



MCH SERVICES PROGRAM CONTRACT WORK PLAN TOOLKIT

(A compilation of activities completed by LPHAs in FFY2022)



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MCH Priority Health Issue

IMPROVE PRE-CONCEPTION, PRENATAL AND POSTPARTUM HEALTH CARE SERVICES FOR WOMEN OF CHILD BEARING AGE.



LPHA Spotlight



- **McDonald County Health Department** is working to increase the number of women who have an annual preventative visit and created "Self-Care Kits" to use as an incentive for women of childbearing age that complete this visit at the health department. These kits include items that promote wellness - a water bottle to promote increased water intake, a pedometer to encourage walking and a cookbook to increase knowledge on preparing a healthy meal. Check out a picture of their kits [here](#).
- **Atchison County Health Department** hosted a "Stress Less Fest" for women of childbearing age and their children. The event included the following stations: yoga, sensory bin, coloring and stress ball making, to allow both mom and child to explore some fun and soothing ways to reduce stress and promote positive mental health. Moms received a Self-Care Basket that included items that promote physical and mental wellness. Check out pictures from the event [here](#). To learn more, contact Julie Livengood, Administrator, at julie.livengood@lpha.mo.gov
- **Springfield-Greene County Health Department** has required all staff to be trained in the Advancing Health Equity training series and have incorporated this training into Nurture, Empower, Support and Teach (NEST) Partnership. NEST Partnership provides nurse case management for at-risk prenatal and postpartum women or families with young children. Services are delivered in the home during scheduled visits for nurse assessment, intervention, education and collaboration with health care providers. Springfield Greene County Health Department has started a Health Equity Committee that includes a NEST member. The committee developed a Health Equity Toolkit which will be used to evaluate internal Maternal Child Health policies for equity and inclusion. To learn more about these resources contact Nancy Yoon, Chief Medical Officer, Springfield-Greene County Health Department, at Nancy.yoon@springfieldmo.gov
- **Miller County Health Center** implemented two "Family Rooms", used for all WIC, breastfeeding peer counselor, and Perinatal Program appointments. These rooms use Trauma-Informed Interior Design research to create a space that both mom and children feel comfortable and safe in. The rooms also act as a centralized location for the mom to stay for the duration of her visit. Staff members are mobile and come to these rooms. Check out pictures of their Family Rooms and more information on the research and design of these rooms, as well as information about car seat events they have hosted [here](#). To learn more, contact Mara Clement, Perinatal Programs Coordinator, at mclement@millercountyhealth.com
- **Callaway County Health Department** developed a policy to screen all postpartum women that present to the health department for WIC services, with their consent, using the Edinburgh Postnatal Depression Screening (EPDS). The policy was approved by the Callaway County Commission in February 2022. As of October 2022, 85 postpartum women have been screened, with 22 scoring over a 10, indicating a need for referral. All postpartum women screened, regardless of score, are given mental wellness resources. The EPDS can be found [here](#). To learn more about the policy, contact Andrea Bedrosian, Administrator, at andrea.bedrosian@lpha.mo.gov



Resources

- [Maternal Mental Health Hotline and the 988 Crisis Lifeline](#)
- [March of Dimes](#)
- [Health Resources & Services Administration \(HRSA\) Maternal & Child Health](#)
- [AMCHP](#)
- [Women's Preventive Services Initiative - WPSI](#)
- [Postpartum Support International - PSI](#)
- [Happier Kinder Together | Action for Happiness](#)

MCH Priority Health Issue

PROMOTE SAFE SLEEP PRACTICES AMONG NEWBORNS TO REDUCE SLEEP-RELATED INFANT DEATHS.



