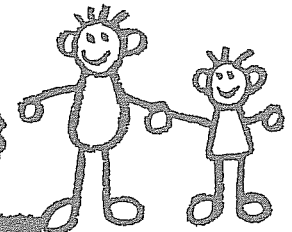


# Wings



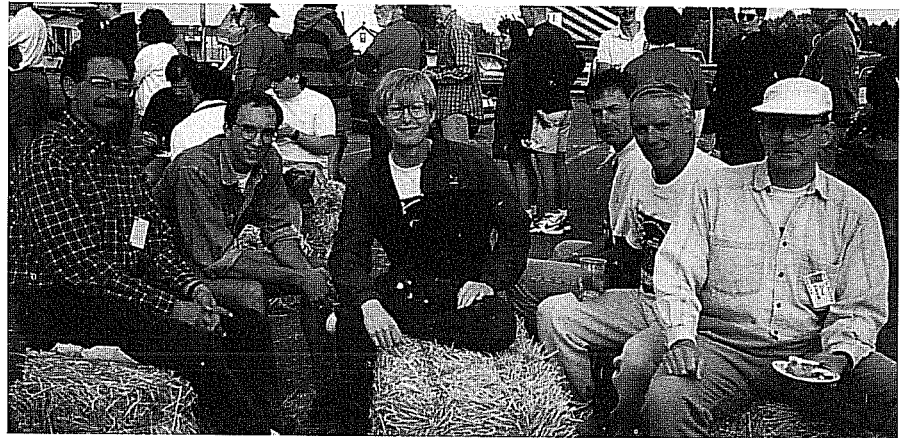
Vol. 5 No. 3 • Children's Trust Foundation, dedicated to preventing child abuse and neglect • Winter 1995

## New focus on post-partum home visits

This issue of WINGS reflects a new focus for Children's Trust Foundation -- a focus on home visiting. Home visiting was identified as a key strategy for supporting families and preventing child abuse in "Communities Speak-Out" (see WINGS, Spring 1995). Shorter hospital stays in the U.S. have prompted child and family advocates to support the development of home visiting programs. While home visiting and extended hospital stays for mothers and newborns has long been a standard part of maternity care in many European countries, its use in the U.S. has been much more limited. A growing body of research across the U.S. is documenting the effectiveness of home visiting in preventing child abuse and improving parental caregiving skills.

Included in WINGS is a description of some of the common characteristics of home visiting programs, and an overview of a few programs operating in Washington state. Children's Trust hopes this information will provide an overview of some of the resources available in our communities, and the challenges ahead as we seek to expand support for new parents in their homes.

## Courage Classic raises \$125,000



*Courage Classic riders from Team Children's Trust included (from l to r) Matt Cohen, Dan Brady, Rich Arneson, Brett Marck, Emory Bundy and Doug Walker (not pictured Bill Jones and riders from Walker Richer & Quinn).*

On August 26, 27 and 28, over 400 bicyclists from around Washington State came together for the 4th Annual Courage Classic to raise money for the Mary Bridge Hospital Sexual Assault Clinic and Children's Trust Foundation. Bicyclists rode 172 miles and cycled over Blewett, Snoqualmie and Stevens passes, raising over \$125,000 for children affected by abuse.

The event was expertly run by Mary Bridge and Tim Kneeland & Associates. Careful planning and communication assured a safe and fun ride. This year's riders for Team Children's Trust included Board members Doug Walker, Matt Cohen, Dan Brady, and Emory Bundy, as well as Bill Jones, Rich Arneson, Brett Marck, and riders from Walker Richer and Quinn.

