with disabilities are three times more likely than children without to be victims of sexual abuse, and the likelihood is even higher for children with certain types of disabilities, such as intellectual or mental health disabilities.³
- It is not the disability itself increasing the risk of sexual victimization, but societal and situational factors. Commonly cited risk factors for sexual victimization for people with disabilities include the following: negative public attitudes towards persons with disabilities; social isolation; lack of accessible transportation; reliance on others for care; communication barriers; lack of knowledge about healthy intimate relationships; type of disability; lack of resources and knowledge of existing resources; poverty; lack of control of their personal affairs; perceived lack of credibility when they disclose sexual victimization; lack of caregiver support; and alcohol and drug abuse by perpetrators.
- In response to factors which occur in this high-risk population, an advisory committee comprised of professionals from universities, parents of children living with a disability, and independent living facilities working with youth and young adults living with disabilities, was formed to identify the needs of individuals wishing to support children and youth living with developmental disabilities. The Nevada Coalition to End Domestic and Sexual Violence (NCEDSV) is working with the advisory committee to develop and identify appropriate resource materials and training strategies to decrease incidences of sexual abuse among individuals 12-24 years old living with developmental disabilities.
- Over the last few months, a “*Supporting Adolescents with Disabilities Who Are Experiencing Relationship Abuse and Sexual Violence: Setting the Stage for Prevention*” workshop was presented at the Nevada State Child Abuse Prevention and Safety Conference, as well as two workshops offered during the NCEDSV Annual Conference. The advisory committee reviewed existing sexual assault prevention materials to identify appropriate resources for Nevada and a webpage was created on the NCEDSV website sharing educational information to increase awareness of the issue: <https://www.ncedsv.org/preventing-sexual-abuse-of-people-with-developmental-disabilities/> The advisory committee will continue to make recommendations on preferred strategies to support parents, caregivers, and advocates engaged in improving health outcomes among this population.
- **MCH Coalition (north, south and statewide) –**
 - The NV Statewide MCH Coalition continues to distribute materials promoting the Go Before You Show campaign, the Nevada Children’s Medical Home Portal, Perinatal Mood and Anxiety Disorders, Nevada 2-1-1, Sober Moms Healthy Babies and the Nevada Tobacco Quitline. In addition, monthly e-newsletters, educational opportunities, and Program updates are provided to Coalition members. Social media campaigns promoting maternal, child, and adolescent health continue on Facebook and Instagram.
 - Southern Nevada MCH Coalition meetings were held:
 - October 8, 2019
 - November 12, 2019
 - Northern Nevada MCH Coalition meeting was held:
 - November 14, 2019
 - Held quarterly steering committee meeting on November 21, 2019
 - Six Perinatal Mood and Anxiety Disorder (PMAD) support group meetings were conducted, two per month.
 - Facebook followers increased by 6 from September to November

³ Lund, Emily M., and Vaughn-Jensen, J. (2012). “Victimization of Children with Disabilities.” The Lancet, Volume 380 (Issue 9845), 867-869.