LPHA Spotlight

- Cole County Health Department** created a handout to educate members of the community and breastfeeding coalition about their safe sleep program and encourage referrals. The health department and the Breastfeeding Coalition provided a portable building equipped with an air-conditioned breastfeeding area and changing table during the Cole County Fair in recognition of World Breastfeeding Week. Each night of the fair, five “swag bags” were given to the first five people who visited the booth, a total of 25 bags were given out. The bags included safe sleep information, flyers for community resources and information on the Safe Crib program. These flyers were also available at the booth for everyone. In addition, three “Safe Sleep Survival Kits” were given as grand prizes and each kit included a pack and play, fitted crib sheet, HALO wearable sleep sack and a package of pacifiers. Check out pictures of the safe sleep survival kits and swag bags [here](#). To learn more, contact Megan Horstman, MCH Coordinator, at mhorstman@colecouny.org.
- Crawford County Health Department** partners with the [Safe Cribs for Missouri Program](#), administered by the Department of Elementary and Secondary Education (DESE) Office of Childhood. Find more about the program [here](#). In addition, the health department provided Safe Sleep Kits to moms who visited their department for services such as WIC, obtaining a birth certificate or immunizations. The kits were based off of the Cribs for Kids Safe Sleep Survival Kit Model and included safe sleep education, safe sleep approved sleep sack, a pacifier and a set of fitted crib sheets. To receive feedback about the benefits of the kit, the health department asks for the participant's email address or cell phone number when the kit is provided, then provides a follow-up 4-6 weeks later. View [Safe Sleep Kits and Hold Harmless agreement](#). To learn more, contract Tracey Stover, Administrator, at tracey.stover@lpha.mo.gov.
- Pemiscot County Health Department** provides education to clients during prenatal and postpartum WIC visits. The [Period of PURPLE Crying program](#) is an evidence-based shaken baby syndrome/abusive head trauma (SBS/AHT) prevention program. Additionally, Pemiscot County has also partnered with the DESE Safe Cribs for Missouri program. To learn more, contact Gerri Smith, Administrator, at gsmith@pemiscothealth.com.
- Vernon County Health Department** created and placed a Safe Sleep billboard on one of the main roads in Vernon County to provide a safe sleep message and make community members aware of the health department resources related to safe sleep. See the billboard [here](#). To learn more, contact Kayla Shrewsbury, MCH Coordinator, at kayla.shrewsbury@lpha.mo.gov.



Resources

- [Safe to Sleep Campaign](#)
- [Safe Sleep Missouri](#)
- [DESE Safe Cribs for Missouri program](#)
- [Children's Trust Fund Safe Sleep](#)
- [Cribs for Kids - Helping every baby sleep safer](#)
- [American Academy of Pediatrics Updates Safe Sleep Recommendations: Back is Best](#)

MCH Priority Health Issue

REDUCE INTENTIONAL AND UNINTENTIONAL INJURIES AMONG CHILDREN AND ADOLESCENTS.



LPHA Spotlight

- **City of Kansas City Health Department** helped provide advocacy training and supportive services to 57 parents through the Parent Leadership Training Institute. While participating in the institute, Cheryl Hampton created a children's book titled "[Just Like Me](#)". In addition, the health department helped eight youth serving organizations incorporate evidence-based education and trained 14 youth serving organizations to implement the violence prevention curricula and KC Blueprint strategies. Check out the educational resources they have available to the public [here](#) and the KC Blueprint [here](#). They also subcontract with Youth Ambassadors and established a social media platform (FB, Instagram, Tik-Tok, Snapchat) reaching 15,968 youth with violence prevention messaging created by youth discouraging other youth. To learn more, contact Dalana Johnson, MCH Coordinator, at dalana.johnson@kcmo.org.
- **Osage County Health Department** hosted a community pool event on June 17 at the Linn City Pool and had over 200 women, children and families in attendance. The theme for the event was drug and alcohol abuse awareness, with a special emphasis on driving while impaired. View [photo](#) from the event. To learn more, contact Kim Sallin, Administrator, at kim.sallin@lpha.mo.gov
- **Butler County Health Department** is using the Smart Moves, Smart Choices program to educate students, parents and educators about the prevalence and serious risks of teenage prescription drug abuse. Butler County has been successful in providing this education to two schools within the county. Check out the Smart Moves, Smart Choices Toolkit [here](#). To learn more, contact Amy Bland, MCH Coordinator, at amy.bland@butlercohealth.org
- **Reynolds County Health Department** provides a child passenger seat program to increase child passenger seat compliance, thus reducing child mortality rates related to motor vehicle crashes. The internal screening form can be found [here](#). To learn more, contact Lisa Beardsley, Administrator, at lisa.beardsley@lpha.mo.gov
- **Hickory County Health Department** hosted a Fall Family Fun Festival with outdoor safety as the focus. There were 19 booths that provided education/resources on various child health and safety priority issues. The health department focused on water safety and provided education and resources as well. View [photos](#). To learn more, contact Lori Hays, MCH Coordinator, at haysl@hickorycountyhealth.org



