

## Cross-Cutting: Other MCH Workforce Development Activities

*Objective 6.3: Increase the proportion of MCH-led activities that address social determinants of health (SDOH) to reduce disparities and improve health outcomes for MCH populations by 15% annually through 2025.*

### Activities During Federal Fiscal Year 2023

Annual Home Visitor Training: The annual Kansas Virtual Home Visiting Conference was held on August 29 and 30 over Zoom and Whova. The conference had record attendance with multiple home visiting models represented. More than 500 people attended. All sessions were recorded and made available on [YouTube](#).

Session topics included the following, and many more.

- Mindfulness and Resilience: Strategies for Coping with Burnout
- A HOPE-ful Framework for Compassionate & Equitable Home Visiting
- Home Visit Safety for Professionals
- Normalizing Home Visiting Services in Kansas and Family Engagement
- Beyond Toxic Stress: What, Why, and How?
- Perinatal Behavioral Health

See full agenda at <https://kshomevisiting.org/kansas-home-visiting-conference/>.

**SAVE**  
**THE DATE**  
**2023 KANSAS HOME VISITING VIRTUAL CONFERENCE**  
**August 29 & 30, 2023**  
**12:30pm - 4:30pm**  
Registration opens  
July 10, 2023

A CONFERENCE  
DESIGNED TO  
CONNECT KANSAS  
HOME VISITORS  
WITH TOOLS AND  
INFORMATION TO  
SUPPORT  
FAMILIES IN  
THEIR  
COMMUNITIES

Learn more  
by visiting: [kshomevisiting.org](https://kshomevisiting.org)

**Kansas**  
Department of Health  
and Environment

DCCCA

**KANSAS**  
HOME VISITING

# Beyond TOXIC STRESS



We must look @ BIO response... If...  
We are going to OBJECTIVELY measure adversity

TOXIC STRESS is...  
-THE PROBLEM-

BIOLOGICALLY IMBEDDED

RELATIONAL HEALTH is...  
-THE SOLUTION-

SUSTAINING  
Safe  
Stable  
Nurturing  
Relationships ... A.K.A

ALOSTASIS  
Active response to get back to Normal  
TURN OFF STRESS on Healthy ways & unhealthy

needed for CHILDREN to Flourish  
family is doing well & working as a team

POSITIVE CHILDHOOD experiences CONNECTION

STRESS INTERRUPTS THE DRIVE

"IF A COMMUNITY VALUES ITS CHILDREN IT MUST CHERISH THEIR PARENTS" - John Bowbly

GET parents out of SURVIVAL mode and into RELATIONAL mode

TWO Gen Developmental Public Health APPROACH

REGULATED PARENTS → REGULATE KIDS  
Calm, nurturing & consistently outside

BUILD DISTRESS Tolerance over time

Help kids COPE

It's NOT about the ABSENCE of STRESS

REGULATE → RELATE → REASON



KU KANSAS  
Linn Visual Recording by Sara O'Leary August 29-30, 2015

# HOPE-ful FRAMEWORK



SHIFTING FROM RISK FACTORS TO WHAT'S STRONG PROTECTIVE FACTORS

Type ONE THINKING  
Fast Intuitive  
Implicit BIAS  
Low effort  
- aka -  
DEFACT-THINKING

Type TWO THINKING  
Slow Calculated  
Notice our BIASES  
High effort

Outside the BOX thinking

PROTECT ADULT MENTAL HEALTH

POSITIVE CHILDHOOD experiences  
STUDY beyond 2015

ACE's BUFFER AGAINST lifelong NEGATIVE HEALTH outcomes caused by ACE's

MORE POSITIVE CHILDHOOD experiences LOWER RATES of SUBSTANCE use issues

The ABSENCE OF POSITIVE CHILDHOOD experiences RESULTS IN A NEGATIVE SHIFT in ADULT HEALTH

We cannot always PREVENT the BAD BUT... we can always PROMOTE the POSITIVE

FOUR BUILDING BLOCKS



GIVES PARENTS HOPE

MOTIVATING NEWS for FAMILIES

Linn Visual Recording by Sara O'Leary August 29-30, 2015  
KU KANSAS

# MINDFULNESS AND RESILIENCE



# PERINATAL BEHAVIORAL HEALTH



LHM Visual Recording by Sara O'Rourke August 29-30, 2022

Prevent **OVERDOSEKS.org**

# OVERDOSE DATA IN KANSAS



Substance Use Disorder **CONDITION** that needs to be **MANAGED** like diabetes  
**BUPRENORPHINE** can help people stay in RECOVERY

Person **FIRST** Language

It's possible that if we **SPEAK** with **Respect** people with substance use **CAN BELIEVE** they can get better.

## ADDICTION

TREATABLE, CHRONIC MEDICAL DISEASE INVOLVING COMPLEX BRAIN CIRCUITS, GENETICS, ENVIRONMENT, & LIFE EXPERIENCES  
\* Becomes compulsive despite HARMFUL CONSEQUENCES

## CHRONIC BRAIN DISORDER

No one is NOT @ RISK!!

