



*10<sup>th</sup> Annual*

# ALL MAJOR GRANTEES MEETING

| 2023 |

December 5  
8:30 AM – 3:00 PM





# Acknowledgements

We acknowledge the land on which we are meeting – the ancestral lands of **Duwamish, Muckleshoot, and Snoqualmie Tribes** – and recognize their continuing connection to land, water, and community. We honor with gratitude the land itself and the **Coast Salish people** who are still here today.

We recognize the systemic oppression of Indigenous people, enslaved Africans, and other historically exploited people which has led to the disproportionality in representation and disparities in health of these communities we serve.



# Welcome!

## TOGETHER WE WILL CREATE A SAFE LEARNING SPACE

- **Be kind and respectful.**
- **Give grace and offer help.**
- **Seek support and ask questions.**
- **Include everyone.**
- **Have fun!**



# PHPDA Staff



**Virgil Wade**  
*(He/Him)*  
Executive Director



**Christina Bernard**  
*(She/Her)*  
Associate Director



**Mallory Fitzgerald**  
*(She/Her)*  
Grants Manager



**Gene Yoon**  
*(He/Him)*  
Communications Manager



**Whitney Regan**  
*(She/Her)*  
Office Coordinator





## Championing Health Equity

The mission of the Pacific Hospital Preservation & Development Authority is to support and provide funding for the provision of the best possible healthcare in the **Puget Sound region** in an effort to **eliminate disparities** in access to health resources and improve health outcomes.

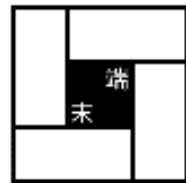


# Thank You, Sponsors!

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PYRAMID



TAN MATS



UMPQUA BANK

- Major Grants
- Nimble Grants
- Health Equity Scholars
- Other Program Work



# Preferred Caffeinated Beverage?



Brought your laptop?

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Enter code: 6345 9682



# What does “Health Equity” mean to you?



Brought your laptop?

Go to [www.menti.com](https://www.menti.com)

Enter code: 6345 9682



# PHPDA Opening Remarks



**Virgil Wade** *(He/Him)*

Executive Director of  
Pacific Hospital PDA



# Presentations: 2021 – 3<sup>rd</sup> Year

- Asian Counseling and Referral Services
- Comunidad Latina de Vashon
- East African Community Services
- Living Well Kent Collaborative
- Somali Health Board

# Asian Counseling and Referral Service

## *Wellness Nurse Project in Behavioral Health Program*

*A Partner  
In a thousand of journeys  
of Recovery, Healing, and  
Transformation for  
people living with a mental health challenge  
to live a happy and healthy life  
in a community  
While striving to achieve  
one's full potential.*



**ASIAN COUNSELING  
and REFERRAL SERVICE**



# Whole Health/Whole Person Care with a Wellness Nurse embedded in the team

Promoting a state of complete physical, mental, social, financial and cognitive well-being

Multi disciplinary team based services with a bilingual mental health case manager as a primary provider and “**Wellness Nurse**” as a leading partner

# Whole Health/Whole Person Services with a Wellness Nurse embedded in the team

- Whole Person Service Plan
- Multi disciplinary team based services with a bilingual mental health case manager as a primary provider and “Wellness Nurse” as a leading partner
- Working with high utilizers for ED and inpatient
- Working with clients with complex medical Condition such as Diabetes
- Wellness Activities, Health Education
- Primary care service on site in partnership with a FQHC
- On site Pharmacy
- Dental Van
- Acupuncture Service on site



# Healthcare Access and Outcomes

- **Access: 57% increase in the number of clients who receive culturally relevant, linguistically accessible, understandable, and respectful health education and wellness activities.**
  - **224 new clients and a total of 613 unduplicated clients served.**
- **Improved physical health: 25% of clients show improvement and/or maintain improved blood pressure.**
- **Improved mental health: 78% of clients reported improvement and/or maintenance of improved mental health via PHQ 9.**
  - **During 3<sup>rd</sup> year, collecting “Social Isolation Scale.”**
- **ED visits: 278 unduplicated ED visits in 1<sup>st</sup> year. 125 unduplicated ED visit in 2<sup>nd</sup> year.**

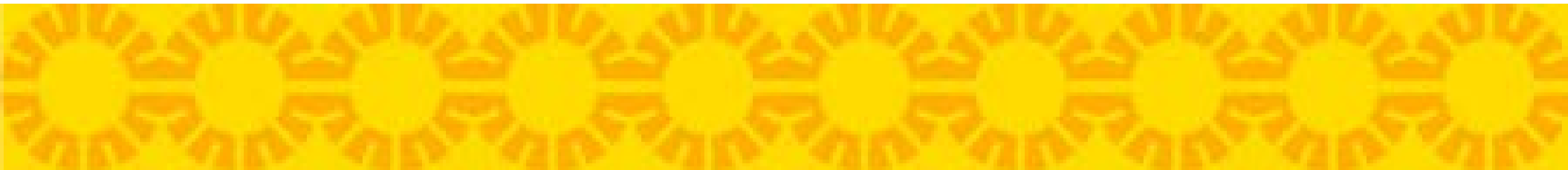
# Challenges and New learnings

- Data collection. Using EHR system for documentation and Data inputs
- Increasing Staff participation in the project
- Using each challenge for improvement.





Growing Supports, Strengths, and Resilient Action



**We build on our strengths and identify how to change the systems giving us stress for the better and create new ones that support our well-being.**



# OUR COMMUNITY LED ACTIIVITIES

**MIDDLE/HIGH SCHOOL and YOUNG ADULTS:** Leadership training, cultural plus mental health conversation, career opportunities in group and 1-1

**ELEMENTARY:** Sports, conversation about being a latino boy, latino girl while having fun, creating art, learning about cultural traditions, immigration,

**MEN/BOYS:** Soccer, Football, Wrestling (Scholarship program, equitable application)

**MIGRANT MEN:** Pesca, Landscaping (Environmental Issues/Justice, Economic Opp)

**WOMANS GROUP:** Creating space for themselves, creating community, learning and sharing traditions: ( ensuring equitable spaces at school, day care facility, exploring economic opp)

**INTERGENERATIONAL:** Mercado and other family events



# 3 COMPONENTS

**ORGULLO** (*pride curriculum + wellness activities*):

*Integrate our cultural pride, Latino heroes, accomplishments, customs, traditions etc.*

**LEADERSHIP** (*wellness activities + Charla*):

*Activities that feed our need to belong, joy, and hope for the future! Youth and adults decide quarterly focus and take leadership roles.*

**SYSTEMS CHANGE** (*Charla + Collective action*):

*Conversations about our realities, create solution, and taking steps to make it happen.*



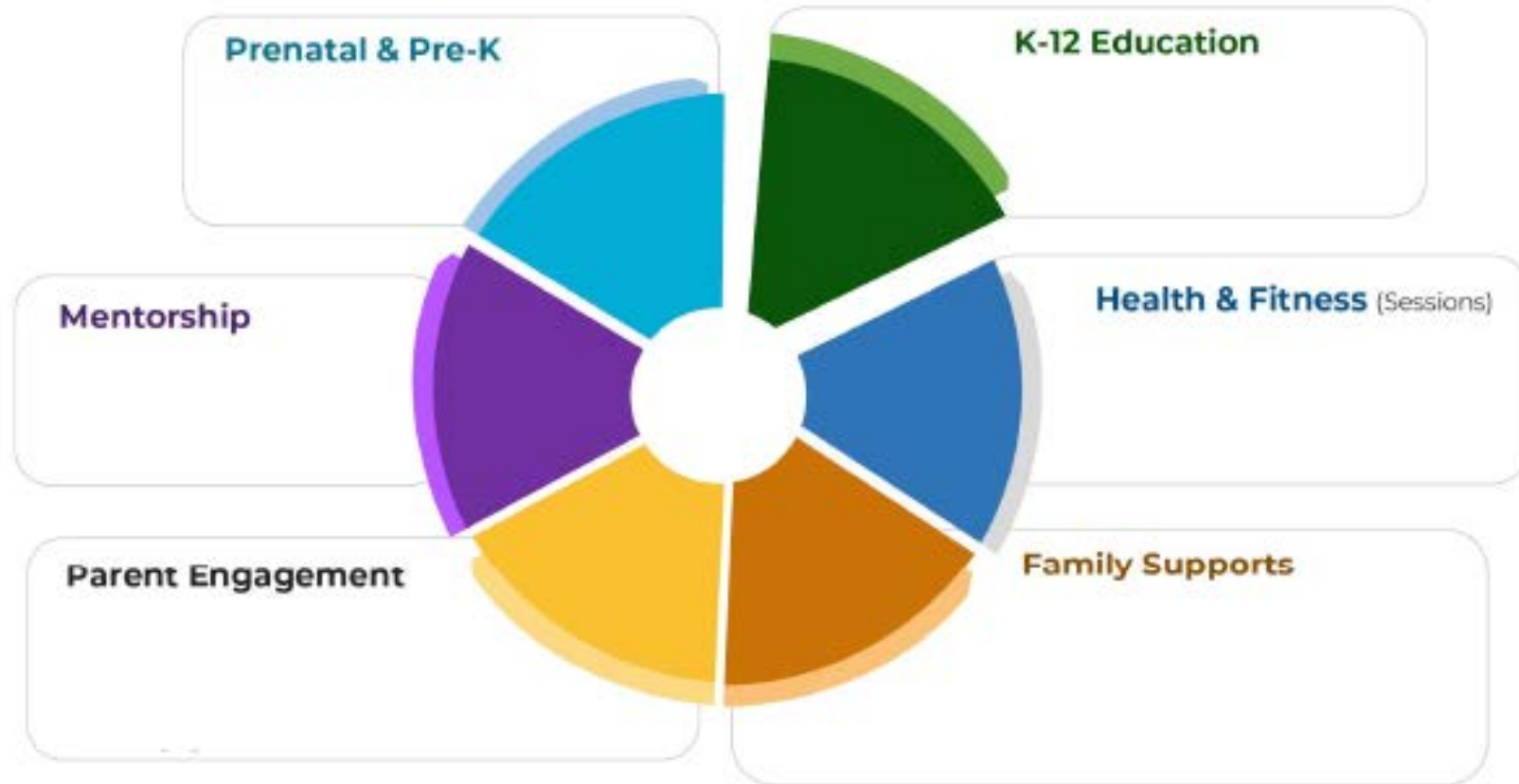
We reclaim our stories,  
our agency, and our strengths.

