



MATERNAL CHILD HEALTH SERVICES PROGRAM CONTRACT WORK PLAN TOOLKIT

*A compilation of activities completed
by local public health agencies
in FFY2024*



Take a closer look at what others
are doing, reach out, learn more
and replicate it.



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

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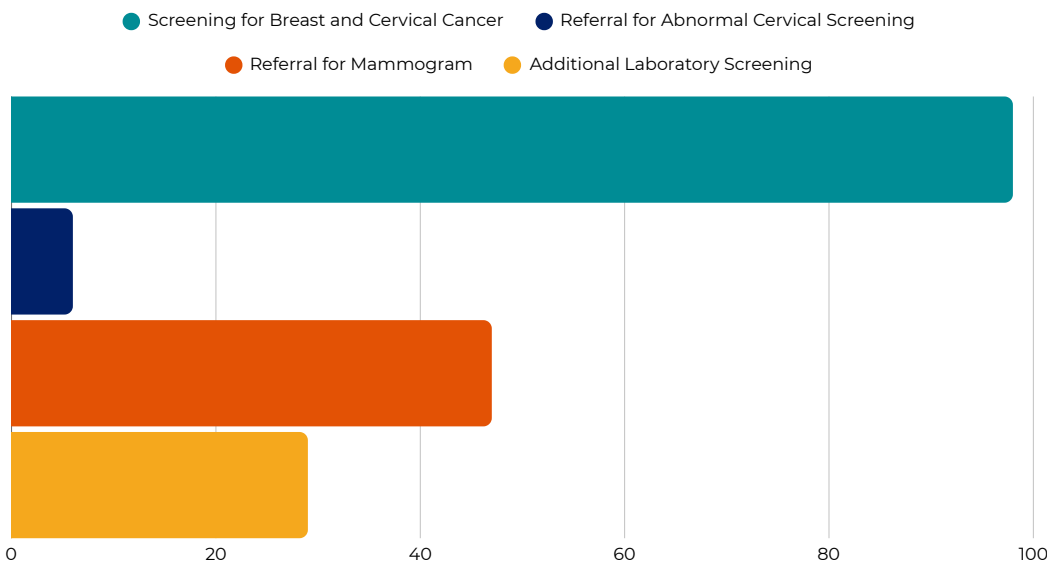
FFY2024

Atchison County Health Department

The Atchison County Health Department increased breast and cervical cancer screenings and referrals among women aged 18-44. To increase knowledge around the importance of women's health screenings, the health department launched a social media campaign in FFY2024, sharing 508 women's health messages on their Facebook page. To increase awareness of women's health services provided at the health department, a monthly activity calendar was developed and shared each month of the year in the local newspaper, with community service providers, the local food pantry and in the waiting room of the health department.

In FFY2024, 98 women, with 47 women ages 18-44, received a breast and cervical cancer screening from a provider at the health department. Of those screened, six women were referred for abnormal cervical screening results and 29 received additional laboratory testing to screen for sexually transmitted infections. In addition, 47 women were referred for a mammogram.

To learn more , reach out to Julie Livengood at julie.livengood@lpha.mo.gov.



Improve pre-conception, prenatal and postpartum health care services for women of child bearing age.

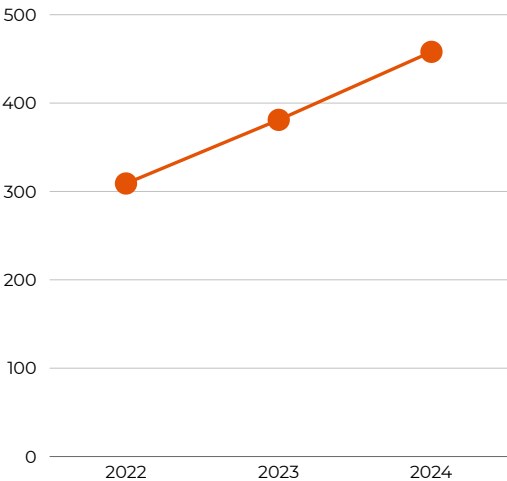
FFY2024

Howell County Health Department

The Howell County Health Department increased breast and cervical cancer screenings among women aged 18-44 by 24.9 percent as compared to FFY2022. To increase the number who complete their scheduled appointment, a team of nurses assumed the role the clerks previously held, calling clients who missed and/or are due for an upcoming annual visit. The nurse can inform the client of what screenings are needed as well as answer any medical-related questions.

To increase access to women’s health services, the health department began using their mobile unit to provide women’s health services in outlying, rural areas that have transportation barriers. The mobile unit alternates between two locations each month, using the parking lots of organizations that are in the middle of each town so that walking is an option. Appointments are preferred but walk-ins are welcome. A nurse practitioner is on site and provides cervical and breast cancer screenings.

To learn more, reach out to Dawn Hicks at dawn.hicks@lpha.mo.gov.



Improve pre-conception, prenatal and postpartum health care services for women of child bearing age.

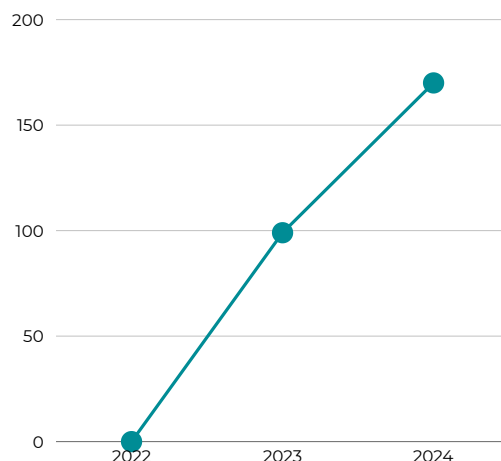
FFY2024

Phelps/Maries County Health Department

The Phelps/Maries County Health Department increased knowledge among women of childbearing age and families regarding prenatal, postpartum and newborn care from a baseline of zero in FFY2022 to 170 women at the end of FFY2024. The health department uses the Growing Great Kids curriculum, an evidence-based home-visiting curriculum available in both English and Spanish. The courses can be provided both in-person and online with the goal of cultivating secure attachments, bolstering child development while building parenting, family strengthening and other essential life skills with parents who themselves have experienced childhood adversity and other traumatic events, learning to balance risk and protective factors.

To increase awareness and participation in classes, the health department partners internally with the case management program and externally with Missouri Department of Social Services, Family Support Division (FSD). FSD has approved the course completion acceptable for families working with the court system.

To learn more, reach out to Amber Sidwell at amber.sidwell@phelpscounty.org.



Improve pre-conception, prenatal and postpartum health care services for women of child bearing age.

FFY2024

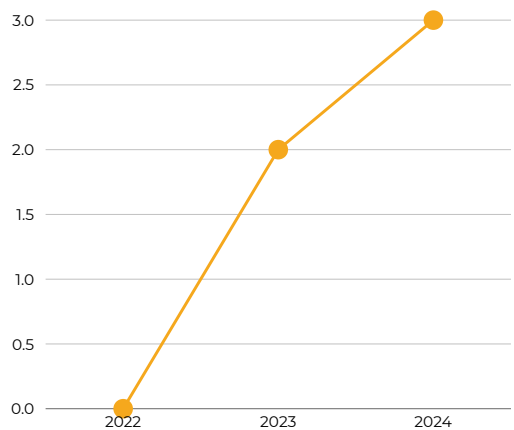
Miller County Health Center

The Miller County Health Center increased the number of community- serving organizations for women of childbearing age who have policies addressing women receiving early prenatal care and wrap around services, from a baseline of zero in FFY2022 to three at the end of FFY2024.

