

# First 1,000 Days



Pre-proposal Q&A Webinar

January 6, 2017

1:00 am to 2:00 pm

# Presenter Panel



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Professor of Psychology

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University of Washington

# Agenda

- Background and History - WA Frontiers of Innovation
- Grounded in Science of Early Brain Development
- First 1,000 Days Purpose and Outcomes
- What's in it for you?
- LOI Elements
  - Describe your community
  - Areas of potential impact and focus
  - Innovation and community problem solving
  - State level partnership
  - Why now?
- Questions

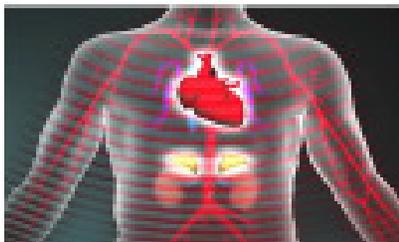
# Background & History

## Three Core Concepts of Development



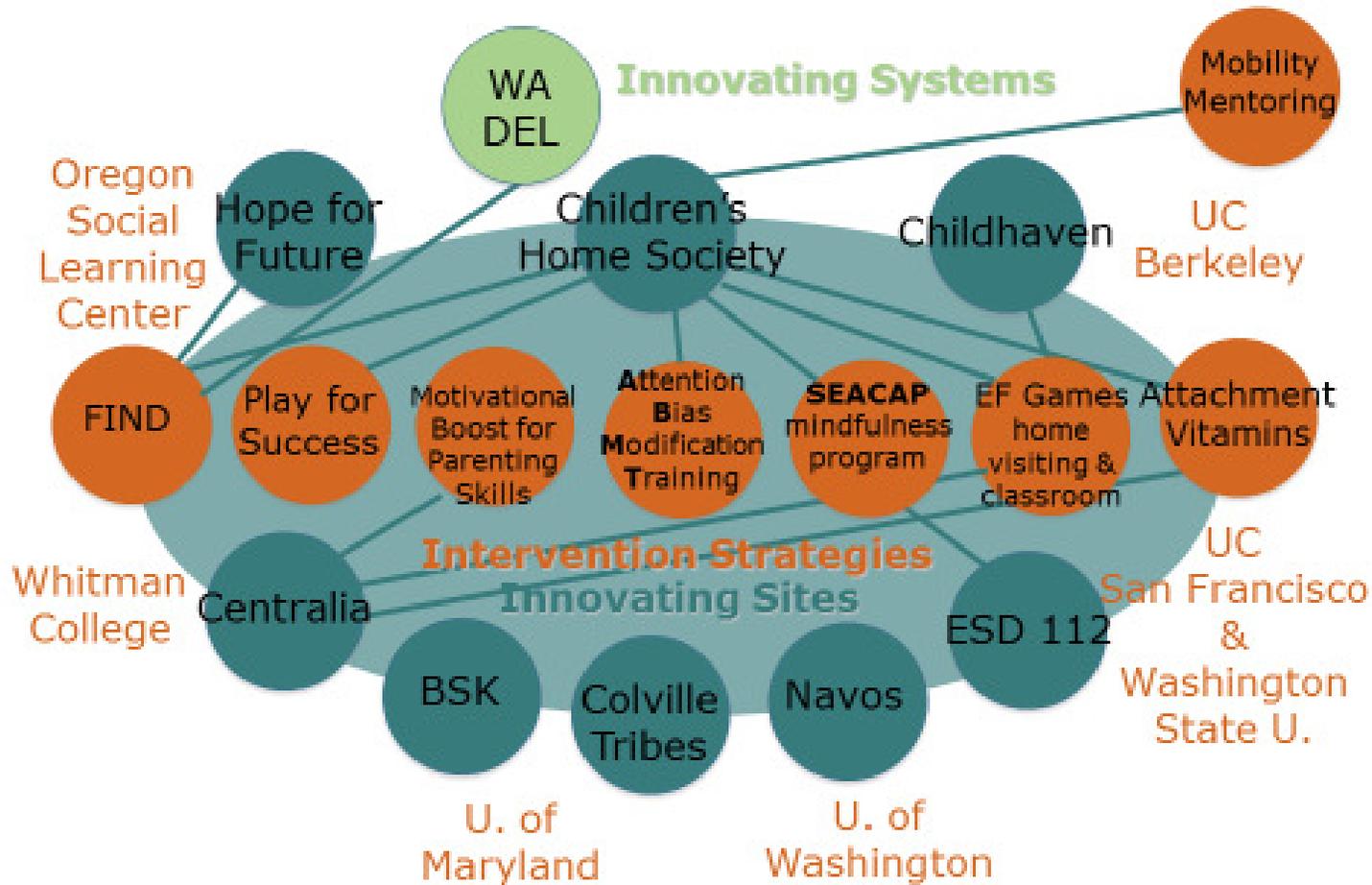
Brain architecture is established early in life and supports lifelong learning, behavior, and health

Stable, caring relationships and "serve and return" interaction shape brain architecture



Toxic stress in the early years of life can derail healthy development

# Washington Innovation Cluster



# Background & History



The Frontiers of Innovation (FOI) initiative was launched by the Center on the Developing Child at Harvard University in 2011. Their goal is to drive science-based innovation that leads to dramatically larger impacts on the lives of young children whose needs (or the needs of the adults who care for them) are not being met by existing policies and programs.

