Seattle Children’s 2020-2022
Community Health Implementation Strategies

Executive Summary
**Our Mission**
We provide hope, care and cures to help every child live the healthiest and most fulfilling life possible.

**Our Vision**
Seattle Children’s will be an innovative leader in pediatric health and wellness through our unsurpassed quality, clinical care, relentless spirit of inquiry and compassion for children and their families.

Our founding promise to the community is as valid today as it was over a century ago. We will care for every child in our region, regardless of their family’s ability to pay.

We will:
- Practice the safest, most ethical and effective medical care possible.
- Discover new treatments and cures through breakthrough research.
- Promote healthy communities while reducing health disparities.
- Empower our team to reach their highest potential in a respectful work environment.
- Educate and inspire the next generation of faculty, staff and leaders.
- Build on a culture of philanthropy for patient care and research.

**Our Values**
Compassion
Excellence
Integrity
Collaboration
Equity
Innovation

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**Introduction**

In 2019, Seattle Children’s completed our *Community Health Assessment Report (CHA)* which captured the complexities of childhood health in the Washington, Alaska, Montana and Idaho (WAMI) region through quantitative data and input from family members, and leaders within Children’s, public health and the community. The results helped us focus our efforts on urgent community health needs and develop our three-year Community Health Implementation Strategies (CHIS). This document serves as an executive summary of our CHIS as adopted by the Seattle Children’s Board of Trustees.

**Significant Health Needs**

Children’s identified four priority child and adolescent health needs and four sustaining areas of need from our Community Health Assessment and based on internal and external prioritization input.

**Figure 1: 2020-2022 Community Health & Benefit Priority Areas**
Community Health Priority Areas and Implementation Strategies

Primary Priority Area: Mental and Behavioral Health

Goal: Partner with our community to identify and implement innovative solutions for pediatric mental and behavioral health. Improve access so every child who needs mental and behavioral health care, resources, or support receives evidence-based care in a timely, culturally responsive, and linguistically accessible manner. Enhance education and raise awareness so every child and family receives and has access to resources for mental health and wellness as well as suicide prevention. Eliminate the stigma associated with mental and behavioral health.

Community Health Implementation Strategies:

1. Improve Access: Expand the continuum and capacity of mental and behavioral health services offered by Seattle Children’s and by the community.
   a. Maintain the Partnership Access Line (PAL) and the Washington Mental Health Referral Services and secure ongoing and sustainable state funding for both programs.
   b. Pilot a new state-funded PAL for Schools Program.
   c. Advocate for state Medicaid reimbursement for Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP).
   d. Advocate at the state and federal level for increased Medicaid reimbursement rates for pediatric mental and behavioral health services.
   e. Support the legislative priorities of the state-wide Child Behavioral Health Work Group.
   f. Implement the Psychiatry and Behavioral Medicine Unit (PBMU) Community Advocacy, Resource and Engagement (CARE) Team to support patients and families as they return to community care following a PBMU Admission.
   g. Pilot a Behavioral Health Crisis Care Clinic to support youth and their families in crisis in maintaining safety and stability in their community.
   h. Enhance partnerships with community-based organizations to enhance programs and increase capacity.
   i. Enhance learning and educational collaboration between community healthcare providers, community mental health care providers, and Seattle Children’s. Explore ways to disseminate info from Seattle Children’s and share learnings as a community.
   j. Explore strategies to increase access to services in languages other than English.
   k. Partner with community to provide parenting groups at the Odessa Brown Children’s Clinic (OBCC).
   l. Expand OBCC’s school-based services with an emphasis on elementary schools as well as an emphasis on behavioral health.
   m. At OBCC, explore promising models in tele-health that are implementable and relevant for OBCC and the community they serve; identify strategies and partnerships in order to increase access to tele-health interventions.
   n. At OBCC, explore ways to expand the role of workforce who can support families in navigating multiple systems including concrete needs as well as mental and behavioral health care.
   o. Maintain and consider methods for expanding the parent peer co-led mindfulness parent skills group at OBCC.