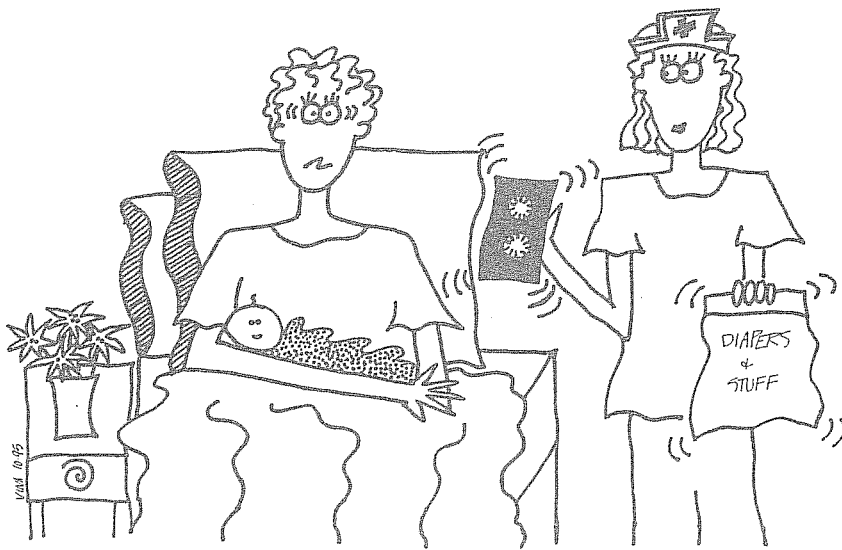
Riders enjoyed the beauty of central Washington while riding at their own pace in beautiful summer weather. Rotary Clubs from around the state operated rest areas, providing food and friendly support to the cyclists at all of the rest stops.

On the first day of the ride, children greeted riders at the top of Snoqualmie Pass with a campfire and marshmallows. Over the three days gorillas, banana splits, and even a M\*A\*S\*H unit were on the route to help make the ride fun. Many volunteers from throughout the state donated their time, skills and good will for this cause. When the ride was over, along with the memories, one important fact remained: community members proved they care about children and their safety.

# Supporting families from the start

**Home visiting** is a visit or series of visits to the home of a newborn and his/her parents by a professional or para-professional trained in a variety of areas associated with postpartum care. Home visits can address a wide range of needs identified by the parent of a newborn.

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*"You'll have to leave now...but here is a video tape on how to care for your baby."*

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Increasingly, hospital stays for moms and their newborns have become shorter and shorter. With very little time to assimilate important information about self care and infant care, even the most competent person can go home feeling overwhelmed and inadequate.

Children's Trust believes that all newborns and their parents should be offered a home visit without regard to economic status, risk factors, or living environment. Home visiting services can include information about:

- Breastfeeding
- Bathing
- Umbilical Care
- Jaundice
- Emotions
- Colic and crying
- Home safety issues
- Car seat use and traveling
- Nurse services
- Infant development

# Perspective



*Suzanne Limric,  
Personal Health  
Services  
Supervisor for  
Seattle-King Co.  
Department of  
Public Health.*

In my day to day work with Public Health Nurses I am constantly reminded of the value of home visiting for new parents. It is in the context of the home environment where real positive change can be made to ensure that children get a healthy start and early prevention of harm to children is achieved.

The feedback I receive from home visiting nurses is a testimony of the strength of providing support to families in their homes. Recently, some of the visiting nurses I work with made these comments:

*"In the home environment I can see and experience some of the stresses affecting the family."*

*"Being in the home often makes a mom feel more comfortable and able to disclose the areas in which she needs help."*

The desperate feelings of new parents and the hope that can be offered by a home visitor is illustrated in this conversation that was recounted to me by a home visiting nurse. After many months of home visiting the mom said to the nurse, "My therapist had named you as my guardian angel." The mom went on to say, "It's true, if you hadn't come when you did -- you saved my life and my children's lives. You never gave up on me. Why?" The nurse responded, "You kept opening the door and I kept coming."

## Thank you donors!

*Our appreciation and thanks to the following donors who made financial contributions since our last issue of WINGS.*

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In honor of Miguel Arneson  
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In honor of Jerry McCann  
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### Babies...they're just the beginning.

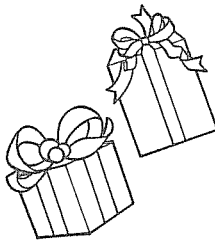
Look for Children's Trust Foundation's only direct mail solicitation for 1995 in your mailbox this month.

