

Parent Child Health

*Parenting and Pregnancy Support Line
Nurse-Family Partnership*

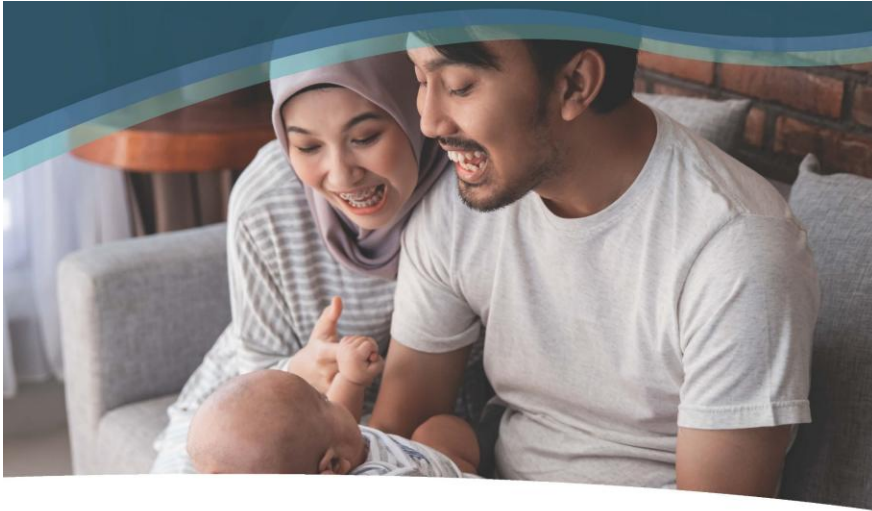


Jessica Smith

Program Manager, Parent Child Health
& Nurse-Family Partnership

Karina Mazur

Public Health Nurse Supervisor,
Nurse-Family Partnership



Pregnancy & Parenting Support Line

Looking for pregnancy or parenting
resources? We can help!

Call: 360-728-BABY



360-728-2229

Monday-Friday, 8 a.m.-4 p.m.

KitsapPublicHealth.org/ParentSupport

Purpose: Help new and expecting parents find services and resources they need.

We assist with:

- Pregnancy care
- Mental health support
- Lactation (breastfeeding/chestfeeding)
- Early learning
- Parenting
- Home visiting programs
- Support groups
- Developmental concerns

PPSL –Origins and Process

- Launched summer 2024 in response to community need
- Strategic purpose:
 - Respond to community needs
 - Collect data around current patterns of need
 - Connect with community partners around problem solving efforts



PPSL Trends Over Time

Launched: June 2024

Total # calls: 79

~ 3 calls/month
in 2024

~ 7 calls/month
in 2025

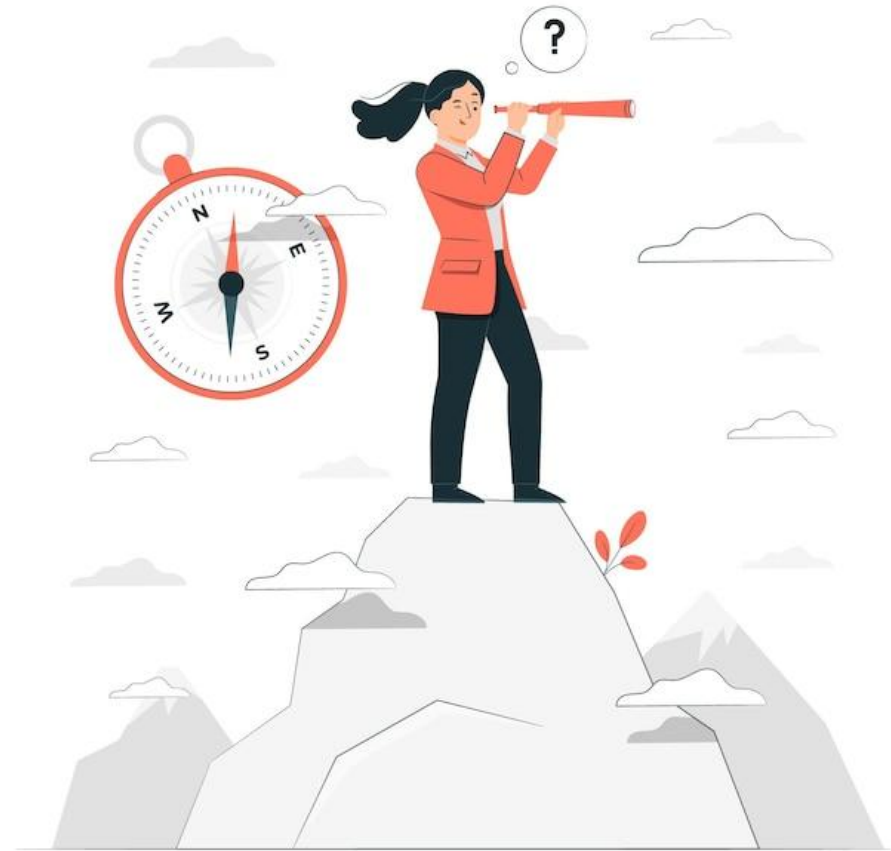
Most frequent requests

- Mental health support
- Children and youth with special healthcare needs referrals/support
- Interest in Nurse-Family Partnership
- Healthcare/perinatal care access
- Medicaid access



PPSL – Looking Forward

- Electronic health record integration and consolidating referral pathways
- Continued outreach and developing partnerships(e.g., telebupe)
- Enhanced ways to connect: self-schedule an online call, QR code for providers to fill out referral sheet



PPSL Case Studies

Responding to community needs

- Community member called PPSL about woman at the park with her 2 children (infant, school age)
- CHW screened client, risk factors included: unhoused, fleeing DV, no English
- CHW provided referrals for housing, immigrant services, clothes, food, and diapers
- Client able to get shelter and CHW following up as needed

Providing specialized nursing care

- PCP called about a post partum client with suicidal ideation
- Nurse let the PCP know about key community resources
- Nurse talked to client, gave referral to Navy Fleet & Family and Mama Moves Kitsap, provided suggestions on improving sleep
- Client felt supported and empowered!





**BETTER WORLDS
START WITH
GREAT
FAMILIES**

AND GREAT FAMILIES START WITH US



NFP Key Goals



Improve pregnancy outcomes by partnering with families to engage in preventative health practices including through prenatal care from their health care providers, improving their diets and reducing the use of habit-forming substances.

Improve child health and development by assisting families to provide responsive and competent care.

Improve families' economic self-sufficiency by supporting parents to develop a vision for their future, plan additional pregnancies, continue education, and find work.

NFP Overview

Who: Specially trained nurses + vulnerable moms

What: Regular home visits, nursing expertise to address challenges and build confidence

When: First 1000 days – pregnancy through the child's second birthday



NFP Outcomes – The Why



TRIAL OUTCOMES

Trial outcomes demonstrate that Nurse-Family Partnership delivers against its three primary goals of better pregnancy outcomes, improved child health and development and increased economic self-sufficiency — making a measurable impact on the lives of children, families and the communities in which they live.

For example, the following outcomes have been observed among participants in at least one of the trials of the program.

