

Year Two Report for the 2021-2023 Biennium

To the
Washington State Health Care Authority (HCA)
Division of Behavioral Health and Recovery (DBHR)

From the
Parent-Child Assistance Program (PCAP)

Report Timeframe: July 1, 2022 through June 30, 2023

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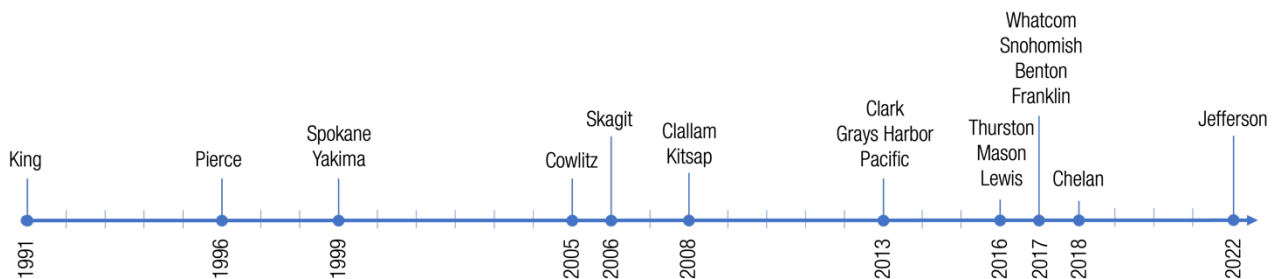
University of Washington Parent-Child Assistance Program (UW PCAP) Executive Summary

Report Timeframe: July 1, 2022 through June 30, 2023

The Parent-Child Assistance Program (PCAP) serves at-risk mothers, who have engaged in problem use of alcohol and/or drugs during pregnancy, at 15 sites serving 20 Washington counties. Mothers are enrolled in PCAP during pregnancy or up to twelve months postpartum. When space allows, mothers between twelve and twenty-four months postpartum may be enrolled. Clients receive three years of case management/advocacy, coaching, and family support from experienced, highly-trained, and well-supervised case managers via home visitation (when possible) and other one-on-one visits in their communities.

The primary goals of PCAP are to help mothers with substance use disorders achieve and maintain recovery, build healthy family lives, and prevent any future children from being exposed to alcohol or drugs prenatally. PCAP sites across the state work with the strengths and challenges of the unique communities in which they operate, while maintaining consistency in the theoretical foundations, core components, and operational protocols of the PCAP model.

The program began in King County in July 1991 and expanded to other counties as shown below.



This Executive Summary reviews work conducted from July 1, 2022 through June 30, 2023, during the second year of the 2021-2023 biennium at the fifteen PCAP sites and at the University of Washington Parent-Child Assistance Program (UW PCAP). UW PCAP is responsible for statewide training, technical assistance, and evaluation to document program outcomes. UW PCAP monitors program processes to promote quality control and ensure fidelity to the core components of the PCAP model.

The PCAP statewide administrative team includes Susan Stoner, Ph.D., Washington State PCAP Director; Alanna Feltner, Program Evaluator; Stacy Dimmich, Program Operations Specialist; Annalivia Robinson and Avery Park, ASI Interviewers; Sarah Franich, Evaluation Data Quality Specialist; 15 PCAP site clinical supervisors; and Sarah Pine, PCAP Contract Manager for the Washington State Health Care Authority, Division of Behavioral Health and Recovery (DBHR).

Throughout the year, the statewide administrative team has continued to meet monthly via Zoom, a practice that began with the COVID-19 pandemic, to discuss ongoing change initiatives. These meetings have provided a forum to discuss successes and challenges as well as ways to improve the work and meet contract obligations within the context of ever-changing local and state resource availability. In addition, team members communicate and consult with each other on a regular basis via email, phone, and Zoom. Moving into next year, the statewide administrative team decided to return to quarterly meetings that will be a hybrid of in-person and via Zoom, rotating through various locations across the

state, convening at sites that agree to host the meeting.

Throughout the year, UW PCAP has continued to emphasize high-quality implementation and maintenance of fidelity to the PCAP model. Fidelity is promoted primarily through initial and refresher training for all PCAP staff in the PCAP model. UW PCAP trained staff conduct annual PCAP refresher trainings for all site case managers and clinical supervisors, to improve their skills and avoid drift from the core components of the model. Other PCAP trainings during the reporting period included training on PCAP evaluation, the DatStat database (which was retired this year), REDCap database (which took the place of DatStat), and on interviewing with the Addiction Severity Index (ASI).

Ongoing professional development is one of the hallmarks of PCAP. As such, UW PCAP arranges for PCAP staff statewide to receive professional training in Motivational Interviewing, Promoting First Relationships, and on Fetal Alcohol Spectrum Disorders (see Presentations and Training by UW PCAP). Since the COVID safe-distancing and other restrictions began in March 2020, all PCAP training continues to be conducted remotely via Zoom.

UW PCAP maintains the PCAP website (<http://pcap.psychiatry.uw.edu>, also reachable via <http://www.pcapwa.org>) with up to date information for community members and resources for entities interested in implementing PCAP (e.g., Starting a Site). The website contains a *How to Make a Referral* contact form for the general public and these referrals are forwarded to the appropriate site. The website has a password-protected section of the website (“Program Intranet”) so that the general public does not have a window into the broad range of sensitive evaluation data that are collected from program participants.

UW PCAP provides the 15 direct services PCAP sites with two central SharePoint sites (“Team-PCAP” and “Team-PCAPWA”) to use for internal processes, to exchange information, and for storage of all PCAP protocols, forms, and training resources. The former is restricted to PCAP clinical supervisors while the latter is open to all PCAP staff. Additionally, UW PCAP maintains an online data management platform, using REDCap, for sites to track their caseloads and submit evaluation data.

In this reporting period, while there were still ongoing challenges and successes related to the receding COVID pandemic, the sites report both ongoing and new challenges: staff retention, housing availability, the rise of fentanyl, and the PCAP transition from DatStat to REDCap.

Staff retention has remained a significant challenge for PCAP sites, several of which struggled to find qualified applicants to fill vacant positions. Others noted that salary rates still have not kept pace with those of competing agencies seeking similarly qualified personnel. During this reporting period, 36 PCAP site staff left their positions: 29 case managers, three clinical supervisors, three office assistants, and one exit interviewer.

Across the state, it was noted that the availability of housing for low-income families, while perhaps improving in some places, remained largely insufficient. Nonetheless, review of PCAP outcome data shows that PCAP sites had an impressive degree of success in getting clients into housing in the face of the housing shortage.

Again this year, several sites noted the rise of fentanyl as a primary drug of choice was a significant challenge, particularly given its high overdose potential. Indeed, multiple sites were affected by the overdose death of a client or client’s family member. Sites have continued to work to expand access to Narcan/naloxone and medications for opioid use disorder.

Finally, most sites noted that the transition from DatStat to REDCap created stress for PCAP staff. Unfortunately, this was unavoidable as the company that owns DatStat had decided to cease development and support of that product. The UW PCAP team worked tirelessly, temporarily bringing back former PCAP evaluator Cara Ernst, to develop and deploy the new platform. With Ms. Ernst's considerable help, the UW PCAP team was able to create a platform that would meet the needs of our large and complex statewide program. Several sites noted that, once they learned the new REDCap platform, they saw that it had some advantages over DatStat.

Undaunted by the identified challenges, PCAP sites continued to serve their clients and families in creative ways. In this report's Client Events section, the sites report activities such as providing holiday parties, arts and crafts projects, and food and gift baskets, with the support of generous donations of clothing, household goods, gift certificates, and other items from community groups. Examples of creative support for PCAP clients and families include the following:

Benton/Franklin PCAP hosted a summer picnic for clients and their families. Lunch was provided along with face painting and yard games.

Chelan PCAP hosted a clothing and furniture giveaway that was co-organized by PCAP clients and open to anyone in need.

Clallam/Jefferson PCAP secured outside funding to provide PCAP families with car repairs, safety items for children, household goods, groceries, and clothing for the family.

Clark PCAP held their annual "Holiday Gift Shop" at the PCAP office, where clients were able to select newly donated toys, clothing, books, and electronics for their children.

Cowlitz PCAP was able to distribute carloads full of baby items to their families in need from the closure of the PPW program, including cribs, swings, diapers, clothes, and other quality items to their clients' homes.

Grays Harbor/Pacific PCAP acquired a donation to provide clients with lunch and fruit during a party to facilitate peer support, fostering connections between clients to help them expand their network of sober support and practice self-advocacy.

King PCAP maintained a collaboration with Deseret Industries to enable clients to shop there free of charge for clothing and household items.

Kitsap PCAP co-hosted "A Valentine's Circle for You" via Zoom to provide an opportunity for PCAP mothers to get to know one another, discuss challenges to healthy relationships, share self-care practices to support recovery, and to share laughter.

Pierce PCAP hosted a "PJ's, Pancakes and Presents" holiday party for clients and their families, where attendees dressed up in their favorite holiday pajamas, enjoyed holiday activities, and selected presents for their children.

Skagit PCAP hosted their annual Sugar Plum Christmas Event to help PCAP families obtain Christmas gifts for their children.

Snohomish PCAP hosted a family picnic, with lunch, fruit and drinks, crafts, bubbles, and beach balls at a park with a splash pad for family fun.

Spokane PCAP provides access to Project Beauty Share, enabling clients to select free makeup items, hair products, body wash, feminine hygiene products, and dental hygiene products, while providing quality time between case managers and clients.

Thurston/Mason/Lewis PCAP secured external funding to create individual bags to distribute to new clients, those in need due to homelessness, and those re-engaging with case managers to incentivize keeping in contact.

Whatcom PCAP distributed donated rain boots to clients and their families.

Yakima PCAP joined in celebrating families reunified over the last year at the Family Treatment Court's reunification event, supplying gift baskets to the families that graduated.

PCAP Replication, Training, and Consultation

With outside funding, UW PCAP continues to provide consultation and training for PCAP replication sites in California, Nevada, Oklahoma, and to other groups seeking information about aspects of the model or starting a new site. We describe these activities in detail in the Program Activities section of the report.

Publications

During this reporting period, using outside funding, UW PCAP completed an analysis of historical PCAP data (clients enrolled 2006-2017) to examine racial and ethnic disparities, with the goal of testing the following hypotheses: 1) racial and ethnic disparities in access to health, community, and social services will be observable in PCAP clients at enrollment, 2) PCAP works to close the gap between minorities and non-minorities in access to these services, and 3) the amount of contact with the case manager moderates the beneficial effect of PCAP with respect to racial and ethnic disparities. An initial draft of a paper resulting from this analysis was published online on researchsquare.com as part of the peer review process during this reporting period. The final peer-reviewed version was published by *BMC Public Health* in September 2023 (see Publications, Products Developed and Other Information Dissemination section).

Client Exit Outcomes

In this report we present cumulative exit outcome data from the 1937 clients who have exited PCAP (188 in Spokane, 157 in Snohomish, 172 in King, 137 in Pierce, 165 in Clark, 132 in Thurston/Mason/Lewis, 80 in Benton/Franklin, 106 in Kitsap, 159 in Yakima, 153 in Cowlitz, 151 in Clallam/Jefferson, 140 in Grays Harbor/Pacific, 78 in Skagit, 98 in Whatcom, and 21 in Chelan counties) during the past six years (July 2017–June 2023). We include information from 1,514 who completed the exit interview, combined where possible with data from 423 clients who have not been located for exit interview but for whom we have cumulative program data. Examination of whether or not the exit ASI was obtained indicates that over half of sites are meeting or close to the benchmark of no more than 20% loss-to-follow-up: Clallam/Jefferson, 4%; Yakima, 8%; Kitsap, 11%; Cowlitz, 11%; Snohomish, 15%; Grays Harbor-Pacific, 15%; Thurston/Mason/Lewis, 20%; Benton/Franklin, 24%; Clark 22%. However, meeting the benchmark appears to be particularly challenging for other sites: Spokane, 31%; Whatcom, 34%; Pierce, 34%; King 35%; Skagit 45%; Chelan 77%.

Status of Exited Clients

82% were at reduced risk for delivery of another substance-exposed birth: being either abstinent from alcohol and drugs for at least 6 months or using a regular family planning method on a consistent basis, or both.

89% completed some type of alcohol/drug treatment (or were in progress), including 95% who completed inpatient or outpatient treatment (or were in progress) at the time of their exit interview. At the point of their exit interview, 55% were currently abstinent from alcohol and drugs at exit for at least one month; 46% for at least six months; 40% for at least one year. Among clients who were still using substances at exit, the most common substances being used were alcohol (21%) and cannabis (30%).

At exit, 70% were using a method of family planning on a regular basis; 53% were using regular Depo-Provera injections, hormonal implant, IUD, or had obtained a tubal ligation. 62% were using one of these methods, or birth control pills, or the one-week birth control patch. Over the course of the three-year program, 22% (n = 326) had a subsequent delivery. Of these, 40% had pregnancies that were unexposed to alcohol and drugs (n = 130 pregnancies); and 29% quit using during pregnancy (n = 90).

A total of 42% of the women received government cash assistance (TANF) income at enrollment. However, 24% received some welfare/TANF income at exit (mean \$503/month). While 9% of the women were employed at enrollment, 41% were receiving income from employment at exit (mean \$1,436/month). During the program, employment replaced welfare at least once for 43% of clients. At exit, employment was the main source of income for 34% of clients and TANF was the main source of income for 16%. SSI was the main source of income for 12%.

At exit, 87% of target children were living either with their biological mother (71%) or with family member/friend (16%); 6% had been legally adopted; 5% were in foster care.

While only 25% were in stable housing at enrollment, 71% were in permanent, stable housing at exit.

Intake Characteristics, Client Outcomes in Progress, and Client Exit Outcomes

Report Timeframe: July 1, 2022 through June 30, 2023

(See pages 8-43, attached separately.)

The Parent-Child Assistance Program (PCAP)

Program Activities

Report Timeframe: July 1, 2022 through June 30, 2023

University of Washington Parent-Child Assistance Program (UW PCAP)

Successes

During the past year, Dr. Susan Stoner, Washington State PCAP Director, continued to work to modernize the 30 year-old program, with the aim of developing ways to promote the program's sustainability and scalability.

During this reporting period, UW PCAP has continued to reframe how PCAP is conceptualized, characterizing PCAP primarily as a fully disseminated, evidence-informed intervention program with integrated evaluation components rather than a research program. UW PCAP has continued to support the sites by providing baseline and follow-up ASI interview services as well as ASI training to site supervisors.

UW PCAP continues to provide 16 hours of annual refresher training in the PCAP model with trained trainers to all sites. The trainers consist of two current and one former PCAP clinical supervisors: Linda Segur, Sara Gongora Garcia, and Alex Young. The current supervisors take time off from their clinical supervisor role to serve as UW PCAP trainers for the 16-hour trainings. Since the onset of the COVID-19 pandemic, these trainings have been conducted via Zoom, the convenience of which trainees and trainers appreciate. However, many have expressed the desire to meet in person for training and networking opportunities. During this reporting period, the three clinical supervisors provided five refresher trainings (see Presentations and Trainings section).

Additionally, the above-mentioned trainers provided two annual refresher training for PCAP sites in Lakeport, CA, in Pahrump and Fallon, NV, and the first PCAP training for research sites Tulsa and Oklahoma City, OK. Oklahoma PCAP staff have been invited to shadow experienced PCAP staff in Washington, and Ms. Segur provided monthly consultation to staff at the Pahrump, NV site.

UW PCAP is continuing to develop web-based PCAP training modules with the support of an e-learning developer (Sage eLearning), using Articulate Storyline software, to provide an alternate way to deliver some of the annual refresher training content.

Sites are gaining proficiency in their use of the Team-PCAP and Team-PCAPWA SharePoint sites for requesting ASI interviews, un-enrollments, re-enrollments, and extensions; turning in client file reviews and uploading exited client data files; sharing resources and updating staff information. Despite some initial challenges getting access to all who needed it (due to security settings), the reaction to the SharePoint site ("Team PCAP") and has been generally positive. UW PCAP now sponsors staff at all 15 sites with login credentials for accessing SharePoint and REDCap.

PCAP Evaluation

PCAP program evaluation continued to be led by the PCAP Program Evaluator, Alanna Feltner, and the PCAP Data Quality Specialist, Sarah Franich. Towards the end of this evaluation period, Ms. Franich's position was increased from half-time to full-time, to support the quality of the evaluation data being submitted by the PCAP sites.

PCAP State Administrative Team Meetings

Monthly PCAP statewide administrative team meetings were held remotely with UW PCAP staff, PCAP site clinical supervisors, and the DBHR contract manager. Ideas and strategies for supporting staff, addressing client needs, and modifying ways of implementing PCAP during the pandemic were typical topics of discussion. Detailed minutes were taken at each meeting and posted in SharePoint, along with the meeting recordings. In April 2023, the team decided to revert to meeting quarterly as they did pre-COVID. The UW held the monthly meeting time open with attendance set as optional, but at the end of this contract period, the consensus of the PCAP clinical supervisors was that optional meetings should be discontinued. Therefore, moving forward into the next fiscal year, we will hold quarterly administrative team meetings without optional meetings in between, and attendance at quarterly meetings will be mandatory.