## Volunteers fuel fundraiser



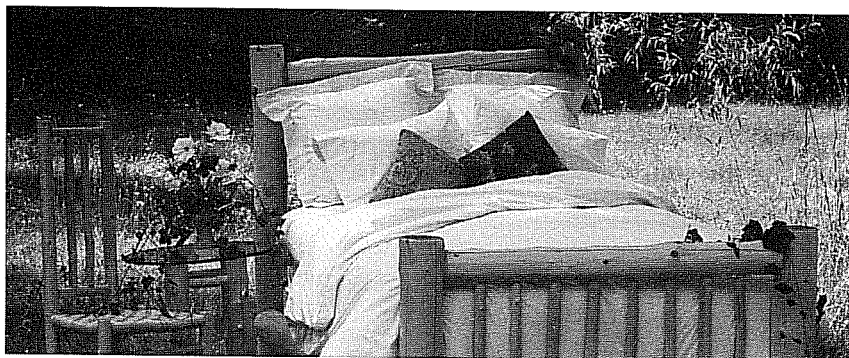
*Pictured are four of the many Children's Trust Foundation's Courage Classic volunteers that made the event possible. (l to r) Ruth and Chris Kagi, Jane Harder and Poo Penrose. Volunteers not pictured included Noel Angel, Stacia Beyl, Bruce Bignold, Jon and Anne Bowman, Dan Brady, Jane Brammer, Darleen Bunker, Sibby DeForest, Annie Kagi, Christine Lewis, Pat McVey, Mike Penrose, Carolyn Peterson, Joy Peterson, and Margaret Sanstad.*

*Remember to designate Children's Trust Foundation as your charity of choice in federal, state, city and United Way campaigns at your workplace! Your gift will strengthen families and ensure the healthy development of children throughout Washington.*



### CHILDREN'S TRUST'S WISH LIST

One copy machine      One computer hard drive (486)  
Two new office chairs      One fax machine



*Chicken and Egg Productions, Inc. is a long-time supporter of Children's Trust Foundation. Jim Youngren, owner of Chicken and Egg, is a founding member of Children's Trust and an advocate for children and families throughout Washington. All proceeds from the store, located at 1426 Alaskan Way, Seattle, benefit three non-profit organizations. Mention this ad at the Chicken and Egg Furniture store and receive 20% off your next purchase.*

## Healthy Families in South King County

Healthy Families is a South King County program that provides support and information to families with newborns. All families need support at some time or another. The Healthy Families program recognizes that the birth of a baby is one of those times when even the most competent person can feel overwhelmed. With hospital stays averaging less than 24 hours (over 85% of deliveries are discharged within 18 hours or less at Valley Medical Center), mothers are going home with many unanswered questions that create anxiety and can affect the bonding process.

All parents of newborns who live in the 98002/92 zip code area and deliver at Valley Medical, Auburn General, or Community Memorial Hospital, regardless of income, are offered home visits through the Healthy Families program. Generally, the first home visit to the family is made by a Public Health Nurse, who assesses the mother's and baby's general health, answers questions, and addresses concerns of the parent. If the family wants ongoing visits, they are offered the services of the Public Health Nurse, a Family Advocate, a Social Worker, and/or a Parent Aide (trained community volunteer). The family determines who will visit and how often. They also define their own strengths and needs.

Healthy Families is a collaborative effort of several agencies, including Seattle-King County Department of Public Health, Valley Medical Center, Auburn General Hospital, Community Memorial Hospital, and Catholic Community Services. Children's Home Society of Washington is the lead agency. The three-year program is funded by the King County Children and Family Commission. Healthy Families is having a profound and positive effect on newborns, their families and the community as a whole.

## Legislature considers merits of home visits

Home visiting has been the subject of various legislative initiatives over the past several sessions. Attempts to create a statewide system of home visiting programs have not been successful, but the legislature authorized the local community health and safety networks to support home visiting at their discretion. The networks have not yet developed their plans, so it isn't possible to tell where home visiting will be initiated across the state.

Home visiting is sure to be debated further in the short session convening in January. Senator Quingley is sponsoring a bill requiring health insurance companies to cover the cost of three home visits for the parents of newborns. Under the leadership of the Washington Council for Prevention of Child Abuse and Neglect's (WCPCAN) Legislative Committee, efforts will continue to educate legislators regarding the merits and benefits of home visiting.