We change the way we see  
ourselves!

We collectively activate to  
change systems so we can  
flourish.



# Ecosystem of Programs Across EACS' Two Campuses



EACS is *more than* education and mentorship for East African refugee and immigrant youth. EACS engages the entire family in a culturally affirming, wraparound, co-creative space that empowers our people towards their best lives.





**EAST AFRICAN**  
COMMUNITY SERVICES

## Special Thanks to PHPDA

**We've Noticed a Change In Attitudes About Health, Food, Medicine, and Doctors.**

EACS' aggressive push into health, fitness, "eating-for-life," and health and fitness engagement was made possible from our initial funding from the Pacific Hospital Preservation Development Authority!

We could not have developed this multi-year, strategy that fuses health, fitness, psychosocial well-being, and positive cultural spaces with out PHPDA.

PHPDA took a chance on EACS, our kids, parents, and elders, and it paid off.

we are family, **always.**



**EAST AFRICAN**  
COMMUNITY SERVICES

## Thy why: Seeds for Ubuntu Wellness....

EACS noticed poor health, access to doctors, knowledge of free-to-low cost medical and mental health supports, and spaces that celebrated (even created) health, fitness, and food-for-life activists within the East African Communities we serve.

- **Ubuntu Wellness project** is an innovative strategy to empower East Africans towards greater health awareness, food consciousness, physical fitness, and exploration of the outdoor world.
- 300 Individuals from within EACS' Ecosystem of programs and also the broader community will participate in our highly impactful programs, across EACS' Two Community Centers. EACS also serves non-East Africans, and thus, our reach has grown beyond our normal "Horn of East Africa" communities.

we are family, **always.**



# Ubuntu Wellness

*Ubuntu Wellness has made a difference in Health Consciousness within the East African refugee and immigrant communities we serve.*

- **Sheeko Sheeko – 0 to 3 Home Visiting Program** – Introduction of Dietician and RN to support the healthy development of East African babies. Fundamental shift in the ways in which balanced diets, healthy portion education was presented. This is huge and can set the stage for life-long improvements.
- **K-12 Afterschool & Summer Program** – Integration of Healthy Eating, Cooking, Learning and Healing Circles, Body-based Physical Fitness, including Calisthenics.
- **6-12 Youth Mentorship Programs** – Integrated with Healthy Cooking, Classes, Ubuntu Wellness,
  - Strong Girls Powerful Leaders - 75 to 100 East African and other BIPOC girls convened
  - Young Men Led – 50 East African and other BIPOC boys convened
- **6<sup>th</sup> Grade to College-Aged Reentry Youth** – Health, Fitness, and Ubuntu Circles – up to 20 East African and other BIPOC participants navigating life returning to community from juvenile incarceration.
- **Senior/Elder Fitness Walks** – One of the more difficult, yet rewarding programs that works to engage (primarily) East African women in local community walking.
- **College Fitness AM Clinics** –Increased Popularity as EACS' High School and College-aged participant populations are Exploding.

# Ubuntu Wellness

*MAJOR GROWTH THIS YEAR- INCREASED DEMAND ACROSS SERVICE AREAS*

- **Middle to High School Mentorship**
  - **Strong Girls Powerful Leaders** – cannot keep up with demand for our programming.  
*Large Waiting List*
  - **Young Men Led (YML)** – Experiencing largest enrollment in our 23-year history.  
Small Waiting List.
- **Family Fitness & Fun Nights** – Cultural Nights
  - Explosive growth in all age-demographics
  - **Highlight:** Youth presenting healthy dishes designed in our Afterschool program's Healthy Eating module.
- **Wadajir Parent Social Group** – Space for parents of enrolled youth to just "be"
  - Drop-in format very popular with Somali mothers.
  - In many ways, this space was a laboratory to explore healthy cooking experimentation; fusions of East African traditional dishes and American imagination (i.e., Vegan Sambusas!)



SAHRA MUMIN & AKARIM  
ABDI

DECEMBER 2023

LIVING WELL KENT

# HEALTHY STARTS FOR IMMIGRANT AND REFUGEE CHILDREN



Living Well Kent is a community-driven collaborative that focuses on creating a healthier, equitable and more sustainable Greater King County Area.

## History

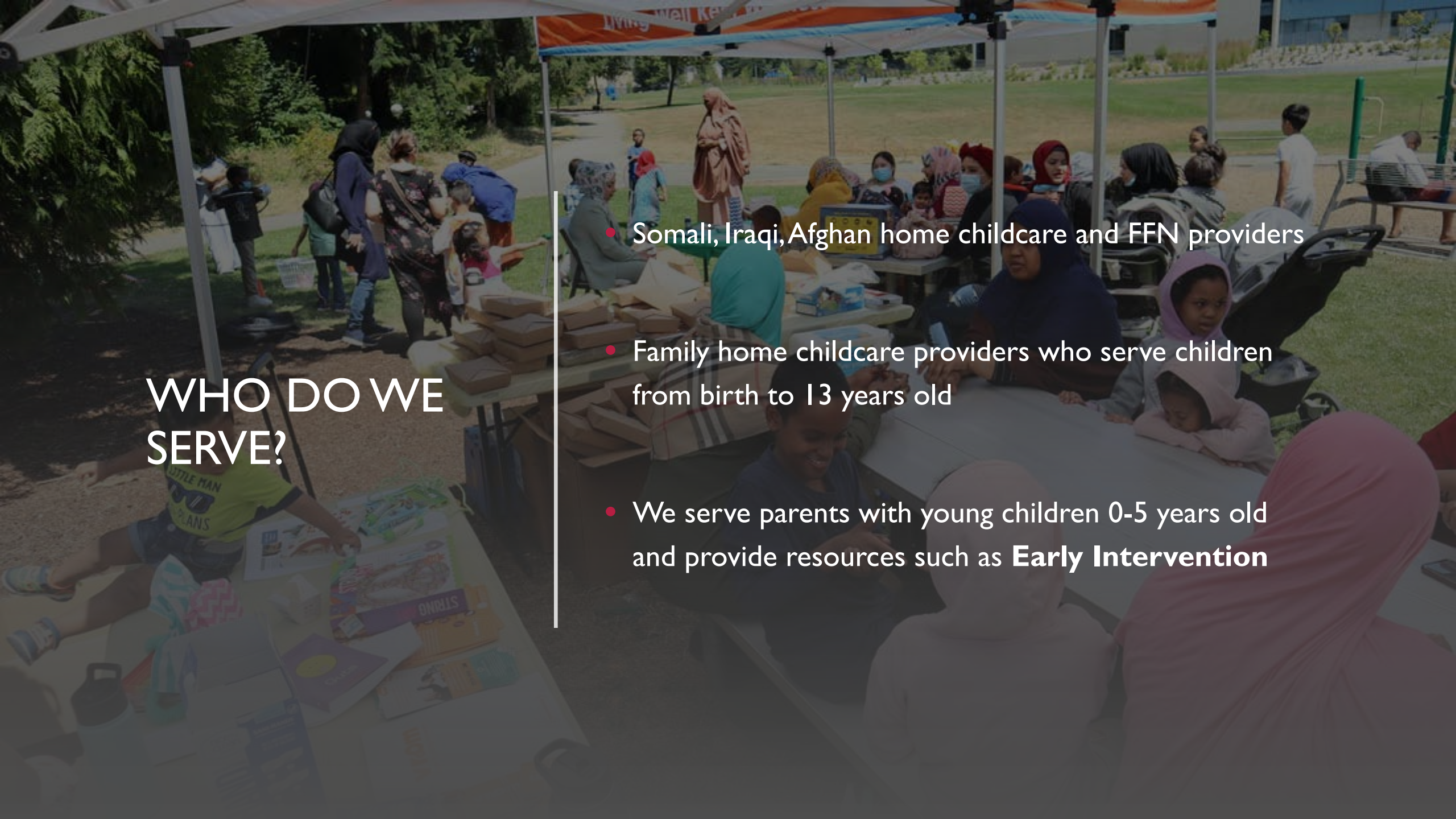
Living Well Kent was founded in 2014 by Shamso Issak, a Somali woman who saw health disparities in Kent and wanted to change them.

LWK started out focused on food access and youth empowerment and grew to include early learning and health and safety.

We have been assisting childcare providers with maintaining high-quality facilities since 2018.