- 48%** reduction in child abuse and neglect¹
- 56%** reduction in ER visits for accidents and poisonings²
- 50%** reduction in language delays of child age 21 months³
- 67%** less behavioral/intellectual problems at age 6⁴
- 32%** fewer subsequent pregnancies⁵
- 82%** increase in months employed⁶
- 61%** fewer arrests of the mother¹
- 59%** reduction in child arrests at age 15⁷

Sources: Further research and citations can be found at www.changent.org/why-it-works/resources

kitsappublichealth.org

NFP in Kitsap

By the numbers

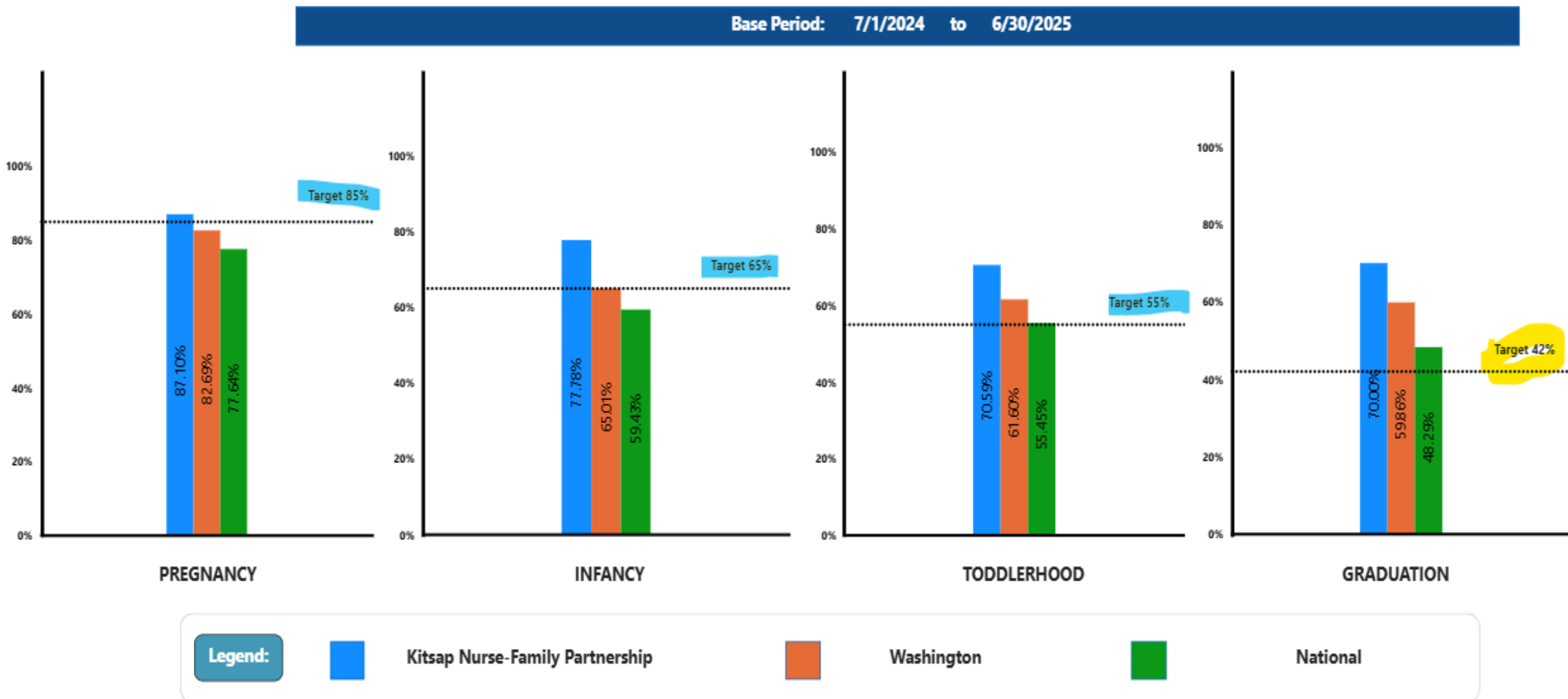
- Launched in 2012
- 3,345 visits completed by NFP nurses in the last 5 years
- 2,827 referrals completed in the last 5 years
- 7-10 clients on the waitlist on average



Referrals come from

- Community Partners:
 - WIC
 - KIAC
 - Coffee Oasis
- Medical providers:
 - Local OB/GYN offices
 - Family Medicine Residency Clinic
 - PCHS
- Self/family (PPSL)

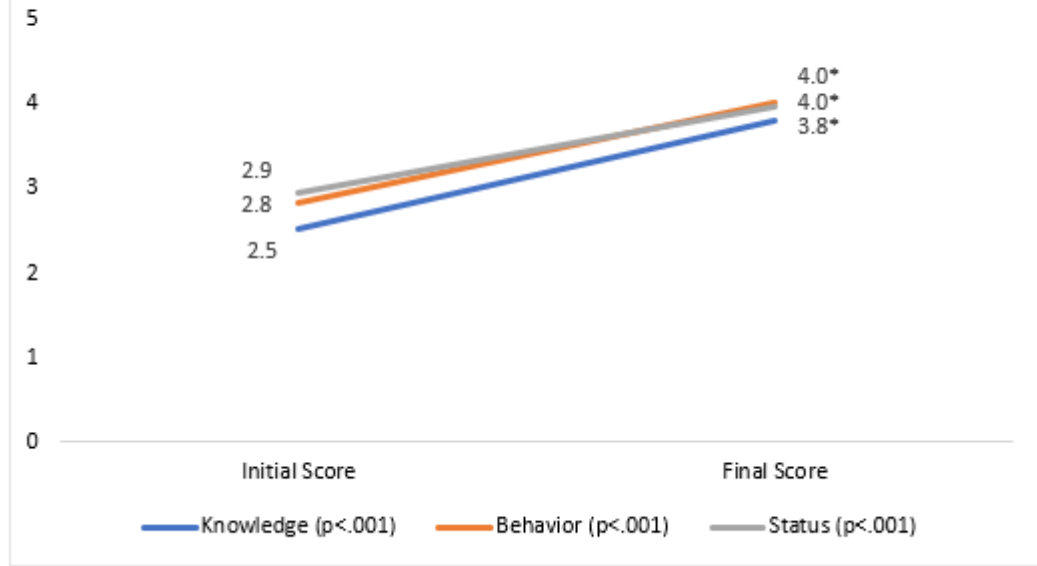
Retention Rates: July 2024 – June 2025



Improved Outcomes: July 2020 – June 2025

Figure 1

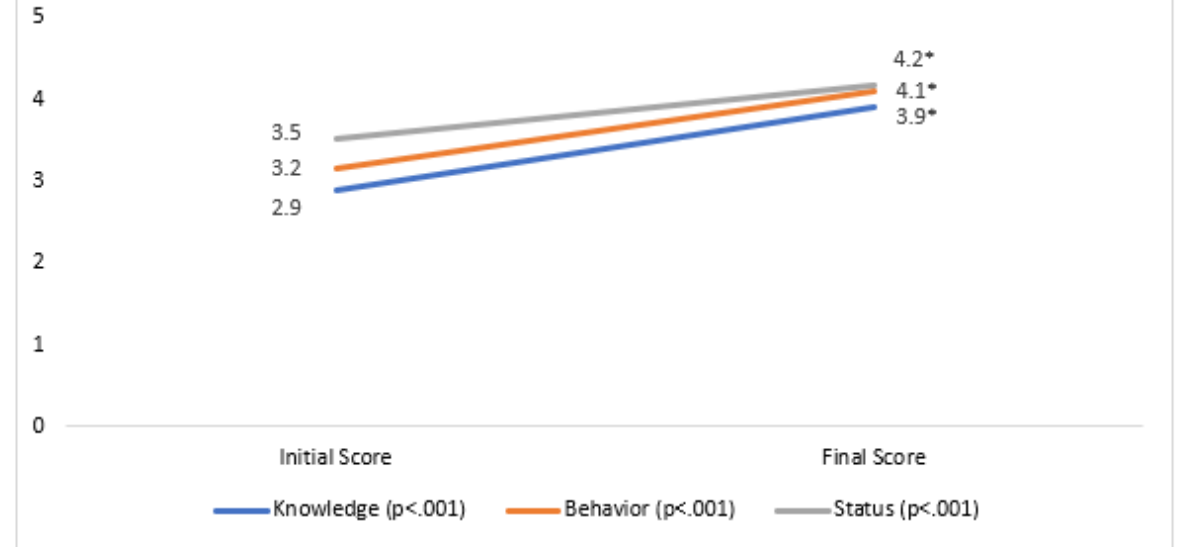
Average KBS Rating Change for Mental Health (57 Clients)



* p<.05 = statistically significant

Figure 2

Average KBS Rating Change for Substance Use (39 Clients)



* p<.05 = statistically significant

NFP Case Study



NFP – 2025 and Beyond

Looking forward

- Legislator visit (Fall 2025)
- Ongoing support to Suquamish start up
- Continuous quality improvement
- **Funding challenges**



Funding sources

- WA Dept of Children, Youth & Families
- ARPA
- Kitsap County 1/10 of 1% Sales Tax
- Maternal Child Health Block Grant
- Local Dollars
- Healthy Start Kitsap

THANK YOU!