The health department hosts an annual Community Pool Party, inviting all community- serving organizations to attend and host a table with information about services they provide. As a result, partnerships have continued to form with the goal of identifying ways to better serve the community.

In FFY2024, the health center partnered with the local Citizens Against Domestic Violence (CADV). CADV, established in 1984, is a non-profit service organization that provides crisis intervention, emergency shelter, legal advocacy, hospital advocacy, weekly empowerment groups, and support to victims of domestic violence, sexual assault and human trafficking. In FFY2023 and FFY2024, the health department also partnered with the federally qualified health center (FQHC) and local diaper bank.

To learn more about how Mara is meeting new people and building partnerships, reach out to her at mclement@millercountyhealth.com.



Resources

The American College of Obstetricians and Gynecologists
<https://www.acog.org/womens-health>

MCH Evidence, NPM 1
<https://www.mchevidence.org/documents/accelerators/NPM-1-What-Works-Evidence-Accelerator.pdf>

Missouri Title V Facts: Pregnancy and Delivery Care
<https://health.mo.gov/living/families/mch-block-grant/pdf/pregnancy-and-delivery-care.pdf>

Missouri Title V Facts: Substance Use
<https://health.mo.gov/living/families/mch-block-grant/pdf/substance-use.pdf>

DHSS Literature Warehouse: *Pregnancy & Beyond* book and *Women: Take Charge of Your Health*
<https://health.mo.gov/living/families/mch-block-grant/pdf/pregnancy-and-delivery-care.pdf>

4th Trimester Project: Self Care for New Moms
<https://newmomhealth.com/self-care/>

Missouri Maternal Health Access Project
<https://mydss.mo.gov/media/pdf/mhap-enrollment-flyer-march-2024>

Postpartum Support International
<https://www.postpartum.net/>

Office on Women's Health (OASH), U.S. Department of Health and Human Services
<https://www.womenshealth.gov/about-us>

Women's Preventive Services Initiative (WPSI)
<https://www.womenspreventivehealth.org/>

Missouri Department of Health and Senior Services, Prenatal Substance Use Prevention Program
<https://health.mo.gov/living/wellness/tobacco/psup/index.php>

Baby & Me Tobacco Free
<https://babyandmetobaccofree.org/>

Missouri Department of Health & Senior Services, Tobacco Use Prevention and Control
<https://health.mo.gov/living/wellness/tobacco/smokingandtobacco/>

What to Expect (This site also has links to other important topics related to pregnancy, parenting, and family.)
<https://www.whattoexpect.com/first-year/you-and-your-health/self-care-ideas-moms>

National Maternal Mental Health Hotline
<https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>

Promote safe sleep practices among newborns to reduce sleep-related infant deaths.

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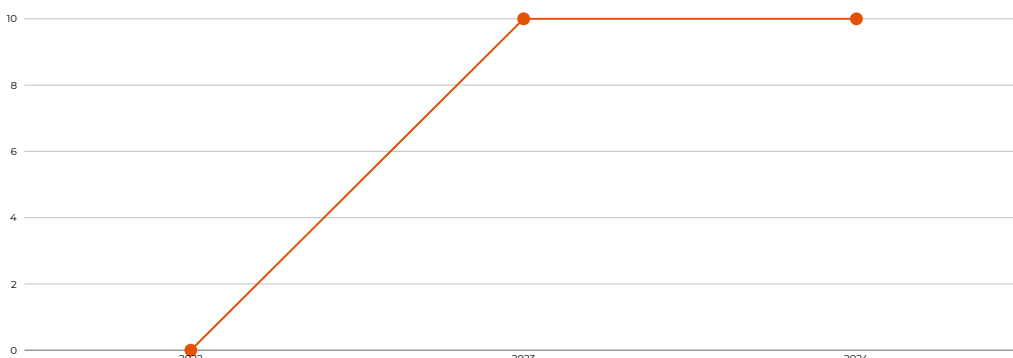
FFY2024

Crawford County Nursing Service

The Crawford County Nursing Service increased provider knowledge related to safe sleep among childcare providers in Crawford County from a baseline of zero in FFY2022 to ten at the end of FFY2024. The health department paired providing safe sleep education with the annual sanitation and health inspection the childcare provider is required to complete as part of the State of Missouri childcare operating requirements.

The health department provides resources from Safe Sleep Missouri, including a short video titled ABC's of Safe Sleep. These resources can be found by clicking [here](#) or visiting <https://safesleep.mo.gov>.

To learn more, reach out to Tracey Stover at tracey.stover@alpha.mo.gov.



Promote safe sleep practices among newborns to reduce sleep-related infant deaths.

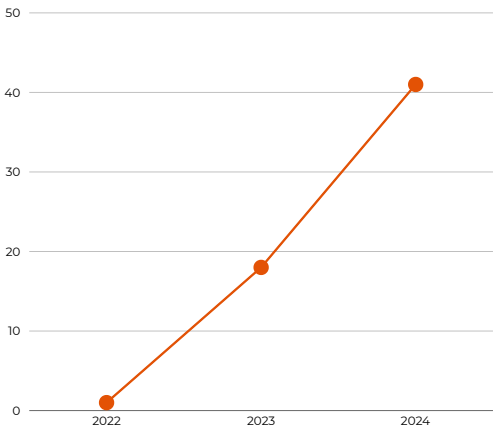
FFY2024

Pike County Health Department

The Pike County Health Department increased knowledge around safe sleep among families, including families within the Amish community in Pike County from a baseline of one in FFY2022 to a total of 60 at the end of FFY2024. The health department has a great partnership with a local physician assistant and together make home visits to Amish families per request after birth, providing newborn screening. Learn more about newborn screening [here](#).

In FFY2024, health department staff began leveraging these visits and in addition to screening, provided [safe sleep education and materials](#). Recognizing cellular devices and videos are not preferred, the health department provides verbal and written education followed up with a live demonstration of a safe sleep environment. The Safe Sleep ABC's door hanger and Safe Sleep brochure found [here](#) are provided. If the family does not have a safe sleep environment, they are screened and enrolled into the [Safe Cribs for Missouri](#) program or the Pike County Safe Cribs program and provided with a pack-n-play.

To learn more, reach out to Kim Gamm at kgamm@pikecountyhealth.org.



Promote safe sleep practices among newborns to reduce sleep-related infant deaths.

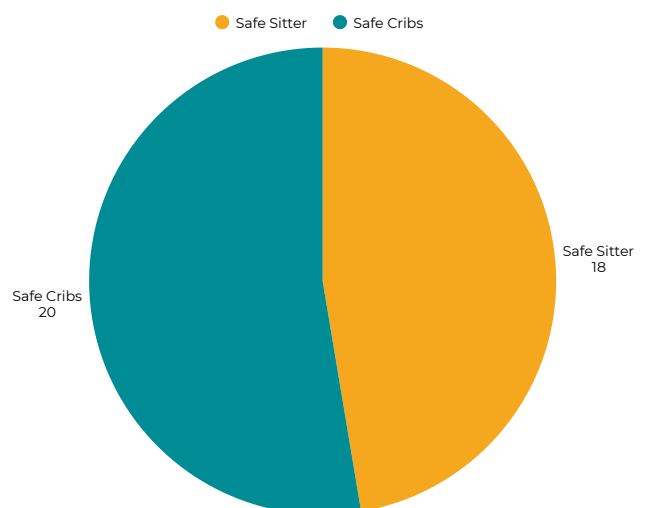
FFY2024

Vernon County Health Department

The Vernon County Health Department increased knowledge and skills regarding safe sleep best practices from a baseline of zero in FFY2022 to 38 at the end of FFY2024.

