

Sonoma County

Maternal, Child & Adolescent Health

Annual Report for FY 2009-2010



This report highlights FY 09/10 accomplishments of the MCAH Program and Advisory Board to address the goals outlined in the prior MCAH Five Year Needs Assessment and Plan for fiscal years 2005-2009.

For more information:

- Visit the MCAH website @ www.sonoma-county.org/mcah
- Contact Elisabeth Chicoine, MCAH Director at 565-4551 or echicoine@sonoma-county.org

Department of Health Services
Public Health Division

Maternal, Child and Adolescent Health Advisory Board

The MCAH Advisory Board is a dedicated group of community volunteers who come together to promote the physical, social and emotional health of childbearing women, children and adolescents in Sonoma County by sharing resources, coordinating activities and advising the Sonoma County Board of Supervisors and the Department of Health Services on the needs of the community.

Members for 2009-2010

Judy Adams, PHN - SELPA, School Nurse

Leslie Armbright - Santa Rosa Police Department, Officer

Gail Aune - Cal-SAFE, Santa Rosa City Schools

Gina Cuclis - Parent, Sonoma Valley

Adrienne Davis, MPH, CHES - Kaiser Permanente Medical Center

Nikki Efigenio, RD - Alliance Medical Center WIC Program

Kathy Ficco, RN - St. Joseph Health System

Grace Harris, MFT - California Parenting Institute

Marie Ibanez - Community Action Partnership

Betty Johnson, MSW - HSD, Family, Youth & Children

Jeanette Koshar, RN, NP, PhD - Sonoma State University

Annie Nicol, FNP - Petaluma Health Center, St. Joseph Health System

Olivia Ortiz - Southwest Community Health Center

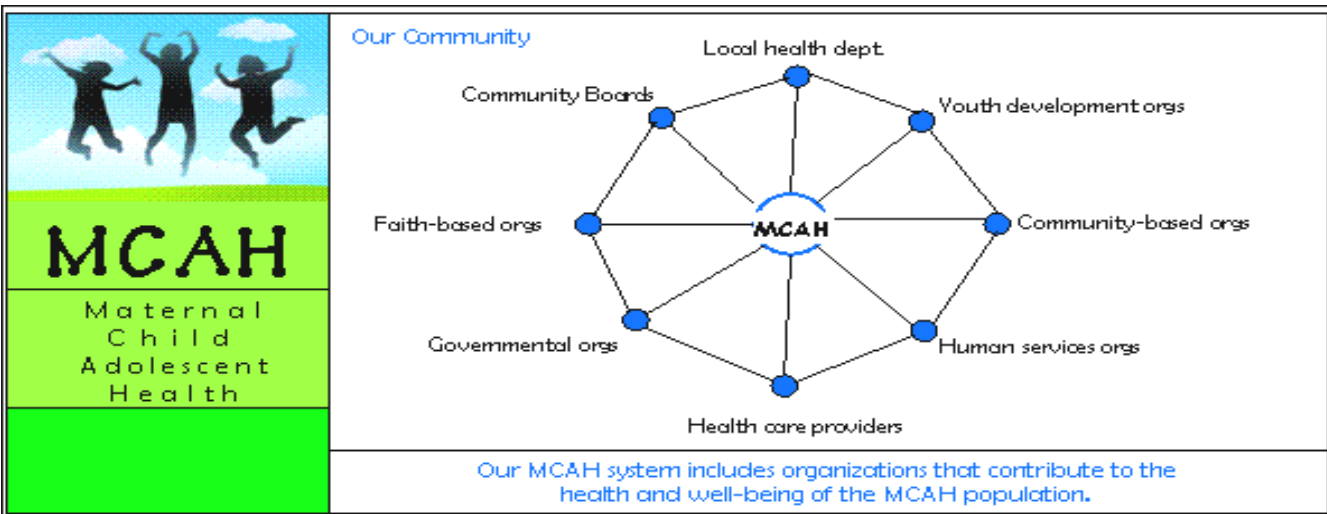
Lynn M. Parker, MPH, RD, CLC - SC Indian Health Project, WIC Program