Resources

- [Missouri Coalition for Roadway Safety](#)
- [University of Missouri ThinkFirst Program](#)
- [Docudramas hosted by Mag Roberts with the Meramec Regional Planning Commission \(MRPC\)](#)
- [Become A Tech | National CPS Certification, New Search Courses SKCMS](#). Once an agency has a CPS technician, they can be added to the car seat inspection station listing through Tara VanLoo at MoDOT and also apply to receive convertible and high back booster seats in the Spring and Fall of each year. Tara's contact information is tara.vanloo@modot.mo.gov
- [Safe Kids Missouri | Safe Kids Worldwide](#)
- [Booster-to-Belts-Guide-MO.pdf](#)
- [Smart Riders Home | Missouri Department of Transportation](#)
- [First Impact Events - MU School of Medicine](#)
- [Missouri KidsFirst](#)
- [Sea Tow Foundation](#)

MCH Priority Health Issue

REDUCE OBESITY AMONG CHILDREN AND ADOLESCENTS.



LPHA Spotlight

- Pulaski County Health Department** has been able to increase the number of children and adolescents engaged in physical activity. The Adolescent Committed to Improvement via Exercise (A.C.T.I.V.E) program, which has been implemented by four after school programs, has collectively impacted over 100 children and adolescents who were trained to complete a 5K. In addition, the health department facilitates an AquaCize class in the summer months for women of childbearing age and children. This is held at a local pool and encourages children and families to be active. View [photos](#). To learn more, contact Melissa Martinez, Wellness Coordinator, at Melissa.martinez@lpha.mo.gov.
 
- Randolph County Health Department** utilizes a smoothie bike for several different health events in their county. Some events attended this year: Diaper Drive Thru with First Chance and WIC, Health Community Day (Health Fair), Wellness Walk Kick-off (3-mile route in Moberly with prompts and signs along the way), Art in the Park with Moberly Parks and Recreation and the Library, Sink and Snack at the Moberly Aquatic Center (coins are thrown into the pool and kids that receive a coin either get a healthy concession item or a taste test of a smoothie), and the Farmer's Market. The smoothie recipe includes frozen mixed berries, vanilla yogurt, and milk. Kara added that one thing they learned the hard way at an event was to make sure you have a bike tire pump because it will not work if the tire is flat. Check out a picture of their smoothie bike [here](#). They also provide cooking classes and use the [Cooking Matters curriculum](#). They have also used Operation Food Search to help cover supplies for the course, check it out [here](#). To learn more, contact Kara Buntin, Health Educator, at buntenk@randolphcountyhealth.org