One evidence-based strategy used was Safe Sitter® to teach students in grades 6-8 babysitting skills, introducing them to childcare and child development, including best sleep practices for infants. Learn more about Safe Sitter® [here](#). The Vernon County Health Department hosted two courses in FFY2024, increasing knowledge and skills among 18 students.

To learn more, reach out to Kayla Shrewsbury at kayla.shrewsbury@lpha.mo.gov.



Resources

Safe Sleep Missouri – the coalition's primary goal is to substantially reduce and eliminate infant injuries and deaths as a result of unsafe sleep environments and practices in Missouri through increased education, awareness, practice and training. Here is the site for the coalition: <https://safesleep.mo.gov/about-mo-ssc/>. To inquire about membership, you can email this address: MO.SAFESLEEPACOALITION@oa.mo.gov

Updated AAP Recommendations for Reducing Infant Deaths in the Sleep Environment
<https://www.aap.org/en/patient-care/safe-sleep/>

National Cribs for Kids
<https://cribsforkids.org/>

NIH, Safe to Sleep
<https://safetosleep.nichd.nih.gov/>

Safe Cribs for Missouri
Missouri Department of Elementary and Secondary Education, Office of Childhood
<https://dese.mo.gov/childhood/home-visiting/safe-cribs>

Missouri Title V Facts
Infant Death and Injury
<https://health.mo.gov/living/families/mch-block-grant/pdf/infant-death-and-injury.pdf>

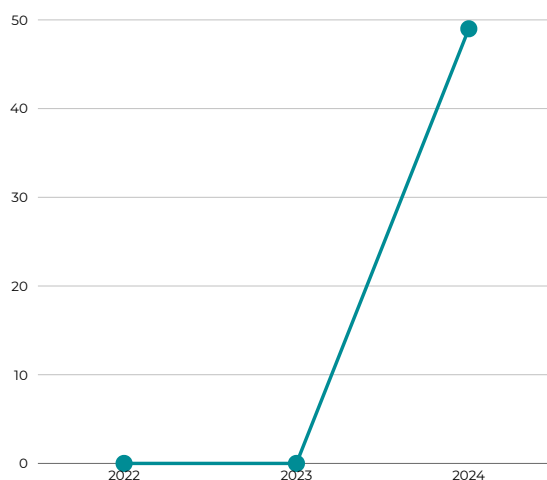
MCH Evidence, NPM 5
<https://www.mchevidence.org/documents/accelerators/NPM-5-What-Works-Evidence-Accelerator.pdf>

Camden County Health Department

The Camden County Health Department increased knowledge among adolescents regarding safe driving practices from a baseline of zero in FFY2022 to 49 at the end of FFY2024. The health department developed and adopted an internal policy that adolescents and their parent/guardian presenting to the health department requesting a birth certificate for the purpose of obtaining a learner's permit and/or driver license will be provided with safe driving education. The health department created "swag bags" that contain literature published by MoDOT and trained vital records staff to screen and provide education. Literature can be ordered free of charge [here](#).

During the months of August and September, a Buckle Up Phone Down (BUPD) starter kit was provided to students entering their senior year of high school who presented to the health department to obtain the required vaccines to meet Missouri school requirements. The BUPD starter kit includes handouts, branding, and everything needed to support the BUPD movement. The starter kit can be found [here](#).

To learn more, reach out to Heather Anderson at heatherann.anderson@lpha.mo.gov.



Reduce intentional and unintentional injuries among children and adolescents.

FFY2024

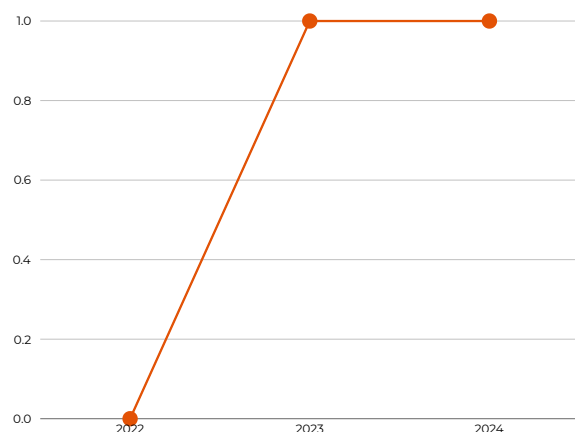
Cedar County Health Department

The Cedar County Health Department increased the number of school-based educational opportunities related to safe driving from zero in FFY2022 to two at the end of FFY2024. In FFY2024, the health department in partnership with the Stockton R-I School District, hosted an Arrive Alive tour. The Arrive Alive team's mission is to educate drivers on the dangers and consequences of impaired and distracted driving and to promote lifelong safe driving habits.

149 students participated in the simulation. 80 students completed surveys prior to the simulation with 18.8 percent sharing that they frequently text while driving. Post-simulation, of those same 80 students, 93.7 percent shared they will never drive distracted again or at least think twice before doing so and warn other of the dangers.

To learn more about the Arrive Alive tour, watch this short [video](#). To learn more about bringing the tour to your community, reach out to Patrick DeGrasse, CEO, Unite, at 616-871-6381 or by email at patrick@dwiprevention.org.

To learn more, reach out to Hollee Walker at hwalker@cedarcountyhealth.org.



Reduce intentional and unintentional injuries among children and adolescents.

FFY2024

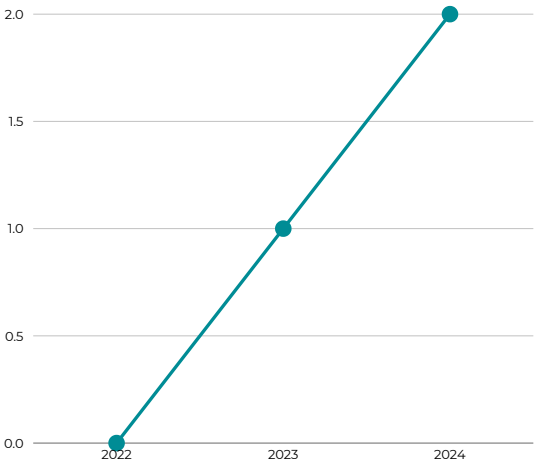
Lewis County Health Department

The Lewis County Health Department increased safe driving campaigns within local government and community organizations by two at the end of FFY2024. For Buckle Up Phone Down (BUPD) day in October, both school districts in Lewis County participated placing plastic cups in the fence row to spell “BUPD”. Highland High School used the fence that borders by the football field and Highway 6, a major highway in Lewis County with approximately 2,227 travelers daily. In addition, metal Buckle Up Phone Down signs were obtained free of charge from MoDOT and placed at the entrance and exit gaits at the local fairgrounds. To order free Buckle Up Phone Down materials, click [here](#).

The Buckle Up Phone Down initiative was created to address two of the most impactful actions a driver can take to prevent crashes or survive if one occurs: buckling their seat belts—every occupant, every time—and putting the phone down or turning it off if you’re driving. Learn more about BUPD [here](#).