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## VISION



## WHO DO WE SERVE?

- Somali, Iraqi, Afghan home childcare and FFN providers
- Family home childcare providers who serve children from birth to 13 years old
- We serve parents with young children 0-5 years old and provide resources such as **Early Intervention**



A background image of children playing in a park. In the foreground, a young girl with long brown hair and a pink scarf is looking towards the camera. Other children are scattered across a grassy field and a paved path in the background, some playing with hula hoops and others with balls. The scene is bright and sunny, with trees and a clear sky.

## TRAININGS AND SERVICES

- We train childcare providers to make sure they are up to date with all the required trainings and be able to identify early of signs of developmental needs.
- We are in contact with early intervention programs. Living well Kent can refer families to early intervention programs.
- We train CCP about signs of developmental needs. CCP can identify these needs and contact us to refer these families to CTC (Children Therapy Center) and Children's Therapy- Valley Medical center.

# HEALTHCARE ACCESS AND HEALTH OUTCOMES

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- *Child well checks and vaccinations completed on time for every child*
  - ( The Child Care Providers must have up to date vaccines in their files for the children to be able to attend there
- *Families are better equipped to support their children's mental health, oral health, and nutrition*
  - Childcare providers receive trainings to provide education and resources to the families in their care
- *Childcare providers support families in their care to create and maintain medical appointments*
  - Break down language barriers
  - Increase cultural competency
- Local early intervention providers have increased knowledge of caring for immigrant and refugee families



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# *Behavioral Health Program*



## Program Goals:

- Increase awareness of the impact of mental health on individuals in the Somali community through education and outreach efforts
- Address concerns and fears surrounding mental health to promote trust and engagement in the community and with providers
- Combat stigma surrounding mental illness and promote understanding of symptoms, diagnosis, and treatment
- Normalize conversations about mental health and acknowledge the impact of War-trauma, such as PTSD
- Provide preventative and intervention services before families reach the point of calling emergency services





# ***SYMHA Program***

- *Youth-centered education program designed to promote mental wellness and address various mental health topics while providing a safe and culturally sensitive space for open dialogue*
- *Led by a licensed therapist empowering youth to take control of their mental health and well-beings*
- *Biweekly Zoom workshop*
- *Jan-March: 28 Clients*
- *Currently it's a 12-Month cohort with 72 clients*







# *Mental Health Youth Support Group*

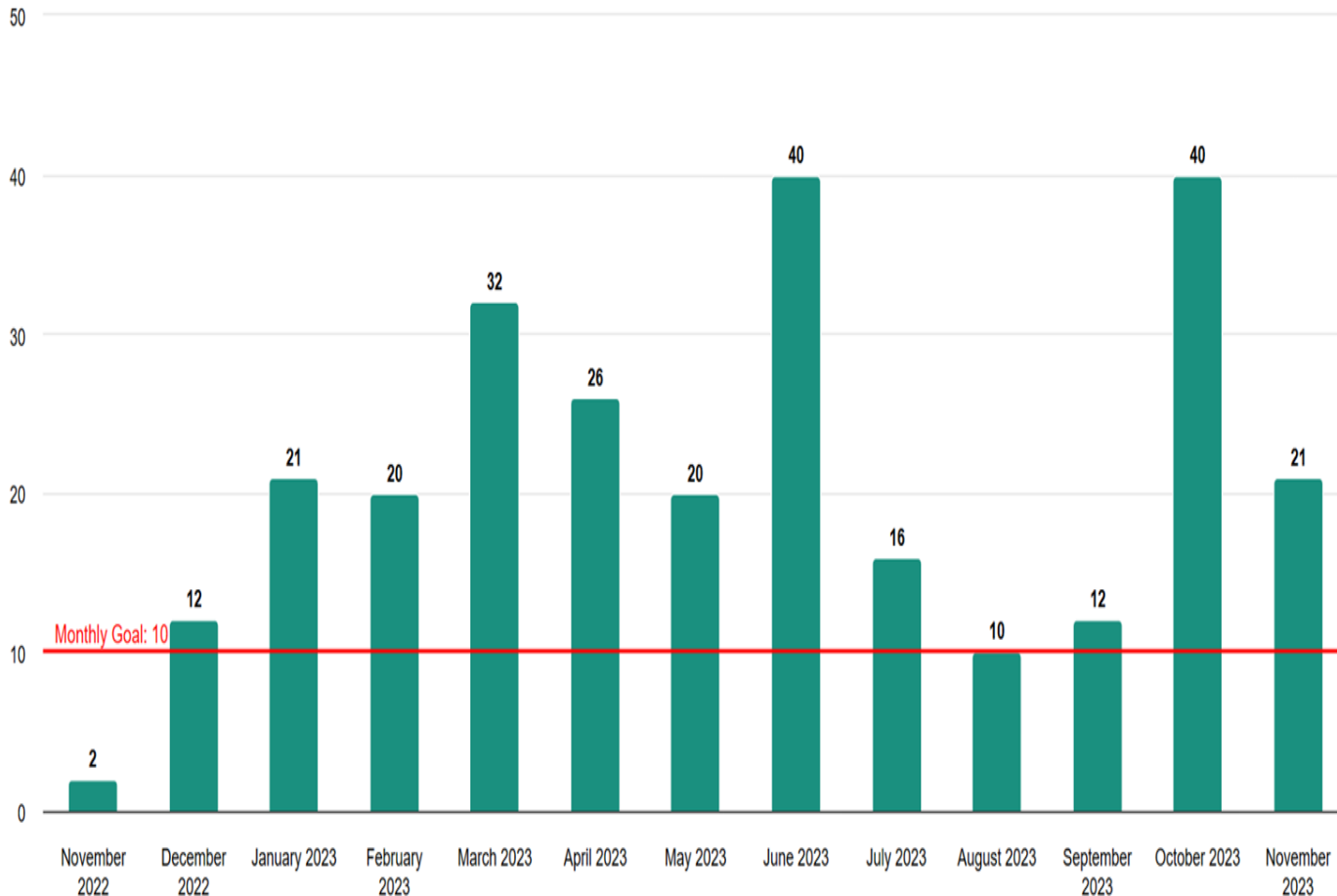
Our Youth Support Group provides a secure and confidential environment for young individuals to gather, offering mutual support, shared experiences, and insights into navigating life's challenges

- Consist of 10 clients
- Enables for deeper and more personalized discussions



# Case Management

Annual goal: 90 | Quarterly Goal: 23 | Monthly Goal: 10



## Services Provided

### Case Management Sessions by SHB

- Compassionate and Evidence-Based Care
- Personalized Care Plans
- Addressing Unique Mental Health Needs

### Key Services:

- Connection to Vital Resources
- Therapy and Support Groups
- Empowering Clients to Overcome Challenges





# Community Conversations



## Purpose



Transforming mental health dialogue through presentations, panel discussions, and workshops on various mental health topics. Our aim is to promote mental wellness, empower through diverse perspectives, and provide practical insights.

## Goal



Normalize mental health conversations, decrease stigma in the Somali community.





# Q&A: 2021 – 3<sup>rd</sup> Year

- Asian Counseling and Referral Services
- Comunidad Latina de Vashon
- East African Community Services
- Living Well Kent Collaborative
- Somali Health Board





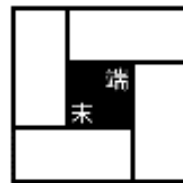
# 5 Minute Break

## THANK YOU SPONSORS

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TAN MATS



UMPQUA BANK

# Future Technical Assistance Workshops?



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# Chunky or Creamy Peanut Butter?



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# Presentations: 2022 – 2<sup>nd</sup> Year

- Childhaven
- Evergreen Treatment Services
- Global Perinatal Services
- Lutheran Community Services NW
- Purpose. Dignity. Action. (PDA)
- Tubman Center for Health and Freedom

# Early Childhood Developmental Navigator Program



EARLY CHILDHOOD DEVELOPMENTAL SUPPORTS CENTERED  
ON RELATIONAL HEALTH AND EQUITY WITH CHILDREN BIRTH  
TO AGE FIVE AND THE ADULTS WHO LOVE THEM

---



Rachel Dumanian, Early Childhood Healthcare Integration Director  
Yesenia Martin, Early Childhood Developmental Navigator





# Early Childhood Developmental Navigator Service Highlights

## **What did you learn from your first year?**

Developmental screening and promotion works!

Team building works!

Families value our presence!

## **What challenges did you face?**

In-clinic workforce shortages slows  
integration of work into the clinical care teams

## **What changes are you making as a result?**

Greater focus on autism screening



# Year One Outcomes

## Successes from September 2022- June 2023:

- **Over 250 families** received a family navigator visit or support.
- **74 referrals** were made to developmental services such as ESIT or Child Find
- Developmental screenings of **150 children** were completed, most often in families' home language.

## Reduced...

- **Barriers** to culturally-responsive, family-centered care.
- **Silos** between pediatric healthcare organizations and local community organizations serving young children and their families.
- **Gaps** in diagnosis of autism at the SeaMar clinic by spending more time with families and sharing more culturally responsive guidance around diagnosis.