- Macon County Health Department** created a grocery store guide for participants to utilize, which includes a scavenger hunt, seasonal vegetables, planning and shopping information. Check out the Helping your Family Get Healthy and Stay Healthy web page and download the grocery store guide [here](#) and [here](#). To learn more, contact Erin Main, Nutritionist/Public Information Officer, at emain@maconmohealth.org
- Clay County Public Health Center** hosted a Family Fun Day on August 27 in North Kansas City and had over 500 women, children and families in attendance. They had several fun activities that focused on reducing obesity among children and adolescents. Volunteers included Tony Temple, founder of Temple Made Fitness (TMF). TMF is on a mission to reach, educate and inspire youth and families through food education, movement with and without equipment, and life planning. Check out their site [here](#). Tony is also a children's author of Animal Movement, a book to help kids play, move and use mindful journaling to spark imagination and physical activity, find more information [here](#). During Family Fun Day, Tony led a session for children out of his Animal Movement book. The health department also had several partners bring interactive games for children to participate in and had face painters who painted sports themes, like soccer balls and basketballs, and fruits and vegetables for kids. Check out photos of their event [here](#). To learn more, contact Leah Oladitan, Community Health Program Manager at loladitan@clayhealth.com or Jason Stalling, Section Chief for Community Health Promotion at jstalling@clayhealth.com
- Bollinger County and Ste. Genevieve County Health Departments** are using the 12345 FitTastic! messaging materials with youth serving organizations and community partners to encourage physical activity, healthy eating and healthy behaviors. To order FREE 12345 FitTastic! materials from DHSS, click [here](#).



Resources

- [12345 Fit-Tastic! Site](#)
- [Missouri Council for Activity and Nutrition \(MOCAN\) coalition](#)
- [Missouri MOve Smart Child Care program](#)
- [Go NAPSACC](#)
- [Growing with MO Harvest of the Season](#)
- [Eat Smart in Parks Toolkit](#)
- [Playground Stencils | Missouri Team Nutrition | Health & Senior Services](#)
- [GoNoodle](#)
- [Walk & Bike to School](#)
- [Hy-Vee KidsFit](#)
- [SHAPE America Teacher Toolbox Physical Activity Calendars](#)
- [Kids Eat in Color - Kids Eat in Color](#)

MCH Priority Health Issue

ENSURE COORDINATED, COMPREHENSIVE AND ONGOING HEALTH CARE SERVICES FOR CHILDREN WITH AND WITHOUT SPECIAL HEALTH CARE NEEDS.



Resources

- [DHSS Healthy Families webpage](#)
- [DHSS Special Health Care Needs \(SHCN\)](#)
- [DHSS Family Partnership for Children and Youth with SHCN](#)
- [Family Partnership Fact Sheet](#)
- [National Resource Center – Patient/Family-Centered Medical Home](#)

MCH Priority Health Issue

ENHANCE ACCESS TO ORAL HEALTH CARE SERVICES FOR CHILDREN.



LPHA Spotlight

- **Wright County Health Department** has integrated oral health screenings within WIC visits. Health department staff obtained training and are able to provide an oral health screening, apply fluoride varnish and provide oral health education to child participants. The health department has created oral health kits that include a toothbrush, floss and toothpaste that are given to all children, ages 1-17, that visit the health department for any service. Check out pictures of the kits [here](#). To learn more, contact Tracy Hardcastle, Administrator, at thardcastle@wrightcountyhealth.com
- **Audrain County Health Department** has implemented two oral health programs within the health department that are grant funded from the Office of Dental Health (ODH): the WIC Fluoride Varnish Program and the Pregnant Women need a Dentist Too Program. They have also provided oral health education at schools, daycare centers and community events with use of MCH Services contract funds. To promote oral health, the Audrain County Health Department used free oral health literature from the ODH, which you can order [here](#). In addition, health department staff hosted a podcast with the former State Dental Director, Dr. Guy Deyton. Listen to the [podcast](#). To learn more, contact Kerry Patton, MCH Coordinator, at kpatton@audraincountyhealth.org



Resources

- [The Missouri Coalition for Oral Health](#)
- [Department of Health and Senior Services Oral Health page](#)
- [Oral Health Literature Request | Oral Health | Health & Senior Services](#)
- [2020NCDHM_BrushingCalendar_English-Spanish.indd](#)
- [2020NCDHM_ColoringPage_English-Spanish.indd](#)
- [Oral Health Training Videos - YouTube](#)
- [Children's Oral Health | Basics | Children's Oral Health | Division of Oral Health | CDC](#)

MCH Priority Health Issue

PROMOTE PROTECTIVE FACTORS FOR YOUTH AND FAMILIES.