Client Extensions of Time in PCAP

Clients typically exit PCAP three years after enrollment. Under specific circumstances, clinical supervisors may request up to a six-month extension for clients. During this reporting period, Susan Stoner and Sarah Pine reviewed and approved PCAP extensions for 39 clients, including one at Clallam/Jefferson, one at Clark, one at Cowlitz, two at Grays Harbor/Pacific, two at King, four at Kitsap, four at Pierce, two at Skagit, four at Snohomish, one at Spokane, nine at Thurston/Mason/Lewis, seven at Whatcom, and one at Yakima. Dr. Stoner continued to take a relatively lenient approach to extensions due to the extreme and unprecedented impacts of the COVID-19 pandemic.

PCAP Research Collaboration

In recent years, the Seattle-based Mark Torrance Foundation funded a feasibility study of an educational depression intervention called Promoting Healthy Families (PHF) at the Clallam/Jefferson, Grays Harbor/Pacific and Thurston/Mason/Lewis PCAP sites. The PHF intervention was based on the MOMCare intervention developed by Dr. Nancy Grote and colleagues and designed to support PCAP mothers who suffered from depression, anxiety, or PTSD and who were theoretically less likely to succeed in PCAP. In this reporting period, Dr. Stoner and Dr. Amritha Bhat re-submitted an R01 grant application to the National Institute on Drug Abuse to test the PHF intervention with PCAP clients with depression, anxiety, or PTSD across the state. Unfortunately, the grant was not funded. There are no plans to resubmit this proposal in the future nor any other plans to engage the PCAP sites in research.

Out-of-State PCAP Consultation, Collaboration, and Training

UW PCAP receives outside funding to provide training and technical assistance to agencies in other states that are implementing or seeking to implement the PCAP model. We report on that here because we feel strongly that this enriches the program overall. Washington State PCAP sites sometimes hosts out-of-state sites for shadowing and find that this stimulates good discussions about best practices and fidelity to the PCAP model.

California, Nevada and Oklahoma

UW PCAP has provided consultation and training for the following out-of-state replication sites: Lake County Tribal Health Consortium in Lakeport, California, since 2011, New Frontier Treatment Center in Fallon, Nevada, since 2017, Living Free Health in Pahrump, Nevada, since 2020, and Tulsa and Oklahoma City in Oklahoma, since 2022. These agencies receive annual PCAP refresher training (via Zoom). Additionally, the Pahrump site receives regular consultation by Linda Segur, Kitsap PCAP Clinical Supervisor. During this reporting period, UW PCAP has received new information and training cost information requests from Ohio and Missouri.

Oklahoma

During this reporting period, Dr. Stoner continued to work with Dr. Erin Maher of the University of Oklahoma (OU) to conduct a randomized controlled trial of PCAP in Oklahoma, which seeks to obtain the kind of data that would be needed to establish PCAP as an evidence-based intervention, eligible to receive funding under the federal Family First Prevention Services Act. The Oklahoma team also submitted supplemental funding applications to the National Institute on Drug Abuse and the Administration for Children and Families to expand the scope of the project.

Challenges

During this reporting period, we continued to address the challenges of getting baseline ASI interviews done for all enrolling clients and exit ASI interviews done for all exiting clients. Because UW has had two dedicated ASI interviewers (1.5 FTEs), an external consultant UW is paying to provide follow-up ASI interviews (Dian Cooper), and another to provide do baseline ASI interviews (Alex Young), no new site staff had been trained to administer the ASI. Due to the many differences between sites, we have concluded that a one-size-fits-all approach will not work. Several sites struggled to get baseline ASI interviews done for a variety of reasons. Thus, this year, UW PCAP provided ASI training to new and existing supervisors in the ASI interview while continuing to provide multiple options to the sites for how to get the ASIs done, including utilizing an Alternative Demographics form as a temporary way to obtain the minimum reportable data when getting an ASI completed upon enrollment has not been possible.

Personnel

Susan Stoner, Ph.D. is the PCAP Statewide Director. Alanna Feltner, M.P.A., M.S.W., is the PCAP Program Evaluator. Sarah Franich, Evaluation Data Assistant, was promoted to a permanent full time position in June of 2023 as Evaluation Data Quality Specialist. Stacy Dimmich is the Program Operations Specialist. Her role focuses on coordinating training and technical assistance. Avery Park and Annalivia Robinson are UW PCAP ASI Interviewers. The UW PCAP team meets together weekly on Zoom.

Benton/Franklin Counties PCAP

Successes

The Benton/Franklin PCAP site had many successes and challenges during this reporting period. Reflecting on 2022-2023, the case managers continued to provide quality service to clients despite post-COVID challenges. The whole team continues to make connections with the community to spread the word about the program. The following details some of the successes from the last year.

PCAP staff attended the Women Helping Women Annual Luncheon on October 10, 2022. Each October, passionate individuals gather during their lunch hour to raise money for those in need. Benton Franklin's host agency, Elijah Family Homes, was a selected recipient of one of the grants, and team attended to celebrate this success.

Carissa Lieberman, the new Benton/Franklin PCAP Clinical Supervisor who started in May 2023, attended a monthly training program called "Leader Launcher" by Growing Forward Services. Through this program, Ms. Lieberman gained skills that will serve her well in her new position at PCAP.

PCAP staff participated in a community 5K race "Run for Recovery" on September 20, 2022, benefiting the Benton Franklin Recovery Coalition, which promotes awareness for substance use, mental health, and suicide. The staff also participated in the annual fundraising Golf Tournament for Elijah Family Homes.

This event raises funds and awareness for both programs at the host agency, including PCAP. On March 24, 2023, All PCAP staff participated in CPR First Aid Training; all staff became certified.

The following are a few case manager-client success stories that have stand out:

- Case Manager Sylvia Flores's client, who was referred to PCAP from Union Gospel Mission, went from homelessness to living in housing with the support of PCAP and Ms. Flores's dedication. The client was homeless in May 2022 and was successful in finding and obtaining housing through MRJN Associates in Richland by 2023. This was the beginning of a community connection that has continued to be beneficial to PCAP clients. This client maintained her sobriety and was able to get her children back who were out of her care for over a year, largely due to her involvement with PCAP.
- Ms. Flores helped another client learn how to communicate and control her anger and emotions and use better choices of words and tone of voice when meeting with her providers. Ms. Flores helped this client navigate through her CPS case, and the case was closed in her favor.
- Case Manager Sandy Cooney's client has been clean and sober for more than two years. Ms. Cooney helped her get into a duplex with her children, and she was just granted permanent custody of her five children. She volunteers at her church.
- Another client of Ms. Cooney celebrated one year of abstinence and has a healthy little girl who just celebrated her first birthday. This client is currently working and in the process of applying to the Transition to Success program at Elijah Family Homes. She was able to connect with her other children who are with their father who lives out of state. She has stayed sober even though the father is using (she has ended that relationship).
- A PCAP client who has been consistently working with the Catholic Charities housing program was a former foster child. Our case managers have built a community relationship with case managers at Catholic Charities through regular communications and work together to support mutual clients.

Challenges

Benton Franklin PCAP had some challenges during this reporting period with staff turnover, but the team has transitioned well with a new dedicated clinical supervisor, office assistant, and case manager.

As the strict COVID protocols were lifting, the site was experiencing a growing number of out of contact clients. Substance use relapse played a big part. Additionally, with case manager turnover, clients were reluctant to engage with a new case manager.

Case managers are working with clients who struggle with motivation to follow through on the goals they set and to utilize the resources their case managers give them. Lack of engagement and relationship with case manager can also be a hindrance to working on and accomplishing their goals.

Undiagnosed mental illness and/or a present trauma in clients presents its own unique challenges. It prevents clients from being able to move beyond "survival mode". However, our case managers continue to stay committed and dedicated to their clients regardless of these hurdles. The devastating reality of the close connection case managers feel with their clients who relapse hit the Benton Franklin PCAP site hard when one of Ms. Flores' clients passed away from a drug overdose.

Lastly, the biggest challenge continues to be the lack of affordable and safe housing. Insufficient funding to combat the issue in the Benton Franklin area is the biggest roadblock, along with having a backlog with what housing is available. Clients not having this resource creates a domino effect of problems that arise in their lives as a result.

Visitors to Staff Meetings

On August 11, 2022, Compass Career Solutions visited the site and discussed the services their agency provides for the community.

On November 4, 2022, the Kennewick Police Department visited the site and presented information about prevalent drugs in our community.

On September 9, 2022, SMART Recovery facilitator led a science-based presentation about self-management in recovery, another tool for recovery from addiction.

On November 28, 2022, Inline Communications offered an interactive staff HIPAA training.

On November 30, 2022, the Elijah Family Homes Board of Directors and Executive Director Lisa Godwin held their annual Strategic Planning Committee meeting. The PCAP Clinical Supervisor at that time, Cassandra Gonzalez, and Transition to Success Program Director, Carissa Lieberman, were invited to attend. The meeting focused on current needs and future goals for the agency and ways they can support Benton Franklin PCAP.

On January 11, 2023, Angela Dryden with Action 2 Awareness led a team-building session for PCAP and the host agency.

On February 8, 2023, Christine S. with Transition to Success provided Narcan training and overdose awareness education. All staff who want to help vulnerable individuals attended.

On March 17, 2023, Bio Sound Healing Therapy provided an informational session on self-care practices for preventing and treating burnout and caregiver fatigue.

On May 8, 2023, Paul Casey with Growing Forward Services visited the site and facilitated a personality styles and team-building session.

Client Events

On July 15, 2022, Benton Franklin PCAP staff hosted a summer picnic for clients and their families. Lunch was provided along with face painting and yard games.

On August 15, 2022, when Ms. Cooney's client successfully got into housing, case managers helped with the move, gathered donations from the community, and stocked their shelves with groceries from Fiesta Foods, a local grocery store.

Throughout the month of November 2022, case managers passed out vouchers from Fiesta Foods to provide clients with the ingredients for a Thanksgiving dinner.

In December 2022, Benton Franklin PCAP case managers picked up Christmas gifts for clients and their children that were donated by the local Bethel Church. Additionally, PCAP staff provided kids bicycles donated by Bikes for Tykes.

On December 16, 2022, Benton Franklin PCAP staff held their annual Christmas event. Clients were able to come in person and pick out donated gift items collected by case managers. The event was well attended by clients and their families. The staff coordinated a potluck dinner, a visit from Santa, a Christmas movie, face painting, along with an arts and crafts table.

On March 10, 2023, Benton Franklin PCAP hosted a Spring Cleanout clothing and toiletries giveaway event for clients. Women and children's clothing and gently used donated items as well as personal hygiene products, toothbrushes, and other self-care items were provided to clients.

On April 7, 2023, Benton Franklin PCAP spent the afternoon off site with clients and their families hosting an Easter Egg Hunt and Petting Zoo event for clients; it was well attended. The staff looks forward to making this an annual event.

On April 28, 2023, Benton Franklin PCAP staff put on a baby shower for a client, with donated gifts such as newborn essentials, diapers, a Pack n Play, and baby clothing. Refreshments were provided.

During the week of Mother's Day in May of 2023, Benton Franklin PCAP assembled and delivered Mother's Day gift bags to more than 50 clients. Each bag contained breakfast foods, beauty products, and coloring supplies for the children. Staff enjoyed delivering these gift bags and surprising their clients. The staff plans to make this an annual event.

Personnel

Over the last year, there were both personnel changes and staff transitions. Benton Franklin PCAP has had three clinical supervisors in one year. The current Clinical Supervisor, Carissa Lieberman, hired on May 8, 2023, has been with the host agency Elijah Family Homes for over four years serving in another program. Ms. Lieberman brings invaluable knowledge to the PCAP program.

Benton Franklin PCAP lost two case managers over the last year, both going on to further their education. The leadership team is currently looking for a fourth case manager who is qualified. As of yet, Benton Franklin has not had anyone apply who fits within the PCAP criteria. Currently, Benton Franklin PCAP has two full-time case managers, Ms. Flores and Ms. Cooney, who each celebrated their one-year anniversary with PCAP. A new case manager, Lauryn Meacham, was hired in June of 2023 and is excited to be part of the PCAP team.

Benton Franklin PCAP welcomed a new office assistant, Paloma DeHaan, in February 2023. Ms. DeHaan is supportive and understands the mission and vision of PCAP.

This team is committed to seeing their clients succeed, finding new clients to serve, and building the program to what it can be in Benton/Franklin County.

Chelan County PCAP

Successes

Chelan County PCAP celebrated their five-year anniversary at Pathways to Parenting this year and had many successes during this reporting period. New connections were made, and previous connections were revisited and made stronger. Case Managers Kathy O'Connell and Stephanie Skidmore networked with providers and learned about other services and made housing connections. Many agencies have new staff, and PCAP has been able to make new connections with them, including the local emergency room and the Recovery Coaches during times in the emergency room with clients.

This site is well located between the YWCA women's transition house and homeless shelter and the Bruce Transition Housing (Women's Resource Center), where many of our clients reside. Strong working relationships with the two agencies provide greater possibility for clients to be quickly housed.

This site is within walking distance of the courthouse, making it possible for staff to easily attend any court hearing that clients may have. This site has a strong working relationship with the local Department of Child & Family Services (DCYF) office as well as the Chelan/Douglas Public Defender's office and the Chelan/Douglas Counties prosecutors.

Angela's Family Services of Spokane, WA, provides supervised visitation for families in Chelan who are involved with the DCYF and leases part of the Pathways to Parenting office for their visits. They have their own entrance to the site and allow the PCAP case manager access to the parents.

PCAP Clinical Supervisor, Dee Cummings, has been invited to be part of the two-county home service providers. This is an opportunity to share referrals and better understand what each agency provides. Ms. Cummings was invited to attend a staff meeting for the Central Washington Hospital mom/baby unit. Referrals have been slow this year, but we have been able to maintain stability with the existing client base.

PCAP staff attended the 4th Annual Reunification Celebration event with DCYF this year. Many of the judges and attorneys spoke to staff individually about how much they appreciate the service PCAP provides for the clients and are thankful that the program is available in the area. This event has increased attendance every year.

PCAP staff were invited to be part of the Chelan County Alano Club's 50th anniversary. Many providers attended and that provided yet another opportunity to renew professional relationships.

Chelan PCAP staff are attending the certification course for Promoting First Relationships (PFR) through the University of Washington School of Nursing. Everyone is excited to not only promote the program throughout our community, but also have a wonderful tool to help support and improve outcomes for the clients.

Ms. Cummings, Ms. Skidmore, and Office Assistant Mandy Edwards all participate on the regional Board for the Family Youth System Partner Round Table with Carelon Behavioral Health. This regional board advocates for Medicaid-qualified families' needed resources for Chelan, Douglas, Grant, and Okanogan Counties at a state level.

Challenges

The exponential increase in fentanyl overdoses has been a great challenge for the Chelan County PCAP. Staff are often with the clients in the emergency room, helping them as they detox. The new drug Xylazine has reached Chelan and Douglas Counties and law enforcement has begun seeing a rise in overdose and death.

Visitors to Staff Meetings

On March 14, 2023, the Director of Columbia Counseling shared about services that they provide and how our agencies can work together with referrals

On June 13, 2023, Colleen Miller, Director/Owner of Midpoint, a transitional housing agency for those exiting incarceration or for those who are homeless, shared about the agency and what they offer. This agency would work to support and to provide beds for the PCAP clients as they offer housing for both men and women.

Client Events

A clothing and furniture giveaway was hosted by PCAP staff and clients for the community on June 29, 2023, and July 28, 2023. Clients helped organize this event that was opened not only for other clients, but for anyone in need. The community had donated infant/toddler furniture, car seats, adult clothing and shoes, youth clothing and shoes, housing supplies, and just about anything someone might need. The event was set up in the PCAP parking lot and scheduled to be open for four hours. Although the temperature was 90+ degrees on both days, turnout was wonderful, and almost everything was taken. Approximately 75 families were able to receive items that they needed. A tracking system was used, asking each family where they had heard about the give-away to better understand what the best manner might be to advertise this type of event.

A Thanksgiving gathering was held for client and their children, potluck style, on November 22, 2022. Staff and clients shared in the preparation of the meal. Clients who had graduated from the program also attended, which was a wonderful opportunity to share their story with those that are still in process. Children were able to play together as attendees visited. Clients shared that they truly enjoyed this opportunity and that meeting with others in a positive manner brought a lot of encouragement. Approximately 34 people attended this event.

There was no Christmas event this year due to excessive snow.

A Valentine's Day party was held for clients on February 15, 2023. Gift bags and treats were prepared for each family, and activities were provided for the children. Clients shared that they enjoy meeting with others in similar situations and their experiences. Approximately 10 people attended this event.

Mother's Day gift bags were created by the case managers for our clients and delivered to them. The gift bags contained a variety of items such as sweet treats, lotion samples, flavored tea, coloring pages, crayons, and a small candle.

Personnel

Chelan PCAP staff includes Dee Cummings, Clinical Supervisor and agency owner. Ms. Cummings received her PCAP contract in February 2018. Stephanie Skidmore has been a case manager since July 2018 and is very effective in her work with her clients. Amanda Edwards provides amazing support for the agency and keeps us organized and on task. Kathy O'Connell, Case Manager, joined the team in September 2022, bringing with her 20+ years of experience working with at-risk populations.