# Two Highlights

- **Service Delivery Sample**
  - *One Family's Journey in Navigating the Early Years*
- **Ground Rounds at Children's Hospital**
  - *Cross-team Collaborations Prompt Shared Learnings*



# We thank you for your support!

Questions:  
Rachel Dumanian, Early Childhood  
Healthcare Integration Director  
[RachelD@Childhaven.org](mailto:RachelD@Childhaven.org)



# Treatment in Motion

Bringing Life Saving Medicine to the Unhoused



Evergreen  
Treatment  
Services

CLINIC SERVICES

REACH



# What is Treatment in Motion and Who Does it Serve?

Treatment in Motion is a community-based, low-barrier, rapid access program for opioid use disorder

The program serves the King County unhoused population, which has high rates of substance use, who have limited access to traditional treatment services due to a lack of transportation and stability

This population is disproportionately BIPOC, LGBTQIA+, involved with the criminal justice system, and often have co-occurring mental and physical health issues



# How Does Treatment in Motion Serve the Community?

Treatment in Motion brings opioid use treatment services out of a clinic and directly into the community, eliminating the need for travel to receive treatment

Regular access to opioid use disorder treatment is essential for health stabilization and before Treatment in Motion, patients needed to visit a clinic daily to receive medication

Treatment in Motion is a mobile dispensary for methadone, a place for counseling and case management, wound care, and provides access to other important resources

Methadone substantially reduces morbidity and mortality associated with using opioids. Risk of death from overdose is reduced by 50% while receiving this medication, physiological cravings are relieved, and brain chemistry normalizes



# Early Successes



We have 50 patients enrolled in the program and 49 actively received medication during the week of Thanksgiving

Since the program launched, we have consistently held retention rates of over 80%

We are establishing a collaborative space with two housing agencies in the Seattle area to serve their clients

ETS has made 196 dose evaluations, case managers have made 385 contacts, and we have had 57 patient intakes with 50 of them receiving treatment exclusively through this program



# Program Expansion

Because this program helps the most vulnerable members of our community, Evergreen Treatment Services is expanding with a second Treatment in Motion mobile unit – this one to serve Thurston and Mason Counties.



# Global Perinatal Services

Black Bundle of Joy



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# Postpartum Doula Program

This program offers up to **20 hours** of postpartum support to families with a newborn or up to 6 months old baby.

20 hours will be completed within 6 weeks of pairing.

Postpartum doulas provide support and answer questions about newborn care, resources and breastfeeding.

Offer services in 10 different languages:

Somali, Amharic, Tigrinya, Arabic, Oromo, Spanish, Dari, Farsi, Pashto & English

---

# Black Bundle of Joy Program

GPS is currently offering a new program called Black Bundle of Joy that aims to assist expecting first time Black parents with transitioning to their role into parenthood.

## **Parents Will Receive:**

- Free Doula Services
- Baby Items (ex. car seat, diapers, wipes)
- \$100 Gift Card

## **Eligibility Criteria:**

- Expecting First Time Parents
- Identify as Black
- Participation from both the Birthing Individual and their Partner in the three courses and Doula Program



## What is Black Bundle of Joy?

Aims to assist expecting first-time Black parents with transitioning into their role of parenthood.



### Parents Will Receive:

- Free Doula Services
- Baby Items (ex. car seat, diapers, wipes)
- \$100 Gift Card



### Eligibility Criteria:

- Expecting First-Time Parent(s)
- Identify as African-American or Black
- In the 2nd or 3rd Trimester
- In King County or Tacoma area
- Participation from both the Birthing Individual and their partner (if applicable)



## Contact Us

206.679.0782  
info@globalperinatal.org  
www.globalperinatal.org  
15203 8th Ave. South  
Burien, WA 98148

QR Code to Intake  
Form Link:



## Black Bundle of Joy

Preparing First-Time African-American & Black Parents for Parenthood



## Checklist

### Doula Support

- ☐ Paired with Doula

Doula Name: \_\_\_\_\_

Doula Phone #: \_\_\_\_\_

### Lactation Support

- ☐ Attend Support Session

Date Attended: \_\_\_\_\_

### Childbirth Education Class

- ☐ Attend CBE Class

Date Attended: \_\_\_\_\_

### Father-to-Father Support

- ☐ Attend F2F Support

Date Attended: \_\_\_\_\_



## Register Now

206.679.0782



## Services & Courses

### • Doula Support

Physical, emotional, and informational support to a mother before, during and shortly after childbirth. 5 Total Visits (2 Prenatal, 1 Labor/Birth, and 2 Postpartum)  
*Attendees: Birthing Individual*

### • Lactation Support

Hosted by lactation specialists via Zoom who assist expecting parents with their breastfeeding questions or concerns  
*Attendees: Birthing Individual or with Partner*

### • Childbirth Education Class

Childbirth preparation topics are presented via Zoom to help parents access accurate and up-to-date information about childbirth and make informed decisions about their care  
*Attendees: Birthing Individual or with Partner*

### • Father-to-Father Support

One-on-one support over Zoom to help prepare the father/partner for fatherhood. Topics discussed include supporting mom, soothing baby, and learning how to change diapers  
*Attendees: Partner*

## Frequently Asked Questions

### ***How much does it cost to participate?***

All services are free of charge to those who meet the required criteria. Parent(s) MUST participate in all the required courses/programs above to qualify for the Free Doula Services, Baby Items, and \$100 Gift Card.

### ***I am a Single Parent, can I be part of the Program?***

Yes, single parents can join. All classes and services except the Father-to-Father Support must be completed.

### ***I am interested, how do I get started?***

Please email or call GPS and let them know you are interested in participating. Or you can complete an intake form online. GPS will follow up with you regarding more information about your eligibility and the course times and dates.



# Questions?

## **Connect with us:**

Email: [info@globalperinatal.org](mailto:info@globalperinatal.org)

Office Phone: 206.679.0782

Instagram: [@GlobalPerinatalServices](https://www.instagram.com/GlobalPerinatalServices)





# Refugees Northwest

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A program of Lutheran Community  
Services Northwest





# Mental Health Program

First year of PHPDA funding

*Pro:* Hired 3 supervisors from Arabic or Persian-speaking communities

*Con:* drop in client eligibility due to Medicaid law changes, loss of Survivor of Torture asylum funds

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# Asylum Assistance Program

1. The AAP program was able to bring on a designated staff person to work with asylum seekers.
2. A significant challenge was trying to secure adequate housing for our clients.
3. We have done a lot of advocacy work to get more funding passed as well as working with local government agencies surrounding this issue

# Thank you



Members of the GPS district show their team spirit and new swag at a recent district retreat..

# CoLEAD: Transforming Challenges into Innovations & Improvements

**Presented by:**

**Chevonna Gaylor, MA, LMFT, CoLEAD Clinical Director**

**Fe LopezGaetke, JD, Deputy Director**



December, 5 2023 | PHPDA Health Equity Fund: 2023 All Grantees Meeting

# Who we are-how we do it

## Who...

- Expertly trained staff, many with lived experience
- Primary focus on justice involved individuals facing homeless, mental and/or physical health and substance use challenges

## How...

- Low-barrier, safe and private lodging
- Coordination with legal system partners
- Case Management
- Healthcare Services