### Resources

***Hospitals throughout Washington differ in what postpartum services they offer, if any, to new parents. Here are three supportive ways hospitals care for newborns and their parents once they leave and the hospitals that provide the service:***

#### **Provides one home visit:**

Highline Community Hospital  
Swedish Medical Center  
Valley Medical Center

#### **Refers to Public Health Nurse or service agency:**

Auburn General Hospital  
Deaconess of Spokane  
Overlake Hospital  
St. Francis  
Yakima Memorial Hospital  
University of Washington Medical Center

#### **Phone call and visit if referred by**

#### **Physician and covered by insurance:**

Group Health Cooperative  
Northwest Hospital  
Providence Medical Center  
Virginia Mason Medical Center

*Our apologies if we neglected to include hospitals that fall into these categories.*

WE CAN

# PREVENT

CHILD ABUSE

NOVEMBER 1995

## PROGRAM NEWS

### NEW PROJECT PROMISES A SUNNY WINTER FOR WASHINGTON'S CHILDREN

Families across Washington state can look forward to lots of sunshine in January! That's when the Washington Council for Prevention of Child Abuse and Neglect (WCPCAN), in partnership with the Department of Social and Health Services, the Child Abuse Prevention Association of Washington (CAPAW) and Parents Anonymous, will launch a statewide grass roots effort to actively involve local communities in supporting families and protecting at-risk children. The project, called **Sunshine for Children**, will promote healthy parenting, and empower citizens in each campaign site community to take ownership in the prevention of child abuse and neglect through volunteerism. The Sunshine project will continue through April, which is *Child Abuse Prevention Month*.

The premise for Sunshine for Children is that the general public will be more likely

*If we all act together,  
there is much that can  
be done to bring "sunshine"  
into a child's life.*

to act to stop child maltreatment if it knows *how to help*, and believes in the power of individual intervention. The beauty of the project is that it functions at the grass roots level. Local CAPAW and Parents Anonymous chapters will provide direct community facilitation in targeted cities across the state. These organizations will invite key community members, with a wide variety of backgrounds, to actively

participate in developing and promoting the campaign based upon the unique attributes of their specific region. Information on volunteer opportunities, unique to each targeted community, will be available through these local chapters, or via a WCPCAN toll-free number. Voluntary training will be available to *all* parents and encouraged. Community members will also be encouraged to voice their concerns through a DSHS toll-free number.

There is a saying that *it takes a whole village to raise a child*. The ultimate goal of the Sunshine for Children campaign is to involve all of the various sectors of the community in supporting families and protecting at-risk children. WCPCAN will call upon the media and the private sector to show their support for children and families as well. If we all act together, there is much that can be done to bring "sunshine" into a child's life.

### GRANT COUNTY MOMS PROGRAM TO RECEIVE WCPCAN FUNDING

The Mentors of Mothers Program, located in rural Grant County, matches volunteer home visitors with new mothers and mothers-to-be. The program follows the model of the Hawaii Healthy Start Program by improving family functioning, promoting positive parent-child bonding, linking families with community resources, encouraging preventative medical care and providing home-based support to reduce family stress and isolation.

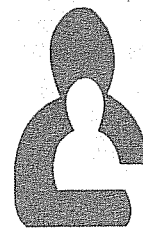
The MOMs Program matches low-income, first-time mothers under the age 21, who are ineligible for other services and who are assessed as being at a high risk for abusing their children, with volunteer mentors. Risk factors include young age, low education level, lack of adequate support systems, and other factors. Mothers

recruited to the program receive direct in-home services for their first year of participation. Workshops, support groups and other activities are available for the mothers' continued participation up to a total of three years.

Because of Grant County's large Hispanic population, the MOMs Program has made a strong commitment to recruit bilingual volunteers. These volunteers are given thorough training in working with all new mothers. Bilingual support staff are available through an interagency agreement.

The Washington Council for Prevention of Child Abuse and Neglect operates under a legislative mandate to fund programs in every part of the state of Washington. We are excited to lend our support to the MOMs program, the first WCPCAN

funded program in Grant County, as we move closer to our goal of funding community-based programs in every county.



Washington Council  
for Prevention of  
Child Abuse & Neglect

A Partner in Prevention

WCPCAN is a governor-appointed council working in partnership with the Children's Trust Foundation to prevent all child abuse and neglect. WCPCAN funds prevention programs, educates the community, and advocates social policy to protect children.

## WHAT HOME VISITING PROGRAMS ARE AVAILABLE IN WASHINGTON?

There are hundreds of home visiting programs in Washington State. Home-based parent support services are provided by private, nonprofit, public and tribal agencies. They are used as part of medical visits, as methods for case management, as early intervention tools, to provide parent aide services, and as a means for offering family support.