Clallam/Jefferson County PCAP

Successes

Clallam/Jefferson PCAP secured a Commerce Grant through the county, an \$80,000 Rapid Rehousing Grant which enabled 31 PCAP families to be housed in long term motel or permanent housing, thus ending their living on the street, in a car, tent or otherwise not having stable safe housing.

PCAP families had access to an outside funding source of \$7,000. These funds opened possibilities for PCAP client such as car repairs, safety items for children, household goods, groceries, and clothing for the family. Additionally, other items paid for were a renewal of professional licensure and a replacement drivers license.

The PCAP team pre-ordered holiday food for clients based on family size. Case managers picked up and delivered 47 Thanksgiving baskets and 51 Christmas baskets to clients' homes.

Clallam/Jefferson staff continue to hold positions on various boards and panels in both counties. Some are voting members of the Behavioral Health Advisory Board advocating for people with substance use and mental health disorders. The Board advises county commissioners on which programs will receive the 1/10th of 1% funding over which it has discretion. Others include the West End Round Table with medical providers and the Jefferson Co. Health Department, which provides collaborative communication with The SUPPORT Clinic (Substance Use in Pregnancy & Parenting Recovery Team) at North Olympic Healthcare Network.

As members of the Perinatal Mental Health Task Force, Case Managers Anne Grover, Vianey Cadenas, Riley Slonecker, and Tracey Grover worked collaboratively with other members of the task force to bring the Second Annual Community Connections Baby Shower to the community. This event connected PCAP clients and other community members to 37 other service providers with great success.

PCAP hosted a monthly pop-up drop-in space on Hoh Tribal land to bring services, education, and information to this previously unserved community of people in the far west end in Jefferson County.

Case managers continue to excel at bringing other service providers together in collective meetings to benefit PCAP families. Some of these providers are Healthy Transitions, DCYF, medical providers, treatment providers, OlyCAP Head Start, The Family Healing Center, Mariposa House, Healthy Families DV Shelter, Serenity House, and Oxford Houses.

Challenges

Lack of affordable housing continues to put permanent housing out of the reach of PCAP clients, and intense competition for the Family Unification Program, Section 8, and other vouchering systems reflects the reality that these programs are inadequate to serve the community needs. The average rent for a 1-bedroom apartment in Port Angeles, WA, is \$1,200. This is a 14% increase compared to the previous year.* Lack of affordable and safe childcare options in the community prevents clients from going to work or school.

Client emotional wellbeing and sobriety is tested daily with the high levels of drug overdose in families, friends, and loved ones in this community. Continued amounts of various drugs are found to be laced with fentanyl, which is causing clients to become polydrug users unintentionally.

Lack of specialty providers who accept Medicaid in the community such as dermatology, urology, and dental for kids has caused a gap in service for multiple families.

*Source: <https://zumper.com/rent-research/port-angeles-wa>

Visitors to Staff Meetings

On October 25, 2022, Elisia Anderson from First Step Family Support Center presented information on philanthropy and the United Way giving campaign.

Client Events

No PCAP exclusive events were held this year. However, all PCAP clients are invited, and many attended events held by First Step Family Support Center with PCAP staff. About 90% of PCAP clients have participated in Clothing Closet, the drop-in resource center for snacks, free books, a diaper bank, hygiene products, Christmas gifts, and various concrete goods connections like the Little Food Pantry.

Personnel

Staff turnover: Case Manager Shelby Golden replaced Tobi Perrault, and Office Manager Tracey Grover replaced Linda Cooper.

Clark County PCAP

Successes

Clark County PCAP celebrated various successes during this past year. At the start of the reporting period, Clinical Supervisor Sara Gongora Garcia was invited to join the community meeting for the newly developed therapeutic Safe Babies Court in Clark County. Ms. Gongora Garcia was given the opportunity to share about PCAP and the positive impact the case managers can make working with at-risk mothers. Not long afterwards, Ms. Gongora Garcia presented with Office Assistant Julie Perry to SUD staff at Columbia River Mental Health Services in Vancouver, WA. In February 2023, Ms. Perry and Case Manager Laila Hornli presented to Educational Service District 112 (ESD 112) home visitor staff about PCAP and its eligibility criteria. They offer free/low-cost childcare, early learning, and preschool for young children. Through continuous networking efforts and collaboration, Clark County PCAP has been able to sustain a steady influx of client referrals throughout the reporting period.

Another success early on during this reporting period was the opportunity for Clark PCAP to host Benton-Franklin County's PCAP team for two days of training and shadowing. The Benton-Franklin PCAP team consisted of their clinical supervisor, office assistant, and four case managers. Clark PCAP was excited about the opportunity to share best practices and show case the unique features of the Clark County community.

A third success was the contract expansion for PCAP client capacity. Clark PCAP was granted an additional five slots, increasing the client capacity count to 113 mothers. Clark PCAP has seen a 19% increase in contact capacity since 2017 and hopes to continue expanding over the next several years.

An exciting update during this reporting period was the expanded partnership between Second Step Housing and Clark PCAP. In addition to the already established transitional house (Jubilee House), a second transitional house (Val's House) was added to the MOU, and three more clients and their children became safely housed. In addition, the original three clients that were housed at Jubilee House during the previous reporting period were all able to move forward into the second phase of the program and found independent housing with financial support for the remainder of the year. It is the hope of Clark PCAP that six new families will become securely housed through the Second Step Housing partnership during the upcoming reporting period.

Lastly, a surprise over the past year has been the consistent ingathering of donations from community partners and individual donors. Clark PCAP has been fortunate enough to receive large supplies of brand-new diapers, wipes, clothing, hygiene supplies, child safety products, as well as formula and baby food. Clark case managers have done a fantastic job soliciting for new or gently used donations and, through their persistence, have secured ample goods for PCAP clients.

Challenges

The most substantial challenge that Clark PCAP faced during the reporting period was case manager turnover. In 11 months, four case managers left their positions and four new case managers were hired and trained. During the interim between hiring and training, the caseload size for existing staff was well above the standard 13-16 families. Case managers worked diligently to provide the best advocacy

possible for engaged clients and tried to find creative ways to re-engage those who withdrew due to staff changes. Despite the uncertainty at times, Clark PCAP is fully staffed at the end of this reporting period and thriving as a team.

Visitors to Staff Meetings

On September 26, 2022, Kahlia Ventura, Housing Coordinator, and Lance Gayton, Outreach Coordinator at Sea Mar- CSNW, shared about their specific job roles as well as program eligibility requirements and how case managers can make client referrals. Staff were able to ask questions about the new positions within the agency and brainstormed how to best support mutual clients across all programs.

On January 16, 2023, Lindzy Staples, Housing Services Manager at Second Step Housing, informed staff about program updates concerning shared duplex units Jubilee and Val's House. Ms. Staples and PCAP staff recapped the successes and challenges since collaborating and exchanged ideas on how to potentially expand the supportive housing program.

On January 30, 2023, Deanna Fontijn, Program Support Specialist and Outreach Liaison, at ESD 112, provided staff with information about the Early Care and Education programs for children in Clark County. Staff specifically asked Ms. Fontijn about resources for low-income families.

On March 27, 2023, Tracey Jennings, Operations Director, Rachel Grant and Summer Wright, Family Navigators, at Recovery Café of Clark County, shared about various programs and resources offered through their agency. Staff learned about how clients can become members of the Café as well as access specific services without membership. PCAP staff were excited to share with their clients about these services that emphasize recovery, community, and joy.

On April 3, 2023, Sheryl Protrka and Kelsey O'Sullivan, Independent Social Workers for the Parent Representation Program at the WA State Office of Public Defense, explained their job roles and how mutual clients can qualify for advocacy support and services.

On April 10, 2023, Nicola Bintz, Compliance Manager, and Shari Robinson, Care Coordinator, at the Mullen-Polk Foundation talked with staff about the newly opened resource center in Vancouver as well as ongoing services offered through the foundation.

On May 15, 2023, Crystal Gregory, Peer Support Specialist at Columbia River Mental Health Services, connected with PCAP staff to learn about program specifics, including eligibility requirements. Ms. Gregory was new to her position and wanted to build her resource connections in Clark County. PCAP staff shared about the work they do and how best to refer clients that qualify and are interested in case management services.

Client Events

On October 31, 2022, Clark PCAP staff held their third annual virtual "Halloween Costume Contest". Twenty clients participated and submitted photos of their children in costume to their case manager. Participants had their client ID numbers entered for the drawing and three entries were selected at random. Each winner received a gift card and specialized card signed from the team.

On December 19, 2022, Clark PCAP staff held their annual "Holiday Gift Shop" at the PCAP office. Thirty clients were able to attend the event in-person and were able to select newly donated toys, clothing, books, and electronics for their children. Larger items such as bikes and gift card vouchers were raffled off. Participants were also able to select personalized goodie bags that centered on rejuvenation and self-care.

On May 14, 2023, Clark PCAP staff put together fifty "Mother's Day Bags" and passed them out to clients throughout the work week. Bags consisted of chocolates, candies, essential oil, beauty products, and cards of affirmations.

Personnel

In July of 2022, Case Managers Mykaila Forsyth and Cherry Carlson both left their positions with Clark PCAP. In October 2022, Case Manager Emma Rolfson left her position and accepted a new position as Continuous Quality Improvement Specialist at a local agency in Clark County. In November 2022, Adeola Oduyale started her new position as case manager. In December 2022, Case Manager Misty Skelton left her position and newly hired Elayna Bisby started her position. In January 2023, Arie'L Freeman accepted the position of case manager. Lastly, in June 2023, Royalle-Ashley Asprecc filled the last case manager position, and Clark PCAP became fully staffed before the end of the contract year.

Cowlitz County PCAP

Successes

The Cowlitz site is excited to share the many successes it had during the reporting year. Clinical Supervisor Michelle Welch made every effort to capture windows of opportunities to share the PCAP story and what their program had to offer to drug-affected parenting mothers in addition to gaining more knowledge of available resources. Ms. Welch, along with the Cowlitz staff, ventured out into the community and met with various service providers. In January of 2023, the entire PCAP team met with Jill Boaglio of Love Overwhelming (LO) and her staff. LO offers support for the homeless population in Cowlitz County. In February of 2023, all staff met with Fawn Harris of Youth and Family Link, and her staff. This program offers services to families in the local area to increase success in school, make and keep positive relationships, and learn how to engage in health activities to promote healthier homes. In March of 2023, Ms. Welch and Case Manager Terra-Beth Henderson attended an all-staff meeting at the local DCYF office to meet new workers and explore ideas for further collaboration. In April of 2023, the entire team met with Tynna Purtteman, Director of Janus Youth, and her staff Stephan and Vanessa Plink. Janus Youth is a program that offers services for vulnerable, at-risk youth and young adults.

Ms. Welch found herself joining several platforms in the community that targeted the needs of young children and their families. In August of 2022, she started to attend monthly meetings with the Birth to Three Coalition. Coalition members came from Head Start, Early Head Start, local day care programs and pediatric services. The main goal is to discuss events available to mutual families as well as ways to better support them. In December of 2022, Ms. Welch joined a monthly meeting with the Stroller Coasters, which is made up of members from Head Start, Early Head Start, the Progress Center, DCYF, and First Steps. We discussed ways to offer a wraparound service approach with shared families. In March of 2023, Ms. Welch was invited to a new Cowlitz County DCYF Early Learning client staffing that meets monthly. This staffing is a virtual space to network and develop recommendations for children and their families involved with CPS while finding ways to meet their unique needs. In April of 2023, Ms. Welch was also invited to a new bi-monthly forum with the Cowlitz County Health Department called the Maternal Health Community Resource Meeting. The main goal of this platform is to increase connection among community agencies who serve children, youth, and families in the area.

Cowlitz PCAP case managers were busy during the reporting period as well, offering their support and expertise wherever and whenever possible. Sunnie Smith spent another year as a member of the Cowlitz-Wahkiakum Legal Aid organization. Ms. Smith attends monthly to explore the legal needs and obstacles of vulnerable populations in the area. She never hesitates to share local resources with the Cowlitz team. Michelle Jones continued to be involved with the planning and execution of the Oklahoma PCAP project site. Ms. Welch consistently made herself available to their team, offering suggestions to make program implementation go as smoothly as possible. She brought with her not only the PCAP experience from a staff perspective but also from the perspective of a previous PCAP client. All case managers, including

Jamie Powell and Teresa Malcom, continued their involvement with the Cowlitz Family Health Center (CFHC) needle exchange program. They all took turns working at the program on Fridays. Cowlitz staff also continued to work very closely with CFHC's supportive housing program for women and children affected by substance use, known as the Phoenix House. Case managers were able to refer their clients to the program, see them housed, continued to provide essential PCAP functions, and collaborated with the housing case manager on-site.

The Cowlitz site found themselves honored to host the Oklahoma PCAP team for three days in September 2022. The team included Clinical Supervisor Marquita Wilson and Case Managers Alana Harrold and Staci Shannon. The Cowlitz staff was able to share the PCAP vision with this new group along with teaching valuable and necessary PCAP techniques. Ms. Welch was able to offer feedback of the site visit with Angela Harden, the Oklahoma PCAP Site Project Director. It was our hope that we offered the knowledge that the new site can take with them and use in their positions.

In April of 2023, the PCAP program statewide moved to a new data platform, REDCap. Staff in Cowlitz shared much reservation with this move due to being so familiar with the previous platform, DatStat, which they had used for so many years. However, the University of Washington staff did an amazing job not only training but also providing the on-going support needed as we navigated this big change. Key players included Alanna Feltner, Cara Ernst, Stacy Dimmich, Sarah Franich, and Dr. Susan Stoner. They were all very patient as they helped correct errors and made suggestions to improve our experience. The Cowlitz staff persevered and now excel in the new data program.

Ms. Welch is excited to report that she was deemed proficient in the administration of Addiction Severity Index (ASI) interview. She attended a weeklong training in January of 2023, conducted several mock interviews with various PCAP staff, attended a refresher training and eventually met with Ms. Dimmich, the PCAP Project Operations Specialist, for a final proficiency interview. In April of 2023, Ms. Welch began administering this important data collection interview with new clients. Cowlitz site is looking forward to continuing to provide this important data to the University with as few obstacles as possible.

Challenges

During this reporting period, Cowlitz PCAP was learning how to navigate through the beginning of a post-pandemic world. Many challenges were still present from the previous period relating to COVID. Client engagement was still a struggle as we worked hard to maintain the in-person relationship nature of PCAP. Many clients were lost during COVID and we had no choice but to unenroll them. Case managers continued to work diligently with tracing efforts to locate clients, and weekly time spent with clients was lower than they had hoped. Nonetheless, the Cowlitz site persevered and took every opportunity to provide quality service with the clients that were engaged.

Local service providers continued to feel the strain of the pandemic as well. A lot of this strain stemmed from staffing issues, preventing PCAP clients from receiving the care they so desperately needed. From doctors, to daycares, to various social and community services, low staffing counts created obstacles for clients to access these services and limited case managers' ability to successfully refer out to vital resources.

In February of 2023, CFHC made the difficult decision to close the Pregnant and Parenting Women (PPW) inpatient treatment program in Longview, Washington. This is a significant loss for our clients in the local community, as well as for mothers all over the state who suffer from substance use issues and need treatment. Case managers now must find resources out of the area to help their clients obtain treatment with their children.

The first half of the reporting year saw a lag in referrals, but as highlighted above, Ms. Welch and various PCAP staff took any opportunity to share with other service providers and highlight that PCAP is still in the community. With the closing of the PPW, Cowlitz lost a vital referral resource. There continues to be many programs that mirror PCAP services, thus further limiting referrals and engagement from clients. An example of this is the newest program that Love Overwhelming (LO) introduced to the PCAP staff at a meet and greet in January of 2023, known as the Recovery Navigator Program. This program offers many of the services that PCAP does, such as case management, support through sobriety, and referrals to other community agencies and transportation services.

Visitors to Staff Meetings

On September 15, 2022, Emily Mathers, Parents as Teachers program through the Cowlitz Indian Tribal Health Services visited. This program is designed to help caregivers connect with their child's early development and help build a lifetime foundation for continuous academic success.

On October 20, 2022, Sarah Harper, Senior Community Liaison for Rainier Springs visited. This program is located in Vancouver Washington and provides both inpatient and outpatient mental health services. It also provides both detox and inpatient substance abuse treatment.

October 27, 2022, Dr Susan Stoner, Director of PCAP and Alanna Feltner, PCAP Evaluator visited. This was a special staff meeting where we could finally meet in person and do some evaluation training with the Cowlitz Staff

On December 29, 2022, Antonia Bancroft of the Child Welfare Early Learning Navigator program visited. This program aims to increase engagement in early learning and support services among families involved with CPS, prevent subsequent maltreatment among these families and prepare vulnerable children for academic success.

On January 26, 2023, Joan Remer of Cowlitz County Nurse Family Partnership visited. Joan was also accompanied by her nurses Jody, Jackie, and Danielle. This program offered evidence-based education for low-income women with goals such as improving pregnancy outcomes, child health development and economic self-sufficiency of the whole family.

On February 16, 2023, Jean Marie Moore and Tina Day of the Progress Center visited. This program provides development services for families of infant and toddlers.