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A PUBLIC HEALTH PRESENTATION:

Drug User Health Kitsap County



Lynn Pittsinger MSN, ARNP, CPNP, PMHS, CIC, CPHQ
Director
Community Health Division

About Kitsap Public Health

OUR VISION

A safe and healthy Kitsap
County for all.

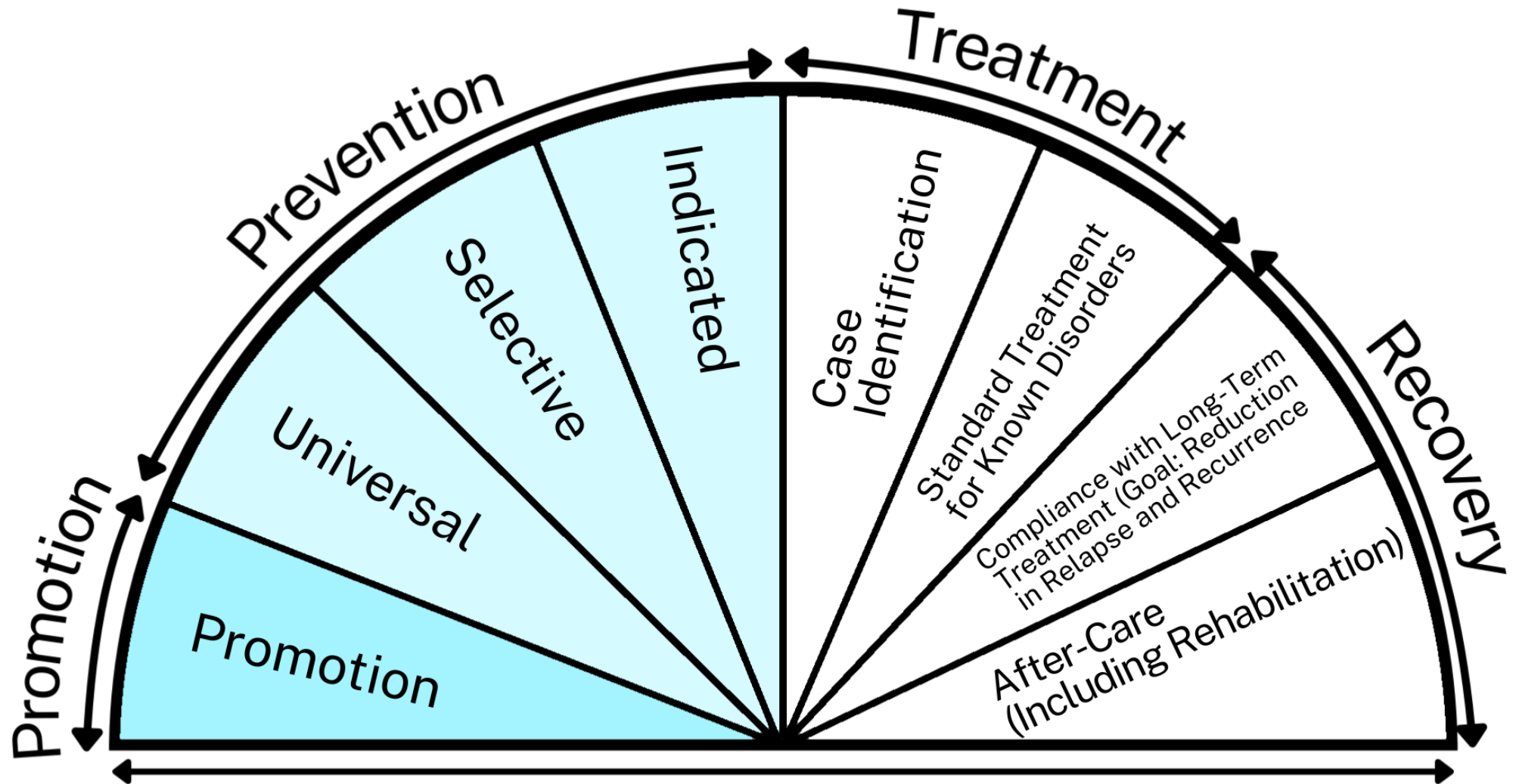
OUR MISSION

We prevent disease and
protect and promote the
health of all people in
Kitsap County.