In its 1994 survey of programs across the state, the WCPCAN Resource Clearinghouse identified 346 home visitor programs. Almost all programs (89.0%) provide parent support services. More than half (55.6%) offer health-focused home visits. Sixteen percent of programs provide

parent aide services or chore services. Most agencies use paid staff to perform home visits; however, among 10 percent of the programs, volunteers are also used as home visitors.

Most home visits target parents and their young children; however, services are also available for school-age children, adolescents, and special populations such as new parents, pregnant women, pregnant and parenting teens, and families of children with developmental disabilities.

For more information about specific programs in your community, call the WCPCAN Resource Clearinghouse at (206) 464-6636.

## FUNDING NEWS

### WCPCAN AWARDED FEDERAL GRANT

On September 30, 1995, WCPCAN was awarded a federal Community-Based Family Resource Program (CBFRP) grant by the US Department of Health and Human Services, Administration for Children and Families. Through CBFRP, WCPCAN will facilitate and enhance a comprehensive statewide system of family resource services to support family well-being and prevent child abuse and neglect.

Forty percent of the grant will be used for funding community-based family support centers; 40 percent will be used for training and technical assistance for core service providers, coordination of referral services, and public information activities; 10 percent will be dedicated to evaluation; and 10 percent will fund administration.

Through the CBFRP, WCPCAN's goals are to: (1) Expand statewide networks; (2) Promote child abuse and neglect prevention; (3) Promote the operation of the state Trust Fund; (4) Establish and expand community-based collaboration; (5) Encourage public and private partnership; and (6) Increase and promote interagency coordination.

Core services to be delivered statewide through the program are education and support related to parenting skills, early developmental screening of children, outreach services to the most hard to

engage participants, community referral services, and follow-up services.

The Community-Based Family Resource Program will serve a broad spectrum of the Washington state population to include: new parents, teen parents, school-age children, families at risk of child abuse and neglect, family service providers, and community leaders.

A Request For Proposal (RFP) will be developed and distributed to local family resource and support service providers throughout Washington State. Funding will be awarded for replication of successful programs and the development of innovative local programs based on community needs assessment. Community-based program applicants must provide local matching resources of at least 25% of the program budget, include an evaluation component, and demonstrate parent participation in program planning, operation and evaluation.

In order to accomplish these CBFRP goals, WCPCAN will maintain and develop relationships with a variety of agencies, organizations and interested groups. For more information about the Community-Based Family Resource Program in Washington state, contact WCPCAN at (206) 464-6151.

**1995 DIRECTORY OF CHILD ABUSE PREVENTION AND FAMILY SUPPORT PROGRAMS IN WASHINGTON STATE**  
A county-by-county listing of family support services. *The Directory* provides information useful for referral or networking with other programs across the state or in a particular region. It lists local and statewide programs, state and national resource numbers. *The Directory* is available free from the WCPCAN Resource Clearinghouse at (206) 464-6636.

### COMMUNITIES SPEAK OUT: ESTABLISHING LOCAL PRIORITIES FOR SUPPORTING FAMILIES AND PREVENTING CHILD ABUSE

Reports on the statewide consensus resulting from nine county-wide meetings held across the state in which local residents identified factors contributing to child well-being and effective strategies to prevent child abuse and support families. The report is available free from the WCPCAN Resource Clearinghouse at (206) 464-6636.

### THE STATE OF WASHINGTON'S CHILDREN

The fourth annual report put out by the Washington Kids Count. The report documents and analyzes statewide trends in the well-being of children and families, including economic well-being, health, education, family and community, and personal safety and security. Individual county profiles are also available. The report costs \$5.00 and may be ordered from Kids Count at (206) 685-7613.

# Addressing needs of new parents: Two mothers applaud home visits

Home visiting can play an important role in meeting a wide range of needs for today's families. In the past, new parents could depend on support from family, friends and neighbors. Today, the traditional forms of family support are usually not accessible. Nonetheless, all families, and especially those with newborns, need extra assistance. WINGS recently interviewed two women who shared their personal experiences with home visits. Lynn McMahon and her husband Kevin are raising two children, Kory (15 months) and Trevor (3 months). Vonna Skidmore and her husband Rob have a 3-month-old son named Michael. Both women's home visits were provided by the hospitals where they delivered.



Vonna and Michael

had a long stressful pregnancy with some major complications. Labor and delivery lasted 38 hours and a c-section was required. After delivery I was drug impacted and exhausted, a little suicidal and not interested in having the baby around. I was just barely surviving and depressed. After a 3-day stay I didn't feel physically ready to resume life with my toddler and be fully nurturing to my baby.