Ed Sheffield, MPA - Representative, Assemblywoman. Noreen Evans

Carol Simmons, RN - Child Care Planning Council

Maria Tatman - HSD, Economic Assistance

Terese Voge, MPA - Center for Applied Research Solutions



Maternal, Child and Adolescent Health (MCAH) Program

The Sonoma County MCAH Program interacts with multiple community partners as part of a system to provide direct safety net services to high risk MCAH populations. In addition the program serves as a convener and coordinator of community-wide services and programs. The MCAH Advisory Board works closely with the MCAH program to continually assess and address local MCAH related issues as they arise. Program staff include public health nurses, social workers, public health assistants, an epidemiologist and dedicated support staff. The program is located within the Public Health Division of the Sonoma County Department of Health Services.

Mission Statement

The mission of the MCAH Program is to promote the physical, social and emotional health of Sonoma County childbearing women, children, adolescents and their families.

Program Goals

- All children are born healthy to healthy mothers.
- No health status disparities among racial/ethnic, gender, economic and regional groups.
- A safe and healthy environment for women, children, adolescents, and their families.
- Equal access for all women, children and their families to appropriate health care within an integrated system.
- All children have opportunities to maximize their potential.

Demographics of Sonoma County's MCAH Population

There are approximately 5,800 live births each year and 112,000 children under the age of 18 living in Sonoma County. Over 90,000 women of childbearing age, 15—44 years, reside in the county.

- Children under 14 years make up a fifth of our community.
- The proportion of children that are Hispanic is growing. While just over a quarter of women ages 15-44 are Hispanic, 43% of births are to Hispanic mothers.
- First births represent 40.5% of total births.
- Since 2000 teen birth rates have decreased overall and in the Latina population have dropped significantly.
- Over 16,000 children 0-18 years are living in families with incomes below the Federal Poverty Level.* In 2008, a family of two adults and two children was considered poor if their annual income fell below \$21,834.

Sources: California Department of Finance, Population Projections 2010, Jul 2007.

*U.S. Census Bureau, American Community Survey. October 2009



Funding

The MCAH Program is administered with local public health funds and federal funding received from the Title V Maternal & Child Health Block Grant and Title XIX, Medi-Cal Federal Financial Participation. Home visiting services are supported in part by Human Services Department for Child Abuse Prevention, Intervention & Treatment (CAPIT). Additional funding is provided by First 5 Sonoma. State General Funds for local MCAH programs were eliminated in FY'09-10.

Promoting Access to Health Services

- Linked 19,146 visitors with up-to-date information on prenatal care, family planning, and breastfeeding services through the MCAH website.
- Assisted over 200 callers to find prenatal care and child health services through our MCAH toll free line.
- Promoted new ways for adolescents throughout the county to find teen-friendly health services: *Teen Clinics* listing through Google maps and *Hookup*, California Department of Public Health's (CDPH) texting service.



Improving the Quality of Care and Services for Women and Children

- Assisted eight community clinics to improve the quality of their prenatal care programs including development of electronic medical record system templates.
- Convened the Child Death Review and Fetal-Infant Mortality Review teams and published findings and recommendations for community action: www.sonoma-county.org/health/ph/mcah/data.htm
- Assisted CDPH to develop a bereavement toolkit for California MCAH programs.
- Initiated an ongoing community workgroup to reduce iron deficiency anemia in young children.
- Convened stakeholders to address maternal depression and its impact on children and families.
- Participated on a March of Dimes work-group to develop practice standards for physicians on interconception care.
- Active member of the Child Care Planning Council, co-chairing the committee on early violence prevention.
- Hosted a professional conference with the Teen Health Advocacy Coalition aimed at improving health services for adolescents.