On June 15, 2023, Tricia Rodman, Project Director and Ronda Black, Care Coordinator of CORE Health visited. Tricia and Rhonda are working on a program to further help parenting women within the vulnerable population at the homeless recovery program in Cowlitz County. They were looking to collaborate services with PCAP.

Client Events

Cowlitz PCAP and CFHC continued to be cautious about in-person events as it related to the health and well-being of staff and clients alike. Cowlitz did not host any client events; however, the site enjoyed making holiday crafts for clients. In October and December of 2022, staff made over 240 Halloween and Christmas themed treats to give to PCAP children and their siblings.

In February of 2023, the Cowlitz team was able to distribute carloads full of baby items to their families in need from the closure of the PPW program, including cribs, swings, diapers, clothes, and other quality items to their clients' homes.

Personnel

Cowlitz continues to be in a unique position where staff turnover is minimal, especially as it relates to case managers. Furthermore, Cowlitz case managers have many years providing excellent service to PCAP clients. Ms. Malcolm has been with Cowlitz PCAP since 2005, Ms. Henderson since 2008, Ms.

Powell since 2009, Ms. Smith since 2012 and Ms. Jones since 2014. Cowlitz spent the reporting period down two case managers. However, due to a decrease in caseloads, only one of the positions needed to be filled. After searching for the perfect candidate, one was found and will be joining this strong team in July 2023.

Grays Harbor/Pacific Counties PCAP

Successes

During the reporting period, PCAP of Grays Harbor/Pacific Counties (GH/P) experienced much success. In June of 2022, GH/P PCAP began working with the Pacific County Coordination of Care, Recovery Navigator Program. The partnership allows clients involved in many programs to receive their services with providers committed to collaborating. This allows the partners to know what the clients' needs are for success are and where each client is with each service. This also helps stimulate referrals as providers become familiar with each other and the services they provide. The partnership has shed some light within the provider community on the struggles facing PCAP clients and how providers can better support mothers with substance use disorders.

GH/P PCAP continues to work with Summit Pacific Medical Center (SPMC) as part of the community health rotation for doctors in SPMC's residency program. This partnership highlights community recognition of PCAP as a critical part of the community health within Grays Harbor County. The partnership has helped to stimulate referrals from SPMC to PCAP and allows for better communication and advocacy when clients are working with providers at SPMC.

On September 1, 2022, Melissa Dorris transitioned from Case Manager to Clinical Supervisor. During this period, Ms. Dorris was organizing our donations for incoming and current clients. She worked in partnership with Calvary Chapel Church in Montesano, WA, to reestablish the Baby Box, Inc. program, which provides boxes that can be used for safe infant sleep. Baby Boxes come with a fitted mattress and are filled with needed baby items such as infant clothing, blankets, bottles, diapers, wipes, bathing items for baby and post-natal hygiene items for the mom. Ms. Dorris also procured food donations through GH/P PCAP partnerships with the Montesano Food Bank, Grays Harbor College Food Pantry in Aberdeen, and Set Free Church in Elma. These donations are crucial in helping clients struggling with food and financial insecurity, helping to ease the burden of purchasing the needed and critical items.

GH/P PCAP has maintained and nurtured their relationship with Destination Hope and Recovery (DHR). On October 6, 2022, Grays Harbor/Pacific PCAP in partnership with DHR, held an event at the Homeless Encampment in Aberdeen with partners Selectel Wireless, the Moore Wright Group (TMWG), Needle exchange/Naloxone distribution, and Coastal Community Action Program (CCAP). At this event, the unhoused people living there were able to self-refer to services, acquire clothing, hygiene items, and food from Grays GH/P PCAP. They were also able to receive a meal and coordination of care services from CCAP. DHR provided a van to transport groups to the Department of Motor Vehicles to obtain identification cards paid for by DHR. Selectel distributed no-cost cell phones and service, providing 80 cell phones to those in need, becoming the largest distribution event in Grays Harbor.

On January 26 and 27, 2023, GH/P PCAP attended both the Pacific County and the Grays Harbor Homeless Connect events, which allow struggling populations an opportunity to find resources, self-refer to services and obtain other goods they may need, such as clothing, hygiene items, a hot meal, or a haircut. In addition to these outreach efforts, Case Manager Valerie Boisen provided a PCAP presentation to residents at HarborCrest, an in-patient treatment provider, on the second Monday of every month

throughout the reporting period. This not only helps generate referrals for GH/P PCAP but also other PCAP sites around Washington State. This partnership allows clients to self-refer and for PCAP intakes to be done onsite at HarborCrest.

Case Managers Alecia Matsen and Valerie Boisen have worked diligently to establish a connection with Dry Tikes and Wet Wipes in Olympia to gain access to diapers for clients in need. This is a benefit to clients in the GH/P PCAP service area as there are no diaper banks within the area. GH/P PCAP has been working to connect PCAP with tribes in the area. On May 24, 2023, GH/P PCAP was invited to attend the Quinault Wellness Day at the Ocean Shores Convention Center. This was an opportunity to connect with others and was a learning opportunity for the staff who were able to attend. Ms. Boisen, Lead Case Manager, presents PCAP to groups every second Monday of every month at HarborCrest in Aberdeen, WA. Ms. Dorris and Mrs. Campbell presented on October 26, 2022, to introduce PCAP for Columbia Memorial Hospitals Women’s Clinic in Astoria, WA. This connection has been fruitful for Pacific County’s PCAP enrollments. Ms. Dorris and Mrs. Russell presented on March 23, 2023, to introduce PCAP to the Quinault Wellness Center.

Challenges

Success at the Grays Harbor/Pacific PCAP site was extraordinary, but it did not come without challenges. GH/P PCAP saw a drop in referrals and enrollment throughout the COVID-19 pandemic and has struggled to bounce back to pre-COVID referral numbers. They struggled to maintain 85% of contracted enrollment capacity and in turn requested a capacity reduction. In December 2022, the host agency began conversations with the Health Care Authority to reduce contracted enrollment capacity, and in January 2023, a contract amendment was authorized.

Staff vacancies were another hurdle for GH/P PCAP. The program found it difficult to retain an office assistant, causing difficulties in navigating paperwork and file organization. Case managers and the clinical supervisor worked together to keep paperwork and file organization at status quo but were not as successful as in years past without the aid of a consistent office assistant. GH/P PCAP also struggled to fill the vacant case manager position left by Cheryl Campbell in April of 2023. The staff reduction caused an increase to current case manager’s caseloads as well as resulted in the clinical supervisor carrying a caseload to mitigate increased stress to the remaining case managers. GH/P PCAP and their host agency have noted an increased difficulty in finding qualified applicants for open positions and increasing position vacancy times. At this time, the vacancy left by Mrs. Campbell’s departure remains unfilled, so search efforts continue.

While the struggles in this reporting period were not many, they were prolonged and culminated in a reduction in contracted enrollment. Staff sometimes experienced low morale. The transition of online data collection systems, along with process changes at UW PCAP caused unique challenges at times, especially as Ms. Dorris transitioned into her new role as supervisor. However, all these challenges helped strengthen the remaining team at the GH/P PCAP site.

Visitors to Staff Meetings

On May 15, 2023, Northwest Justice Project, Tanya German, and Jason Vilaysanh, presented on services they provide and changes in their referral process.

On June 20, 2023, Dr. Mackie Chan, Summit Pacific Resident, attended to meet the team, learn about PCAP and how PCAP can support mothers and their children who are eligible for the program.

Client Events

On August 5, 2022, Case Managers Ms. Dorris and Mrs. Campbell were able to acquire a donation to provide clients with lunch and fruit during GH/P PCAP's party at the Finch Playfield in Hoquiam, WA. With peer support in mind, sober clients can meet with other clients and expand their network of sober support and practice self-advocacy.

On August 19, 2022, GH/P PCAP held a family event for PCAP participants in Pacific County at the Seaside aquarium in Seaside Oregon. With the same goal in mind, clients were fed and given the opportunity to network with other program participants. These events also help the PCAP team be known to all clients who attend.

Personnel

In July of 2022, Case Manager Jessica Waldo left her employment to be closer to family in Oklahoma.

In September 2022, former Clinical Supervisor Danielle Russell left the role within PCAP to pursue the role of Director of Funding and Development for the site's host agency, Connections, A Center for Healthy Families. During that month, Melissa Dorris transitioned from the role of case manager to clinical supervisor.

On April 1, 2023, Grays Harbor/Pacific PCAP hired Office Assistant Annette Roehrborn, who continues to flourish and in a short time has proven herself an asset to the program. Ms. Roehrborn has helped us navigate the changes and challenges we have experienced in this reporting period. Also in April of 2023, Case Manager Cheryl Campbell chose to retire.

King County PCAP

Successes

King PCAP has enjoyed many successes during this reporting period. Our second location in Tukwila is officially up and running with two case managers and a supervisor, who is also carrying a small caseload. As a result, we have added 18 extra client spots in King, expanding the number of clients we can serve to 133. Staff worked together as a team to get the furniture put together and to get the site up and running. We have joint staff meetings at both locations trading off which site hosts weekly so that staff can become comfortable and familiar with both locations.

We have also maintained our partnerships with other providers in the community during the past year. King received another grant from King County Metro to provide free bus tickets to our clients, at a greatly reduced cost to us. In addition, we continued our partnerships with both the Woodland Park Zoo and the Seattle Aquarium, with both agencies providing no cost admission for our clients. In addition, the Woodland Park Zoo was able to provide 20% off all food and beverages for clients while they are at the zoo. Project Night-Night has also continued to provide our clients' children with books, toys, and stuffed animals. We continue to partner with both West Side Baby and Wellspring Family Services, who both provide formula, diapers, wipes, car seats, strollers, clothing, toys, and other equipment our clients need for their children. King also maintained their grant with Deseret Industries so that clients could continue to shop free of charge for clothing and household items. We have worked with Jubilee Women's Center for clothing for our moms, as well as Dignity for Divas for assistance with clients moving into their own apartments. King has continued to do outreach in the community, connecting with community partners with a similar client base to both increase referrals and increase resources for PCAP clients. We have most recently partnered with the North Seattle Family Resource Center, who provide a wide range of services for our clients. We also attend their monthly provider meetings.

Our staff at King was also able to attend several conferences over the past year. Staff were able to attend the Washington Co-Occurring Disorders and Treatment Conference on October 10-11, 2022; the Association of Alcohol and Addiction Programs Annual Provider Conference on April 13-14, 2023; Engagement in the Black Community Conference by the National Association for Alcoholism and Drug Abuse Counselors on February 9-10, 2023; Re-imagining Behavioral Health: Race, Equity and Social Justice on September 29 -30, 2022; Birth Trauma for Perinatal Providers on May 16, 2023 and Moving from Affirmation to Action: Working with Trans, Non-binary and Gender Nonconforming Individuals by the Say It Out Loud Conference Planning Committee on March 17, 2023.

King has been able to maintain a strong census this past year. We have not slipped below 85% capacity since November 2021. We continue to do outreach for new referral sources when and where we can.

Challenges

One of the biggest challenges we have experienced during this reporting period is the transition from DatStat to REDCap. The training needed to learn a new system was very time consuming and there was lots of confusion. King dealt with the change overall very well and worked though learning the new model very successfully. Everyone at King seems to have a good grasp of it now.

Hiring new staff has also been a challenge for King. We have struggled to find good candidates with the appropriate experience for our vacant case manager position. Good candidates that have applied have not followed through with interviews and/or have accepted positions elsewhere.

Visitors to Staff Meetings

On October 13, 2022, October 20, 2022 and April 20, 2023, Alanna Felter, PCAP Evaluator was a guest at staff meeting.

On October 27, 2022, Erin Harden, Project Director Oklahoma PCAP, was a guest at staff meeting.

On October 13, 2022, Dr. Susan Stoner, PCAP Director was a guest at staff meeting.

On June 29, 2023, Erin Maher, Associate Professor/Director University of Oklahoma, was a guest at staff meeting.

Client Events

On May 12, 2023, King had a PCAP Zoo Day to celebrate Mother's Day at Woodland Park Zoo. Admission was provided free for clients and clients received 20 percent off food and beverage purchases. King PCAP also provided snacks for clients and their families.

Personnel

King has had no turnover with staff during this reporting period. We still have one vacant case manager position. Andrea Turner has continued to phase into the administrative research coordinator position from her case manager position. We had one case manager go out on FMLA towards the end of this reporting period.

Kitsap County PCAP

Successes

Kitsap PCAP activities were shaped over the reporting period by the expansion of enrollment capacity from 71 to 87 contracted slots, a 22% increase over the 2021-2022 capacity. The expansion necessitated rethinking office space and how we do business. Hiring a fifth case manager meant creating a new

office space for the person. It also called for a re-energized approach to client recruitment to meet our new census in a timely fashion. Kitsap PCAP rose to the task by quickly hiring a qualified, enthusiastic case manager, rearranging the office suite to create a new office and reception area, working with the host agency to acquire a fifth fleet vehicle, efficiently completing the required case manager training, and targeting recruitment efforts to fill a fifth caseload. Site enrollment over the expansion period averaged 93.5% of capacity. Overall, referrals increased by 12%, and due to the case managers' focused effort, a large majority of the enrolled mothers are engaged in working on their PCAP goals.

Kitsap PCAP continued to refine and utilize recruitment materials developed in June 2022 during initial contract expansion. Information about the program was also disseminated by participation in community networking events including Project Connect 2023, regularly attended community networking meetings and by staff-led community outreach and recruitment days where staff meeting time is dedicated to going to other social service offices to share about PCAP and leave informational and referral materials.

When surveyed at a spring staff meeting, Kitsap PCAP staff identified increased client participation in scheduled client events and more consistent responses to case manager outreach and fewer "no shows" or last-minute cancellations for scheduled home visits. One case manager stated, "I hear more often from clients who have traditionally been hard to engage, including many that are still in active addiction. Clients trust the program more than in the past." Case managers also noted that more clients who have successfully completed and exited the program have contacted their former case managers to share their successes in completing their goals. They have found jobs with a living wage that provide opportunity for growth. They are working as navigators or coordinators for the three of the county's largest housing programs, are employed by Kitsap PCAP's host agency's housing program, have completed the required coursework to gain certification as a paralegal to advance with their current employer, and one is serving as manager of a large clean and sober housing program. Each of these clients has credited Kitsap PCAP as an element of their success.

Staff also cite strong community partnerships as an element of site success and note that working with East Side Baby Corner, renamed in early 2023 as Kid Vantage, has enabled them to distribute thousands of diapers, baby wipes, children's clothing, furniture, and other items that, among other benefits, offset clients' increased costs for food and rent. Per the January to June 2023 Kid Vantage partner report, Kitsap PCAP clients were the recipients of over \$17,000 worth of in-kind donations. In addition, Kitsap PCAP continues to receive handmade knitted goods, quilts and baby toys created by a group of community artisans for distribution to clients. Kitsap PCAP also regularly receives books and early childhood educational items for clients from the community's early learning program.

Staff note they are pleased to have returned to in-person meetings and networking events. This year, staff have actively participated in community meetings, including the Kitsap Housing and Homelessness Coalition; Code 211's Kitsap Information and Resource Network; the Olympic Community of Health serving Kitsap, Jefferson, Clallam and North Mason counties; Washington State DSHS' Kitsap WorkFirst Local Planning Area Partnership; the DCYF Strengthening Families Locally Network; and the Peninsula's Early Childhood Coalition. Kitsap PCAP had a booth at the Drug Court Alumni Community Outreach and Self Care event at the Suquamish House of Awakened Culture in September 2022 and participated in the January 2023 Project Connect Moment in Time Homeless Count. The Kitsap County Jail's Re-entry Program continues to work closely with PCAP to create a "warm handoff" for women as they complete their incarceration. Jail staff have provided the training and clearances necessary for PCAP staff to meet with mothers within the jail itself, resulting in greater engagement with their clients.

Kitsap PCAP Clinical Supervisor, Linda Segur, is now a member of Kitsap Legal Services Board, serves as part of the Leadership Team for Kitsap Safe Baby Court, and is an active participant on the Kitsap Public Health District's Community Advisory Board. Deeper connections with these programs have served to further strengthen the site's collaborative work and allow for easier referrals to needed community services. Ms. Segur also provided training and information sessions focused on the PCAP model to a variety of community partners, including: the staff of Bremerton Housing Authority, Kitsap Community Resources, the Olympic Educational Service District's Early Learning programs, the Nurse Family Partnership program, and the full staff of the Kitsap Sheriff's Department and Emergency Responders. She was a featured speaker in Kitsap Strong's December 2022 Community Leader's Luncheon and continues to be an active participant in the statewide DCYF Substance Use Disorder prevention pilot to include provision of a breakout workshop focused on PCAP and the services supporting the project during the Washington Pregnant and Parenting Mental Health/Substance Use Summit in August 2022. Finally, Ms. Segur continues to provide co-facilitation for the annual two-day PCAP Refresher trainings mandatory for all Washington PCAP staff. These trainings are also attended by many staff involved in out-of-state PCAP programs.

Finally, staff have had meaningful opportunities for professional development over the past year with all case managers traveling to Stanwood, WA to participate in the Pregnancy and Beyond Conference in August of 2022. Additional staff development trainings have included a half-day training on Birth Equity, and participation in the Kitsap Maternal and Infant Mental Health Forum.