- Instagram followers increased by 40 from September to November
- **Domain: Perinatal/Infant Health**
 - Increase the percent of children who are ever breastfed
 - Increase the percent of children who are exclusively breastfed at 6 months
 - Increase the percent of baby-friendly hospitals in Nevada
- **Title V/MCH Program and Partners –**
 - PACE Coalition taught two safe sleep courses and assisted two women in obtaining infant car seats. PACE Coalition conducted outreach at one venue and handed out materials to 20 individuals on infant health.
 - CCHHS reached out to businesses to educate about breastfeeding laws and encourage participation in the Breastfeeding Welcome Here Campaign. Additionally, CCHHS staff sought interest from businesses being provided with supplies for a designated employee/patron breastfeeding area. CCHHS promoted health topics on the clinic's outside digital sign and through social media promoting Text4Baby, Sobermomshealthybabies.com, and the Pregnancy Risk Assessment Monitoring System (PRAMS) survey. Text4Baby Facebook posts promoting healthy infant feeding and vaccinations reached 1,988. Two Sobermomshealthybabies.com Facebook posts about substance use treatment resources during pregnancy reached 5,814. The PRAMS Facebook post promoting participation in the survey reached 3,334. In the clinic, CCHHS educated women receiving positive pregnancy test results about breastfeeding and referrals were made to WIC for support.
- Safe Sleep Media Campaign
 - October-November 2019: 159 Total TV Spots Aired, 1,405 Radio Spots Aired
 - TV
 - North: 24 English, 36 Spanish
 - South: 65 English, 34 Spanish
 - Radio
 - North: 559 English, 152 Spanish
 - South: 614 English, 80 Spanish
- SoberMomsHealthyBabies.org Media Campaign
 - October-November 2019: 193 Total TV Spots Aired, 1,477 Radio Spots Aired
 - TV
 - North: 42 English, 37 Spanish
 - South: 64 English, 50 Spanish
 - Radio
 - North: 683 English, 30 Spanish
 - South: 690 English, 74 Spanish
- Washoe County Health District (WCHD) continues to review records for the Fetal Infant Mortality Review (FIMR)
 - FIMR staff continued to:
 - Educate community stakeholders about the FIMR process
 - Improve the process for obtaining FIMR cases
 - Improve data abstraction procedures
 - Coordinate the Case Review Team (CRT) and the Community Action Team (CAT)
 - Implement recommendations

- **Safe Sleep/Cribs for Kids-**
 - Provides safe sleep media outreach and conducts activities with safe sleep partners, including community event participation statewide.
 - Maintain consistent partner communication and continue with the train-the-trainer model.
 - Work with hospital partners to implement Infant Safe Sleep practices and increase awareness by presenting at a minimum of four hospitals per year.
 - Includes Infant Safe Sleep brochures in the PINK packets
 - Delivered program supplies and equipment.
 - Purchased more kits to distribute to partners
 - Continued to promote 2-1-1, Nevada Tobacco Quitline and Nevada Children's Medical Home Portal
- REMSA Cribs for Kids, October 1 – December 31:
 - Provided help to Safe Kids Washoe County to write a Safe Kids Safe Sleep Grant
 - Updated safe sleep curriculum to reflect 2017 CDC guidelines
 - Started new partnership with Foundation for Recovery to train the trainers, continued to work with previous partners and complete trainings.
 - Distributed car seats to 4 Tribal partners:
 - Owyhee- 16 car seats
 - Washoe Tribe- 10 car seats
 - Southern Bands- 5 car seats
 - Walker River Paiute Tribe- 3 car seats
 - Survival kit distribution: 264
 - Binder distribution: 26
 - Poster distribution: 55
 - Charlie's Kids Safe and Snug Books distribution: 30
 - Flip chart distribution: 1
 - Brochure distribution: 545
 - Sudden unexpected infant death (SUID) intake questionnaire: 132
- **Maternal-Infant Program –**
 - Critical Congenital Heart Disease (CCHD) data collection continues.
 - Participation continues in the AMCHP-led Infant Mortality CoIIN focused on the Social Determinants of Health The IM CoIIN ends 03/2020, a budget update was submitted 12/2019.
 - NV IM CoIIN team is still meeting monthly.
 - The Maternal Infant Program (MIP) Coordinator continues to sit on monthly AMCHP IM CoIIN meetings where all states who are participating in the IM CoIIN attend.
- Breastfeeding Welcome Here Campaign
 - A new National Breastfeeding Month banner is in process. This banner will hang across Carson street during a week in August to promote National Breastfeeding Month and the nevadabreastfeeds.org website.
 - New campaign materials are also in process.
 - KPS3 is continuing to host the website address for nevadabreastfeeds.org.
- **Domain: Child Health**
 - Increase the percent of children (10-71 months) who receive a developmental screening using a parent-completed screening tool
 - Increase the percent of children (6-11) who are physically active at least 60 minutes a day