In addition, the health department increased the number of school-based educational opportunities related to safe driving by two at the end of FFY2024. Health department staff attended Highland High School after-prom event and provided Buckle Up Phone Down education to approximately 100 students as well as provided a simulation experience using fatal vision goggles.

To learn more, reach out to Alexis Wilson at alexis.wilson@lpha.mo.gov.



Reduce intentional and unintentional injuries among children and adolescents.

FFY2024

Osage County Health Department

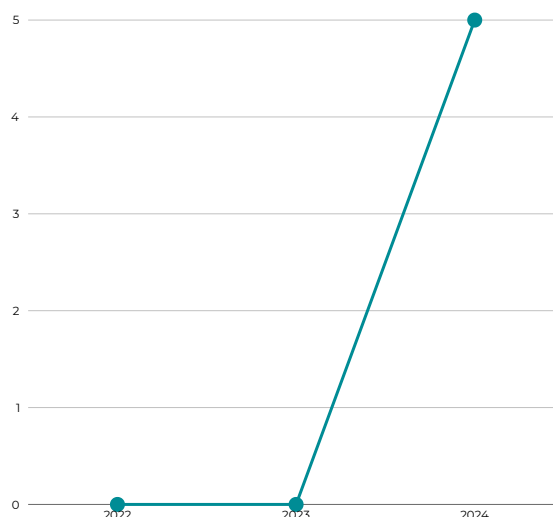
The Osage County Health Department has increased the number of school-based educational opportunities regarding safe driving from a baseline of zero in FFY2022 to five at the end of FFY2024.

In FFY2024, the health department partnered with Arrive Alive to host the Arrive Alive Tour at three Osage County school districts. The Arrive Alive team's mission is to educate drivers on the dangers and consequences of impaired and distracted driving and to promote lifelong safe driving habits.

299 students among the three school districts participated in the event and of those, 242 completed a pre and post survey. On the pre-survey, 31.4 percent reported they sometimes text and drive and on the post-survey, 96.7 percent reported they will never drive while distracted again or at least think twice before doing so and warn others of the danger.

To learn more about the Arrive Alive tour, watch this short [video](#). To learn more about bringing the tour to your community, reach out to Patrick DeGrasse, CEO, Unite, at 616-871-6381 or by email at patrick@dwiprevention.org.

To learn more about Osage County's experience and the logistics of planning and organizing the events, reach out to Kim Sallin at kim.sallin@lpha.mo.gov.



Reduce intentional and unintentional injuries among children and adolescents.

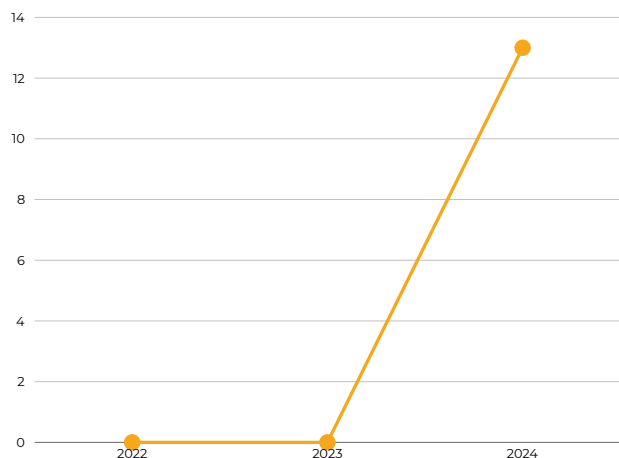
FFY2024

Clark County Health Department

The Clark County Health Department is working to prevent and reduce intentional injury related to child abuse and neglect in children and changed its organizational practices by adopting a written adult-child contact policy for staff and those they serve. In addition, the health department increased knowledge and skills from a baseline of zero in FFY2022 to 13 providers at the end of FFY2024 by providing the Stewards of Children training.

Darkness to Light's flagship training, Stewards of Children®, teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities. Through interviews with a very diverse group of people with lived experience, experts, and treatment providers, Stewards of Children® is one of the only award-winning, evidence-informed, adult-focused child sexual abuse prevention trainings in the United States proven to increase knowledge and change behavior. Learn more about Stewards of Children [here](#).

To learn more, contact Marlena Mack at marlena.mack@lpha.mo.gov.



Resources

Missouri Coalition for Roadway Safety
<https://www.savemolives.com/mcrs>

Missouri Safe Kids
<https://health.mo.gov/living/families/injuries/safekids.php>

National Drowning Prevention Alliance
<https://ndpa.org/>

Missouri Network Against Child Abuse
<https://mo-naca.org/>

MU First Impact
<https://medicine.missouri.edu/offices-programs/first-impact/first-impact-events>

MU ParentLink
<https://cehd.missouri.edu/parentlink/>

MCH Evidence, NPM 7
<https://www.mchevidence.org/documents/accelerators/NPM-7-What-Works-Evidence-Accelerator.pdf>

Missouri Department of Health and Senior Services, Childhood Lead Poisoning Prevention
<https://health.mo.gov/living/environment/lead/>

Buckle Up Phone Down
<https://www.modot.org/buckleupphonedown>

FFY2024

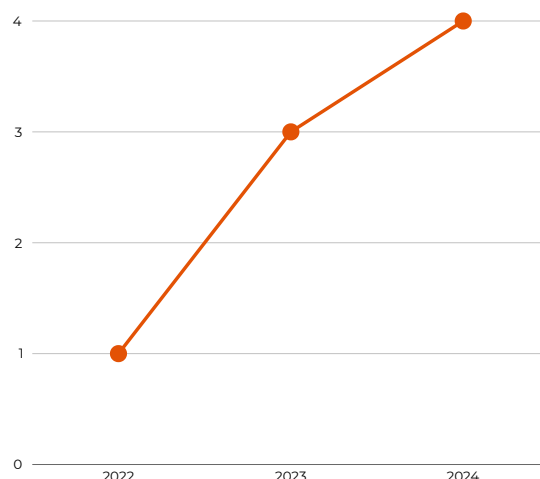
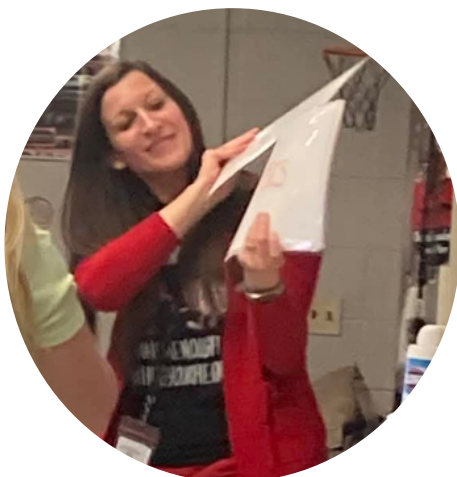
Dallas County Health Department

The Dallas County Health Department increased the number of local organizations that implement and strengthen Memorandums of Understanding to increase physical activity for children from a baseline of one in FFY2022 to four at the end of FFY2024.

Dallas County Health Department partners with the Dallas County R-I School District and currently piloting The Walking Classroom with one fourth grade classroom. The pilot classroom is home to 22 students and their teacher shares that her students look forward to using The Walking Classroom and students share that their mood and learning are positively impacted by physical activity. The classroom is currently using social studies, science and language art tracks.

The mission of The Walking Classroom is to help strengthen the physical, mental, and academic health of children. The program teaches children to establish and maintain healthy lifestyle habits, while also building their health literacy and core content knowledge. Students walk, listen, and learn. Learn more about The Walking Classroom [here](#). Subscribe to The Walking Classroom newsletter [here](#).