Challenges

Two significant challenges remain unchanged from the last reporting period: First is the ongoing negative impact of fentanyl on the community at large and, more specifically, on the trajectory of use and recovery for PCAP clients. While Kitsap PCAP did not lose any clients to death by fentanyl overdose, two target children's fathers died from overdose, and subsequently, the target children were put into foster care as the impacted mothers returned to active use themselves as they struggled to cope. In these two instances, as well as in others where the family is impacted by either the client's or another family member's use of fentanyl, case managers have found it difficult to locate or consistently engage the mothers.

Kitsap PCAP continues to seek to develop a deeper relationship working collaboratively with the community methadone clinic with the goal of supporting clients' success using medication for opioid use disorder after noting that clients will continue attempting to use the clinic for several weeks after initial relapse. Staff also continue to work hard to reinforce the message to the mothers and community providers that returning to active substance use will not cause a mother to be discharged from PCAP and that PCAP can be a valuable resource in supporting harm reduction.

A second ongoing challenge is familiar statewide: the supply of safe and affordable housing for low-income families, which continues to diminish as median gross rents have increased. . In July of 2023, RentCafe reported that the average rental rate in Kitsap County is now \$1,675 for a 791 square foot apartment.* While Bremerton Housing Authority reports fair market rental rates, the rent covered by a Section 8 voucher was increased by 20% over the past year,** both Section 8 vouchers and affordable rental units are in short supply according to PCAP case managers and clients. Clients report that they are told to expect to remain on the wait list for four to six years before being awarded a voucher. Meanwhile, the overall rental vacancy rate has fallen as rent as a percentage of income has increased. Funds for other types of subsidized housing have been inconsistent throughout this reporting period with Bremerton Housing Solutions reporting in June 2023 that no additional monies would be available until September 2023. As a result, there is a continued increase in the number of PCAP mothers

entering the program in unstable housing situations while clients who are more stably housed are being threatened with eviction as rents increase beyond their families' capacity to pay. Finding affordable housing has become the primary goal of a majority of PCAP clients. Case managers are constantly seeking to increase their knowledge of housing resources to help clients find housing despite the common realities such as low credit scores, past evictions, felony convictions, and insufficient funds to cover deposits and first and last months' payments as required by many landlords. This causes a ripple effect into other areas of the clients' lives, as unstable housing can make it difficult for clients to obtain consistent medical care, schooling for older children, and even adequate nutrition when clients are unhoused and have no capacity for food storage and refrigeration. To make this situation more urgent, Kitsap Rescue Mission was forced to close its main building over the past year and has been operating by offering a limited number of motel rooms while they wait for funding and permits to build a new center.

In addition, challenges in obtaining regular obstetric and other care have become increasingly acute over the past year. Last summer, the locally based Peninsular Community Health Services program closed their obstetrics clinic and began referring pregnant women to the steadily diminishing number of obstetric practitioners within the county. Meanwhile, the Naval Hospital's Birthing Center was closed, resulting in even more demand and less supply. According to the Kitsap Public Health District's July 2023 report, entitled *Trends in Maternal and Infant Health*, there were only six to eight board-certified obstetricians practicing in the county, and only 52% of birthing women received adequate prenatal care in 2021 (the most recent year for which data were available), as defined by the Health District. PCAP mothers, who often have challenges in scheduling and keeping appointments, frequently have difficulty finding prenatal care and/or are told they cannot be served after missing two scheduled appointments. Kitsap PCAP is beginning efforts to work with the remaining prenatal and birthing care providers, including midwife practices, a local medical residency program, and the local birthing hospital, to determine how PCAP could best assist enrolled women in securing and remaining enrolled in needed prenatal care. Additionally, a related challenge is emerging as we notice that Kitsap Children's Clinic, the largest pediatric practice in the county, announced that it would be closing on September 1, 2023.

It is noteworthy that Kitsap PCAP managed well despite the extended absence of two key staff members during the year. Senior Case Manager Cecelia Walker was out of the office for over three months on medical leave and Clinical Supervisor Linda Segur was away from the office for almost two months during a family emergency. The remainder of the PCAP team is to be commended for their extraordinary teamwork in supporting the PCAP clients during these absences.

*Source: <https://www.rentcafe.com/average-rent-market-trends/us/wa/bremerton/>

**Source: <https://kitsapsun.com/story/news/2022/04/08/washington-state-affordable-housing-shortage-kitsap-section-8-rental-assistance/7209302001/>

Visitors to Staff Meetings

On July 7, 2022, Susan Stoner, Ph.D., Washington State PCAP Director, began a two-day site visit by joining the weekly staff meeting to learn more about the Kitsap PCAP staff and site history, share her vision for the state PCAP program, and to take part in a discussion of the strengths and challenges faced by the Kitsap site. Staff were grateful for the opportunity to know Dr. Stoner on a more personal as well as professional level.

On October 13, 2022, Janel McFeat, the Reentry Program Manager with the Port Gamble S'Klallam Welcome Home Program, and Program Case Manager, Valarie Jones, joined PCAP staff over Zoom with the goals of enhancing the existing partnership between the programs and increase efforts to work collaboratively. The Port Gamble S'Kallam program was begun with the mission of supporting tribal members recently released from Kitsap County Jail and, over the past year, has offered expanded services to both recently released Native and non-Native individuals through a program of extensive

<p>supports to include dedicated transitional housing for men and women. PCAP staff shared PCAP’s history, reviewed client eligibility, services, and how best to effectively work together in serving mutual clients. This meeting has led to a more robust mutual referral system and more meaningful partnership for both programs</p>
<p>On December 8, 2022, Jan Wendt, a Community Health Registered Nurse practicing with the Kitsap Nurse Family Partnership program, provided interactive staff training in best practices for discussing birth control with families. Ms. Wendt also provided an overview of family planning methods available through the state health care system and offered information on the best online information and resources to share with PCAP mothers. Staff shared their experiences in discussing family planning and expressed gratitude for accurate information and up to date resources.</p>
<p>On January 12, 2023, Candy Vetter and Amanda Tremaine, both DCYF caseworkers currently assigned to Kitsap County’s Safe Babies Court, joined PCAP staff to share information on Safe Babies Court, thank PCAP staff for our collaboration with the Court to date, and to answer staff questions about Child Protective Services referrals and current services, including supports for parenting. Much of the information indicates a trend toward more relationship-based services, even in child dependency cases, and opportunities for additional collaboration with PCAP. Staff expressed gratitude for the time, tips and information provided by these two experienced DCYF workers.</p>
<p>On February 16, 2023, Maggie Healy, Early Learning Manager and Candace Lester, Enrollment, Recruitment and Selection Manager at the Olympic Educational Service District (OESD) 114’s Early Learning Programs, brought books, giveaway gift items for PCAP mothers, and up-to-date information about Head Start, Early Head Start and the Early Childhood Educational Assistance Program (ECEAP) to share with PCAP case managers. PCAP and the OESD Early Learning Staff have enjoyed a close and collaborative relationship for many years and used this opportunity to share about PCAP expansion and how best to combine program resources and make effective referrals into one another’s program.</p>
<p>On March 9, 2023, Alexiss Turner, Case Manager with the University of Oklahoma’s Parent Child Assistance Program (PCAP), joined the Kitsap PCAP staff meeting both as part of her training and to participate in a discussion of understanding trauma informed practices when working with PCAP’s target population. Ms. Turner shared about the development of the University of Oklahoma PCAP program, and staff shared about the need for creating intentional self-care practices to support effective case management.</p>

Client Events

<p>Over the 2022 November - December holiday season, PCAP staff focused on providing access to resources needed for the preparation of holiday meals for families that would benefit from the support. Fifteen Thanksgiving dinner boxes were delivered to PCAP families, and an additional twenty holiday food boxes were delivered in December 2022. Each client was also provided with a \$15.00 gift card, and case managers shared the warm blankets, quilts, knitted hats, scarves, and gloves as well as baby toys made by local charitable group Stitch and Serve.</p>
<p>On February 13, 2023, Kitsap PCAP staff and the Kitsap Dispute Resolution Center hosted “A Valentine’s Circle for You” via Zoom. The Circle was crafted to provide an opportunity for PCAP mothers to get to know one another, discuss challenges to healthy relationships, share self-care practices to support recovery, and to share laughter. Fourteen PCAP mothers expressed interest in attending the event and twelve mothers and six PCAP staff participated in the event. Feedback was overwhelmingly positive, and clients expressed thanks for the opportunity to meet other mothers facing similar life circumstances.</p>
<p>On May 8, 2023, Kitsap PCAP staff and eight PCAP mothers and ten of their children gathered at the Silverdale branch of the Kitsap Library for a light dinner and to participate in “Celebrate You,” a</p>

facilitated “parent café” style conversation about relationships, resilience, and personal successes. Onsite childcare was offered by PCAP staff. Clients again offered overwhelmingly positive feedback and voiced how much they appreciated meeting other PCAP mothers. Similar social events are being planned by PCAP staff.

Personnel

Kitsap PCAP experienced minimal staff turnover during the reporting period. Case Manager Rebecca Roth resigned in April 2023 after less than one year in the position, citing personal reasons. Kitsap was able to fill the position quickly, hiring Marlee Snyder on May 15, 2023, from host agency Agape Unlimited, where she had held the position of Substance Use Disorder Professional Trainee for almost two years. Ms. Snyder joined the team bringing a more youthful perspective and insight into the needs and challenges faced by mothers in early recovery from substance use disorder. The Kitsap team has coalesced in the months since with a renewed focus on PCAP policies, procedures, and best practices.

Pierce County PCAP

Successes

Pierce County PCAP had many successes during this reporting period, including a much-needed office renovation in July 2022!

Clinical Supervisor Stephanie Patterson established a new partnership with the START Unit team at Good Samaritan Hospital. The START Unit provides withdrawal management followed by intensive inpatient treatment for their pregnant patients. It has been a significant referral source this year.

Pierce PCAP also partnered with the Coordinated Care Healthy Beginnings program. This program supports mothers with substance/opioid use disorder throughout their pregnancy and after birth to improve quality of life for both the parent and baby. PCAP staff meet with the Healthy Beginnings team to discuss mutual clients once per month.

On December 21, 2022, Pierce PCAP was invited to attend the South Puget Intertribal Planning Agency’s client Christmas party to do a presentation about “Wellness During the Holiday Season”. The entire Pierce PCAP team helped create the Wellness presentation. Mrs. Patterson and Case Managers Madison Jiles and Karen Marquez attended the event.

Mrs. Patterson completed onboarding to become a member of the Pierce County Community Engagement Task Force on February 16, 2023. The Pierce County Community Engagement Task Force enhances collaboration efforts throughout Pierce County systems and communities for long-term, sustainable employment for residents, by rebuilding trust among communities and networks, including a commitment to removing the implicit bias imbedded within community engagement. In March 2023, the Pierce PCAP team attended their first “Collaboration for a Cause” event held at the Pioneer Park Pavilion in Puyallup, where PCAP staff had a booth and helped promote the PCAP program in the community. It is an honor to note that this Task Force was the recipient of the 2023 City of Destiny Award in a ceremony on June 21, 2023.

On February 23, 2023, Mrs. Patterson, along with Case Managers Felice Wright, Katherine Coffee, and Ms. Jiles attended a group at Pierce County Alliance for Family Recovery Court clients to discuss the PCAP program. Mrs. Patterson brought new Pierce PCAP flyers that she created to hand out to the

group. PCAP received a few referrals in person after the presentation and were able to schedule clients for their intakes that same week.

On April 6, 2023, all staff volunteered with March of Diapers to unload and sort boxes of diapers during their annual diaper drive. March of Diapers has donated diapers to Pierce County PCAP for several years.

On May 17, 2023, Mrs. Patterson along with Ms. Jiles and Ms. Marquez, were guest speakers for a Social Work class at the University of Washington. They shared a new updated PCAP presentation created by Mrs. Patterson and answered questions about the PCAP program afterwards.

Pierce PCAP staff attended several conferences and workshops during this reporting period. On August 9, 2022, the team attended the 'QPR for Suicide Prevention' training through Suicide Awareness Means Hope Foundation. In September 2022, the team attended the 2022 Reimagining Behavioral Health Conference put on by Harborview Behavioral Health Institute on race, equity, and social justice. In October 2022, the team attended a "watch party" hosted by the University of Washington PCAP for Daniel Dubovsky's training video on Fetal Alcohol Spectrum Disorders. The team also attended a training in October of 2022 with Brian Bononi from Evergreen Recovery Center's Legacy Lodge, on "Addiction and the Brain". On December 19, 2022, and March 23, 2023, Pierce PCAP staff attended REDCap training with the University of Washington PCAP. February 2023 proved to be a busy month for the team. All staff attended the NW Children's Foundation Forum: Healing-Centered Practices & Childhood Trauma on February 9, 2023, and on February 10, 2023, the team attended NAADAC's Third Annual Engagement in the Black Community Virtual Summit by NAADAC. On February 14, 2023, the team attended a Situational Awareness Safety Training, and finally, on February 15, 2023, the team attended a training on Xylazine put on by the University of Washington Addictions, Drug and Alcohol Institute (ADAI). On May 18, 2023, Mrs. Patterson along with Ms. Jiles and Ms. Marquez attended the 2023 Lens of Equity Summit created by the Pierce County Community Engagement Task Force. The Summit had powerful speakers and presenters, workshops, educational resources, and many discussions on how to make systems more equitable and accessible for all community members in Pierce County.

Another success Pierce PCAP had this year was the re-hiring of Shelby Neiman after completing her master's program at the University of Denver in June 2023. Ms. Neiman is a certified Promoting First Relationships (PFR) provider and has resumed this service for Pierce County PCAP clients.

Pierce PCAP continues to partner with Housing Connector and NW Furniture Bank to serve clients.

Challenges

Pierce County PCAP experienced some challenges this year. Pierce PCAP has been short staffed for most of this reporting period. Finding quality staff has been challenging. The team is committed to focusing on wellness, self-care, and community-care to flourish and grow stronger together after this difficult time.

Pierce PCAP experienced a devastating loss this year. A client passed away due to an accidental fentanyl overdose in December 2022. Pierce PCAP Case Manager, Sharmaine Davis, continues to offer care and support the client's child and family.

The Pierce team also had to learn a new database system this year along with the rest of the PCAP sites. The transition into the new system continues to be a challenge, but the team is determined to keep

working at it until it becomes second nature. The team acknowledges quite a few positive features in the new database.

Mrs. Patterson and Ms. Coffee have been working diligently together to figure out the roles and responsibilities of the Quality Assurance/Administrative Research Coordinator position. The most significant challenge has been using the Access Tracing Database. Other sites have stepped in to help and we are confident moving forward.

Visitors to Staff Meetings

On July 6, 2022, Christina Tapia, Lupe Hurtado, and Lupita Tapia from Tacoma Needle Exchange attended the staff meeting in person to provide Narcan Training. They also provided staff with supplies.

On September 28, 2022, South Puget Intertribal Planning Agency staff attended the meeting to discuss their programs and how they can better assist any eligible Native Americans residing in this service area.

On October 26, 2022, Marshall Glass from Boulder Care met with the team via Zoom to introduce their program. Boulder Care provides comprehensive online care for people with addiction, including medication assisted treatment (MAT) services and peer support.

On February 8, 2023, Leah Legee from Parents 4 Parents came to the staff meeting to share information about their program. Parents 4 Parents is a mentorship program where previously involved parents help newly involved parents navigate the child welfare system with a goal of reunification. They host a Dependency 101 and Dependency 201 class that provides a snapshot of what the child welfare system looks like and how to best navigate the system. They also provide food for child visits and other items like diapers, formula, bottles and clothing.

On March 8, 2023, Sarah Melfi-Klein from Coordinated Care came to the meeting to drop off pamphlets for the Healthy Beginnings program and brought a lot of Coordinated Care swag for staff and clients.

On March 29, 2023, Kim Steele-Peter, the STD/HIV Program Manager from Tacoma Department of Health, trained staff on STD awareness and how to best serve their clients.

Client Events

Pierce PCAP put on its first Annual Ice Cream Social at Franklin Park on August 24, 2022. The client turnout was great and gift cards were raffled off to those who attended. This event was significant since last years in-person event was cancelled due to a rise in COVID cases in Pierce County.

On December 17, 2022, the PCAP team hosted a “PJ’s, Pancakes and Presents” holiday party for Pierce County clients and their families. Everyone in attendance dressed up in their favorite holiday pajamas. Staff set up a hot chocolate bar and cooked pancakes with all the fixings. There was a photo booth set up for families and staff to take fun holiday pictures, and PCAP clients selected presents for their children.

Personnel

Pierce PCAP had a few staff changes during this reporting period. Case Manager Christine Casey-Bird was hired on September 28, 2022, and was released on March 31, 2023. Office Assistant Tamara Bellisle left PCAP on May 30, 2023. Afterwards, Case Manager Katherine Coffee transitioned into the Administrative Research Coordinator position on June 1, 2023. Shelby Neiman was re-hired on June 19, 2023, after leaving PCAP in June of 2022 to finish her master’s degree. As of June 30, 2023, Pierce PCAP has one vacant case manager position.