LPHA Spotlight

- City Of Independence Health Department** created a [Task Force Interest Form](#) to help gain members in the new task force. Additionally, two suicide prevention billboards were created and placed in the City of Independence. Also, a Youth Mental Health First Aid flier to promote trainings was developed to increase awareness and participation in trainings. Check out the flier and billboards [here](#). To learn more, contact Halie Smith-Griffin, Public Health Specialist, at hsmith-griffin@indepmo.org.
- Ray County Health Department** created a Mental Health Resources Handout to share with the community. Check it out [here](#). To learn more, contact Madilyn Stevinson, Community Health Specialist, at madilyn.stevinson@rayhealth.org.
- Christian County Health Department** developed mental health billboard messages using a digital billboard. There are several messages that rotate through the billboard, see one billboard image on the right and another billboard image [here](#). To learn more, contact Carissa Roberts, MCH Coordinator, at carissa.roberts@lpha.mo.gov.
- Harrison County Health Department** created the Northwest Missouri Suicide Prevention Coalition. The coalition created a [Suicide Resource Book](#). To learn more, contact Shila Callaway, MCH Coordinator, at Shila.Callaway@lpha.mo.gov.
- Andrew County Health Department** collaborated with schools, law enforcement and first responders to implement the "Handle with Care" program. This program enables law enforcement and first responders to notify schools that a child may have been exposed to trauma and to handle them with care throughout the school day. Some examples of trauma include anytime a child is present during the arrest of a household member, a search warrant is served in the residence, a drug/alcohol overdose has occurred with a family member, death/suicide of a family member, incidents of domestic violence, physical/sexual abuse, community violence, house fires and car wrecks. To learn more about this program, see [here](#) or contact Jayne White, Director of Clinical and Emergency Operations, at JayneW@andrewcountyhealth.com.
- The Stone and Taney County Health Departments** are using QPR (Question, Persuade, and Refer), as an evidence-based suicide prevention program, with various youth and adolescent serving community organizations, such as the Civil Air Patrol (CAP) Cadet Program and the Greater Ozarks Centers for Advanced Professional Studies (Go-CAPS). The CAP Cadet Program is a congressionally chartered, federally supported non-profit corporation that serves as the official civilian auxiliary of the United States Air Force. The program transforms youth into dynamic Americans and aerospace leaders through a curriculum that focuses on leadership, aerospace, fitness and character. As cadets participate in these four elements, they advance through a series of achievements, earning honors and increased responsibilities along the way. Many of the nation's astronauts, pilots, engineers and scientists first explored their careers through CAP. Go-CAPS participants experience real-world, project-based learning strategies through collaborations with business and community partners. These interactions enhance the learning experience by preparing students for college and career. In addition, the health departments share the work they are doing related to their Priority Health Issue as well as prepare talking points and are on the Ozarks Network Podcast System through the local radio station. To learn more, contact Monica Mueller, Stone County Community Health Specialist at monica.mueller@lpha.mo.gov and/or Kayla Klein, Community Outreach Specialist at Kayla.Klein@lpha.mo.gov.
- Jefferson County Health Department** has created the Jefferson County Teen Coalition Group (JeffCoTeenCo). The group meets to discuss health and wellness issues they observe in their schools and develop an advocacy plan to address the issues. The health department uses various social media platforms and digital engagement to reach the community. Lastly, the health department implemented a teen wellness program titled "Healthy Choices Program", focusing on all aspects of wellness (physical, emotional and resiliency). This 5-week program includes many aspects of learning how to make healthy decisions on your own. Topics included identifying common stressors in daily life and coping skills to help deal with them, physical activity options, how to shop healthy, how to read nutrition labels and more. This was implemented in one school district in collaboration with the PE teacher and reached the entire 7th grade class. To learn more, contact Adam Peters, Community Engagement Team Lead/Health Educator, at adam.peters@jeffcohealth.org.