To learn more, reach out to Rachel Badgett at rachel.badgett@dallascountyhealth.com.

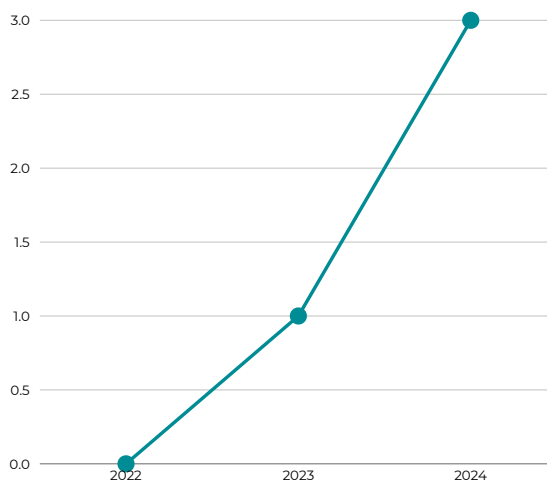


FFY2024

Shelby County Health Department

The Shelby County Health Department increased change of organizational practices among youth-serving organizations from a baseline of zero in FFY2022 to a total of three at the end of FFY2024. The health department worked with the North Shelby School District as well as both the local winter and summer youth sports recreational leagues to incorporate healthy food options in their concession stands. Some of these options include items with reduced sugar and the addition of protein, fruits, and vegetables.

To learn more, reach out to Katie Vannoy at katie.vannoy@lpha.mo.gov.



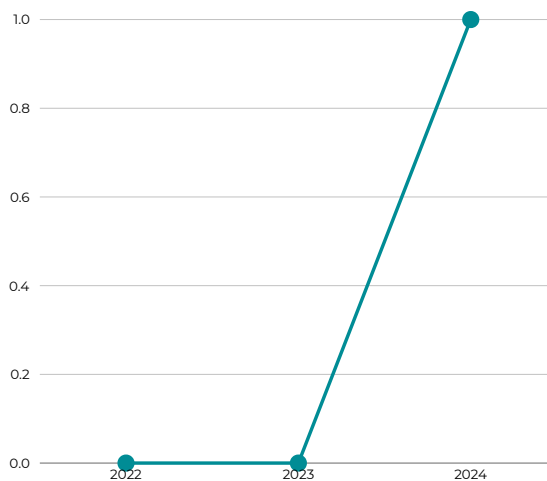
FFY2024

Carroll County Health Department

The Carroll County Health Department increased the number of providers within the community that promote best practices to increase physical activity among children and adolescents from a baseline of zero in FFY2022 to one in FFY2024.

The health department worked with the Carrollton Recreation Park Superintendent to add stenciled activities to the walking trails. The walking trail system features 2.1 miles of paved surface with multiple benches. Painted playgrounds and walking trails have shown to increase physical activity in children. Stencils can be borrowed from the Missouri Department of Health and Senior Services [Playground Stencils Library](#).

To learn more, reach out to Jennifer Link at jennifer.link@lpha.mo.gov.



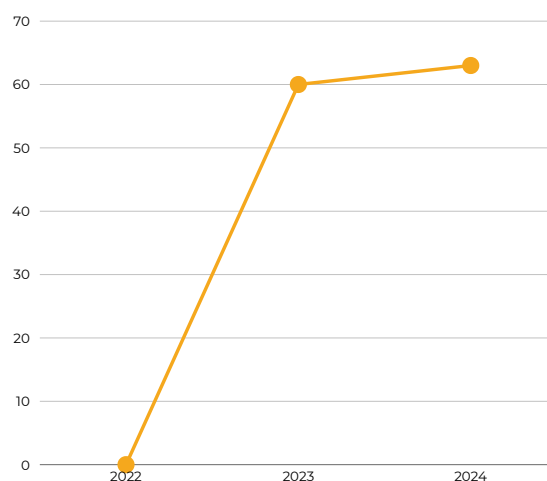
FFY2024

Shannon County Health Center

The Shannon County Health Center increased knowledge and skill around nutrition and physical activity as well as increased the number of children who are physically active at least 60 minutes/day from a baseline of zero in FFY2022 to a total of 150 at the end of FFY2024. The health center developed the Shannon County Health Center Childhood Obesity Prevention Program, partnering with school districts in Shannon County to implement the program with 5th grade classrooms.

The health department staff is on-site at the school once a month for one hour, spending 30 minutes on nutrition education using [MyPlate](#) followed by 30 minutes of physical activity. Height and weight is obtained with parental consent to determine BMI at the beginning of the program and again on the last day to measure impact.

To learn more, reach out to Erin Frazier at erin.frazier@lpha.mo.gov.



Resources

MCH Evidence, NPM 8

<https://www.mchevidence.org/documents/accelerators/NPM-8-What-Works-Evidence-Accelerator.pdf>

Missouri Title V Facts, Obesity and Physical Activity

<https://health.mo.gov/living/families/mch-block-grant/pdf/obesity-and-physical-activity.pdf>

Missouri Council for Activity and Nutrition (MOCAN)

<https://extension.missouri.edu/programs/mocan>

Kansas City Healthy Lifestyles Collaborative at Children's Mercy

- <https://fittastic.us17.list-manage.com/subscribe?u=50a8ff71a16ea3e8cbc72e391&id=01b73d349a>
- <https://www.childrensmercy.org/in-the-community/supporting-parents-and-families/weighing-in/>

Borrow Stencils from the DHSS Playground Stencils Library

<https://health.mo.gov/living/wellness/nutrition/teamnutrition/playgroundstencils.php>

12345 FitTastic!

<https://fittastic.org/>

Eat Smart in Parks toolkit

<https://extension.missouri.edu/media/wysiwyg/Extensiondata/Pub/pdf/hesguide/foodnut/n02051.pdf>

Eat Smart, Play Hard Concession Stand Toolkit

<https://extension.missouri.edu/media/wysiwyg/Extensiondata/Pub/pdf/hesguide/foodnut/n02052.pdf>

Walk, Bike & Roll to School

<https://www.walkbiketoschool.org/>

USDA Team Nutrition

<https://www.fns.usda.gov/team-nutrition>

GoNoodle

<https://www.gonoodle.com/>

SHAPE America

<https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>

Ensure coordinated, comprehensive and ongoing health care services for children with and without special health care needs.

FFY2024

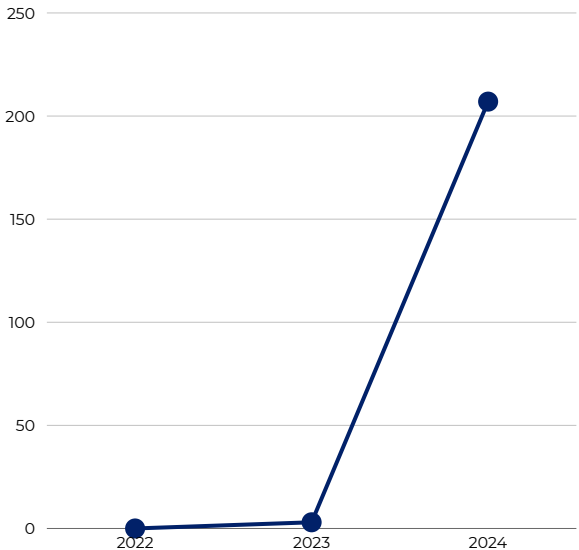
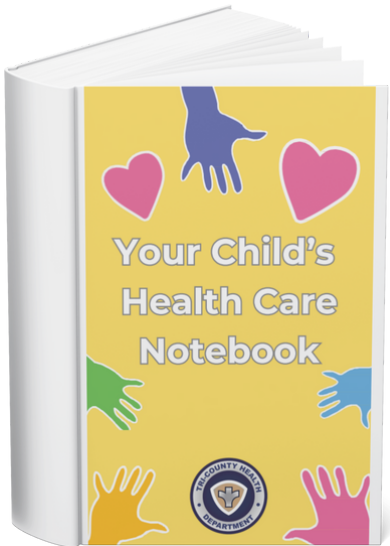
Tri-County Health Department

The Tri-County Health Department increased the number of children and families that know what coordinated, comprehensive health services look like, and engaged the patient, family and providers in a shared responsibility, ensuring the child receives the right care at the right time and in the right place by utilizing a Care Notebook.