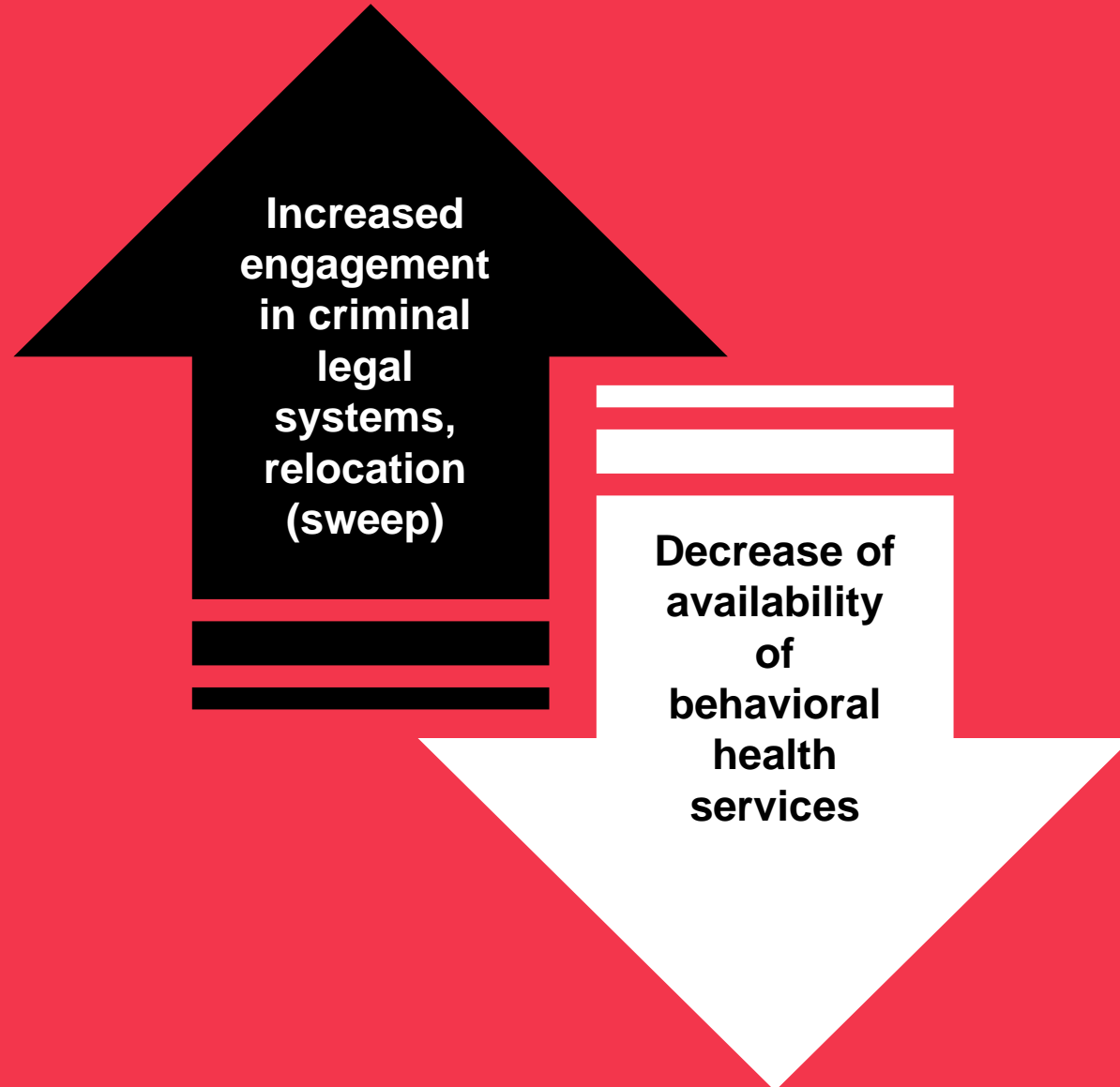


# What did we learn?

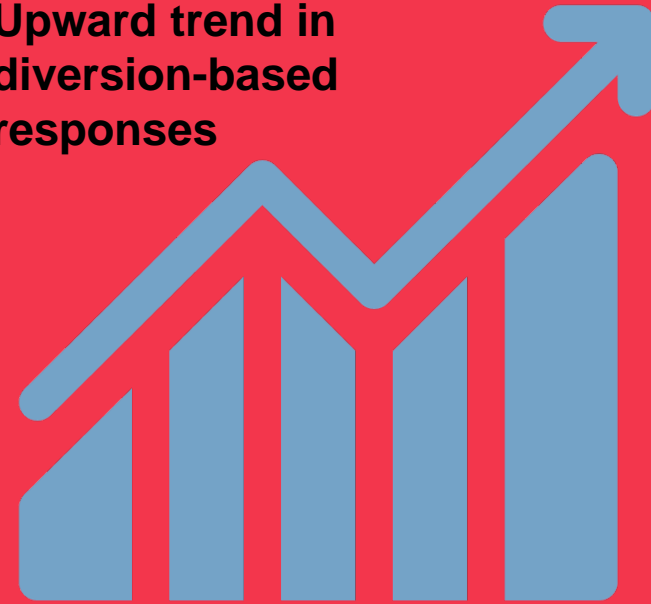
- ✓ Participants need continued care and coordination after being placed in housing (Aftercare)
- ✓ Partnerships with system partners improve participant stability both in temporary lodging and in permanent housing.
- ✓ Our participants continue to face stigma and other ongoing barriers to accessing healthcare; therefore, we see a need to increase support for healthcare coordination.



# Challenges



Upward trend in diversion-based responses

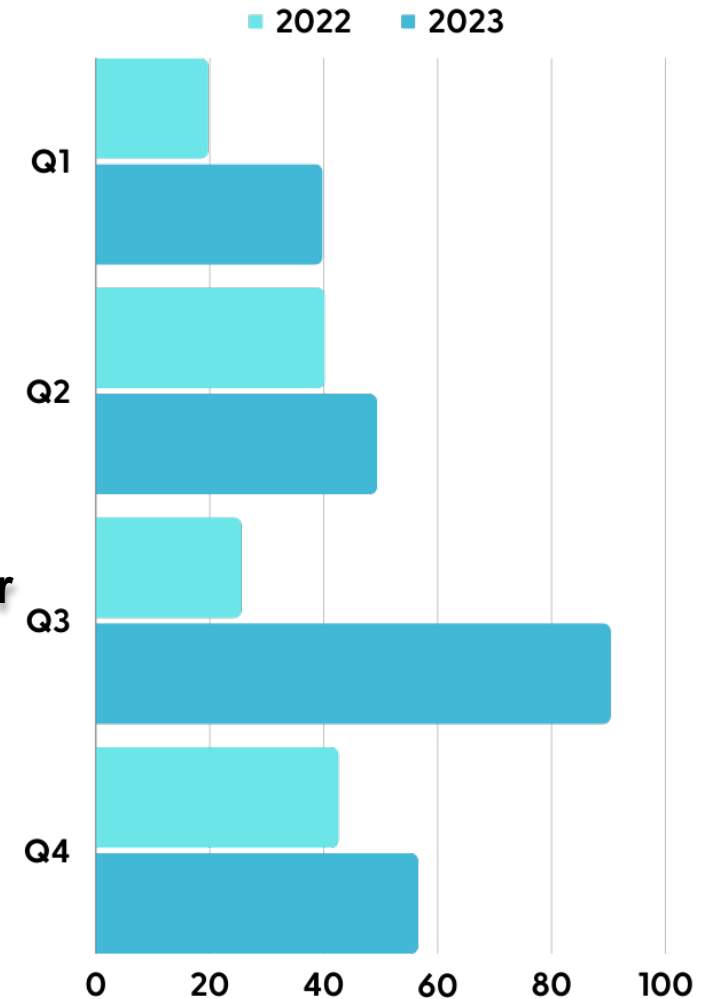


Staffing

# What changes are we making as a result?

- Increased focus on Legal Coordination
- Improved relationships with criminal legal justice system liaisons
- Engagement of PDA's internal legal staff, and a specialized boundary spanner
- Extensive and improved training for CoLEAD staff
- Updating care plan to accommodate additional challenges resulting from police enforcement efforts

**Increased Legal Coordination Encounter Activity By Quarter Year over Year**





TUBMAN CENTER FOR  
HEALTH & FREEDOM

# CREATING COMMUNITY- DESIGNED HEALTH CARE

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December 2023



# Piloting our community-designed model with young people and their families.



**THE FREEDOM CLINIC**  
BY TUBMAN CENTER FOR HEALTH & FREEDOM  
AND RAINIER VALLEY LEADERSHIP ACADEMY





# Ingredients of Community Design



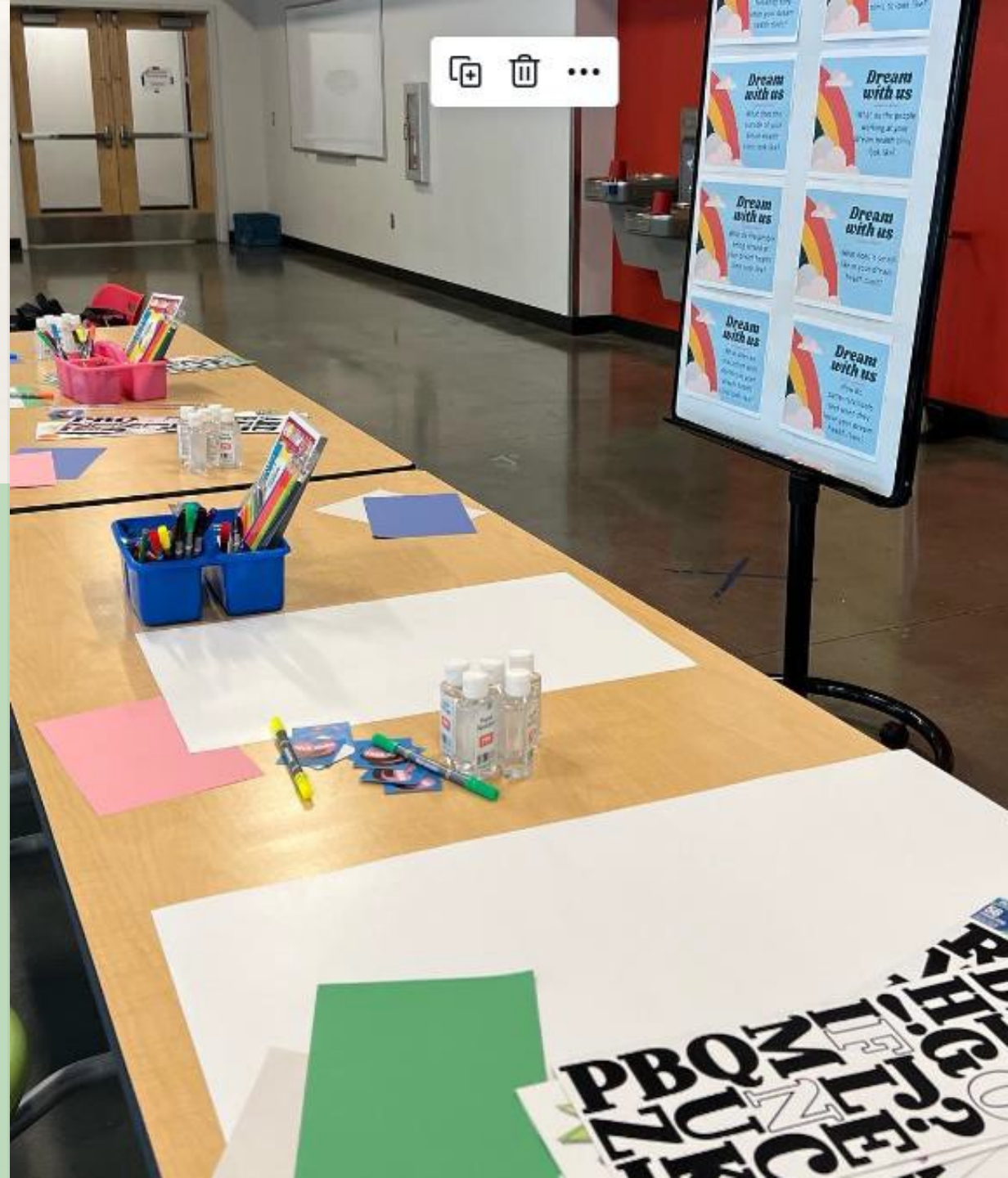
Community-developed health needs assessment survey

Multimedia community design labs



Health justice internship, including participatory action research

Ongoing evaluation, user-centered design workshops, and other opportunities to weigh in on clinic design and services





# A Holistic Approach to Health that Goes Beyond the Clinic Doors

The Freedom Clinic at RVLA provides care and services across the school community, with clinical practices and health promotion activities that support personal and community autonomy in health and wellbeing.