People can use AND NOT see THE PROBLEM like high blood pressure. MURDER KILLER.

**MOST** overdoses in KANSAS have been ACCIDENTAL **81%**

Synthetic OPIOIDS AND Fentanyl are the Reason for the RISE in overdoses  
In most ELICIT (street) DRUGS

**3,802** OVERDOSE DEATHS 2012-2021

Give Naloxone  
Call 911  
Lay them on their side  
Try to keep them awake  
Stay with them

Should be available THIS FALL



Life-saving **Naloxone NASAL SPRAY**  
ADMINISTER IF/WHEN you BELIEVE someone OVERDOSED  
NOT HARMFUL - FREE from DCCA

### When to administer

- PIN PRICK PUPILS
- ASLEEP
- CHOKING
- GURGLING
- COLD & CLAMY
- LIMP
- LIPS & NAIL BEDS DISCOLORED

**OPIOIDS SUPPRESS BREATHING**

### Home VISITORS CAN...



Adopt screening PROTOCOLS



Understand treatment OPTIONS



Carry Naloxone

KU KANSAS  
Live Visual Recording by Sara O'Keefe August 29-30, 2022

# PRACTICAL STRATEGIES OF CONNECTING WITH KIDS



Such a good, daily reminder...  
"Take a breath"

**Stress** IS THE ENEMY OF CONNECTION

Learn HOW TO recognize & decrease STRESS

Let's LEARN some COMMUNICATION Strategies

Say something NICE about something you NOTICE  
No instructions  
No questions

Good afternoon! It's so good to see you, I like your glasses!

PAIR every time separated 2 HRS or more

**GOAL** Connect FIRST via "Pairing"

caring safety comfort positivity kindness fun trust

What is the Magic Sauce?

Communicates well  
GIVES CLEAR INSTRUCTION  
MANAGES STRESS

err... PASTE? MAGIC PASTE

DON'T ASK A QUESTION IF IT'S AN INSTRUCTION

Mean what you say  
Say what you mean

### INSTRUCTION DELIVERY

- 1 Get KIDS Attention
- 2 Get in close PROXIMITY
- 3 USE DESCRIPTIVE WORDS
- 4 USE DIRECT LANGUAGE
- 5 WAIT 5 seconds....
- 6 SAY INSTRUCTION once more

**GIVE PRAISE OFTEN**

Recent Parent Study  
Parents spend an average of twenty-two minutes fully attending to their child

Increase your JOY

KU KANSAS  
Live Visual Recording by Sara O'Keefe August 29-30, 2022

*Tailored Resource Packets for ATL Grantees:* As part of the MCH ATL annual grant applications, local organizations indicate populations they intend to serve as well as services they intend to provide. Title V provided a tailored list of recommended activities and resources for each domain that aligns with the Kansas Title V MCH 2021-2025 State Action Plan (SAP). A master list of all activities and resources was also made available on the MCH Workstation for local programs who had interest in expanding their operations. The aim of this project was to help ensure MCH ATL programs have quick access to vetted resources and activity ideas for providing quality MCH services that align with best practice strategies and guidelines. In addition to recommendations by each domain and SAP objective, links were provided to the MCH Services Manual, MCH Workstation, Kansas Grant Management System, DAISEY, and the MCH Materials Order Form for quick reference. To streamline information for local programs, Title V cross-referenced all ATL application responses and tailored the resource packet for each locally funded program; 54 community-based organizations received Title V: MCH ATL funding in SFY2023. Regardless of ATL application responses, all ATL programs received resource information for the Workforce Development and Family Services and Supports domain priorities. The following outlines the percentage of all ATL programs who received resources for each SAP objective, the document can be found in the supporting documents section.

The resource packet was made available to everyone listed as a contact for the MCH program, not just the primary point of contact. As part of the communication with local programs about this resource, they were encouraged to provide feedback about the information included in their packet following their review and use of the resources. A feedback survey was created in SurveyMonkey and remained open for the first quarter of the grant year. Title V requested that providers only submit one response per person but multiple responses from a program were appropriate and encouraged. Title V received responses from 19 individuals via survey link and 1 individual via email.

*Third Thursday Webinar Series:* Title V continued to offer their MCH Third Thursday Webinar Series. The Kansas MCH Team, along with subject matter experts from across the state, convened a monthly learning opportunity for MCH providers. The sessions focused on providing information about initiatives and resources that can be applied to MCH work across all communities. All webinar sessions were recorded, and a copy of the recording, slide deck, and referenced resource materials were made available to anyone who registers for the sessions following the live training.

