



January 2024

DOH 141-126

## 2022-23 Local Health Jurisdiction Success Stories

### Washington State Congressional District 1

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.

King and Snohomish counties together receive approximately \$1,466,000 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.

#### **Public Health – Seattle & King County**

We provided culturally and linguistically appropriate support to child care providers to improve the health of children. We worked closely with child care providers to learn ways to best meet their needs. We also offered topical support such as child nutrition and movement, breastfeeding/chestfeeding in child care centers, and trauma-informed services like Adverse Childhood Experiences prevention. Our partners included the Somali Health Board and the Chinese Information & Service Center.



## **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 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 2 years and 2 months of age. He is now walking, running, and climbing.



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