The health department collaborated with the Missouri Department of Health and Senior Services, Special Health Care Needs (SHCN) Family Partners using feedback from the pilot to revise the notebook to meet the needs of those it is intended to serve. The health department and SHCN Family Partners presented at the annual Family Partnership Parent and Caregiver Retreat a session titled *Medical Home: A Whole Home Approach* and provided Care Notebooks to 150 parents and families of children with special health care needs. A pre-survey collected 71 responses from families and caregivers at the retreat, with 21 stating it was extremely difficult and 60 stating it was somewhat difficult to keep health information organized and the health team “on the same” page. A post-survey will be made available later this year to collect feedback on their experience with use of the Care Notebook.

A printable version of the Care Notebook can be found [here](#), and a fillable version can be found [here](#).

To learn more, reach out to Teresa McDonald at teresa.mcdonald@lpha.mo.gov.



Resources

MCH Evidence, NPM 11

<https://www.mchevidence.org/documents/accelerators/NPM-11-What-Works-Evidence-Accelerator.pdf>

Missouri Title V Facts, Children & Youth with Special Health Care Needs

<https://health.mo.gov/living/families/mch-block-grant/pdf/cyshcn.pdf>

Family Partnership Fact Sheet

<https://health.mo.gov/living/families/shcn/pdf/fpfact.pdf>

Missouri Department of Health and Senior Services, SHCN

<https://health.mo.gov/living/families/shcn/>

Medical Home Fact Sheet

<https://health.mo.gov/living/families/shcn/pdf/medicalhome.pdf>

American Academy of Pediatrics, Medical Home

<https://www.aap.org/en/practice-management/medical-home/>

American Academy of Pediatrics, Medical Home

- <https://www.aap.org/en/practice-management/medical-home/>
- <https://www.aap.org/en/practice-management/medical-home/tools-and-resources-for-medical-home-implementation/>

Medical Home Portal

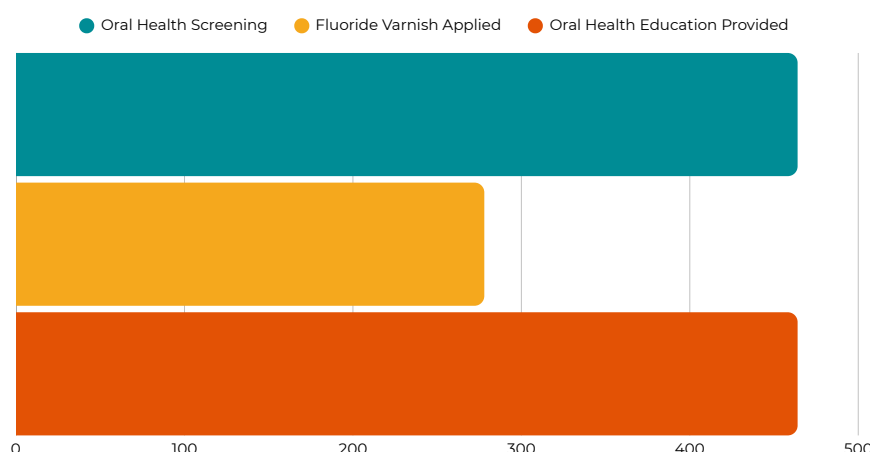
<https://ri.medicalhomeportal.org/>

FFY2024

Audrain County Health Department

The Audrain County Health Department increased the number of children who receive an annual oral health screening from a baseline of zero in FFY2022 to a total of 464 at the end of FFY2024, by collaborating with the WIC program. Staff have been trained to perform an oral health screening, apply fluoride varnish with consent, and provide oral health education. A health department nurse provided oral health screening and education to 464 children and applied fluoride varnish to 278 of those screened.

To learn more, reach out to Kerry Patton at kpatton@audraincountyhealth.org.



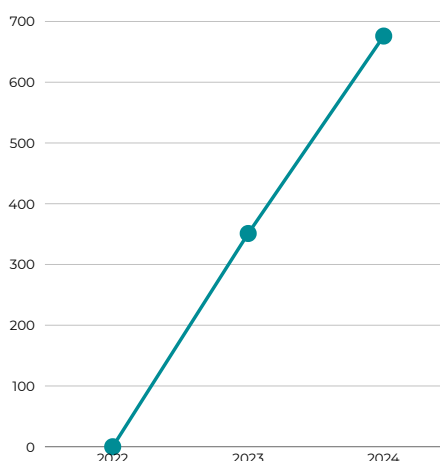
FFY2024

Wright County Health Department

Wright County Health Department increased the number of children who receive an annual oral health screening, oral health education, and a dental hygiene kit from a baseline of zero in FFY2022 to a total of 676 at the end of FFY2024, by collaborating with both the WIC program and nursing staff who provide services at both office locations in the county. In addition, the health department created oral health kits that included a toothbrush, floss, and toothpaste and gave the kits to all children ages 1-17 who visited the health department. In addition, 279 children received fluoride varnish.

Contents for the oral health hygiene kits can be ordered [here](#). Literature for the kits can be ordered at no cost [here](#).

To learn more, reach out to Courtnie Glenn at cglenn@wrightcountyhealth.com.



Resources

MCH Evidence, NPM 13

<https://www.mchevidence.org/documents/accelerators/NPM-13-What-Works-Evidence-Accelerator.pdf>

Missouri Title V Facts, Oral Health

<https://health.mo.gov/living/families/mch-block-grant/pdf/oral-health.pdf>

Missouri Department of Health and Senior Services, Office of Dental Health

<https://health.mo.gov/living/families/oralhealth/>

Missouri Coalition for Oral Health

<https://www.oralhealthmissouri.org/>

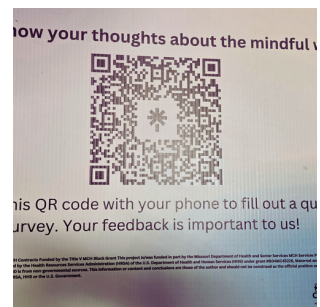
FFY2024

Columbia-Boone County Department of Public Health and Human Services

The Columbia-Boone County Department of Public Health and Human Services increased community education regarding mental health resources by creating a *Mindfulness Walk*. The *Mindfulness Walk* consists of signs along two trails that hit on each of the five senses and encourages the walker to be in the present moment. Both walks are located on paved loops to allow easy access for everyone. The signs include a QR code that links to a survey asking about the user's experience. In the last five months, 51 walkers have responded to the survey with 98 percent saying yes, they will practice mindful walking in the future with the additional comments:

- *"My experience was pleasant. The signs helped me pause and reflect and be more present."*
- *"It was a great experience. I was taking a walk during my lunch break at work and the mindfulness trail decreased my stress and improved my mood."*
- *"Beautiful and fun with my four kids!"*
- *"Helped me clear my thoughts and focus on today."*
- *"It was lovely! I really enjoyed the invitation to pause, slow down, and tune in."*

To learn more, reach out to Monica Stokes at monica.stokes@como.gov.