Skagit County PCAP

Successes

This reporting period has been a busy one for Skagit PCAP. Charlene McPherson, PCAP Clinical Supervisor, provided ASI intakes and support for the Whatcom PCAP site until Cristi Garner filled their supervisor position in July 2022. Ms. Garner had been a case manager for the agency for five years. Her experience and knowledge with PCAP will be a great asset. Since both sites are under the same host agency, the transition has helped to bring our two PCAP sites together and make us a more united team. The case managers at both sites have been working diligently serving clients and networking with community providers, even as their caseloads were inflated from having open case manager positions.

Our outreach attendance at community events has helped build our community relationships and promote referrals. This year PCAP staff participated in the following community events: Family Palooza Resource Fair, Family Reunification Day for Family Recovery Court, Kulshan Creek Street Fair, and Family Resource Day in Coupeville. Additionally, Ms. McPherson provided PCAP presentations over this reporting period for the Children's Advisory Board, Skagit Prenatal and Early Childhood Home Visiting Community Advisory Board, and Skagit Pediatrics.

Skagit County has a new counseling and substance use treatment center, Consejo Counseling and Referral Service, which opened in August of 2022. They offer a culturally relevant approach targeted to low-income clients in our Latinx community, and all staff there speak both English and Spanish.

As a team-building event, the Skagit and Whatcom PCAP teams attended the Pregnancy and Beyond Conference on August 30, 2022. We learned about new approaches and systems that are available that would improve health outcomes for pregnant and parenting people with substance use, and they are promoting the use of MOUD (medications for opioid use disorder). Ms. McPherson was invited to participate on the planning committee for this Conference, planned for 2023. At the time of this reporting, however, the committee was unsure of their funding.

Beverly Smissaert, PCAP Case Manager, always focuses her work on the strengths of our clients and connects clients who are in recovery with the support they need. She has great insight as to when a client shows signs of a setback in their recovery. She continues to work with community providers. With her involvement with the Island County Family Recovery Court, she works with clients who live in both Skagit and Island counties. She attended the Washington State Association of Drug Court Professionals and Washington Association of Drug Courts "Resiliency, Reflection and Recovery," a two-day conference in October 2022.

Ms. McPherson continues her participation with the Children, Youth and Families' Child Near Fatality Review Board, which helps identify areas for improvement with DCYF and possible legislative changes. She also continues her participation in the Skagit Children's Council and P-3 (prenatal to 3 years) monthly meetings.

Leslie Mingo, PCAP Case Manager, continues to balance her PCAP work with her involvement with Family Recovery Court. Because of her dual role, we can create better working relationships with area providers and receive new referrals. This is a great asset to the team; she can focus some of her work with our clients towards their court obligations. She has combined her life experience and knowledge to help our clients that struggle in their recovery and helps them build support systems and utilize area resources. She also attended the Resiliency, Reflection and Recovery conference in October 2022.

Marsha Boling, our new PCAP Program Assistant, has been a great asset to both the Skagit and Whatcom PCAP sites. She is very organized and knowledgeable of data programs and has played a major role in our success during the transition from DatStat to REDCap. She can think outside the box regarding the workflow and time management so it can be a time savings for our case managers. She fits in well with the PCAP teams at both sites and has become the person to contact to troubleshoot program problems.

Jodi Fraser, Office Assistant and Exit Interviewer, continues to conduct exit interviews for both Skagit and Whatcom sites. She also has host agency duties, including the Kinship Care and Family Emergency Assistance programs, which have been a huge benefit to our PCAP clients. She is still able to set aside enough time to coordinate our annual Sugar Plum event that helps us provide Christmas toys for our client's children.

Challenges

Skagit PCAP has had some staff turnover over this period. We recently lost a case manager, but we gained a PCAP program assistant, who has helped us tremendously throughout the transition from DatStat to REDCap. We are currently posting the open case manager position and hope we get some great resumes in response.

Housing continues to be challenging in Skagit County as rent and other costs continue to rise while wages do not. PCAP continues to develop working relationships with area housing programs and shelters to ensure our clients get the support they need to get into safe and stable housing as quickly as possible. The PIT (Point in Time) homeless count led by Community Action in Skagit County identified an overall increase of 70% from 2022 of homeless persons, which is due partly to lack of shelter beds in the area. PCAP tries to stay updated on what is available in the community to secure stable housing for our clients.

There are eight year-round shelters in our community, with five of them available for women and children: Skagit Domestic Violence and Sexual Assault Services, Anacortes Family Center, Community Action Family Development Center, The Friendship House, and Family Promise. We have two women's Oxford Houses that also house women and children, but we are only able to connect our clients as they become stable and begin to have a steady income. We have one area shelter, Skagit First Steps, which provides beds for individuals and/or couples. It also houses the areas cold weather shelter. There is newly constructed housing that opened in May of 2023. Catholic Housing Services opened Martha's Place in Mount Vernon, provides 70 units of permanent supportive housing to individuals who have a long history of homelessness, mental health or substance use issues or a disability. As expected, they have filled up quickly. There is one more newly built apartment complex with 21 housing units in Anacortes, Fidalgo Flats, which will be accepting residents in July 2023. Construction only recently began because the voters of Skagit County approved a one-tenth of a percent sales tax towards the project and with this, everyone becomes part of the solution.

Visitors to Staff Meetings

On November 23, 2022, Sue Mahar of Brigid Collins Family Support Center 'Moms in Recovery' program, provided information on eligibility and referrals for PCAP clients who are near PCAP exit.

Client Events

On November 15, 2022, the Wear a Big Smile foundation donated \$5,000 worth of Western Chief rain boots for our mothers and their children. This annual donation has been a huge help to our clients.

On December 21-22, 2022, the Sugar Plum Christmas Event was held at our agency office with new toys for our client's children that have been donated by community businesses. It was our 6th annual event held with community donations and both the staff and our clients look forward to it every year.

This year we were able to help 114 families and 306 children with Christmas.

Personnel

We have an open case manager position that we are hoping to fill as soon as we can. The position is currently posted so we are in hopes of having several applicants and interviews soon.

Snohomish County PCAP

Successes

Snohomish County PCAP is in the heart of downtown Everett and in proximity to several collaborating service providers, such as Evergreen Recovery Center (ERC), Catholic Community Services, Ideal Options, Homeward House, First Clinic, Holman Recovery Center and Department of Youth and Family Services. Snohomish County PCAP appreciates these relationships, as they can bridge the gaps to advocate on behalf of the women and children they serve in common.

PCAP case managers are collaborating with Homeward House to serve mutual clients. Clinical Supervisor Debbie McBrayer also attends DCYF Family Team Decision Making (FTDM) meetings as invited by community partner First Legal Clinic to promote continuity of services. PCAP staff also participate in the Family Recovery Court consultations.

Ms. McBrayer has settled into the position of clinical supervisor, and Toni Gardener has defined the position of Clinical Coach. Ms. Gardner’s position focusses on training new case managers one on one, specific to their PCAP training checklists. She also conducts their supervision for at least the first 6 months.

In December 2022, Snohomish PCAP was highlighted in the KUOW series "Swimming Up Stream". The article, “*For moms in recovery, these home visitors offer a lifeline*”, described the work that we do with pregnant and parenting women and their children. It featured Ms. Gardner in her work with three PCAP families in Snohomish County. Ms. Gardner sets a wonderful example for our case managers (see Media section).

Ms. McBrayer, Ms. Gardner, and Case Manager Jen Hall are certified in Promoting First Relationships (PFR) and together have served 12 families while implementing PFR curriculum. Currently, Case Managers Jennifer Ross, Deb Venable, and Caitlin Velasquez are working towards their certification in PFR. Utilizing PFR strategies has been transformational for the PCAP clients parenting skills.

Additional grants were awarded to PCAP’s host agency, Sound Pathways, from the Emergency Food and Shelter Grant Program, Hazel Miller Foundation, Church of Latter Day Saints, Tulalip Tribes, The Whitehorse Foundation Grants, and Verdant Health Commission. Sound Pathways raised additional funding with a Mother’s Day fundraiser, corporate sponsors, and individual donors. These grants have benefited our PCAP clients by providing for emergency food supplies, daily hygiene items and kitchen essentials. Some of the funds can be used for clothing, laundry costs, and delinquent utilities bills.

Challenges

The biggest challenge in Snohomish County is the lack of affordable housing, both for clients and staff. PCAP case managers work relentlessly with clients and partner organizations to keep PCAP families housed to include utilizing the Northwest Justice Project in defense of evictions. Over 30 PCAP clients received permanent housing this past year.

Sound Pathways came to the difficult decision to close the Esteem Shelter in February of 2023 due to the exorbitant operating costs. We were proud of the service we were able to provide to our clients for the time it was possible.

Retaining quality staff has been an ongoing problem at Snohomish PCAP. The high cost of living, inflation, the inability to keep employee wages in pace with cost of living as well as the shortage of qualified workers for these positions has contributed to the turnover of staff. One solution Sound Pathways has found to attract and maintain employees is to employ students from MSW programs and provide clinical supervision for their field placement. Currently, there is one student-employee who is working towards their master's degree. The agency can also provide clinical supervision at no cost to the employee once they graduate. This is an attractive benefit.

Visitors to Staff Meetings

On August 24, 2022, Dana Gibson, a parent engagement specialist and representative for Parent Engagement from the YWCA, spoke about how she can support our clients.

On September 22, 2022, Lisa Scott from Snohomish County Early Childhood Education and Assistance Program (ECEAP), funded by Washington State for children 3 and 4, can to describe their services, which include: free early learning child care or preschool to support child's development and learning; family support and parent involvement; and child health coordination and nutrition. Services are responsive and appropriate to each family's heritage and experience.

On September 28, 2022, Gina Wassermiller from the Office of Public Defense Social Worker and Parent Ally with First Legal Clinic spoke about the two programs that she represents and highlighted each programs' attributes.

On December 14, 2022, Philicia Jenny from King County Regional Homelessness Authority visited. As a former PCAP client and Foundational Community Support Intern with Sound Pathways, we invited Ms. Jenny into to share highlights of the work that she will be doing to assist in housing the unhoused in King County and to encourage her work and accomplishments.

On March 22, 2023, Cheryl Bruno and Monica Turner-Joplin visited from Homeward House, a parent ally, mentorship, and visitation program; Lynae Hoover, from Parent 4 Parent, a parenting support program; and Natasha Lindsay from Maud's House, a transitional housing program. Each guest came to meet PCAP staff and share details on the services they provide and how we can collaborate to connect and provide support to our mutual clients.

On May 15, 2023, Mr. Ruben Rivera-Jackman, MNPL, and Mr. Eric Velez, SUDP from Snohomish County Family Recovery Court, came to guide case managers through the Drug Court process and explained how to best support clients through drug court. They also introduced their new staff member, Mary Woods.

Client Events

With the pandemic, it has been difficult to have in person events. However, in August of 2021, PCAP hosted a family picnic at Forest Park, which included lunch, fruit and drinks, crafts, bubbles, and beach balls. The park has a splash pad for the family's water enjoyment. The event served approximately 60 families.

For Christmas, Snohomish PCAP took requests and worked in collaboration with Toys for Tots, Kia of Everett, Windermere Real Estate, Keller Williams Real Estate, Delta Dental, and individual donors, to fulfill Christmas wishes for PCAP families, and held a virtual giving tree on Facebook and on the Sound Pathways website.

Personnel

Snohomish PCAP is contracted for one full time clinical supervisor, eight full time case managers, and a half time office assistant. As of June 30, 2023, we were operating at full capacity with five case managers and the two co-clinical supervisors carrying full caseloads.

Snohomish County PCAP encountered multiple case manager resignations during this reporting period, including Meghan Allen, who resigned July 28, 2022, Linesa Pleshette, who resigned October 7, 2022, Rose Lininger who resigned May 5, 2023, and Leslie Beckman, who resigned May 10, 2023.

PCAP hired case managers Jennifer Ross on September 7, 2022, Deb Venable on October 26, 2022, Caitlin Velasquez on April 3, 2023, and Gina Carroll on June 28, 2023.

Spokane County PCAP

Successes

During the reporting year, Spokane PCAP connected with several new agencies and programs. New referral sources include Anna Ogden Hall Women and Children's Shelter, part of Union Gospel Mission's shelter system, Safe Babies Court, and Maddie's Place. Maddie's Place is a freestanding recovery nursery for babies experiencing withdrawal symptoms offering low-intervention, highly nurturing care that promotes bonding and attachment. They also allow homeless mothers the chance to stay with their baby 24 hours per day. Safe Babies Court works with parents involved with DCYF with the goal of expediting the placement process, reducing trauma, and keeping babies safe and hopefully with their parents.

Our team continues networking with agencies supporting wrap around services for clients. Spokane PCAP staff attended an Open House meet and greet at DCYF to introduce new and existing social workers and case managers and discuss better ways to support mutual clients. Case managers hired during this period brought new energy, resources, and diverse skills and knowledge with them. We continue to build relationships within our team and do well in that area.

Helping secure household and baby items for clients has been a very successful endeavor thanks to a special couple who "adopted" PCAP and donated thousands of dollars' worth of baby items including six cribs, toddler beds, mattresses, and bedding, toys and books and an abundance of baby and toddler clothes. Somebody Needs You has also been a great resource for large furniture items for newly housed clients. A special resource we have accessed is called Project Beauty Share, that every other month donates an abundance of makeup items, like eye shadow, blush, nail polish, hair products, body wash, feminine hygiene items, dental hygiene items, and even false eyelashes. Clients enjoy selecting items they need or simply want to try with but cannot purchase for themselves. This also provides quality time for case managers to spend with clients. Our site also collects and distributes diapers from the Diaper Bank every month to all clients who need them.

Challenges

Housing remains a constant challenge in Spokane. There simply are not enough units to support the low-income community.

The upsurge in fentanyl use and overdoses also remain a continuing challenge and affect many clients' lives. Our site continues to educate ourselves regarding the fentanyl crisis, Narcan administration, and safety concerns through training.

Learning REDCap has been a challenge for all. For some it has been very challenging. The newer case managers seemed to adapt more easily to the new system because they had no experience with DatStat, the old system. There is still some fine-tuning to do and kinks to work out, but we are, as a site, becoming more and more comfortable with the new system. Our host agency also re-structured their database and phone system at the same time as the REDCap transition, which added some confusion to the process.

Getting clients in for exit interviews has also been a challenge. One reason could be that we are three years post COVID; many of these clients were enrolled in 2020, when client contact was reduced to phones and Zoom for a long period with no face-to-face contact. The experience of engaging with these clients during COVID was definitely a challenge.

Visitors to Staff Meetings

On October 10, 2022, Teresa DeFehr joined our staff meeting via Zoom. Ms. DeFehr is the Program Manager for Parents for Parents. Ms. DeFehr informed the team that the Hope class is now available through Zoom for newly involved DCYF parents. The Hope class teaches DCYF involved parents how to navigate through the process of reunification. Parents for Parents is an organization that uses parents of former DCYF involved parents to help parents that are new to the system and gives them encouragement and training throughout the process.

On March 27, 2023, Kevin Gavalis, Program Manager for Homeless Families Coordinated Assessment (HFCA), attended the staff meeting via Zoom. Mr. Gavalis spoke to Spokane about the Diversion/Rapid Rehousing program as well as other ways to house homeless clients.

On April 10, 2023, Alicia Kreutzer, RN, BSN, Program Manager at Nurse Family Partnership, spoke at our weekly staff meeting about their program that helps first time pregnant women navigate their pregnancy through home visits to teach about nutrition, prenatal development, what to expect, healthy lifestyle, and other relevant information.

On May 8, 2023, Ruby Elsherif, RNC-OB, CLE from First Step Nurse, CHAS Health, attended Spokane staff meeting to inform the team about First Step Maternity Support Services (MSS). MSS assists pregnant clients for 60 days after delivery to improve and promote a healthy environment after birth. Ms. Elsherif also spoke about Infant Case Management (ICM), a program designed to support the welfare of infants through referrals, advocacy, case management, and care coordination. ICM also assists parents with access to medical, social, educational, and environmental services.

On May 22, 2023, Tennille Obleness, Isabella House (PPW) Administrator, along with Sharon Jackson, Clinical Supervisor, and Holly Strum, Community Support staff member, attended staff meeting to discuss Isabella House protocols, procedures, and communications involving shared clients. Ms. Sturm presented how she and her staff work on post-treatment housing for graduating clients. The intent is always to explore how Isabella House and PCAP staff can better serve mutual clients.

On May 29, 2023, Ron Hauenstein, President of The Fatherhood Initiative, attended the staff meeting to discuss their programs. The “24:7 Dad Class” is a comprehensive evidence-based program, designed to improve a father’s knowledge, behavior, and skills. Other programs include behavioral workshops and legal clinics that assist families with parenting plans, divorce, restraining orders, and other related issues. PCAP mothers can access the legal clinics as well.

On June 5, 2023, Katie Bunch, Peer Support Specialist with Maddie’s Place, attended the staff meeting to discuss what type of services Maddie’s Place offers. Maddie’s Place is an infant house for babies that need extra care after discharge from a hospital. They provide round the clock on-site medical care for infants. Homeless mothers can also stay at Maddie’s with their baby while they recover after birth.

Client Events

On August 5, 2022, Spokane PCAP participated in a baby shower at the Spokane Regional Health Department (SRHD) for new and expecting mothers. This event was organized by the methadone clinic

at SRHD. Attendees included women involved with the clinic, some of whom are PCAP clients. Lunch was served and baby shower games were played. Everyone received gifts. The moms were thoroughly engaged and appreciative the entire time. More of these showers will happen in the future.