The Institute of Medicine's Continuum of Care

- *Promotion*
- *Prevention*
- *Treatment*
- *Recovery*



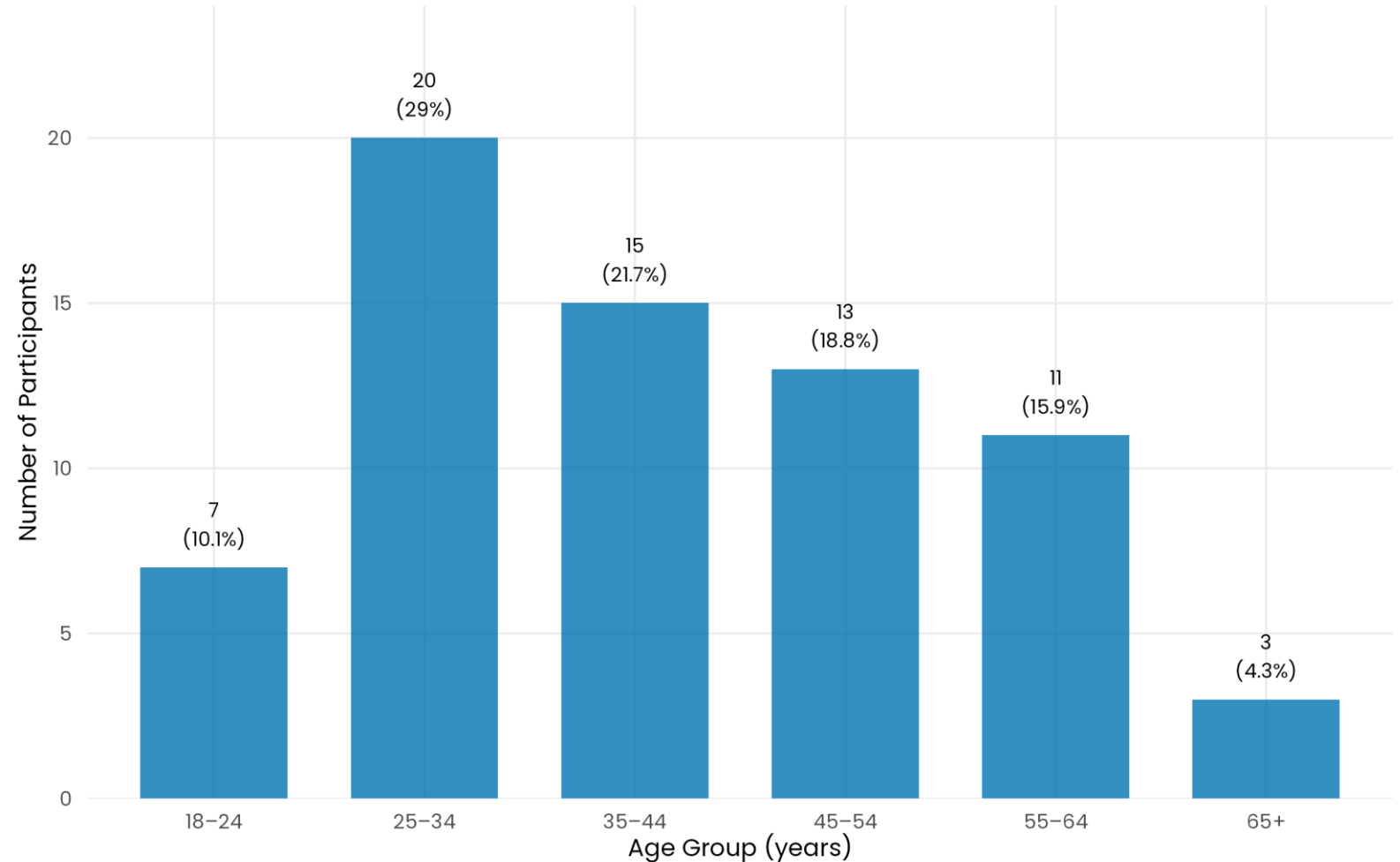
Addictions, Drug & Alcohol Institute

University of
Washington Survey

Kitsap County, 2023

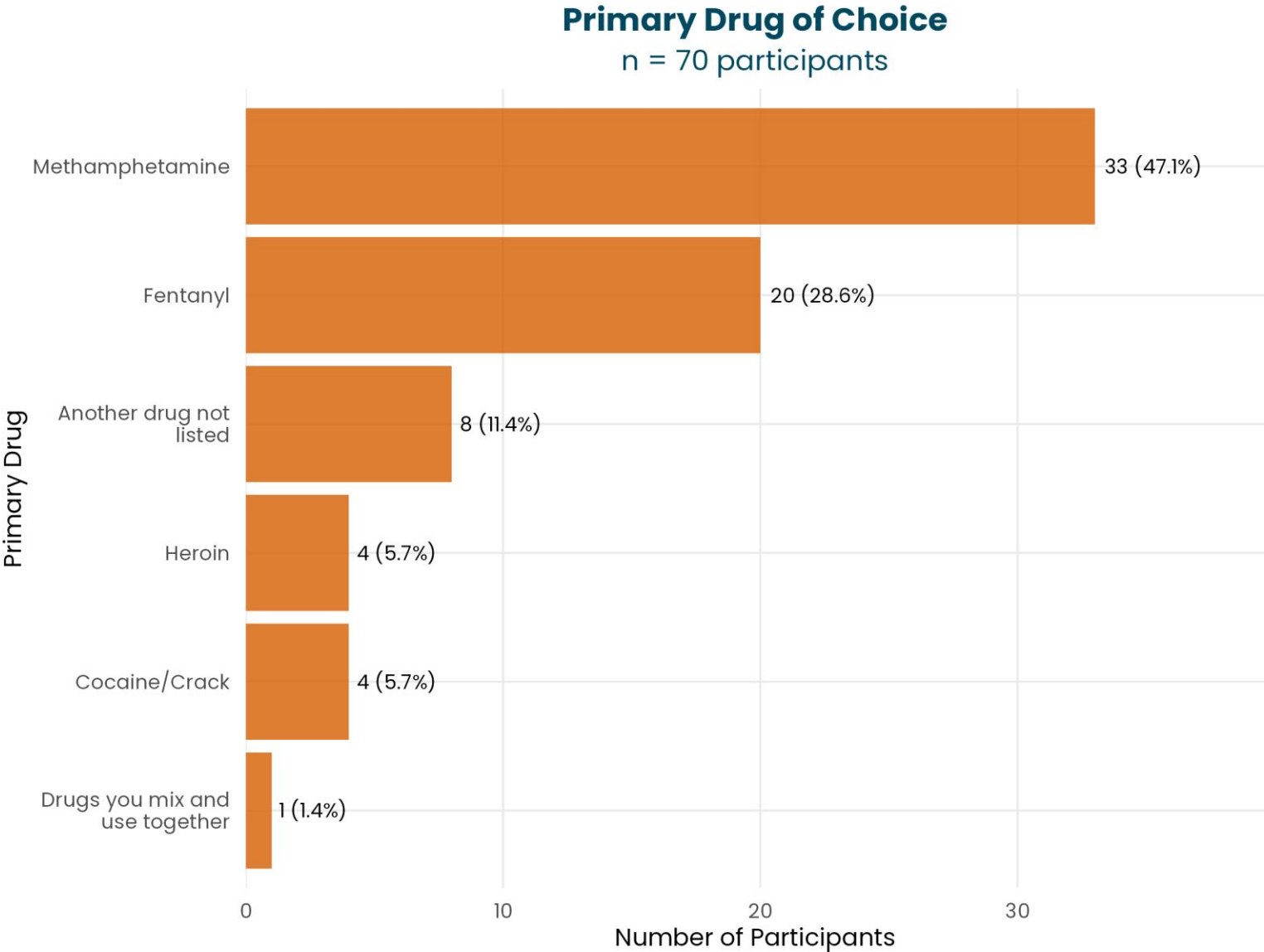
Age Distribution of Survey Participants

n = 70 (median age ~44 years)