RVLA scholars learn about medicinal plants on a Seward Park Herb Walk.



*RVLA is an elementary, middle, and high school and part of an educational ecosystem that begins at early learning and continues to higher education.*



# Our Transformative Model

- Collaborative care team offers integrative care, with a family nurse practitioner, visiting medical doctors, naturopathic physician, licensed massage practitioner, and certified peer counselor/clinical and family support specialist all working together to meet patient needs
- Infuses a culture of health and health leadership throughout the school community through programs on healthy eating, community safety, connection with physical activity and nature, health career connections, and more
- Creates welcoming space where you can relieve stress, eat a healthy snack, make a medicinal tea, get an item from the hygiene closet, and have your health needs met, including gender-affirming care
- Care for the caregivers, with health services for the entire school community, including faculty and staff





# Q&A: 2022 – 2<sup>nd</sup> Year

- Childhaven
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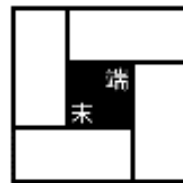
# Lunch & Networking

## THANK YOU SPONSORS

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# Early Bird or Night Owl?



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# Describe the Health Equity Fund



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# Topical Peer Networking

Past AGM surveys resulted in requests for more informal networking.

- **One mic.** One person speaks at a time.
- **Open minded.** Everyone comes from different places and from different paces at which people will process.
- **Intent & Impact.** We hold ourselves accountable and are responsible for the consequences of what we say.
- **Have fun!** Lean in, participate, ask curious questions, and take care of yourself.



# Table Topics

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Based on your registration information, the following table topics were of highest interest:

- **Advocacy & Raising Community Voice**
- **Engaging Hard to Reach Populations**
- **Immigrant & Refugee Populations**
- **Prenatal & Maternal Health**
- **Substance Use & Mental Health**

# Dark, Milk, or White Chocolate?



Brought your laptop?

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# Presentations: 2023 – 1<sup>st</sup> Year (New)

- Afghan Health Initiative
- Downtown Emergency Service Center
- Elizabeth Gregory Home
- Neighborcare Health
- Peer Washington
- UTOPIA Washington
- Youth Experiential Training Institute

# Afghan Health Initiative

Afghan Community Need  
Assessment's Survey in a Nutshell







## Who are we?

- Afghan Health Initiative (AHI), is a grassroots non-profit organization founded by current and former immigrants who were trying to navigate the complexities of their new lives.
- We are literally the only official nonprofit registered under the State of Washington with lived experience catering to the changing needs and health disparities facing Afghan immigrants in our community.

## Vision&Mission

Provides culturally and linguistically appropriate social support services and health promotion advocacy to low-income new refugees in King County.

*Serve the RIM population by promoting community-based public health interventions*

Strong commitment to ensure the voices of RIM populations are not only heard and counted in data, but their needs are known and met through equitable services.

## Statements of need for Afghan Health Coalition

- For the last four decades, Afghanistan has maintained one of the highest global rates of infant & maternal mortality rates .
- Since 2021 ( Collapse of government in Afghanistan, more than 4,000 Afghan refugees have arrived in King County( the number is increasing)
- In April 2022, AHI, convened with medical providers and clinic administrators at top refugee-serving birthing hospitals who reported a stark increase in Afghan women refusing prenatal services.
- As an active advocate to the community Health, AHI convened with UW researches and realized that:
  - ❖ US fares the worst in regards to birth outcomes including maternal mortality, preterm birth and low birthweight relative to other industrialized nations.
  - ❖ The relevant studies show that refugee women, who may be more vulnerable to poor pregnancy and birth outcomes have mainly been excluded based on barriers to healthcare and other social factors.
  - ❖ Staying in survival mood for a longer time, there are several internal and external factors that negatively affect accessing required health services for newly-arrived communities.

# Creation of Afghan Health Coalition

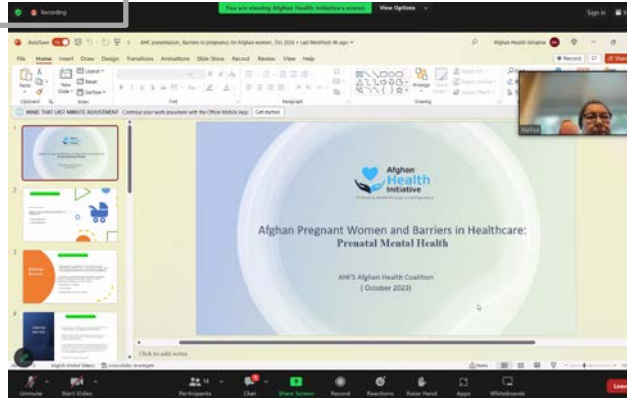
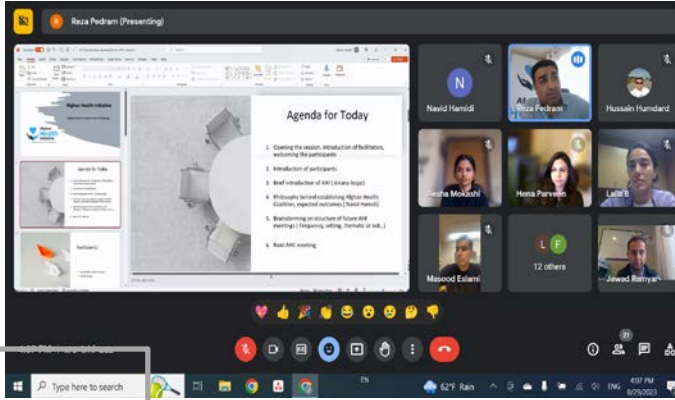
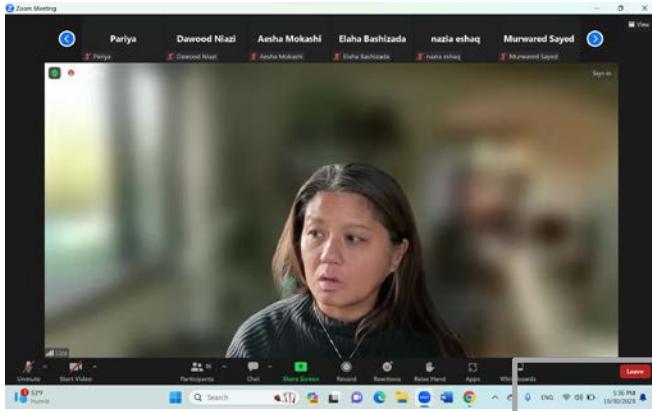
AHI is currently undertaking a study supported by (ITHS) and (UW) to identifying barriers and facilitators to accessing prenatal care among Afghan refugee women in Seattle/King County through employing a community-guided approach.

AHI acknowledges that research is just the first step to increase the overall public health of the Afghan community. **To expand on this work, AHI received a PHPDA's grant for the creation of the Afghan Health Coalition.**

Afghan Health Coalition was formed in August 2023 and has convened monthly. So far, the members have discussed to co-identify barriers to access prenatal care, prenatal mental health and roadmap for the next steps.

Afghan Health Coalition initially focuses on barriers to prenatal care. And then continue to address other health disparities including systemic, structural, and institutional racism in healthcare, and ensuring access to equitable health resources and services

Afghan Health Coalition convene community leaders, community members, public health professionals, researchers, and healthcare service providers and administrators on monthly basis to co-identify tangible solutions, seek partnerships and collaboration with medical institutions and other providers and provide culturally appropriate education.



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# DESC ConnectCare

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# Part of a Constellation of Programs

## DESC offers:

- Five behavioral health programs
- Crisis response services
- Permanent Supportive Housing
- Emergency Shelter
- SUD counseling

## Goals and Values:

- Eliminate unsheltered homelessness
- Housing First
- Work with the most complex and difficult clients

# ConnectCare: Targeted & Intensive Support

For a small (25-30) cohort with:

- Highly complex, multi-provider medical needs (long-term)
- High-cost or high-impact interventions (short term)

Outcomes:

- Decreased missed visits
- Increased referrals & completions
- Increased medication adherence
- Increased client medical self-efficacy



# Health Navigation Program



ELIZABETH GREGORY HOME  
Welcoming all women seeking  
safety, hope and healing.

