Nurse Family Partnership

Yakima County’s
NFP Plan for Sustainability

Diane Patterson and Kim Caudill
Background of Maternal and Child Health in Yakima County

- Unique community model
- Lead agency is Yakima Valley Memorial Hospital
- Administrative group includes YVMH, Yakima Valley Farm Workers Clinic, Yakima Neighborhood Health Services, and the Yakima Health District
- Collaborative decision making
- Began examining best practices for nurse home visiting in early 1990’s
- First Steps in Washington State shapes MCH services
Implementation of NFP in Yakima

- Targeted Capacity Expansion Initiative for Prevention and Early Intervention at the Substance Abuse and Mental Health Services Administration (SAMHSA)
- 3 years at $400,000 per year starting 2003
- Emphasis on mental health prevention and infant mental health
- Emphasis on sustainability
SAMHSA Grants – main areas

• Center for Mental Health Services
  – Targeted Capacity Expansion, Youth Violence Prevention, Safe Schools Healthy Students
• Center for Substance Abuse Prevention
• Center for Substance Abuse Treatment

State Incentive Grants (SIGs) to advance the vision and goals of the President’s New Freedom Commission on Mental Health, Final Report July 2003.
Spectrum of Prevention – Multifaceted tool for promoting program effectiveness and sustainability

• Influencing Policy & Legislation
• Changing Organizational Practices
• Fostering Coalitions & Networks
• Educating Providers
• Promoting Community Education
• Strengthening Individual Knowledge & Skills

www.preventioninstitute.org
Influencing Policy & Legislation

- Developing strategies to change laws and policies to influence outcomes.
  - Useful policy is often developed locally
  - Challenge leadership to sacrifice in the short-term for long-term gain and positive outcomes
Influencing Policy & Legislation – specific activities in Yakima

- Washington State Prevention Forum (10/2004) targeted to state agency leads and legislators
- Federal level support of national NFP activities (sending Foundation CEO to Washington DC)
- Statewide efforts- concept papers: Washington state NFP & First Steps
- Legislative Testimony- Sea King example
- Washington State Institute for Public Policy connection- Cost Benefit Analysis
- SAMHSA- advocating for prevention programs. Identifies NFP as “gold standard”
- Medicaid- Request a First Steps waiver through Department of Health/DSHS or state legislature to allow for flexibility in home visiting funding to include NFP.
Changing Organizational Practices

• Adopting regulation and shaping norms to improve health and safety
  – Challenge leadership to sacrifice in the short-term for long-term gain and positive outcomes

• “The ideas of one generation become the instincts of the next” D.H. Lawrence
Changing Organizational Practices
– specific activities in Yakima

- Child Protective Services- Department of Social and Health Services moving toward primary prevention of child abuse/neglect
- Schools- Partnering for educational credits
- Department of Health – Linking to MCH statewide priorities
- Inventory of current programs- looking at “best practice & research-based practices”
- YNHS example of in-services for home visitors regarding NFP philosophies
- Children’s Village Trustees/Agency Administrators “buy in”
Fostering Coalitions & Networks

• Bringing together groups and individuals for broader goals and greater impact
• May be a “virtual coalition”

• National Center for Mental Health Promotion and Youth Violence Prevention
• www.promoteprevent.org
Fostering Coalitions & Networks – specific activities in Yakima

- Memorial Foundation - links to private philanthropy and grant seeking infrastructure
- Statewide NFP Consortium
- Bar Association connection
- Law Enforcement - Gang Unit
- Juvenile Rehabilitation Administration - Evidence-based practices with a philosophy similar to NFP
- Foundation for Early Learning - links to early learning initiatives and best practices
- NFP Implementation/Sustainability Workgroup
- Presentations to existing groups
Educating Providers

- Informing providers who will transmit skill and knowledge to others
Educating Providers – activities specific to Yakima

- Perinatal Advisory Committee
- First Steps Community Task Force
- National NFP Trainings
- Individual contact with “providers”
Promoting Community Education

- Reaching groups of people with information and resources to promote health and safety
Promoting Community Education – activities specific to Yakima

• Media attention- Yakima Herald Republic full page “ad”, television stations
• Telling the stories to groups of individuals- including the philosophical statements of NFP
Strengthening Individual Knowledge & Skills

- Enhancing an individual’s level of capability of prevention injury or illness and promoting safety.
- “In a trusting relationship the person who is perceived to have expertise or authority, even brief comments have a lasting impact. Particularly when reinforced over time or through community norms and practices”
Strengthening Individual Knowledge & Skills

- Developing self-efficacy of NFP clients by delivering the NFP program with fidelity to the model.
  - 1. The client is the expert of her own life
  - 2. Only small steps are necessary
  - 3. The client can create solutions to her own problems better than we can
  - 4. Focus on solutions
  - 5. Focus on strengths
Yakima NFP Sustainability

- Maximize the original grant from SAMHSA
- Seek new grants and long term stable funds
- Be creative – there are connections to many other programs and services
- Use connections and relationships
- Look for win-wins related to common goals
- Look for champions in your leaders