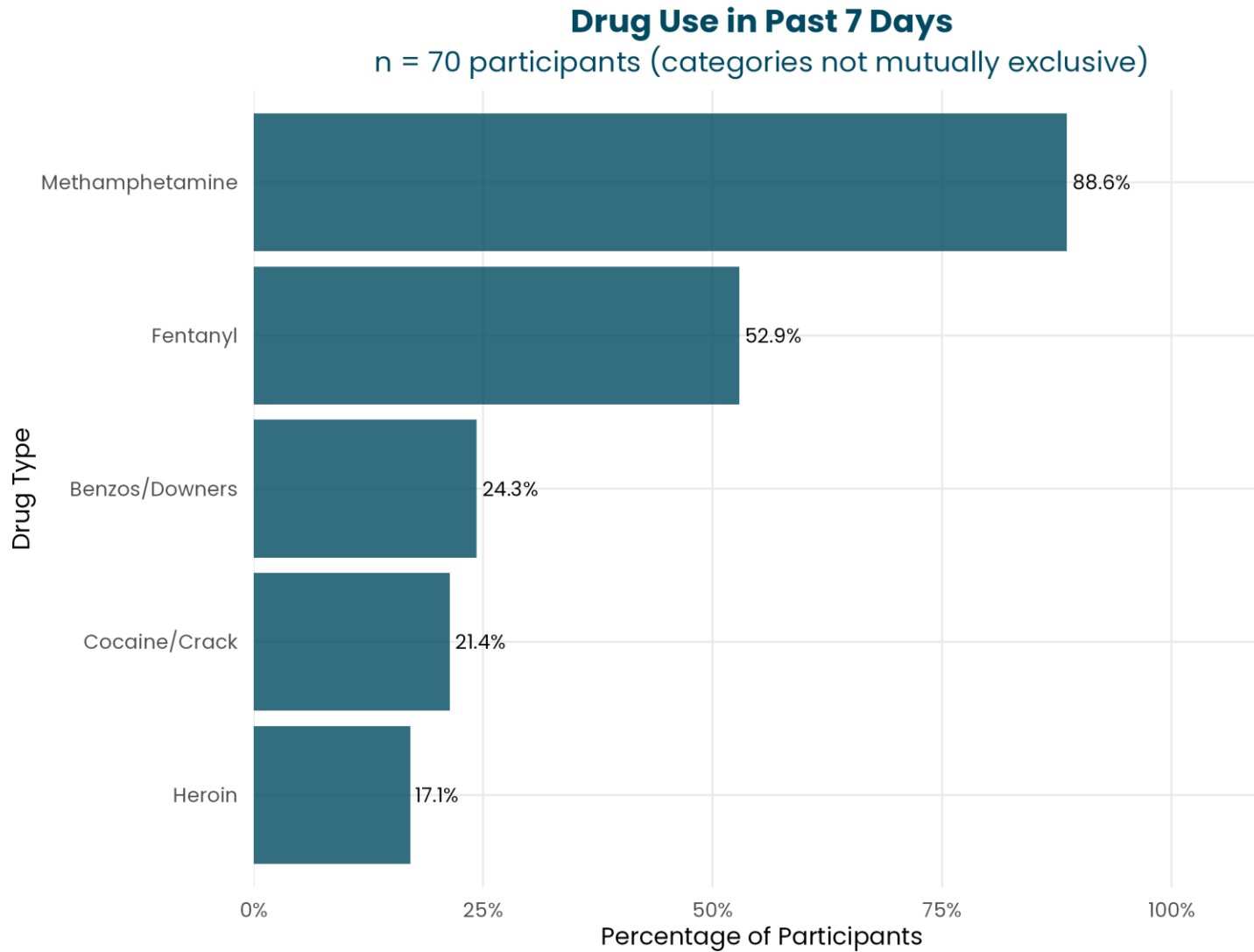


Substance Use Patterns

Methamphetamine is the most commonly reported drug of choice



Substance Use Patterns

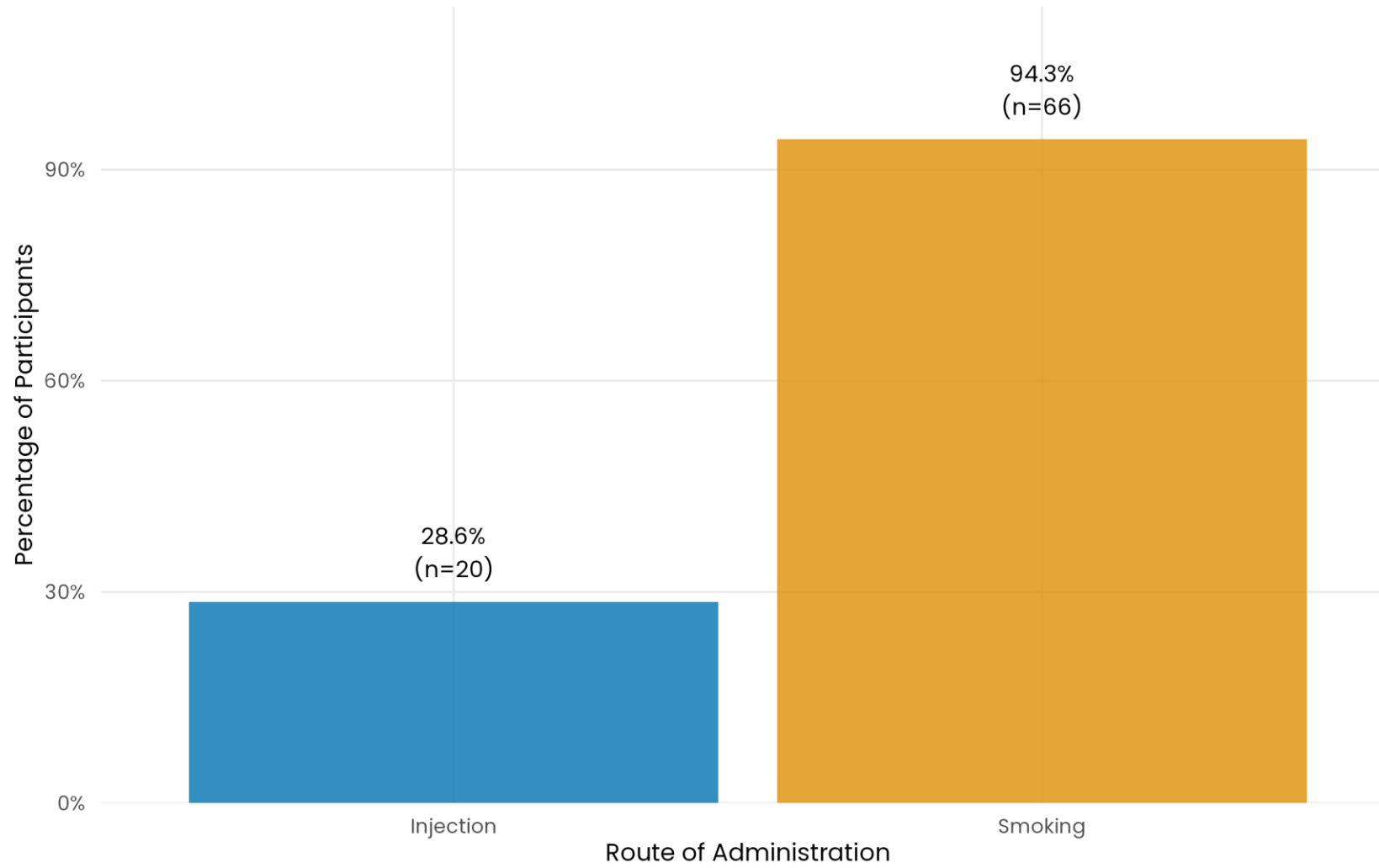


Substance Use Patterns

Smoking is the predominant route of drug administration

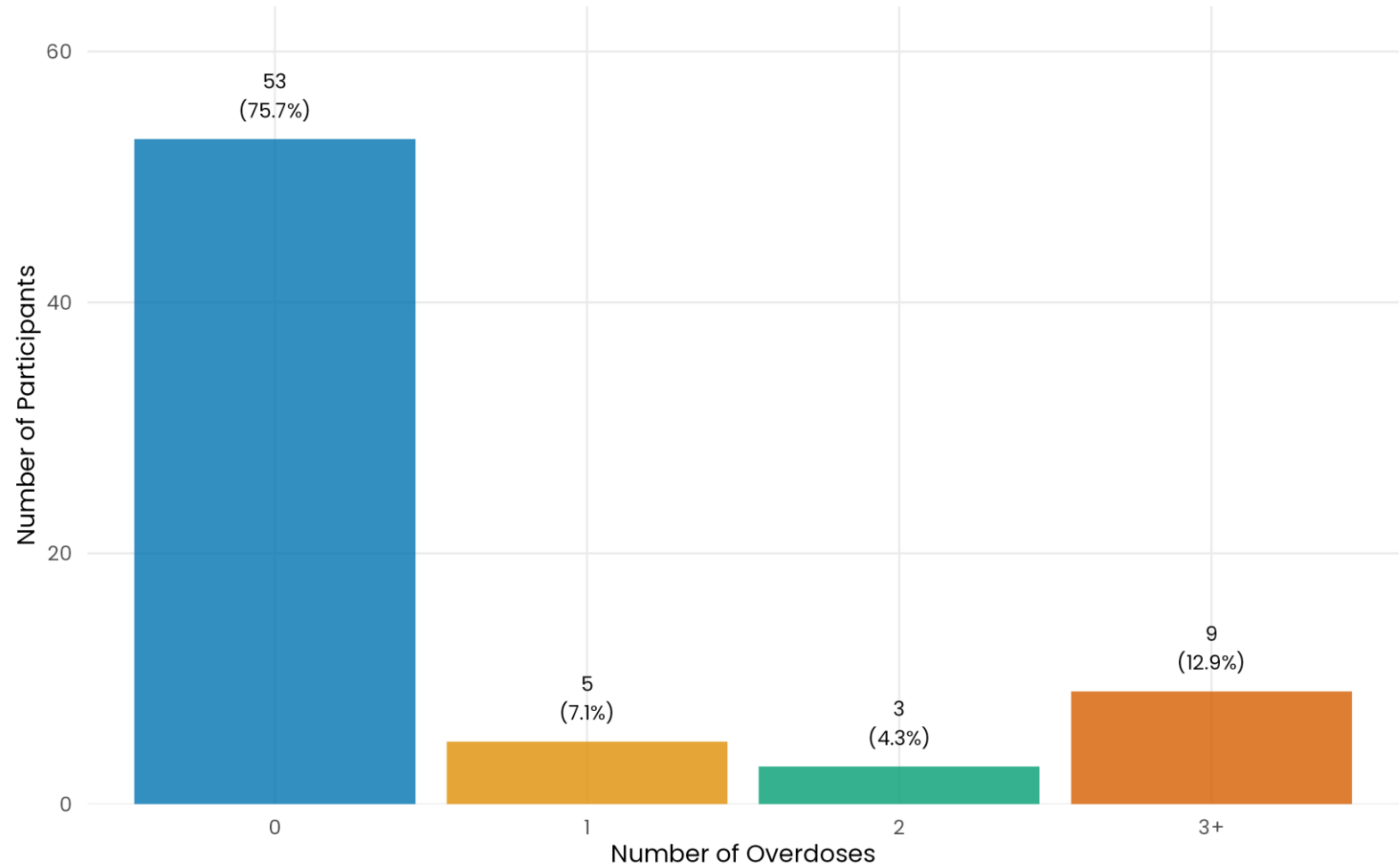
Routes of Drug Administration (Past Week)

n = 70 participants (multiple responses allowed)