On May 15, 2023, Spokane PCAP celebrated clients and their children by hosting a Women's Appreciation event at historic Manito Park. PCAP provided lunch, snacks, and drinks for all. We played bingo for prizes and gave every attendee a Project Beauty Share bag of assorted makeup and hygiene items.

Personnel

There were several staff changes during the past fiscal year. Spokane hired Ketsia Kahambwe as case manager in July 2022. Ketsia submitted her resignation in April 2023 to move to Seattle with her fiancé. Program expansion enabled Spokane PCAP to hire case manager Charlene Shropshire on January 30, 2023, and Ariel Hughes on May 17, 2023, to complete a full Spokane PCAP team. Spokane PCAP ended the reporting period with one full-time clinical supervisor, one full-time program assistant/exit interviewer, and nine full time case managers.

Thurston/Mason/Lewis Counties PCAP

Successes

The Thurston, Mason, and Lewis (TML) PCAP site has had many successes and challenges during this reporting year. As usual, the site started the New Year focusing on team building, leadership development to effectively adapt to the changing environment, and the ever-changing needs of our clients as we continue to move out of the COVID-19 pandemic. PCAP Clinical Supervisor Kassie Jadin (previously Kassie Trotter), with the support of our host agency, Family Education and Support Services (FESS), planned the yearly PCAP retreat at Albee's Gardens, where the entire team gathered and enjoyed in-person team-building activities and discussed the upcoming goals for the site. As the team reflected and set goals, they were able to bond with commonality and the mission to continue to thrive and expand at the TML PCAP site.

FESS entrusted the TML PCAP program with the implementation of the new Perinatal Mental Health (PNMH) grant within Lewis County. Ms. Trotter, Lead Case Manager Taylor Valverde, and Case Manager Jasmine Trent all completed the Group Peer Support (GPS) facilitator training. This evidence-informed group model training gives participants a map for how to support parents in their communities. GPS for Parents© is an empowering group experience that provides a place for parents to address the challenges they face, hear from others who are also on the path, gain perspective and strength, and chart a course through challenging times. We completed the set-up of our task force and our support group in Lewis County and connected quickly with other parents and our experienced facilitators to process any PNMH issues and connected to resources. The TML PCAP site successfully completed the first year of the PNMH support groups and were excited to continue with the work.

Ms. Jadin, Ms. Harris, and Mrs. Trent presented PCAP 101 at Reliable Enterprises Centralia. Reliable Enterprises operates twelve programs, two emergent foster homes, and eight low-income housing properties, serving thousands of families and disadvantaged citizens in Lewis County. Their mission is to pursue innovative opportunities that stabilize, empower, and transform lives and our vision is a community full of stable individuals and a reduced load on social services. This partnership fostered collaboration between FESS and Reliable Enterprises Centralia, which grew into a partnership in support of the FESS Perinatal Mental Health program (PNMH). At this time, we host monthly PNMH task force

meetings at the Reliable Enterprise building on Reynolds Road in Centralia, along with multiple Reliable Enterprise employees who volunteered to sit on the PNMH Task Force.

PCAP Lead Case Manager Mrs. Valverde completed and was awarded a \$1,500 grant, which allowed the PCAP team to create "Mom Bags". The grant issued \$1,500 for items to use in the creation of individual bags, which will be distributed to new clients, clients in need due to homelessness, and as incentives for clients to re-engage with case managers. The grant money was used to purchase hygiene products, self-care items, blankets, thermal hand warmers, and food gift cards.

FESS supported the goals our PCAP team made again this year as we took on a site expansion, increasing our client capacity from 139 to 148. The entire PCAP staff banded together and held higher caseloads during this time as we hired and trained new staff. Our site would not be as successful without the hard work of the entire team. As the TML site continues to grow, we have learned many things that do and do not work for our large site and have developed a supportive structure within our team to make sure everyone is supported to do their best work with clients.

Our team hosted other PCAP site supervisors to discuss the structure we use at our site and how to help support other sites work in tandem with their host agencies to better serve the community. Throughout this year, we have supported the Yakima staff in person as we traveled to Yakima to support them in their growth, as well as hosting the newly founded Oklahoma PCAP site at our Tumwater, Washington office.

The entire PCAP staff attended the Children's Justice Conference (CJC) in Seattle, Washington. The CJC hosts more than 1,200 professionals in service of at-risk and abused children. The conference provides attendees the opportunity to learn about the latest in investigation, treatment, and care techniques, as well as to network with professionals across a broad spectrum of disciplines. Exhibitors engage with attendees through tabletop exhibits during conference hours and at networking events.

This year, FESS continued to host a monthly podcast on topics related to parenting. The Parental Compass podcast has featured multiple PCAP staff members as well as parenting experts (see Media section).

As the TML site wrapped up the reporting year, we were one case manager short of being fully staffed, although we received an acceptance letter from a case manager candidate, leaving us with a sense of hope that the ongoing and overwhelming large caseloads will start to reduce. As with last year, and the ongoing support from FESS, the PCAP team was able to get another five percent wage increase, and staff were thankful to receive an end-of-a-year retention bonus based on the length of time employed with FESS.

Challenges

As COVID restrictions have eased and in-person visits have become the norm again, case managers have incorporated new practices into their home visitation routine. Case managers continue to inform families about current and up-to-date public health recommendations related to COVID-19 and vaccinations, identify strategies for managing family stress and family basic needs, and support family engagement. Case managers continue to be mandated to have current COVID vaccination and encourage eligible clients/family members to seek vaccinations, providing information when applicable and encouraging self-care.

The TML PCAP site continues to watch our clients and their families be affected by the extreme hardship of being unhoused. Particularly in the population we serve, drug use can either be a result of being houseless or a cause, depending on the person involved. The *2022 Thurston County Point in Time*

Homeless Count found that 661 individuals were experiencing homelessness or living unsheltered or in emergency or transitional housing. *2022 Lewis County Point in Time Homeless Count* saw 120 individuals unsheltered. The *2022 Mason County Homelessness Summary* showed 107 living unsheltered. "Unsheltered" in this context means living in places not meant for human habitation such as cars, tents, parks, sidewalks, abandoned buildings, or on the street. All the counties we serve have seen an increase in homelessness with the common solution being the creation of more housing.

This reporting year we continue to employ Sandra Wells as a part-time office assistant. She has been a huge asset to the TML PCAP site and with the expansion and hiring of two more case managers, her job duties seem to be ever expanding. Ms. Wells currently supports eight case managers and two in leadership roles on the part-time allotment set in the contract, FESS and PCAP leadership have worked diligently to find a way to increase Ms. Wells' hours to full-time. The site cannot run as effectively without that full-time role, especially with the ongoing position changes from office assistant to quality assurance manager and referral coordinator. We continue to seek full time status for our administrative support person and ask this to be re-evaluated each year, as we have a clear need.

At the TML site, the \$50 flex fund is a great resource, but it does not go as far as it did in 1990. This is especially true without the matching support we once had within our communities. Along with this resource struggle, we are also seeing a decline in motivation for clients to complete their exit interviews in a timely manner. Since PCAP started, the incentive has been a \$20 gift card for completing an exit interview and this amount has not been increased. We consider that this incentive no longer has the same effect that it did twenty years ago.

Visitors to Staff Meetings

On July 28, 2022, Alana Feltner, UW PCAP Evaluator, attended remotely to talk to staff about upcoming changes in data recording.

On August 4, 2022, Howard Winkler, formally with FESS, joined staffing to share the impact of his lived experience and the importance of self-care for those in the caring professions.

On September 29, 2022 Angela Harnden, Ph.D., Project Director of the PCAP study site in Oklahoma and a few of her staff joined us to observe and audit our site staffings.

On October 13, 2022, Howard Winkler, retired FESS staff member, made a follow-up visit from August 4, 2022.

On January 5, 2023, Scott Hanauer, Clinical Director of FESS, attended and offered additional clinical support and supervision to the PCAP leadership.

On January 12, 2023, Mr. Hanauer attended again to follow up from the previous week's discussion regarding goals.

On March 8, 2023, Shelly Willis- Family Education and Support Services, Executive Director joined the team staffing to talk about staff turnover and strategies for staff retention.

On May 4, 2023, Karin Ocegera- Family Education and Support Services CFO joined staffing to discuss and explain the new year's budget and changes that were coming in the upcoming fiscal year.

Client Events

In late summer, FESS hosted a table at the Lewis County Resource Fair in Fort Borst Park. It was a great opportunity for networking with other community providers and connecting PCAP and FESS to Lewis County residents.

Thurston County Reunification Day, Mason County Reunification Day, and Lewis County Reunification Day celebrations were held throughout June and July of 2022. For most children in Foster Care, reunification with their family is the best option for a permanent and loving home. Each year, thousands

of children are successfully reunited with their families after parents work hard, gain new understanding and skills, and partner with social workers and courts to meet extensive requirements. During these events, the community joined FESS in celebrating these reunifications with food, drinks, raffles, and a proclamation from the individual counties recognizing the families work.

This reporting year the TML site along with FESS hosted a drive-thru “Harvest Celebration” in October of 2022. This gave families still struggling with COVID restrictions the opportunity to connect to important resources while getting out of the house safely.

In December of 2022, the TML PCAP site hosted our annual holiday party at the Hands-on Children's Museum in Olympia, Washington. The TML PCAP collaborated for the third year in a row with Derma Medical Spa and Dr. Bessie McCann, who provided gifts for over 70 children who did not qualify for other assistance within the community.

Personnel

During this reporting year, the TML PCAP site experienced ongoing staff turnover. We were still short one case manager as we wrapped up the year; however, we are invigorated by starting the next reporting year with an acceptance letter to fill the position.

Nancy Peredes was hired on as a case manager in September 2022. She has a background with Cyprus Park Family Source Center and Wellspring Home Health Center. She has two associate’s degrees in Social-Behavioral Science and Psychology and a BS in Psychology from Oregon State University. Hiring Ms. Peredes completed our team, and all employment searches were closed. Unfortunately, Ms. Peredes ultimately felt the case manager position was not a good fit for her and left the position to find a more desirable wage.

In February of 2023, Karen Pursey left her position as case manager after four years to explore new possibilities and wage increases elsewhere.

In March of 2023, we hired Zoe Lamb who came to us with a bachelor’s degree in Human Development from Washington State University and a certificate in Human Services Case Management and Administration.

Whatcom County PCAP

Successes

The Whatcom PCAP site has experienced many successes during this period. Whatcom’s host agency, Brigid Collins Family Support Centers (BCFSC), lifted the COVID restrictions on transporting clients and children, enabling case managers to better engage with their clients. They encouraged employees to work from the office, which resulted in case managers being able to engage with and support one another more effectively. PCAP case managers have been proactively sharing their expertise and knowledge of resources within the community with the PCAP team and other BCFSC case management programs. Although supervisor Crystal Wagner was on leave for several months, the Whatcom PCAP team was able to work together to support one another and continue to effectively meet the needs of their clients while maintaining strong connections with local housing agencies, DCYF, recovery agencies, tribal agencies, and Family Recovery Court. Skagit PCAP supervisor, Charlene McPherson, also offered enrollment, supervision, and administrative support to the Whatcom team during this time.

Whatcom PCAP clients have had many successes as well. Some clients have their CPS cases closed, had children returned to their care, celebrated months and years of continuous sobriety, attended and graduated from our area Community College, and have obtained stable housing.

Whatcom case managers in collaboration with the BCFSC Parenting Academy have continued to serve PCAP clients by providing a weekly drop-in Mom's Parenting Support Group via Zoom. Case managers take turns co-facilitating the group alongside a BCFSC Parenting Coach.

PCAP Case Managers Bonnie Breitman and Wahida Neero attended family reunification celebrations for their clients. On August 30, 2022, the Whatcom PCAP team attended the Pregnancy and Beyond Conference in Stanwood, WA. Case Manager Tessie Robertson and Clinical Supervisor Cristi Garner attended the All-Hands Whatcom Opioid Summit on June 27-28, 2023, in Bellingham, WA.

Challenges

Staff changes resulting from open case manager positions have been a challenge for the Whatcom PCAP site. The team did, however, work hard to continue to provide effective case management services to their clients and meet paperwork deadlines. In addition, the Whatcom site had a restriction for part of the year on transporting clients and children, which resulted in less time spent with clients; this restriction is lifted now.

Whatcom County as a community is in the middle of an opioid crisis, and many of the Whatcom PCAP clients have been impacted. Whatcom PCAP unfortunately lost one client during this reporting period due to an overdose. The team continues to search for ways to better help clients navigate safely around using substances which includes utilizing the new Confidential Child Safety Plan designed by Dr. Stoner.

As with other counties in the State, Whatcom County as a community also suffers from a shortage of affordable housing, which directly affects PCAP clients. Case managers have been effective in connecting clients to stable housing provided by Lydia Place, Agape House, and New Way Ministries.

Visitors to Staff Meetings

On November 23, 2022, Sue Mahar of BCFSC Moms in Recovery program presented information on eligibility and referrals for PCAP clients who are near PCAP exit.

Client Events

In November of 2022, BCFSC supplied meal gift cards and pumpkin pies to families for Thanksgiving.

In December of 2022, the Sugar Plum Holiday event hosted by BCFSC supplied toys and other newly donated items delivered to families from the PCAP case managers.

In March of 2023, the Big Smile Foundation donated rain boots. Case managers delivered them to clients and their families.

Personnel

Whatcom PCAP experienced a great deal of staff change during this reporting period. Clinical Supervisor Crystal Wagner resigned in February 2023 after several months of leave. Case Manager Cristi Garner was promoted to the clinical supervisor position in May 2023. Case Manager Tessie Robertson resigned at the end of June 2023 to finish her master's degree and took a position at DCYF.

PCAP's half-time Office Assistant, Emiliano Farias, resigned in August 2022 to take a full-time position with another agency.

Additions to staff have included part-time office assistant. Marsha Boling was hired in April 2023 and has been proactively assisting Whatcom PCAP with the new client file protocol and REDCap implementation. Peyton Brown was hired as a case manager in July 2023. Ms. Brown is enthusiastic and professional and has quickly become a valuable part of the team. Whatcom PCAP is still looking to hire another full-time case manager.

Yakima County PCAP

Successes

During this reporting period, Yakima County PCAP had many successes. Clinical Supervisor Kimberly Hitchcock continued to hold informational meetings for community providers and partner agencies throughout this reporting period. Her continued community presence and effort has helped grow Yakima PCAP's community connections. New referral sources generated in this reporting period have come from the Life Choices program, Ellensburg Pediatrics, and Kittitas Valley Healthcare's Medication Assisted Treatment providers.

Ms. Hitchcock continues her positions with the Yakima Counties Plan of Safe Care implementation team, the Reflective Supervision team, the Yakima County Home Visiting Collaborative Workgroup, and the Trauma-Informed Supervision Group, thus strengthening relationships with community partners and building new community connections. This has been achieved through Zoom and in-person speaking engagements, community coalition meetings and task force participation with the following: Yakima Homeless Network, Collaborative Solutions, the Perinatal Taskforce, Family Treatment Court, the DCYF, Yakama Nation Indian Health Services, Memorial Hospital, Astria Hospital, Ideal Options, New Start, Barth Clinic, Merritt treatment center, Sundown M Ranch treatment center, Comprehensive Healthcare, Community Health of Central Washington, Yakima Home Visitation Collaboration, and the Yakama Nation Nak-Nu-We-Sha (tribal early childhood intervention and remediation services).

During the 2022-2023 reporting timeframe, Yakima PCAP has continued to provide classes in Promoting First Relationships (PFR). This 10-week home visitation model is an evidenced-based intervention and the WA State Department of Children, Youth, and Families gold standard for parenting classes. Currently, Ms. Hitchcock and Case Managers Traci Hanson and Amanda Lilly are providing Level 1 classes for mothers at Triumph's Pregnant Parenting Women's (PPW) campus. During this reporting cycle, Ms. Lily and Ms. Hanson have completed and been certified as Level 2 practitioners with the University of Washington Northwest Center for Family Support. Both case managers are providing one-on-one in-home PFR services for clients. Yakima PCAP has been providing PFR classes in a group setting since July 2021.

During this reporting period, the Yakima PCAP team was trained in Theraplay Lite. Theraplay Lite is a 10-week evidenced-based practice. Currently, the staff is providing group Theraplay at its host agency Triumph Treatment Services (TTS) PPW long-term substance abuse treatment center. Ms. Hitchcock and Case Manager Rachel Carr are currently receiving supervision from the Theraplay Institute to complete their Level 2 training. The ability to offer both Theraplay Lite and full Theraplay has benefitted high acuity clients and their children. The basic concept of Theraplay's safety and attachment focus, dimensions, process, and sequence apply to dyadic parent-child work. Mental health professionals, Ms. Hitchcock and Ms. Carr, carry out group Theraplay in settings with or without

parents. The ability to provide Theraplay to bridge and support for higher acuity PCAP clients that have been struggling to succeed or remain in traditional PPW settings has been an ideal and beneficial addition to Yakima PCAP

During this reporting period, Ms. Hitchcock, together with TTS' Diaper Bank Assistant Kelli Becker, successfully wrapped up the Washington State Department of Commerce Diaper Bank grant. This was a two-year \$750,000.00 grant that lasted through fiscal year 2023. TTS' Yakima PCAP set up the diaper bank on a hub and spoke model where community partners were provided the supplies to distribute to the community. TTS' Yakima PCAP had a public access point for individuals in the community to come obtain supplies and coordinated with 36 community partners to serve Yakima County. This grant ensured that Yakima PCAP clients and Yakima County low-income families and children under age three had access to diapers and diaper ointment, wipes, formula, and baby wash. Listed below are the community partners served.