Resources

- [Missouri Dept of Mental Health Suicide Prevention](#)
- [Mental Health First Aid Missouri](#)
- [QPR \(Question, Persuade, Refer\) Program](#)
- Reach out to Kathy Dothage with MU Extension if you would like help providing MHFA or QPR classes. QPR is FREE right now if working with MU Extension. Email: dothagem@missouri.edu, Phone: (573) 680-6442
- [988 Suicide & Crisis Lifeline | SAMHSA](#)
- [Cards | Connect with Me | Health & Senior Services \(mo.gov\)](#)
- [NAMI Missouri: Mental Health Support, Education & Resources](#)

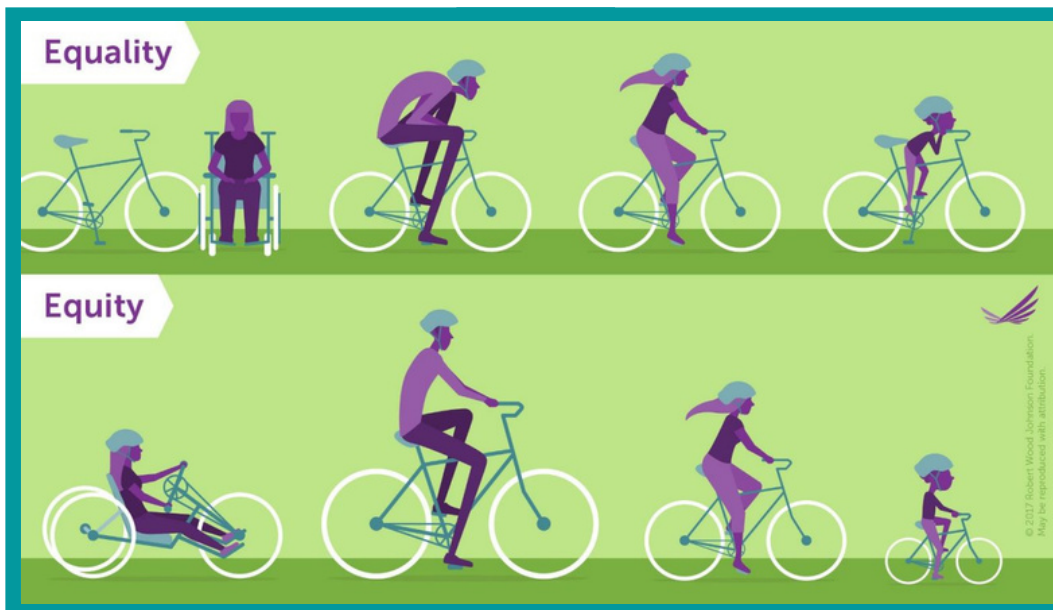
MCH Priority Health Issue

ADDRESS SOCIAL DETERMINANTS OF HEALTH INEQUITIES.



LPHA Spotlight

- **Jackson County Health Department** created a process for policy tracking, influencing and educating city/county decision-makers and community committees. The health department used the information they collected to create a policy agenda and their first quarterly newsletter for 2022. Additionally, all of their health promotion staff completed a Roots of Health Equity training, which you can find [here](#). They have also been researching the standard of care practices in Missouri as it relates to prenatal, preconception and postpartum women. They used what they have learned from their research, as well as data they have collected specific to Eastern Jackson County and the Raytown area, to host a Community Conversation in Raytown on September 28, 2022. This Community Conversation allowed them to assess individual experiences in relation to these standards amongst prenatal, preconception and postpartum women. Check out the questions they created for their Community Conversation [here](#). To learn more, contact Kelsey Saragnese, Community Initiatives Coordinator, at kelsey.saragnese@uhkc.org.



Resources

- [Healthier MO Capacity Building Program](#) equips public health professionals with a shared understanding of health equity and the Foundational Public Health Services (FPHS) model, guides us as we operationalize the model in our work, and empowers us to implement practices and processes that will assure foundational public health services every Missourian can depend on.
- [AMCHP MCH Essential Series Cultural Competency Training](#)

“I am only one; but I am still one. I cannot do everything; but still I can do something. And because I cannot do everything, I will not refuse to do the something that I can do.” – E.E. Hale



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Reminders

- 15th of each month- invoicing tool and DH-38 due for services provided the month prior