- **Title V/MCH Program and Partners –**

- Community Health Services (CHS) provided 108 children with fluoride varnish and oral health educational materials. Immunizations were administered in the clinic, schools, and community resulting in 205 children being vaccinated. CHS provided seven well-child visits.
- CCHHS works collaboratively with the in-house WIC office whose staff disseminated an infographic about the importance of and how to access a medical home. Additionally, Nevada 2-1-1 and medical home portal promotional materials were discussed with CCHHS clients and made available in the clinic area. In the clinic, CCHHS provided four developmental screens on uninsured children and all four children were referred to local providers due to findings outside age-based norms.
- Nevada Institute for Children’s Research and Policy (NICRP) received 7,554 health surveys of children entering kindergarten for the school year starting fall of 2019. Final reminder phone calls were made to elementary schools whose surveys were not returned. Data from these annual surveys provide estimates for monitoring MCH indicators and for reporting to local, state, and federal entities.

- **Children’s Healthy Weight CoIIN**

- Title V MCH staff continued participation in the Collaborative Innovation and Improvement Network (CoIIN) facilitated through the Association of State Public Health Nutritionists (ASPHN). Current CoIIN efforts to explore integrating nutrition into Title V MCH activities entail a needs assessment of state and community nutrition projects to better understand how the program can share resources and enhance partnerships to promote healthy infant and child feeding and nutrition. Questions about Nevada childhood nutrition programs and their programmatic resources have been developed and will be answered through an online survey. The responses will provide information from Nevada’s childhood nutrition experts.

- **Domain: Adolescent Health**

- Increase the percent of adolescents aged 12-17 with a preventive medical visit in the past year
- Increase the percent of middle school and high school students who are physically active at least 60 minutes a day
- Reduce pregnancies among adolescent females aged 15 to 17 years and 18 to 19 years

- **Title V/MCH Program and Partners –**

- Community Health Services (CHS) provided 715 preventive education services, 94 well-care screenings, 155 contraceptives, 78 STI screens, and provided 144 adolescents with nutrition, weight, and exercise information. Adolescents presenting for reproductive health visits were screened for domestic violence and emotional/mental problems. Young mothers were screened for postpartum depression. Immunizations were administered in the clinic, schools, and community resulting in 108 adolescents being vaccinated.
- PACE Coalition met with the Family Resource Center to help grow enrollment into their healthy teen programs: *Promoting Health Among Teens!* and *Making Proud Choices!* Additionally, the PACE staff taught two Youth Mental Health First Aid (YMHFA) classes empowering 14 new community members to avert suicide attempts.
- Carson City Health and Human Services (CCHHS) promoted annual adolescent wellness exams through the clinic’s digital sign and social media. Facebook posts promoting the importance of adolescents receiving an annual wellness exam reached 3,726. In the clinic, CCHHS conducted 60 well visits for adolescents. Referrals were made for 5 women afflicted by domestic violence, 5 for mood disorders, 14 for substance use, and 15 reporting alcohol use were educated about risks of alcohol use with pregnancy. Sobermomshealthybabies.com was promoted during clinic visits.