Helping Pregnant Women & Teens Have Healthy Babies

- Provided ongoing case management for 372 pregnant and parenting teens through the Adolescent Family Life Program (AFLP) "*Teen Parent Connection*".
- Provided ongoing home based case management and health promotion services to 376 high risk pregnant and parenting moms through the MCH Field Nursing Program
- Public Health Assistants located 72 pregnant women who failed to keep prenatal visits and assisted them to return to care through the "*Prenatal Care – Missed Appointment Program*".
- Assisted with development of new in-home services funded by the Mental Health Services Act for women experiencing perinatal mood disorder.
- Partnered with the Pregnancy Counseling Center to host a special "baby-shower" for high risk pregnant women to connect them to needed community resources.
- Partnered with community clinics to increase H1N1 vaccination rates of pregnant women and children.
- Served on the Preconception Health Council of California.
- Supported on-going implementation of a county-wide system of care that ensures all pregnant women are asked and educated about tobacco, alcohol and other drug use and assisted to find treatment services.



Client Stories...



From our MCAH Field Nursing program:

"A young mother with a toddler and newborn, who needed major surgery, found herself homeless with no other family or friends to take her in. The Public Health Nurse was able to get her into a stable housing situation and connect her with community resources to secure adequate food, medicine and access to ongoing medical care. In addition, during their visits together this young mother developed new parenting skills to promote optimal growth and development of both her children."

From our Teen Parent Connection Program:

"A 16 year-old pregnant teen with a history of gang involvement and drug use was released from juvenile hall. The Teen Parent Connection (TPC) social worker helped her find a place to live and connect to counseling and a supportive high school teacher. Over the course of two years they met together frequently and talked about the baby's growth and development. The young mother came to understand how she needed to be a nurturing parent and guide him along in life. The TPC social worker assisted the young mom to obtain a baby back pack and stroller so that they could walk the mile to the bus stop each day to get to school. The teen mother worked a summer job and completed three years of high school in only two years. In addition, she performed community service, had her gang tattoos removed, and even went to her high school prom. She is the first in her family to get her high school diploma and the first to attend college. Best of all, this young mother is doing well in college with several scholarships, while maintaining a loving relationship with her now toddler son."

Supporting Healthy Child & Adolescent Development

- Administered the First 5 funded *Families First Home Visiting Program*, providing education and community resources at over 3,000 home visits to new parents.
- Partnered with First 5 and Community Action Partnership to bring the Nurse-Family Partnership model of care to Sonoma County: www.nursefamilypartnership.org
- Promoted responsible fatherhood and increased self-sufficiency with 80 young fathers in the "*Dads Make a Difference Program*".
- Trained health professionals on the health needs of substance exposed newborns.
- Provided outreach and education to families about the pertussis epidemic and where to be vaccinated.
- Conducted an assessment of local infant sleep practices to better understand factors contributing to preventable infant deaths.
- Educated parents, grandparents and childcare providers on safe infant sleep practices and provided portable cribs to 26 families with limited financial means.
- Developed and distributed the *Parent Guide on Underage Drinking* with the MCAH Advisory Board and the Prevention & Planning Division. www.sonoma-county.org/health/ph/mcah/data.htm
- Provided ongoing support and technical assistance to the Sonoma County Breastfeeding Coalition and Native Breastfeeding Council.



Five-Year Needs Assessment & Plan for Fiscal Years 2010-2014

In June 2009 the MCAH Program completed a planning process required by California Department of Public Health (CDPH) to receive Federal Title V funding. The MCAH Advisory Board provided guidance by reviewing data, gathering stakeholder input and prioritizing needs. The executive summary is available at: www.sonoma-county.org/health/ph/mcah/data.htm



New MCAH Priorities

The following priorities were identified for fiscal years 2010-2014 for the MCAH population.

- Improve access to a medical home that includes physical, oral and mental health services.
- Promote healthy behaviors including healthy eating, physical activity and oral hygiene.
- Prevent tobacco, alcohol and other drug use by youth, teens and childbearing women.
- Strengthen assets of youth to reduce risk-taking behaviors and increase educational attainment.
- Improve immunization rates.
- Promote effective parenting skills.