[www.eghseattle.org](http://www.eghseattle.org)



ELIZABETH GREGORY  
HOME  
Safety | Hope | Healing



# Case Management

- Provide one-on-one case management to our guests concerning health and wellness.
- Unique focus for unique individuals. Some guests require more integrated care while others want to be pointed in the right direction. The scope of care has included:
  - ❖ Optometry
  - ❖ Dentistry
  - ❖ Physical Health
  - ❖ Mental and Behavioral Health
  - ❖ Gender Affirming Care
  - ❖ Emergency Medical Visits



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HOME**  
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# Education

Health & Wellness Education Topics offered so far:

- ❖ Yoga
- ❖ Meditation
- ❖ Hepatitis Education (and testing!)
- ❖ Female Hygiene as you age
- ❖ Lice Treatment and prevention

What's to come:

Patient Advocacy, Sexual Health, Naloxone Training, Diabetes Education, and Nutrition when Unhoused.



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HOME**  
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# Care

We have been collaborating with various groups from the University of Washington (UDSM, HACKS, UW School of Nursing). Common care at the clinic includes:

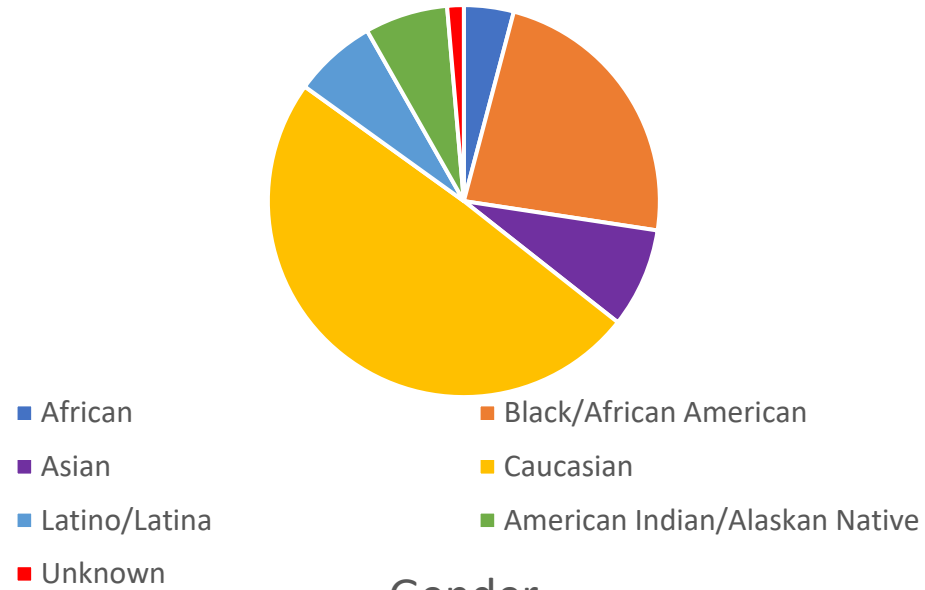
- Blood Pressure Check
- Wound Care
- Physical exams
- OTC medication
- Medication Counseling

A cohort of ABSN student from UW who host a weekly clinic

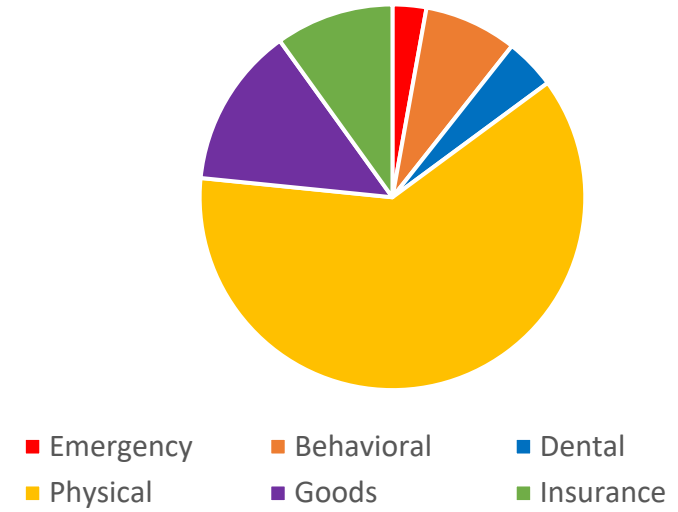


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HOME**  
Safety | Hope | Healing

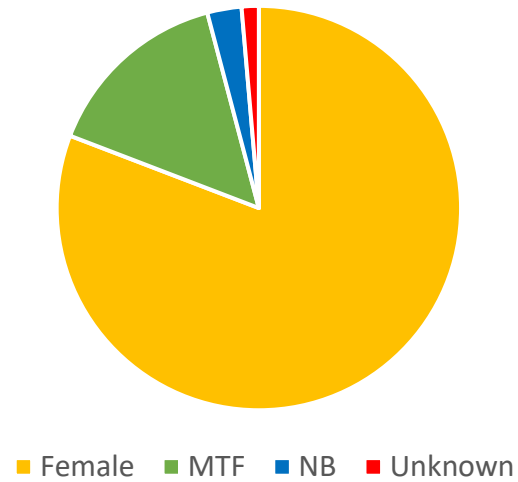
### Race



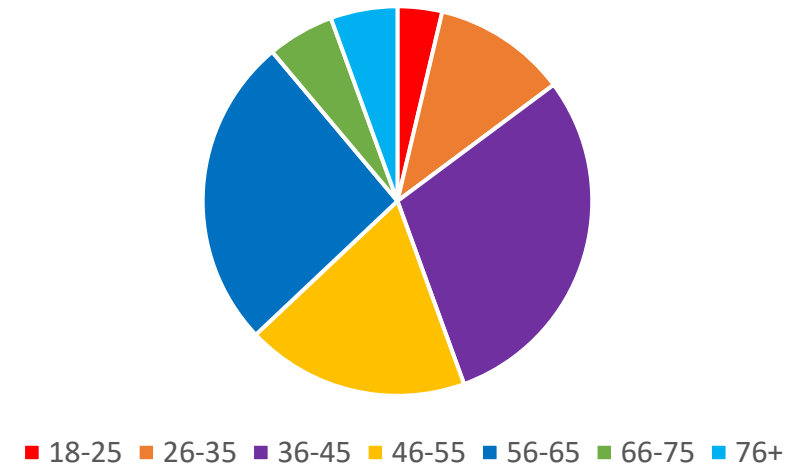
### Services



### Gender



### Age



# NEIGHBORCARE MIDWIFERY SERVICES

NOVEMBER 2023





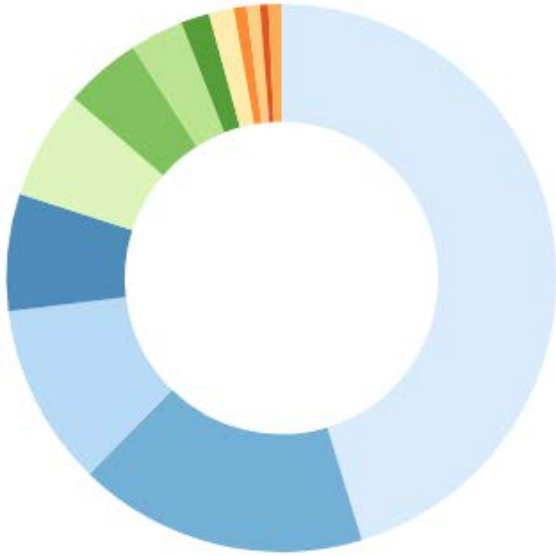
# NCH PERINATAL VOLUMES OVER TIME

## Total Pts Receiving Pregnancy Care by Year

Location	Service Line	2018	2019	2020	2021	2022	2023 YTD	2023 Deliveries YTD	9/7/23 currently pregnant
45th Street	CNM	10	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	FMMC	55	44	36	21	16	5	1	0
Columbia City	CNM	178	197	173	148	174	132*	73	35
	UW program/FMMC	6	1	5	2	0	0	0	0
High Point	CNM	124	140	110	110	117	80*	34	25
	FMMC	3	7	7	2	4	0	0	0
Lake City	CNM	24	36	30	24	32	34	15	7
	FMMC	20	1	n/a	n/a	n/a	n/a	n/a	n/a
Meridian	CNM	100	118	110	95	122	130	64	32
	FMMC	68	36	37	35	40	43	25	7
Rainier Beach	CNM	217	186	222	207	252	218	113	56
	FMMC	n/a	4	29	24	37	23	12	13
Total Program	CNM	659	685	652	586	697	511		155
	FMMC	152	93	114	84	97	71		20
Total Births	CNM	473	471	449	433	402	454 projected at year end	299	
	FMMC	89	60	75	59	60	63 projected at year end	38	

# NEIGHBORCARE OB PATIENTS AT A GLANCE

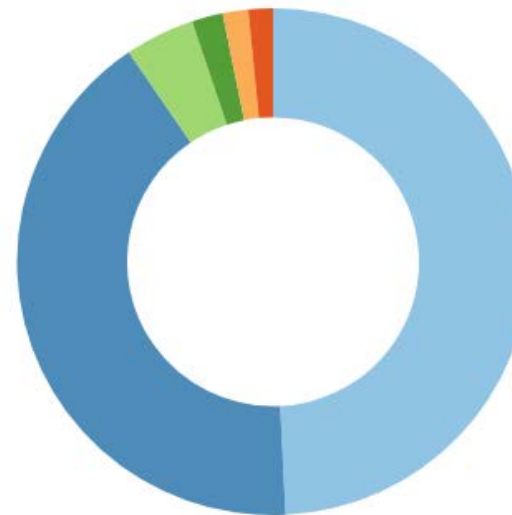
Race & Ethnicity



Black/African American	649	45%
White	244	17%
Unknown	154	11%
Patient Refused	99	7%
Latinx	92	6%
Other Asian	65	5%
Asian	45	3%
Multi-racial	24	2%
Vietnamese	21	1%
American Indian	11	1%
Other Pacific Islander	11	1%
Pacific Islander	7	0%
Other	11	1%