- Community Health of Central Washington
- Community Schools
- DCYF Yakima
- DCYF Toppenish
- DCYF Sunnyside
- EPIC Head start
- Epic Migrant Program
- Life Choices
- Lincoln Avenue Medical Center
- Mc Kinney Vento Rams Landing
- Mabton School District
- OIC Yakima
- YWCA
- Sunnyside School District
- Heritage University
- DSHS Yakima
- Yakima Valley Partners for Education
- Leslie Domes
- Stanton Academy
- Stanton Alternative Childcare
- Yakima Pediatrics
- Mountain View Women's Clinic
- YSD Grad Program
- Yakima Valley Farmworkers Clinics
- DRC Yakima
- Salvation Army
- Yakama Nation
- Save The Children
- Artz Fox
- Grandview School District
- Youth Opportunity Education
- Dispute Resolution Center
- Guada Casa
- West Valley School District
- Highland Food Bank
- Early steps to school success

Yakima PCAP and TTS collaborate with local community partners to develop and maintain housing resources that prioritize PCAP clients. Yakima PCAP currently houses 17 clients within TTS' housing program and assists clients with application fees for other housing options in Yakima County. TTS operates nine housing options: a 90-day emergency shelter in four locations for family housing, three locations for mothers with children, and one permanent men's housing option. Yakima PCAP currently has 15 single women with children housed within our housing program and two families at our family

housing options. PCAP works closely with our housing program as well as other community partners to ensure there is consistent community care coordination. Some of the housing programs Yakima PCAP coordinates with are Union Gospel Mission, Camp Hope, Yakima Housing Authority, Yakama Nation Housing, Yakima Neighborhood Health Rapid Re-Housing program, Northwest Community Action Center, and Comprehensive Healthcare's housing program.

Challenges

During this reporting period, Yakima has faced staff turnover and challenges in hiring qualified case managers. This continues to be related to wages not meeting a commensurate level matching a bachelor's level education with appropriate benefits packages in Yakima County.

Continued challenges faced through this reporting period are elevated acuity of clients that are in need of higher-level dual diagnosis treatment where they can be reunified with their children and learn the skills to parent and learn to live substance free. Currently in Washington State, women with children in this situation do not have any programs available that fit this description. This lack of programs is perpetuating longer or permanent separation of mothers and their children. Concurrently, the immense need for mental health services and a shortage of providers statewide are leaving clients unable to access care in a timely fashion, including primary care, dental care, obstetrics, and medical detox.

Another continued challenge has been having to compete with programs in the county that started up with COVID grants and funding that are very similar to PCAP and needing to explain to people who may qualify for both programs how PCAP is different. We let them know that PCAP is a three-year relational model, so case managers have the needed time to build a relationship with the mothers over a longer period. Peer Support workers at Triumph can only work with clients if they are in service with another part of Triumph. They serve as advocates and share their own recovery stories with their clients. PCAP case managers provide extensive practical assistance and long-term emotional support that is often essential to women who are making fundamental changes in their lives. Below is a list of some of the subtle differences between PCAP and the new HCA Peer Support programs.

In PCAP, case managers assist mothers in:

- Setting goals and identifying steps to achieve them
- Obtaining alcohol/drug treatment and staying in recovery
- Choosing a family planning method
- Staying up to date with child health care and immunizations
- Addressing housing, domestic violence, and child custody problems
- Connecting mothers with needed community services and resolving system service barriers

In Peer Support, workers assist mothers in:

- Developing their own goals
- Identifying services and activities that promote recovery and lead to increased meaning and purpose in life
- Taking personal responsibility for recovery
- Providing access to a wide range of services to help a client regain control and success in their life

Within host agencies that have both PCAP and peer support, it has become increasingly difficult to determine where a client fits if they qualify for both programs.

Lastly, the Yakima site has struggled with not having an exit interviewer on site or the ability to hire and train one without the University of Washington's support. This has continued to impact exit numbers.

Yakima continues to hope that training by the UW will resume thus ensuring that the Yakima site can return to almost 100% exit data for this site's evaluation outcomes.

Visitors to Staff Meetings

On August 24, 2022, New TTS new Board members Darlene Lamb Cash and Lynda Boggess attended staffing to learn more about the PCAP program

On January 18, 2023, Renee Kolmman of Donor Developer attended staffing to learn more about PCAP and to present on the donor development process within TTS that is helping to build more engaged community partners that support PCAP with grants or donations to help provide for the women and children in the Yakima PCAP program

Client Events

In August of 2022, PCAP held a backpack school supply giveaway, providing 45 backpacks full of school supplies to client families.

On October 21, 2022, we held PCAP "Pumpkins and Fun" event and had nearly 40 families in attendance to paint pumpkins, tie-dye shirts, participate in a costume contest, and take pictures at our harvest-themed photo booth.

On December 22, 2022, Yakima PCAP, TTSS "Seasons for Sharing", and other community donors made it possible for Yakima PCAP to supply more than 50 families with gifts for their entire nuclear family over Christmas.

On May 11, 2023, PCAP held a Mother's Day event for clients with 35 clients in attendance. Clients played Jeopardy and tie-dyed shirts with their children. They utilized a photo booth and picture frame decorating station to capture memories.

We held two Dependency 101 events for clients on August 26, 2022 and May 23, 2023, partnering with Rebecca Dombcik, Office of Public Defense, OPD social worker Andrea Ross, and Dezaray Byrd of Parent-to-Parent.

On June 15, 2023, Yakima PCAP took part in supporting and celebrating families reunified over the last year with the Family Treatment Court's reunification event. Yakima PCAP supplied gift baskets to the families that graduated. This year we had six of the families involved that were either current or very recently exited PCAP clients.

Personnel

Yakima PCAP has had some significant case manager turnover over this year as well as valuable additions to the team. Lead Case Manager Tara Hoverson separated in July 2022. Yvonne Avalos left for a higher paying position with better benefits. In October of 2022, Rachel Carr and Yanett Alvarez were hired; both are valuable additions to the team, bringing their unique background, strengths, and vision to this program.

Yakima PCAP continues to work on team cohesiveness and to build stronger bonds to work as a unified, cohesive team.

Publications, Products Developed and Other Information Dissemination

Report Timeframe: July 1, 2022 through June 30, 2023

University of Washington Parent-Child Assistance Program (PCAP)

Peer Reviewed (Attached Separately)

Stoner, S. A., Graham, J. C., & Grant, T. M. (2023). Evaluating outcomes of a three-year case management program for mothers with prenatal substance use according to race/ethnicity, Washington State, 2006–2017. *BMC Public Health*, 23(1832), 1-12.

In Preparation

None

Publications by Others Highlighting PCAP

None

Media

Report Timeframe: July 1, 2022 through June 30, 2023

Snohomish County PCAP

For moms in recovery, these home visitors offer a lifeline. Liz Jones, Editor, KUOW Swimming Upstream series, December 2022. Available at: <https://kuow.org/stories/for-moms-in-recovery-these-home-visitors-offer-a-lifeline>.

Thurston/Mason/Lewis Counties PCAP

The Parental Compass, available at: https://www.podbean.com/media/share/pb-947bef81686?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share

Presentations and Trainings by UW PCAP Staff

Report Timeframe: July 1, 2022 through June 30, 2023

University of Washington Parent-Child Assistance Program (PCAP)

Ongoing professional development is one of the hallmarks of PCAP. The following describes three trainings sponsored by UW PCAP during this reporting period.

Motivational Interviewing in Practice: Using the Spirit and Skills of Motivational Interviewing to Enhance Client Outcomes, by Beth Rubin, MSW, LICSW, SUDP, Regional Behavioral Health Clinical Education Program Manager at Swedish Health Services. Ms. Rubin conducted eight days of training in January 2021 and gave her permission for us to use the recordings for training purposes. The initial MI training requirement for new staff at hire can be met by either watching Ms. Rubin’s MI training videos, or by watching Cathy Cole’s MI training DVDs which were purchased several years ago for PCAP sites.

Fetal Alcohol Spectrum Disorders (FASD) training by Dan Dubovsky, MSW, FASD Specialist, with the former FASD Center for Excellence at the Substance Abuse and Mental Health Services Administration. In the Spring of 2021, Mr. Dubovsky provided the following statewide trainings (via Zoom) for all PCAP supervisors and case managers: “The Importance of Recognizing Fetal Alcohol Spectrum Disorders in Women in PCAP and in Their Children”, “Strengths and Strategies for Working with Individuals with an FASD and Their Families”, and for supervisors specifically, “Screening for an FASD: the Life History Screen”. Mr. Dubovsky allowed PCAP to record his Zoom trainings so UW PCAP can offer FASD training “watch parties” for newly hired staff; and has offered to provide PCAP staff with ongoing coaching for PCAP case managers. During this reporting period, seven such Watch Parties were held on August 2, 2022, August 4, 2022, October 2, 2022, October 4, 2022, December 13, 2022, December 15, 2022, and December 16, 2022.

Promoting First Relationships (PFR) Level 1, by Jennifer Rees, MSW, Director. PFR is a 10-week home-based intervention that was developed by the UW School of Nursing Barnard Center for Infant Mental Health & Development. PFR providers help mothers with postnatal maternal depression and newborn development, teaches mothers to recognize their baby’s nonverbal cues, to better support their children’s emotional needs, and to lower the risk of losing their children to the foster care system. By 2020, most PCAP staff had attended the Level 1 PFR training, and those who were qualified and interested attended Level 2 training. Additionally all sites received a set of the Barnard Center’s Baby Cues card sets. This year, the PFR team provided training for PCAP sites staff upon request.

Annual PCAP Refresher Training

Trainers: PCAP Supervisor Sara Gongora Garcia (Clark) and Kitsap PCAP Supervisor Linda Segur

Date	Attending
July 12-15, 2022	A. Feltner (UWPCAP), K. Marquez (Pierce), A. Hamilton (Kitsap), S. Hill (Snohomish), C. Bird (Pierce), and out-of-state PCAP staff from NV and CA.

Trainers: PCAP Supervisors Linda Segur (Kitsap) and Sara Gongora Garcia (Clark)

Date	Attending
September 13-15, 2022	Chelan PCAP staff, B. Breitman and C. Garner (Whatcom), C. Gonzales (Benton/Franklin); C. DeFord and T. Grover (Clallam/Jefferson), C. Mason and T. Smith (Thurston/Mason/Lewis), K. Kahambwe (Spokane), J. Ross and L. Napoles (Snohomish); and out-of-state PCAP staff from OK and NY

Trainers: PCAP Supervisor Linda Segur (Kitsap) and former PCAP Supervisor Alex Young

Date	Attending
November 8-9, 2022	King, Cowlitz, Kitsap, and Skagit PCAP staff, K. O’Connell (Chelan), C. Bird (Pierce), N. Peredes (Thurston/Mason/Lewis), T. Perault (Clallam/Jefferson), and out-of-state PCAP staff from NV.

Trainers: Kitsap PCAP Supervisor Linda Segur and former PCAP Supervisor Alex Young

Date	Attending
February 7-9, 2023	Thurston/Mason/Lewis and Snohomish PCAP staff, A. Freeman, E. Bisby and A. Oduyale (Clark), R. Bolden (Skagit), and R. Carr and Y. Alvarez (Yakima), and out-of-state PCAP staff from OK.

Trainers: PCAP Supervisors Linda Segur (Kitsap) and former PCAP Supervisor Alex Young

Date	Attending
May 9-11, 2023	Yakima and Pierce PCAP staff, J. Darling (King), K. Diaz and C. Lieberman (Benton/Franklin), A. Roehrborn (Grays Harbor/Pacific) C. Velasquez (Snohomish), M. Boling (Skagit/Whatcom), M. Shelby (Clallam/Jefferson), and out-of-state PCAP staff from NV.

Evaluation Basics for New Hires Training

Trainer: PCAP Program Evaluator Alanna Feltner

Date	Attending
September 7, 2022	B. Martinez, C. Macaluso, S. Flores and S. Cooney (Benton/Franklin), A. Grover (Clallam), D. Miles (Cowlitz), J. Ciccarelli (King), R. Roth (Kitsap), M. Jiles (Pierce), L. Beckman and M. Lewis (Snohomish), M. Larson and W. Hamilton (Spokane), J. Trent (Thurston/Mason/Lewis), and A. Lilly and T. Barney (Yakima).
June 20, 2023	P. DeHaan and C. Lieberman (Benton/Franklin), K. O’Connell (Chelan), A. Oduyale, E. Bisby, and A. Freeman (Clark), A. Roehrborn (Grays Harbor/Pacific), A. Hamilton (Kitsap), K. Marquez and M. Jiles (Pierce), R. Bolden (Skagit), M. Bohling (Skagit/Whatcom), J. Ross and D. Venable (Snohomish), C. Shropshire (Spokane), C. Mason, T. Fisher and C. Mason (Thurston/Mason/Lewis), and L. Brewer, T. Barney, R. Carr and Y. Alvarez (Yakima).

Annual Site Evaluation Visit Data Review and Training

PCAP Program Evaluator Alanna Feltner

Virtual visit date (data review)	In-person visit date (training)	Site
October 10, 2022	November 7, 2022	Thurston/Mason/Lewis
October 11, 2022	October 12, 2022	Clallam/Jefferson
October 17, 2022	October 31, 2022	Clark
October 20, 2022	October 13, 2022	King
October 24, 2022	October 18, 2022	Skagit
October 25, 2022	October 18, 2022	Whatcom
October 31, 2022	November 28, 2022	Spokane
November 1, 2022	October 26, 2022	Chelan
November 2, 2022	November 16, 2022	Yakima
November 10, 2022	November 8, 2022	Grays Harbor/Pacific
November 14, 2022	October 27, 2022	Cowlitz
November 22, 2022	November 21, 2022	Kitsap
November 30, 2022	November 9, 2022	Snohomish
December 6, 2022	November 16, 2022	Benton/Franklin
December 7, 2022	October 19, 2022	Pierce

PCAP ASI Training

PCAP Program Evaluator Alanna Feltner and UW ASI Interviewer Annalivia Robinson

Date	Attending
January 5, 9-13, & 16, 2023	Clinical supervisors from Cowlitz, King and S. King, Snohomish, Grays Harbor/Pacific, and Benton/Franklin PCAP, and a lead case manager from Clallam/Jefferson.

Appendix 1: Summary of Referrals
Report Timeframe: July 1, 2022 through June 30, 2023

	Benton/ Franklin	Chelan	Clallam	Clark	Cowlitz	Grays Harbor/ Pacific	King	Kitsap	Pierce	Skagit	Snoho- mish	Spokane	Thurston/ Mason/ Lewis	What- com	Yakima	Total
Total Referrals This Year	51	9	58	97	58	64	157	71	59	24	120	107	101	43	81	1,100
Pending Eligibility Evaluation	3	0	0	3	4	1	47	7	0	0	32	3	2	0	0	102
Evaluated, Eligible	24	6	42	73	42	48	97	59	53	9	81	73	79	18	80	784
Pending intake	3	3	4	4	0	8	1	2	0	0	20	3	1	0	0	49
Enrolled	18	2	37	47	32	18	30	38	36	9	52	56	57	16	41	489
Refused services	2	1	1	12	9	2	16	9	0	0	4	5	1	2	0	64
On waiting list	0	0	0	8	0	0	40	10	15	0	4	3	15	0	38	133
Referred to other PCAP site	1	0	0	2	1	20	10	0	2	0	1	6	5	0	1	49
Found Ineligible	24	1	16	21	12	15	13	5	6	15	7	31	22	25	1	214
Reasons for Ineligibility:																
Connected to services	0	0	0	0	1	4	0	0	0	0	0	1	0	0	0	6
Alcohol/drug use criteria not met	3	0	1	0	0	0	0	0	2	0	0	1	2	0	0	9
Denied alcohol/drug use	1	0	4	1	1	1	4	0	0	2	0	1	0	0	0	15
Pregnancy/postpartum criteria not met	13	1	0	2	4	0	7	1	1	2	7	1	1	4	0	44
Moved from area	1	0	5	0	2	0	0	1	0	1	0	4	4	3	1	22
Miscarried/fetal demise	0	0	0	0	0	0	1	1	0	0	0	0	0	1	0	3
Unable to be located	6	0	5	16	2	10	0	0	3	10	0	21	12	15	0	100
Under age 18	0	0	0	0	2	0	1	0	0	0	0	0	0	2	0	5
Deemed ineligible for second round of PCAP	0	0	1	2	0	0	0	1	0	0	0	1	2	0	0	7
Other*	0	0	0	0	0	0	0	1	0	0	0	1	1	0	0	3

*Other: Kitsap: Died of drug overdose before scheduled intake. Spokane: Resides in Idaho. Thurston/Mason/Lewis: Male.