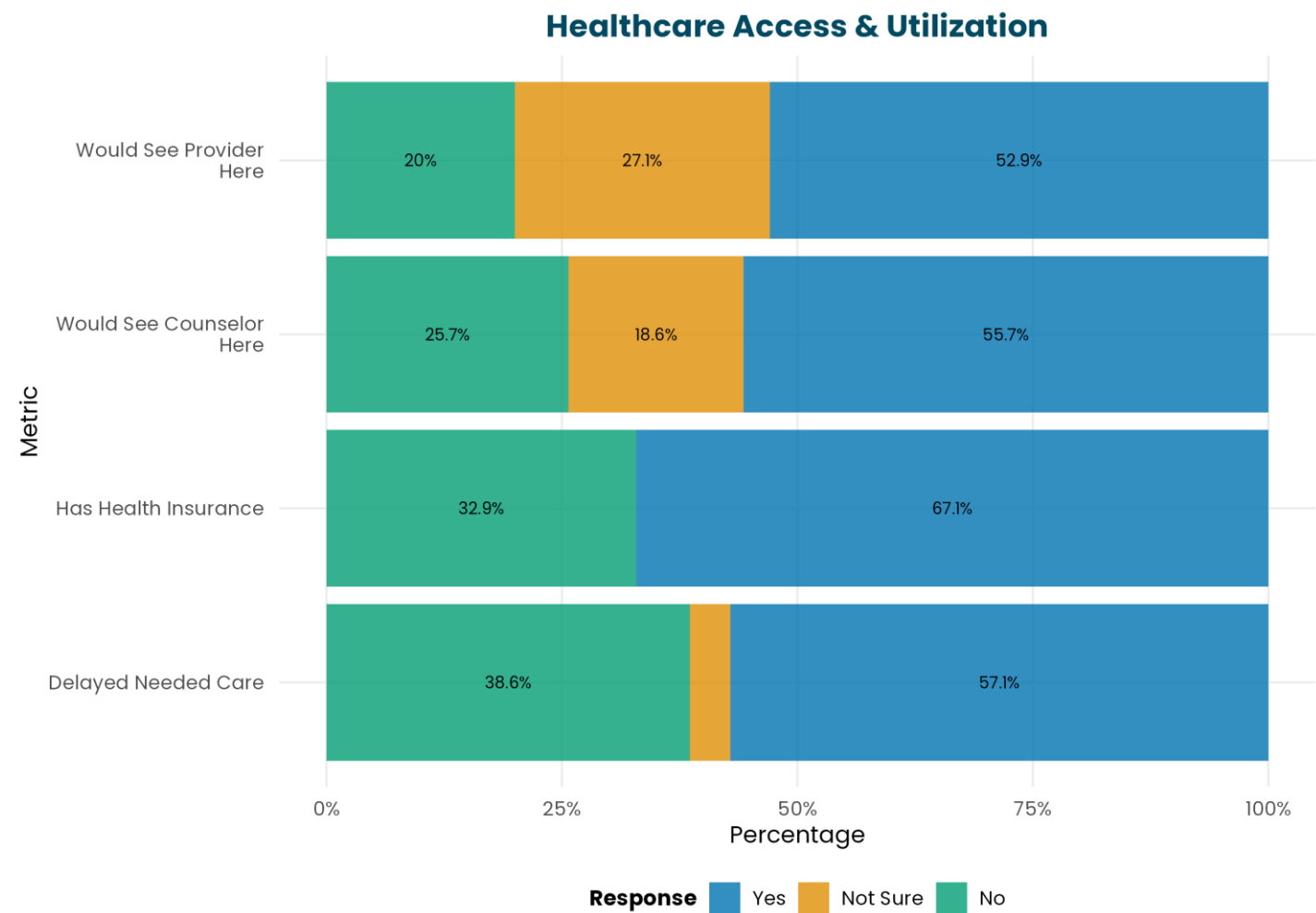


Overdose Experiences

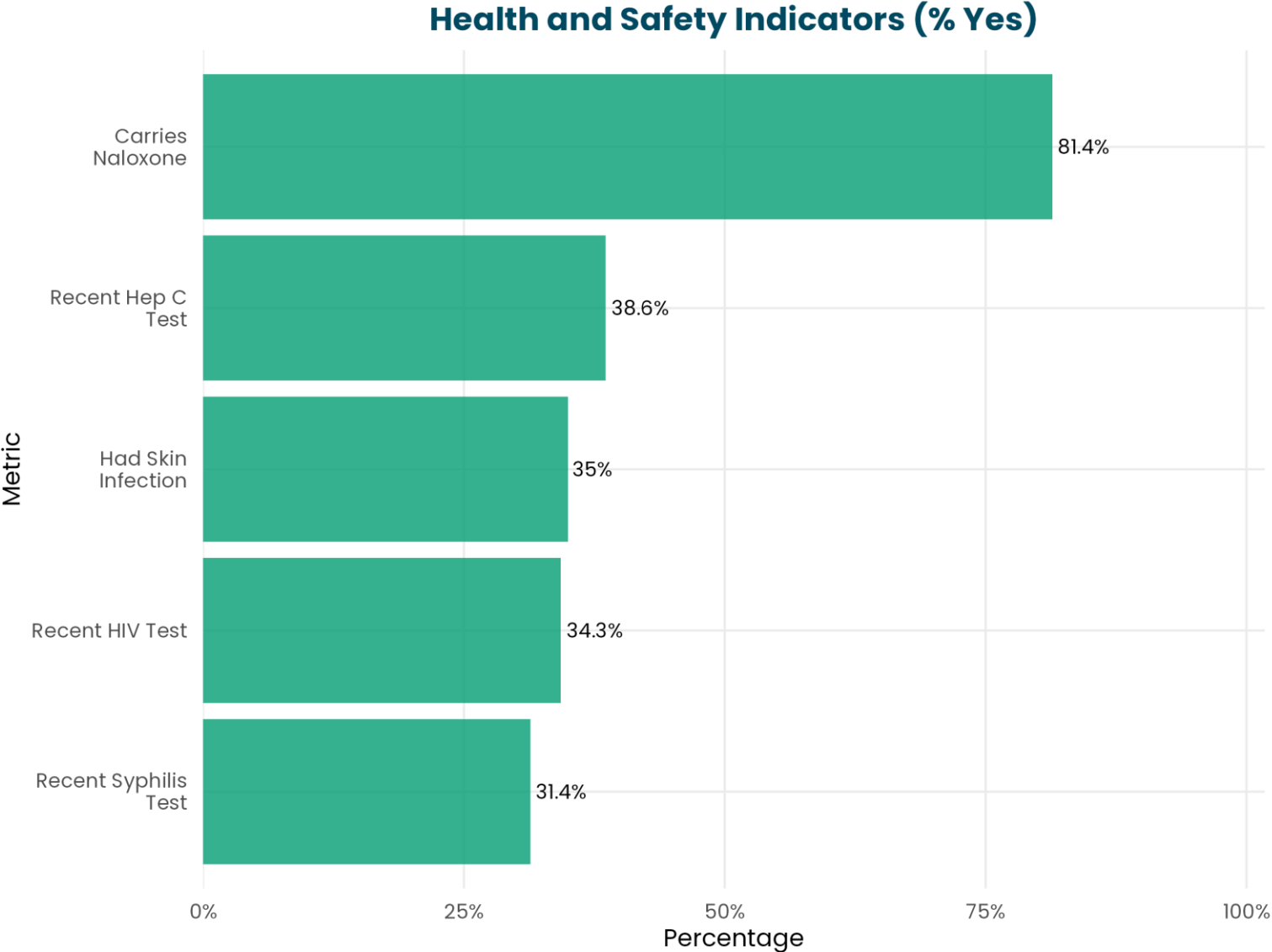
Overdose Experiences (Past 3 Months)
n = 70 participants