*KPQC Learning Forums:* The KPQC offers monthly online [learning forums](#) throughout the year that are open to the general KPQC Membership. General membership in the KPQC is voluntary and consist of individuals who are committed to the KPQC mission of improving maternal and infant health outcomes. Many of our aid to local Title V partners are members of the KPQC. Utilizing state and national experts to provide education, KPQC learning forum topics are focused on the reduction of maternal morbidity and mortality; and improving infant health outcomes. All learning forums are recorded and available for later access on the KPQC website. The KPQC general membership is

350. On average, monthly learning forum attendance from October 2022 to September 2023 was 66.

Local MCH Agencies:

The following are examples of how some of the local MCH grantee agencies have made progress toward objective 7.1 during the reporting period.

At a minimum, local MCH agencies were required to solicit client feedback per their contract agreements that were disseminated at the beginning of the grant year.

- CareArc shared copies of their client satisfaction survey with the MCH Program Manager for review during an MCH site visit in September. Their home visiting program which they launched during this report period received positive feedback. In addition to the home visitor request for feedback, the entire CareArc client base was invited to complete a survey that is issued annually through Midwest Clinicians. It allowed for open comments as well as multiple choice answers regarding quality of care, cost and experience with the health care team and facility.
- Finney County worked to increase the return rate for client exit satisfaction surveys and implement needs/services assessments at outreach events. At their MCH site visit in July they shared a copy of their client satisfaction survey which has been shared as an example with other local MCH grantee agencies.
- Haskell County Health Department encouraged clients to serve on their advisory board.

**Plans for Federal Fiscal Year 2025**

Title V Change Academy Pilot: In partnership with the University of Kansas Center for Community Health and Development (KU-CCHD), Title V will continue its efforts to provide education and training to advance the MCH workforce in Kansas. The Title V Change Academy is a series of trainings to enhance the workforce knowledge of key public health activities. KU-CCHD and Title V have surveyed local KPCC & BaM sites on what trainings would be of most value to them. In the Fall of 2024, KU-CCHD will launch the series of selected topics by these sites to pilot the Change Academy. Each session will be approximately 90 minutes in length and include activities and discussion time for participants. After piloting with KPCCs and BaM sites, Title V and KU-CCHD will evaluate the program, make any necessary adjustments, and open the Change Academy to all MCH partners. For the pilot, the trainings will be available for up to 50 students and consist of the following curriculum modules:

Date	Topic
9/25	Module 1 - Creating and Maintaining Coalitions and Partnerships
10/23	Module 8 - Increasing Participation and Membership
11/20*	Module 2 - Assessing Community Needs and Resources
12/18*	Module 3 - Analyzing Problems and Goals
1/22	Module 5 - Developing Strategic and Action Plans
2/26	Module 6 - Building Leadership

3/26	Module 9 - Enhancing Cultural Competence
4/23	Module 10 - Advocating for Change
5/28	Module 12 - Evaluating the Initiative
6/25	Module 16 - Sustaining the Project or Initiative

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Annual Home Visitor Conference: The Title V team will provide regional Trauma Informed Care workshops for MCH home visitors and Kansas Perinatal Community Collaborative (KPCC) providers across the state. The workshop will be a trauma-informed and healing-centered approach for MCH funded providers who provide baseline education during pregnancy, birth, and the postpartum period.

Tailored Resources for MCH ATL Programs: As part of the MCH ATL annual grant applications, local organizations indicate populations they intend to serve as well as services they intend to provide. Title V provides a tailored list of recommended activities and resources for each domain that aligns with the Kansas Title V MCH 2021-2025 State Action Plan (SAP). A master list of all activities and resources is available on the MCH Workstation for local programs who had interest in expanding their operations and services. The aim for this project is to help ensure MCH ATL programs have quick access to vetted resources and activity ideas for providing quality MCH services that align with best practice strategies and guidelines. In addition to recommendations by each domain and SAP objective, links to the MCH Services Manual, MCH Workstation, Kansas Grant Management System, DAISEY, and the MCH Materials Order Form is included for quick reference. To streamline information for local programs, Title V cross-referenced all ATL application responses and tailored the resource packet for each locally funded program.

The resource packet is made available to everyone listed as a contact for their MCH program, not just the primary point of contact. As part of the communication with local programs about this resource, they are encouraged to provide feedback about the information included in their packet following their review and use of the resources. A feedback survey is provided and will remain open for the first quarter of the grant year for responses on the resources.

KPQC Learning Forums: The KPQC offers monthly online [learning forums](#) throughout the year that are open to the general KPQC Membership. General membership in the KPQC is voluntary and consist of individuals who are committed to the KPQC mission of improving maternal and infant health outcomes. Many of our aid to local Title V partners are members of the KPQC. Utilizing state and national experts to provide education,

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KPQC & AWHONN Joint Conference: The KPQC and the Kansas Chapter of the Association of Women's Health, Obstetrics and Neonatal Nurses (AWHONN) will host a joint conference in October 2024. The theme for the conference is: Maternal Mortality: Who's at the Table of Change. The conference will feature Clinical and State-level public health experts engaging in groundbreaking conversations that explore inpatient and outpatient collaborations and connections to improve maternal health outcomes in Kansas. Conference attendees will include KPQC membership, AWHONN members, healthcare providers, public health partners, community health workers and doulas.