2. Educate and Raise Awareness: Educate and raise awareness of mental and behavioral health to increase child wellness, family skills, and to eliminate stigma
   a. Offer Youth Mental Health First Aid Classes through a partnership between King County, Chad’s Legacy Project, and Seattle Children’s. Explore expanding program to offer courses more frequently and increase access for adults interacting with at-risk and/or trauma exposed youth populations.
b. PAL will continue to host educational conferences for primary care providers in Washington and Alaska at rotating regional locations. In Alaska, consider trialing a televideo option for the conference.

c. Conduct research on methods of mental health problem detection and/or treatment that are more efficient, culturally applicable, and readily disseminated.

d. Expand current mental health educational resources for schools, children, families, and community, in partnership with those schools, individuals, and communities. Emphasize partnership with populations at high-risk and/or trauma exposed, including youth in foster care, Lesbian, Gay, Bisexual, Transgender or Questioning (LGBTQ) youth, youth and families where English is not their primary language, youth of color, and indigenous youth.

e. Partner with local media outlets and local youth initiatives to increase mental health awareness, reduce stigma, and build community resilience.

f. As part of our ongoing partnership with Forefront and SMART Center, enhance outreach to schools to provide education and raise awareness.

3. Integrate Care: Expand efforts to integrate mental and behavioral health care and wellness with physical health care and wellness.

a. Continue to expand efforts to integrate mental and behavioral health care with primary care at OBCC, including building space for fully integrated care. At OBCC, continue providing integrated care in specialty care, such as in the sickle cell program, and enhance integrated care in additional specialties, such as the nutrition program.

b. Promote programs and education to support positive parenting relationships and family/caregiver wellness. Promote and continue to integrate the infant/child mental health curriculum, Promoting First Relationships, with medical residents, preceptors, and others.

c. Integrate mental and behavioral wellness into all appropriate community health wellness events where Seattle Children's is attending or hosting.

a. At OBCC, pilot and explore a program around Behavioral Dentistry to improve the behavioral health care experience of patients receiving dental care.

4. Develop the Workforce: Develop and support a diverse workforce at Seattle Children's and within the community that reflects the communities they serve.

a. Advocate at the state level for scholarships and loan-forgiveness for students and professionals seeking mental and behavioral health careers.

b. Support the legislative priorities of the Workforce Subcommittee of the state-wide Child Behavioral Health Work Group.

c. Identify additional ways to recruit and retain culturally and linguistically diverse mental and behavioral health workforce, with an emphasis on workforce who can provide services in languages other than English.

Priority Area # 2: Suicide and Injury Prevention

Goal: Reduce preventable childhood injury and death, and help every child live the healthiest and most fulfilling life possible through equitable community and hospital-wide approaches.

Community Health Implementation Strategies:

1. Increase access to and proper use of safety devices (i.e., firearm lockboxes, life jackets, medication lockboxes, bike helmets and car seats) to diverse, under-resourced, and high-risk population across the Washington, Alaska, Montana and Idaho (WAMI) region.

a. Increase safety devices (i.e., firearm lockboxes, life jackets, medication lockboxes, bike helmets and car seats) distribution to families.
b. Foster collaboration of pediatric suicide and injury prevention initiatives across the WAMI region.

2. **Expand suicide and injury prevention awareness education to families, caregivers, community organizations, schools, community pediatricians and other providers.**
   a. Pilot a hospital-based medication storage distribution and disposal program to prevent adolescent substance (i.e., opioids, recreational and illicit drugs) misuse.
   b. Develop and disseminate suicide prevention and mental health promotion educational resources.
   c. Support child passenger safety awareness and education.
   d. Promote and disseminate water safety awareness and education.
   e. Expand reach of abusive head trauma prevention.
   f. Support sports injury prevention.

3. **Collaborate with diverse, under-resourced and high-risk populations to foster equity in suicide and injury prevention education.**
   a. Evaluate youth associated suicide and injury to inform prevention and early intervention initiatives.
   b. Develop better understanding of evidence-based strategies around displayed health behaviors on social media sites, and consider new ways to provide prevention and intervention programs using social media.
   c. Foster collaboration with Seattle Children’s Inclusion Networks to inform education and communications.
   d. Integrate trauma-informed approaches into suicide and injury prevention initiatives.
   e. Conduct evaluation of lifejacket distribution to under resourced communities.
   f. Be intentionally inclusive of inviting network (i.e., Firearm Tragedy Prevention Network, Drowning Prevention Network) speakers and attendees.