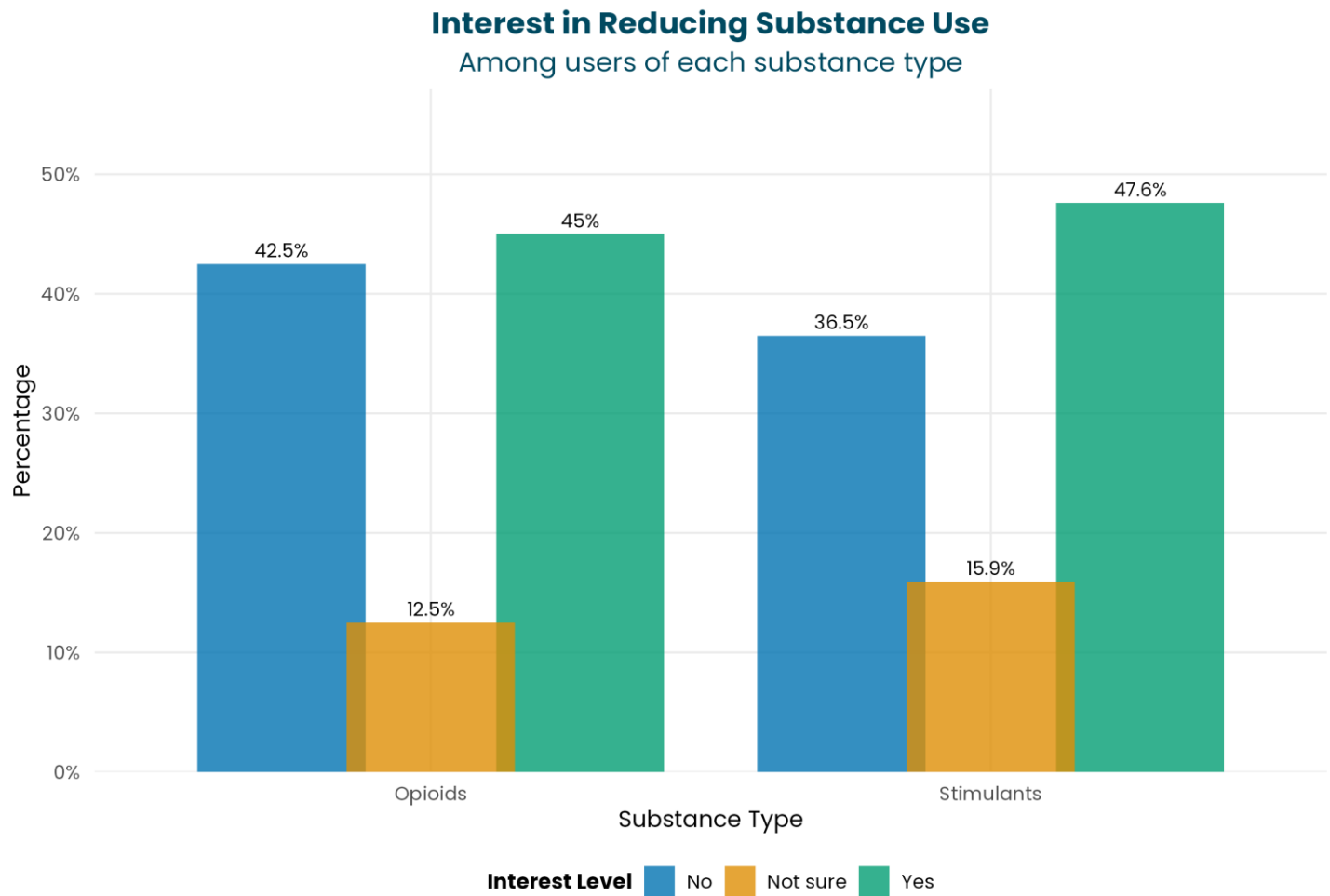


Healthcare Access and Utilization



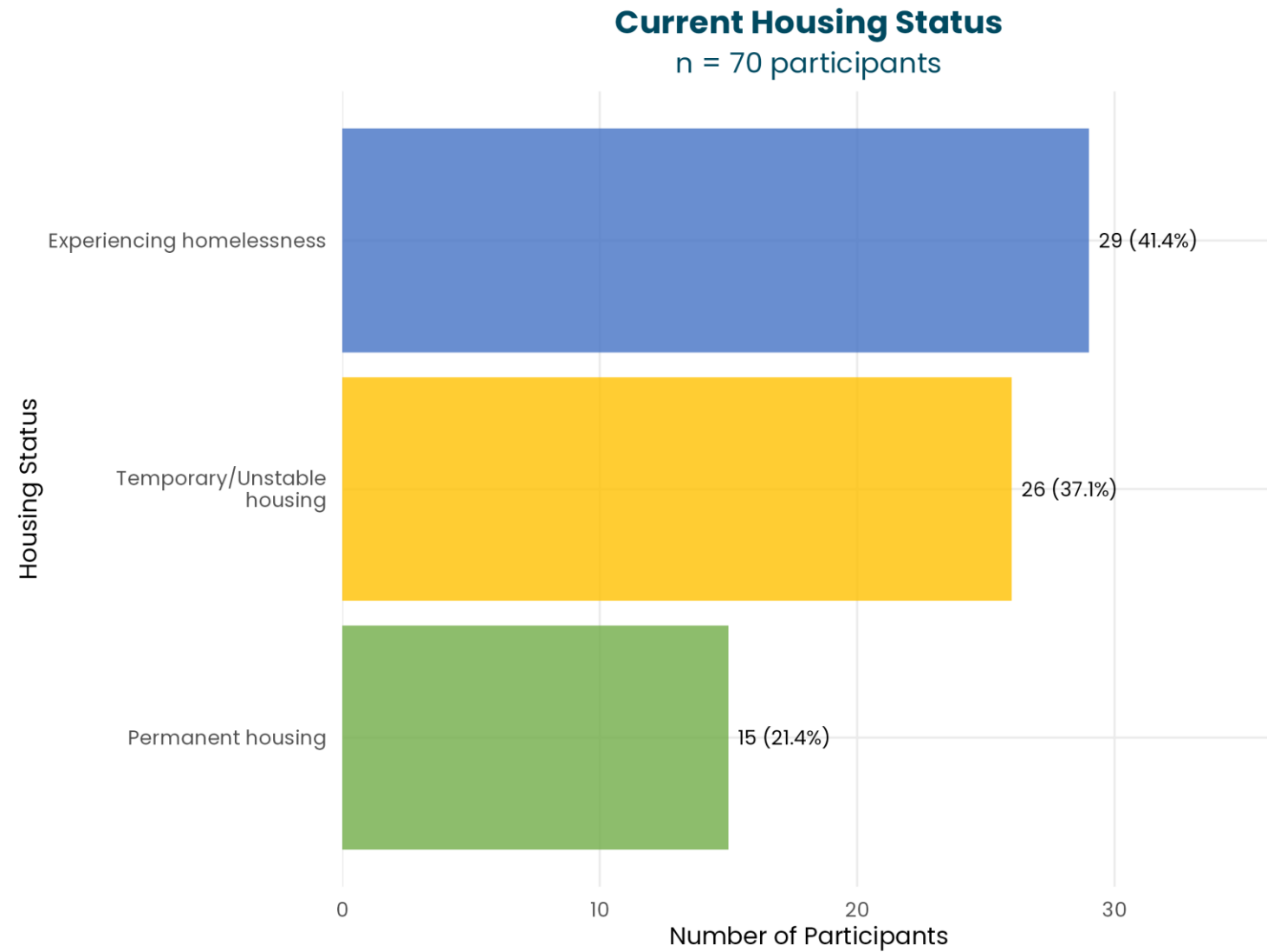
Health and Safety Indicators





Housing Status

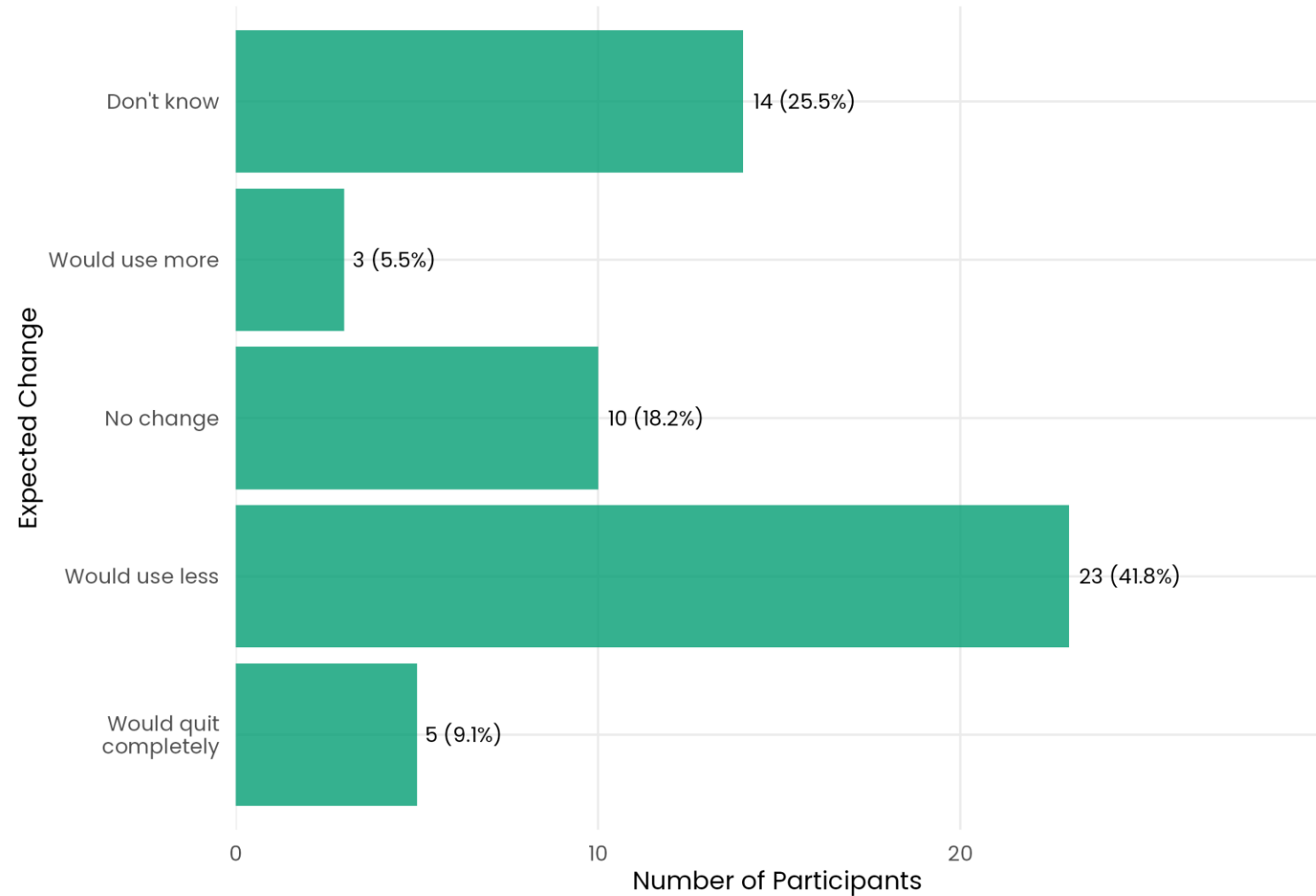
Unstable housing impacts 80% of those surveyed



Housing Status

Approximately 50.9% of participants experiencing housing instability felt that stable housing would reduce or eliminate drug use

Expected Change in Drug Use with Stable Housing
Among participants experiencing housing instability (n = 55)



Kitsap County Syringe Service Programs

Washington State Department of Health Syringe Service Program Directory

County	Program	ACH
Kitsap	Ostrich Bay Exchange	Olympic Community of Health ACH
Kitsap	Peninsula Community Health	Olympic Community of Health ACH

KPHD Fiscal Syringe Services Support 2024-2025

PCHS Stationary Sites

- Stationary clinic sites
- \$2880 per annum

Services:

Syringe access and disposal

People's Harm Reduction Alliance (Ostrich Bay Exchange)

- Mobile services
- \$40,000 per annum

Services:

Syringe access and disposal

Overdose prevention and naloxone training

Wound care kits

Safer sex supplies and pregnancy tests

Linkage to HCV treatment

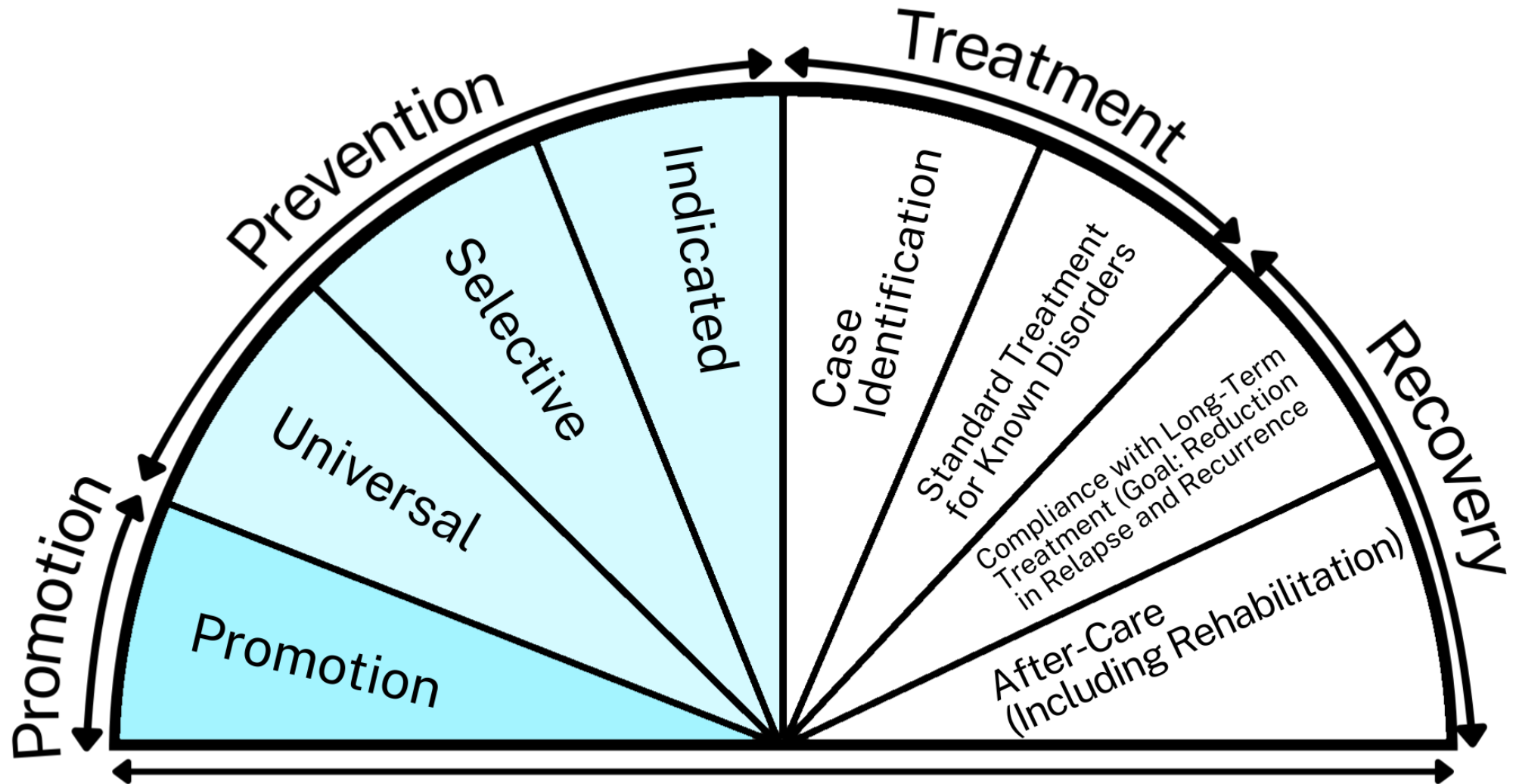
Harm reduction education

Community resources

Anticipated Coordination of Services

KPHD and Syringe Service Units

- Sterile injecting supplies
- Safe syringe disposal
- Naloxone education and distribution (overdose prevention)
- HIV testing and linkage to care (confirmatory testing and treatment)