- Urban Lotus Project (ULP) held Trauma-Informed Yoga for Youth courses, serving Northern Nevada adolescents at locations such as schools, public community hubs, drop-in centers, treatment facilities, and human service entities. Yoga teachers taught 192 classes to 335 adolescents at 15 facilities including three new Reno locations. ULP also expanded into Carson City, taught yoga classes at the juvenile detention center and met with other interested Carson City agencies. Quality improvement measures continue with teacher evaluations and student response surveys.
 - DP Video created video descriptors to improve ADA compliance for viewers. The content describes what is seen on the video screen and will be placed on all upcoming social media campaigns intended to increase the number of middle school and high school students who are physically active at least 60 minutes a day.
- **Adolescent Health and Wellness Program –**
 - The Adolescent Health and Wellness Program (AHWP) Coordinator disseminated brochures about the value of yearly adolescent check-ups and applying for health insurance to various agencies. Before the insurance open enrollment period, 28,500 brochures (English and Spanish) were distributed mostly through the Division of Welfare and Supportive Services (DWSS), Division of Child and Family Services (DCFS), and Nevada Health Link.
 - The Association of Maternal and Child Health Program (AMCHP) Innovation Station accepted the promising practice on Urban Lotus Projects' Trauma-Informed Yoga for Youth program. The yoga practice promotes physical activity and provides stress reduction tools to high-risk young people, often exposed to adverse childhood experiences (ACEs). Yoga instruction and mindful awareness are brought to agencies serving adolescents, inclusive of young people attending public or charter schools, those who are homeless, in foster care, as well as those residing in juvenile justice centers, transitional living homes, in-patient mental health, and substance use treatment facilities. The promising practice carries credibility and awareness so other agencies can replicate the project allowing it to move along the best practices continuum.
<http://dpbh.nv.gov/Programs/AHComp/Adolescent Health and Wellness Program/>
 - The AHWP Coordinator shared information with awarded adolescent-serving health clinics about best practice tools used to strengthen their presence as an adolescent-centered medical home. The Adolescent-Centered Environment Assessment Process (ACE-AP) quality improvement program guides clinics through a self-assessment of the environment, policies, and practices related to youth-friendly services using 12 key areas of adolescent-centered care. The Rapid Assessment for Adolescent Preventive Services (RAAPS) electronic youth-friendly tool, performed during well-visits, is intended to solicit more honest information than other assessments to identify risk behaviors and depression. Discussions are happening within the clinics to learn their desire and capacity to implement in the next year.
 - The CYSHCN Director and AHWP Coordinator serve on the Nevada Primary Care Association (NVPCA) Youth Advisory Council to help the agency best meet their objectives in the Healthy Tomorrows Partnership for Children Program three-year grant.
 - The AHWP Coordinator disseminated new *Bright Futures Guidelines*, 4th Edition resources for promoting healthy behavioral and emotional development in adolescents. The content was displayed on the MCH Coalition and Office of Primary Care e-newsletters.

- **Domain: Children and Youth with Special Health Care Needs (CYSHCN)**
 - Increase the percent of children with special health care needs with a medical home
 - Increase the percent of children without special health care needs with a medical home
 - Increase the number of WIC, Home Visiting, Healthy Start, and other program participants that received information on the benefits of a medical home
 - Increase the number of referrals to Nevada's medical home portal
- **Title V/MCH Program and Partners –**
 - The Children's Cabinet (TCC) and the Technical Assistance on Social Emotional Intervention (TACSEI) continued to engage families through the use of the social emotional Pyramid Model trainings serving CSHCN 0-5 years of age. TCC enhanced parent involvement through newsletters and meetings, and enhanced health literacy to parents/caregivers through the distribution of Milestone Moments books, Positive Solutions for Families brochures, Backpack series materials, and developmental screenings using the Ages and Stages Questionnaire (ASQ). Over 135 children were screened at twenty implementation sites.
 - Nevada Center for Excellence in Disabilities (NCED) continued to train and provide information for CYSHCN professionals and parents on transition health care, the value of the medical home, and the Nevada Children's Medical Home Portal (NCMHP). NCED staff gave six presentations to WCSD and UNR CYSHCN students, parents, mentors, and professionals for a total of 399 training attendees.
 - Family TIES of Nevada (FTON) continues to maintain the CYSHCN helpline, provide translation services for families with CYSHCN, conduct Parent to Parent (P2P) program trainings assisting families with CYSHCN and educate families on how to navigate the Nevada Children's Medical Home Portal. Over 360 families were assisted either with specialized information referrals, care coordination, translation services, insurance eligibility assistance, family planning, physical activity promotion, and/or transportation.
 - The Northern Nevada Cleft Palate Clinic (NNCPC) provided no-cost craniofacial services to eleven patients in their monthly clinics between July-September and coordinated with FTON to provide translation services to these patients and their families.
- **Children and Youth with Special Health Care Needs (CYSHCN) Program**
 - Title V MCH staff continued participation in the AMCHP Emergency Preparedness and Response Action Learning Collaborative (EPR ALC) in collaboration with the Nevada DPBH Public Health Emergency Preparedness (PHEP) Program. Through this opportunity, AMCHP and CDC are providing technical assistance to Nevada and other participating states to aid in developing or enhancing the integration of MCH populations in their emergency preparedness and response plans. The Maternal, Child, and Adolescent Health Section received training on EPR for MCH populations as an assigned task to increase MCH PHEP capacity.
 - Title V MCH staff attended the 2019 HRSA/AMCHP Title V MCH Federal-State Partnership Meeting to be updated on current HRSA Title V MCH Block Grant priorities. Title V MCH staff attended informational sessions on health equity, needs assessment planning, needs assessment priorities and measures, and communicating the value of MCH programs.
- **Domain: Cross-Cutting/Lifecourse (activities within this domain are included within each subpopulation above), which include the following objectives:**
 - Reduce the percent of women who smoke during pregnancy
 - Increase the percent of women who call the Nevada Tobacco Quitline for assistance