4. **Support evidence-based pediatric suicide and injury prevention efforts through community partnerships.**
   b. Maintain leadership role with WA State Drowning Prevention Network (DPN).
   c. Identify opportunities to engage communities via task forces, coalitions, (e.g., Safe Kids Coalitions) work groups, events, etc. annually.
   d. Support hospital suicide screening initiative(s).
   e. Provide education and consult for policies that promote safer swim areas, surveillance, life jacket use, and swim lessons.
   f. Promote life jacket loaner programs.

**Priority Area # 3: Healthy Lifestyles: Healthy Eating, Active Living and Food Security**

**Goal:** We will develop and support programs, partnerships and policies to prevent, assess and treat children that help them achieve healthy growth, focusing on addressing inequities and disparities.

**Community Health Implementation Strategies:**

1. **Expand community environmental supports for healthy eating, physical activity, and food security through community partnerships and programs.**
   a. Increase access to healthy affordable foods and support healthy food access efforts (e.g. Fresh Bucks or SNAP Market Match) in King County.
   b. Increase healthy eating and nutrition education for the pediatric population in the region.
   c. Identify food insecurity and improve access to healthy, affordable foods among children in our region.
d. Aim to eliminate inequities in childhood physical activity and nutrition outcomes among racial/ethnic minorities and socioeconomically disadvantaged populations through innovative behavioral interventions and policies in school and community settings.

2. **Advocate for policy, system and environmental changes that increase healthy eating, nutrition education and safe and healthy recreation.**
   a. Policy, System and Environmental changes in King County.
   b. Advocate for capital improvements in the WA state budget for schools to increase health and safety.
   c. Invest in culturally and community tailored programs (e.g. healthy eating, cooking, and nutrition) to promote food affordability as well as cooking and eating at home.
   d. Implement or sustain evidence-based initiatives to increase the number of safe places to play, engage in physical activity and help promote healthy growth.
   e. Integrate advocacy as a core component of healthy eating, safe and active living and food security initiatives.

**Priority Area # 4: Economic Security**

**Goal:** In partnership with our community, Seattle Children’s will leverage our assets to address upstream determinants of health.

**Community Health Implementation Strategies:**

1. **Honor our role as an anchor institution through place-based work and investments locally and regionally.**
   a. Hire local, diverse workforce from under-resourced communities in our region.
   b. Contract for services and supplies from local vendors that are small, and diverse, meaning women-owned or people-of-color (POC) owned.
   c. Construct new buildings with a minimum level of diverse (small, local POC owned) contractors required with every bid.

2. **Develop and maintain local housing supports.**
   a. Provide short-term rent, mortgage or other housing assistance for qualifying families with support from the Housing Solutions for Hope Guild.
   b. Partner with Transplant House to increase the inventory of long-term patient lodging.
   c. Continue and embellish our assistance for long-term housing supports via partnerships with Mercy Housing, Cedar Crossing and Popsicle Place shelter.

3. **Further develop and support the Medical Legal Partnership.**
   a. Cross-train medical providers and social workers to work collaboratively with legal teams and identify health-harming social conditions.

4. **Support Odessa Brown Children's Clinic (OBCC) redevelopment.**
   a. Moving care closer to home resulting from gentrification and displacement in order to relive the burden (economic and other) of traveling for care.

5. **Partner with Medicaid Transportation supports and the Community Resource Team to assist families and remove barriers to accessing care.**
   a. Assure that each patient has a ride to and from services and appointments, coordinating with Medicaid to subsidize the cost of said transportation.

6. **Increase Seattle Children’s sustainable practices and climate action plan.**
   a. Reduce energy use and waste stream across all sites.
   b. Transition vehicle fleet to more electric or natural gas burning vehicles versus conventional fuel consumption of gasoline and diesel.
   c. Reduce anesthesia gas waste.
   d. Reduce meat purchasing within local food purchasing agreements.
To Learn More

To read our Community Health Implementation Strategies in their entirety or to learn more about our community health programs and services, please visit our website at:

www.seattlechildrens.org/about/community-benefit/community-health-assessment/