- Linkage to HIV case management and housing
- Hepatitis C testing and linkage to care (confirmatory testing and treatment)
- Linkage to hepatitis C case management
- STI testing and treatment (chlamydia, gonorrhea, syphilis)
- Hepatitis A and B vaccinations (other vaccines as available)
- Safer sex supplies and education
- Wound care (assessment, dressings and referrals)
- Education on reducing harms associated with drug use
- Drug checking in partnership with UW ADAI
- Fentanyl and xylazine test strip distribution and education
- Telebupe or Scala NW connection
- Pregnancy Supports
- Outreach and education



THANK YOU!

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Rodent Control Ordinance Revision



John Kiess
Environmental Health
Division Director

Rodent Control Regulations

Existing 1999-14 Ordinance needs
updating for control
requirements and format

Working to add language that
helps address rodent attraction
by human activities (feeding
wildlife, pets, livestock)



Rodent Control Regulations



Poulsbo woman's home overrun by over 100 raccoons after 3 decades of feeding them



Kitsap Public Health Ordinance Revision Timeline

- **March** – Kitsap Public Health Board update
- **May** – Health Board policy committee update
- **September** – Draft regulation presentation to the Kitsap Public Health Board
- Public/Stakeholder comment period
- **October** – Kitsap Public Health Board public hearing for adoption of new ordinance

THANK YOU!

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