- Reduce the percent of women using substances during pregnancy
- Reduce the percent of children who are exposed to secondhand smoke
- Increase the percent of adequately insured children
- Increase the percent of callers to Nevada 2-1-1 inquiring/requesting health insurance benefits information
- **Tobacco Cessation:**
 - All subgrantees continue to promote the Nevada Tobacco Quitline. PACE Coalition, CCHHS, and CHS referred tobacco users to the Nevada Tobacco Quitline. CCHHS counseled self-identified nicotine users with a Brief Tobacco Intervention resulting in 126 referrals to the Tobacco Quitline. CHS referred 10 women of childbearing age (15-44 years old) to the Quitline.
- **Substance Use During Pregnancy:**
 - All Title V MCH subrecipients promote the SoberMomsHealthyBabies.org website
 - Title V MCH staff participate in Substance Use workgroups and collaborate with the Substance Abuse Prevention and Treatment Agency (SAPTA) on the Comprehensive Addiction Recovery Act (CARA) initiatives, including Infant Plan of Safe Care, and the Association of State and Territorial Health Officials (ASTHO) Opioid Use Disorder, Maternal Outcomes, and Neonatal Abstinence Syndrome Initiative (OMNI).
- **Nevada Public Health Conference**
 - The Nevada Public Health Conference was held in Las Vegas on October 14-15, 2019. Immunize Nevada organized the conference; Title V MCH **was one of a number of sponsors.**
 - 5 main presentations:
 - Health Leaders and Legislative Representatives
 - Building Partnerships for Community Collaboration
 - Effective Communication without Confrontation
 - The Vaccine Hesitancy Crisis
 - Meningitis Survivor and Paralympic Cyclist Presentation
 - This two-day conference offered 32 workshop sessions for attendees to choose from. The topics ranged from human trafficking, vaping, immunizations, disease outbreak, community collaboration and more.
- **Adequately Insured Children:**
 - CCHHS partners with the Division of Welfare and Supportive Services (DWSS) by placing insurance enrollment staff on-site. In-reach was provided to uninsured clients seeking services through CCHHS. Carson City newly enrolled 66 people, and Douglas County enrolled 88
 - PACE Coalition assisted one person with an application for insurance/Medicaid. Follow-up care was conducted with two individuals to provide additional resources and services.
- **Nevada 2-1-1:**
 - Nevada 2-1-1 received 149 calls/texts from within the MCH population with 90% being pregnant. PRAMS program information was provided to 11 women, seven referrals given for Text 4 Baby and one for resources to deal with perinatal mood and anxiety disorder. Eight referrals were made to the Children's Medical Home Portal.
 - All subgrantees continue to promote Nevada 2-1-1.
 - CCHHS promoted Nevada 2-1-1 through Facebook and reached 2,988 people about how they can find assistance for various health and human services.