FFY2024

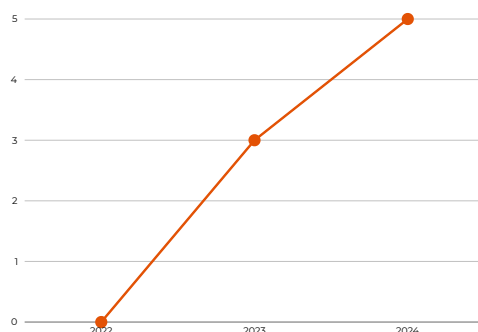
Andrew County Health Department

The Andrew County Health Department increased change in organizational practices among stakeholders county-wide to improve communication and response to traumatic events that involve children, adolescents and families from a baseline of zero in FFY2020 to five in FFY2024, utilizing Handle with Care Missouri.

Handle with Care Missouri is a program that teaches providers how to be trauma sensitive and identify interventions that will mitigate the negative effects of trauma on children. Law enforcement officers at the scene of crime, violence and/or abuse are identifying children at the scene who have been exposed to trauma. The child's name, age and school is sent by law enforcement in a confidential notice to the child's school before the child starts school the next day. There is no information being given except for the child's name and these three words, "handle with care." If the child acts out, the teacher has a heads up and might send the child to the counselor instead of the principal, give the child extra time to do a project or postpone a test. When school interventions are not sufficient, therapists can provide services on site at the school for children who need therapy.

The health department has implemented this among three school districts, totaling eight buildings, and worked with local police and first responders to provide training. Sixteen alerts were made. Learn more about [Handle with Care Missouri](#).

To learn more, reach out to Megan McBane at meganm@andrewcountyhealth.com.



FFY2024

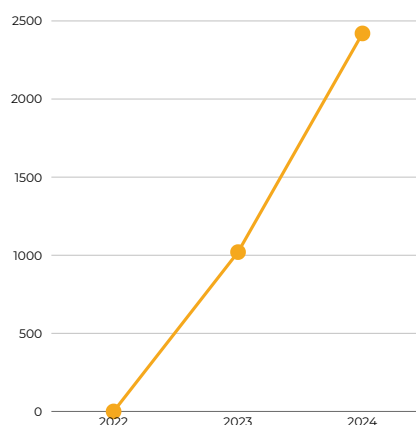
Lincoln County Health Department

The Lincoln County Health Department increased individual knowledge and skills around mental health and wellness among adolescents from a baseline of zero in FFY2022 to a total of 2,420 students at the end of FFY2024. The health department partnered with six schools within the county and implemented the Signs of Suicide® (SOS) program.

SOS is an evidence-based youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression. SOS has been shown to reduce suicide attempts by 64%.

Designed for grades 6-12, SOS teaches students how to identify signs of depression and suicide in themselves and their peers, while providing materials that support school professionals, parents, and communities in recognizing at-risk students and taking appropriate action.

To learn more, reach out to Madeline Drapp at madeline.drapp@lchdmo.org.



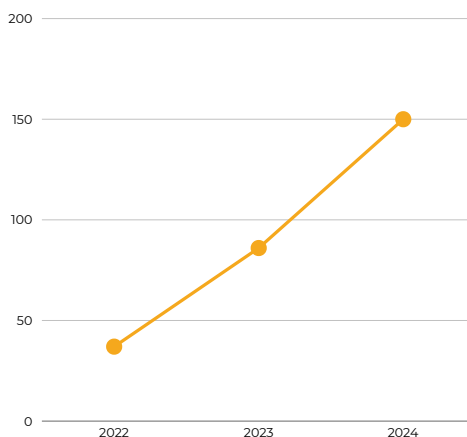
City of Independence Health Department

The City of Independence Health Department has increased knowledge and skills of providers around symptoms of a mental health challenge or crisis and resources for care from a baseline of zero at the start of FFY2022 to a total of 150 at the end of FFY2024, utilizing Youth Mental Health First Aid®.

Youth Mental Health First Aid® is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other care citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. Youth Mental Health First Aid® is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. The course is available in both English and Spanish.

Providers who have completed the course have been school district staff as well as interns and staff from other youth-serving organizations. Up to 98 percent of attendees reported an increased awareness of signs and symptoms that a youth may be experiencing a mental health crisis and what resources are available to help.

To learn more, reach out to Halie Smith-Griffin at hsmith-griffin@indepmo.org.

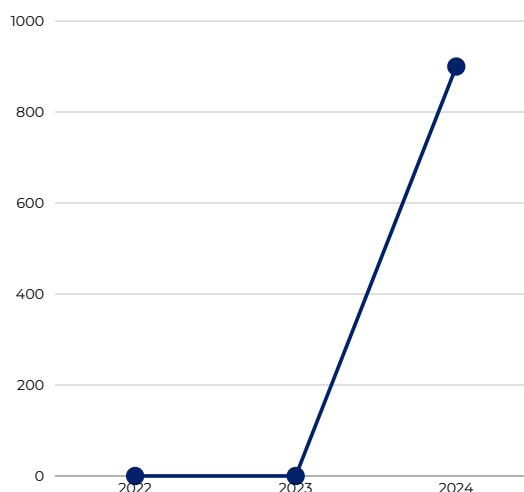


FFY2024

Christian County Health Department

The Christian County Health Department has increased knowledge and skills among providers and individuals around mental wellness and resources from a baseline of zero in FFY2022 to a total of 900 at the end of FFY2024. The health department created “coping kits” and distribute these through the health department’s mobile unit, school districts in the county, Prosecuting Attorney’s office, victim’s advocate, local libraries, and local counseling centers. The coping kits include: coping skills, guided journal prompts, 988 materials, resource list for Christian County, and some stress-relieving items.

To learn more, reach out to Emily Lattin at emily.lattin@lpha.mo.gov.



Resources

MCH Evidence, NPM 7

<https://www.mchevidence.org/documents/accelerators/NPM-7-What-Works-Evidence-Accelerator.pdf>

Missouri Title V Fact Sheets, Adolescent Suicide

<https://health.mo.gov/living/families/mch-block-grant/pdf/adolescent-suicide.pdf>

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/>

Question, Persuade, Refer (QPR)

<https://www.qprinstitute.com/>

Missouri Family Resources

<https://www.familyresources.mo.gov/>

Strengthening Families Program

<https://strengtheningfamiliesprogram.org/>

Dr. Nadine Burke Harris, TED Talk

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

ACEs Study

<https://amchp.org/wp-content/uploads/2022/05/Supporting-Families-Exposed-to-ACEs.pdf>