**48% of OB patients served are Black/African American, while this community is only 28% of overall patients served at NCH**

FPL Percentage



Blank (no data)	951	49%
100% or less	797	41%
301% or more	85	4%
101-150%	38	2%
201-300%	31	2%
151-200%	30	2%



# NCH MIDWIFERY OUTCOMES

- **The NCH Midwifery program consistently achieves outcomes that are significantly better than local & national averages while caring for a high risk predominantly BIPOC population**
- **On a national level this same population is being highlighted for the black maternal health crisis due to high levels of morbidity and mortality**
  - Standard outcome measures are NTSV rate, VBAC rate, Primary C-section Rate, EFW <2500g, Preterm Birth <37wks
- **For the past 3 years we have been researching the NCH Midwifery care model to better understand our outcomes with the intent of publishing and sharing this model nationally so that it can be replicated at other FQHCs**

# NCH MIDWIFERY DELIVERY OUTCOMES - 2021 AND 2022

	NCH 2021	NCH 2022
C-Section Births	Total: 22%  NTSV CS: 20%	Total:26.1%  NTSV CS: 23.2%
NTSV	78%	73.8%
VBAC	71%	75.32%
Preterm Birth <37wks	2.9%	3.9%
LBW <2500g	2.9%	1.9%

# SKCMCPIP

SOUTH KING COUNTY MUNICIPAL  
COURT PEER INTEGRATION PILOT

Marjorie Drieu  
(she/her), Program  
Manager, Peer  
Kent

Johnna Sellers  
(she/her), Peer  
Services Specialist,  
Certified Peer  
Counselor, Federal  
Way Municipal  
Court

Marcella  
Campolo  
(she/her), Peer  
Services Specialist,  
Certified Peer  
Counselor, Des  
Moines Municipal  
Court

Joaquin Delgado  
(he/him), Peer  
Services Specialist  
& Certified Peer  
Counselor, Renton  
Municipal Court



# Peer Principles

- ▶ Member privacy/confidentiality
- ▶ Harm-reduction, Trauma-informed approach
- ▶ Establish connection & trust through peer emotional support
- ▶ Our role is to support individuals as they navigate their recovery journey, as defined by the individual, while navigating justice system
- ▶ Services are always voluntary and member-driven





# Bringing Peer Principles into Judicial Systems

- ▶ Recovery Capital: internal and external supports that enhance one's recovery
  - ▶ Recovery Capital Scale →
  - ▶ Identify barriers & utilize resources to overcome
- ▶ What if the individual is detained?
  - ▶ At least 300 In-custody visits since 10/01/2023
  - ▶ One of our most effective means of connecting with and supporting peers
- ▶ Consistent, familiar face
- ▶ We are not affiliated with the courts

## Recovery Capital Scale

Place a number by each statement that best summarizes your situation.

- 5. Strongly Agree
- 4. Agree
- 3. Sometimes
- 2. Disagree
- 1. Strongly Disagree

- \_\_\_ 1. I have the financial resources to provide for myself and my family.
- \_\_\_ 2. I have personal transportation or access to public transportation.
- \_\_\_ 3. I live in a home and neighborhood that is safe and secure.
- \_\_\_ 4. I live in an environment free from alcohol and other drugs.
- \_\_\_ 5. I have an intimate partner supportive of my recovery process.
- \_\_\_ 6. I have family members who are supportive of my recovery process.
- \_\_\_ 7. I have friends who are supportive of my recovery process.
- \_\_\_ 8. I have people close to me (intimate partner, family members, or friends) who are also in recovery.
- \_\_\_ 9. I have a stable job that I enjoy and that provides for my basic necessities.
- \_\_\_ 10. I have an education or work environment that is conducive to my long-term recovery.
- \_\_\_ 11. I continue to participate in a continuing care program of an addiction treatment program, (e.g., groups, alumni association meetings, etc.)
- \_\_\_ 12. I have a professional assistance program that is monitoring and supporting my recovery process.
- \_\_\_ 13. I have a primary care physician who attends to my health problems.
- \_\_\_ 14. I am now in reasonably good health.
- \_\_\_ 15. I have an active plan to manage any lingering or potential health problems.
- \_\_\_ 16. I am on prescribed medication that minimizes my cravings for alcohol and other drugs.
- \_\_\_ 17. I have insurance that will allow me to receive help for major health problems.
- \_\_\_ 18. I have access to regular, nutritious meals.
- \_\_\_ 19. I have clothes that are comfortable, clean and conducive to my recovery activities.
- \_\_\_ 20. I have access to recovery support groups in my local community.
- \_\_\_ 21. I have established close affiliation with a local recovery support group.
- \_\_\_ 22. I have a sponsor (or equivalent) who serves as a special mentor related to my recovery.
- \_\_\_ 23. I have access to Online recovery support groups.
- \_\_\_ 24. I have completed or am complying with all legal requirements related to my past.
- \_\_\_ 25. There are other people who rely on me to support their own recoveries.
- \_\_\_ 26. My immediate physical environment contains literature, tokens, posters or other symbols of my commitment to recovery.
- \_\_\_ 27. I have recovery rituals that are now part of my daily life.
- \_\_\_ 28. I had a profound experience that marked the beginning or deepening of my commitment to recovery.



# Looking Ahead

- ▶ We launched the Outcomes Tracking component of this project during the quarter
- ▶ The goal of this effort is to identify specific outcome metrics that can be tracked independently by Peer Washington, in collaboration with our partners, or via engagement of a third party
- ▶ Once potential outcome measures are identified, we will move to develop and implement the necessary infrastructure before piloting the outcomes tracking
- ▶ This work is being done within the guiding framework of our commitment to peer values
- ▶ Maintaining a team that focuses on persistency and consistency

# Success Stories

- ▶ “Wow, I came in to ask about a phone and I left there with a bed to sleep in!” – Justice-involved individual from Federal Way Municipal Court
- ▶ “I met with an individual, Emily, in custody and was able to secure a bed date for treatment. Emily called me after completing treatment and with her continued efforts and dedication to her recovery, we got her housed at an Oxford House. Emily is scheduled to begin employment at Orion Industries” – PSS Joaquin
- ▶ “Stephen came to my attention via SCORE staff. I knew he had an upcoming hearing with the board for possible revocation. We created some goals tailored to the outcome of Stephen’s hearing. We had a plan if he was revoked, and we had a plan if he was released. We talked the days leading up to, and then after his hearing. The board decided to give him another chance. Since then, Stephen has been very active with Peer Kent. He has been volunteering and has a Peer Coach. Stephen would eventually like to become a Peer Coach himself, and ultimately, gain employment in the field of social services.” – PSS Marcella

# **UTOPIA Washington**

## **United Territories of Pacific Islanders Alliance - Washington**

- Founded in 2009 by transgender women of color from the Pacific Islands migrating to the Pacific Northwest
- Mission: We are actively replacing systems of oppression with ecosystems of care and safety for all our communities through Black and Brown organizing, prioritizing land and bodily autonomy, and reclaiming our cultural narratives
- Vision: A world of abundance, autonomy, and harmony where all forms of supremacy cease to exist for all life.

# **Mapu Maia Clinic**







# Mapu Maia Clinic

- What does Mapu Maia mean?
  - A place to rest
- History
- Short Term Vision

## Pasifika Identities (QTPI, MVPEAFF+)

- Mahu (Hawaii)
- Vakasalewalewa (Fiji)
- Palopa (Papua)
- Fa'afafine (Samoa)
- Akavaine (Cook Islands)
- Fakaleiti (Tonga)
- Fakafifine (Niue)
- Whakawahine (Maori)



# Where we are and where we are going...



- What does Mapu Maia mean?
  - A place to rest
- History
- Short Term Vision


## *Mapu Maia Medical Clinic – Community Rooted Healthcare*

- Finding and welcoming our community
- Primary and Gender Affirming Care
- Sexual Health Testing
- Language translation and interpretation
- Connection to Speciality Care

# Community Support: HIV and Harm Reduction

- Early Intervention Services
- HIV PrEP
- Narcan/Naloxone
- Fentanyl Testing Strips
- Safe Sex Supplies
- Syringe Services, including peer support services
- Vaccinations
- Wound Care

# Sex Worker Empowerment Initiative

- Care Work
    - Amending legal documents
    - Medicaid Enrollment
    - Food
    - Transportation
    - Housing/ Rental
  - Sex Worker Street Outreach
  - Houseless Encampment Outreach
  - TransACTION Support Group
  - Talanoa
- 

# Questions?

**Tepatasi Vaina**  
**[tepa@utopiawa.org](mailto:tepa@utopiawa.org)**  
**[mapumaiacclinic@utopiawa.org](mailto:mapumaiacclinic@utopiawa.org)**  
**206-774-9746**









# Q&A: 2023 – 1<sup>st</sup> Year (New)

- Afghan Health Initiative
- Downtown Emergency Service Center
- Elizabeth Gregory Home
- Neighborcare Health
- Peer Washington
- UTOPIA Washington
- Youth Experiential Training Institute



# Pie or Cake?



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# How Can PHPDA Support You?



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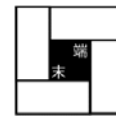
# *Thank you for attending the* **2023 All Major Grantees Meeting!**

*How did  
we do?*



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