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*"I was so exhausted and my hormones were nuts, I cried through most of my home visit."*

---

**Vonna:** Delivery was very fast. It's a very quick 24 hours. There is a whirlwind of information to remember. Several nurses were giving me pieces of paper and videos to watch. I remember knowing I wasn't going to retain all this information. I felt very tired when I left the hospital.

**WINGS:** How did you find out about the possibility of receiving a home visit?

**WINGS:** What was your labor and delivery like?

**Lynn:** I am an older mom and I

**Vonna:** A day after I got home a nurse called and wondered if I had any questions.

**WINGS:** How did the home visit help you and what questions were answered?

**Lynn:** I had lots of questions about breast-feeding and I had hardly any sleep. When the nurse checked Trevor she realized he came home with the clamp on his umbilical cord. I thought the clamp was

---

*"Talking to someone normalized the feelings I was having."*

---

supposed to be there and would just fall off with the cord. I had also heard a rattling noise in my lungs and the home visiting nurse was able to assess my situation with the doctor. When she called the next day she found out I was back in the hospital with congestive heart failure.

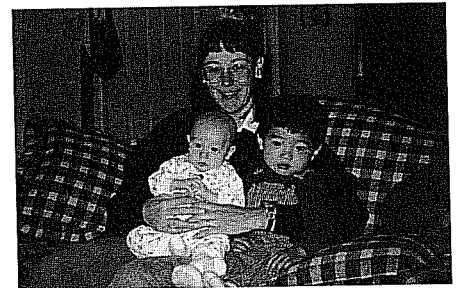
**Vonna:** We did some problem solving. The nurse helped me figure out ways to get more sleep. Talking to someone normalized the feelings I was having. After several visits she referred me to the hospital's mental health department for my depression.

**Lynn:** I was given brochures and lots of coaching on breast-feeding and information on

child development. She became a resource and said I could call anytime. I felt very reassured.

**WINGS:** Would you recommend home visiting for new moms and why?

**Lynn:** Yes. I feel it is essential. I was so exhausted and my hormones were nuts, I cried through most of my home visit. The encouragement from the home visiting nurse really made a difference for me. Every



Lynn, Trevor and Kory

new mom should receive a visit, especially since hospital visits are so short.

**Vonna:** Yes. I would recommend it for anybody, depressed or not. For people who get more depressed, like me, it's a life saver. It's essential if you are isolated and don't have family in the area. It's a great way to provide support, information and referral to other services if you need it. I would think that this kind of service helps to keep doctors' visits down. They really encouraged me to take advantage of some community resources. I am currently going to a new and pregnant moms' aerobics class and I belong to a new moms' support group.

## Wings

is published quarterly by Children's Trust Foundation, a nonprofit organization dedicated to preventing child abuse and neglect in Washington by strengthening families and ensuring the healthy development of children.

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**Letters are welcome to:** WINGS  
Editor, Children's Trust Foundation,  
1305 Fourth Avenue, Suite 518, Seattle,  
WA 98101 or call (206) 343-5911.

## Loyal members complete terms

Children's Trust Foundation would like to thank Board Members Karen Bennett, Emory Bundy and Rochelle Youngren for their six years of service. Each of these Board members played important roles in helping Children's Trust evolve since its inception.

Karen Bennett has been active as Treasurer and a member of the Finance and Benefit committees during her tenure. Karen's accomplishments include creating an efficient office accounting system, facilitating the endowment accounting and helping with fiscal and personnel policies and helping with several Benefits.

Emory Bundy served as Executive Director from 1988 to 1990 and subsequently joined the Board of Directors. Emory helped lead Children's Trust in increasing community awareness of Fetal Alcohol Syndrome and family support. Throughout his Board tenure he has continued to educate the community about the needs of children.

Rochelle Youngren has served over the years on both the Benefit and Board Nominations Committee. Rochelle's hard work has made "Flying High For Kids" a success and has helped recruit Board members.

On behalf of the Board, staff and the communities we serve, thank you for all you have done to make a difference in strengthening families and ensuring the healthy development of children.

## Children's Trust Foundation

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Address Correction Requested

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### Postpartum Home visiting

- Supporting families from the start.
- Two women share home visiting experience.
- Legislation regarding home visiting.