FREE Charting the Life Course Foundation Webinars

<https://www.lifecoursetools.com/lifecourse-learning/getting-started-with-ctlc/>

Charting the Life Course, Life Domain Kits

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/>

The Burke Foundation

<https://burkefoundation.org/what-drives-us/adverse-childhood-experiences-aces/>

Missouri 988

<https://missouri988.org/>

FFY2024

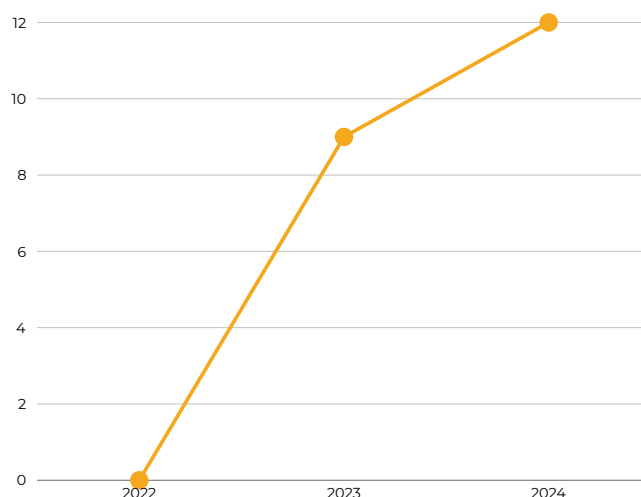
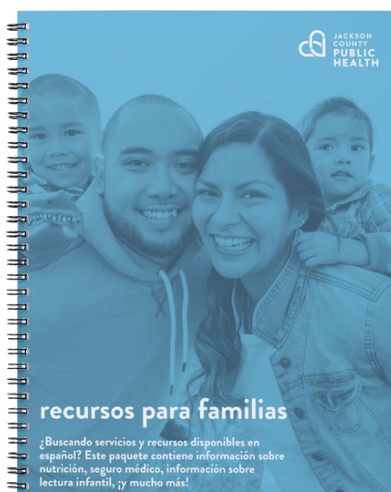
Jackson County Public Health

Jackson County Public Health changed organizational practices to address social determinants of health inequities among preconception, prenatal and postpartum women from a baseline of zero in FFY2022 to a total of twelve at the end of FFY2024

After meeting with the Cultural Health Navigator in the Health Services Division and identifying a need for a Maternal Child Health (MCH) Spanish resource packet. The Program & Policy Specialist consulted with the Jackson County Public Health (JCPH) Community Health Workers to compile a packet of local resources including resources on dental and vision services, marketplace insurance enrollment, and childhood nutritional education to share with Spanish-speaking pregnant, postpartum, and parenting clients who request resources for these types of services.

Information from the packet is disseminated by need/request for information from Spanish-speaking women, children and families. The information provided in the packet varies from topic-specific education, such as nutrition and dental health and some is resource and service-focused. Much of the information is a collection of resources that have been created and translated by government websites (such as the CDC). Feedback received from Spanish-speaking families has been positive, showing gratitude for sharing knowledge, especially around clinics and services that are in close proximity.

To learn more, reach out to Leandra Lyon at leandra.lyon@uhkc.org.



Resources

Missouri Department of Health and Senior Services, Office of Minority Health and Health Equity (OMHHE)

<https://health.mo.gov/living/families/minorityhealth/index.php>

Robert Wood Johnson Foundation

- <https://www.rwjf.org/en/our-vision/focus-areas/healthy-communities-social-determinants-of-health.html>
- <https://www.rwjf.org/en/insights/our-research/2010/01/a-new-way-to-talk-about-the-social-determinants-of-health.html>

All Things Missouri

<https://allthingsmissouri.org/social-determinants-of-health/>

Alliance for Innovation on Maternal Health (AIM), Patient Safety Bundles

<https://saferbirth.org/patient-safety-bundles/>

Child Opportunity Index (COI) 3.0

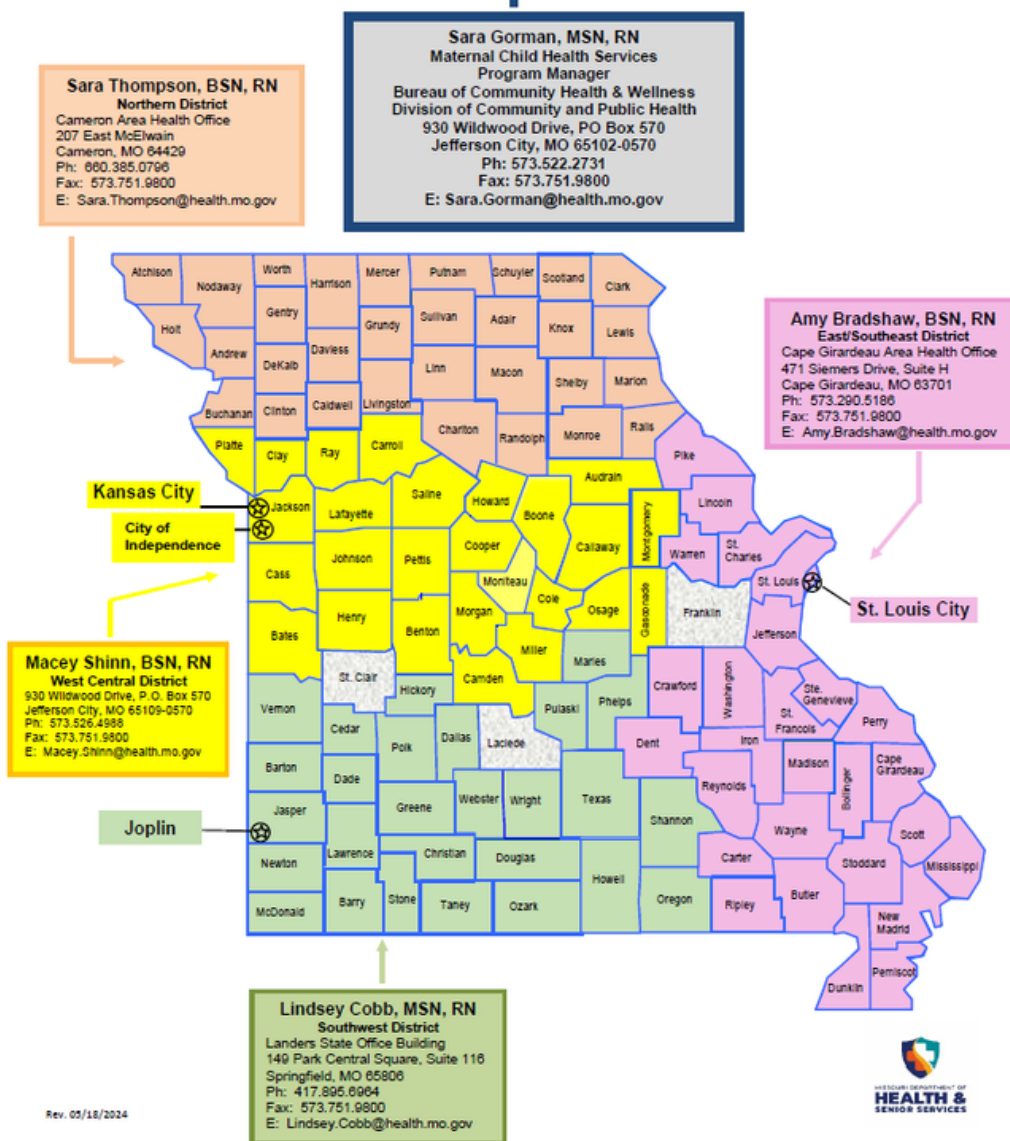
<https://www.diversitydatakids.org/child-opportunity-index>

“Alone we can do so little; together we can do so MUCH!”

-Helen Keller

Contact Info

Missouri Department of Health & Senior Services MCH Services District Nurse Consultant Regions



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