The WA FOI partnership was established the same year between the Center and WA State Agencies and stakeholders promoting this agenda by implementing program, practice, policy, and system innovative changes and systematically studying them to learn what works to improve outcomes for vulnerable children and families in WA state.

# Background & History

The WA FOI committed partners worked from January 2016 to September 2016 studying the Newborn population needs to:

- 1) define an ideal holistic approach toward best outcomes,
- 2) compare the current systems to this ideal, and
- 3) develop an approach to study what it will take to make changes that will move the state toward this ideal for our most vulnerable families with young children.

Those partners form the core of our “Team Resource” that will work with one to two mutually selected communities to conduct research and development around population change.

# Grounded in Early Brain Science



## **What are we testing?**

Theory of Change:

Children will have better health, educational, and social emotional outcomes if their families are strong, stable, and supported by systems, policy, and communities informed by the science of early childhood.

# Grounded in Early Brain Science



- **P**rotective Factors (CSSP – Strengthening Families)
- **A**dverse Childhood Experiences (CDC & Kaiser)
- **R**esiliency (AAP)
- **E**pigenetics ( Genetics)
- **N**eurobiology (Brain Science)
- **T**oxic Stress ( Center on the Developing Child – Harvard)
- **S**ocial Determiners of Health (CDC Healthy People 2020)
- **2** Generation Approaches ( Aspen Institute)

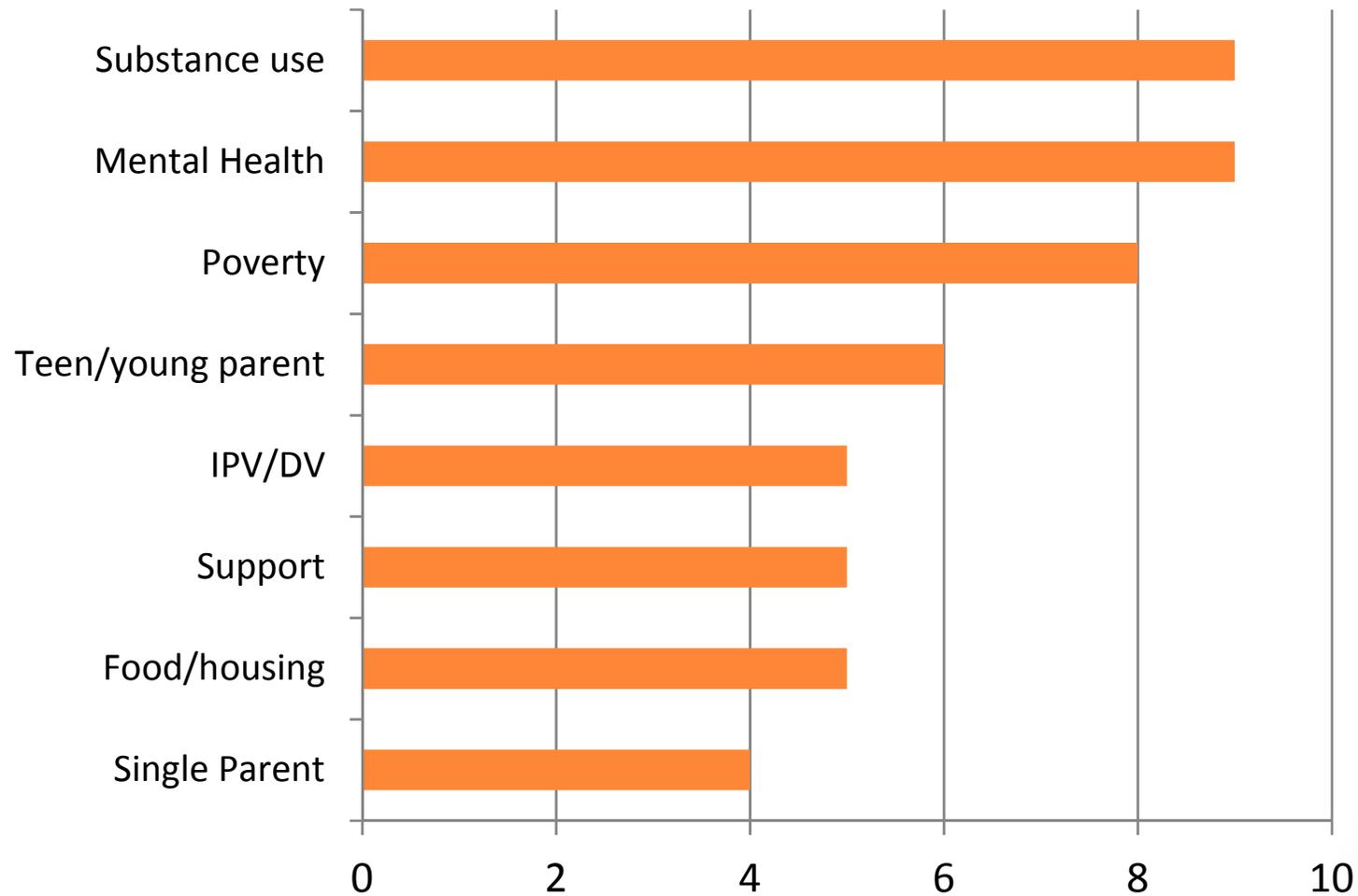
# Grounded in Early Brain Science

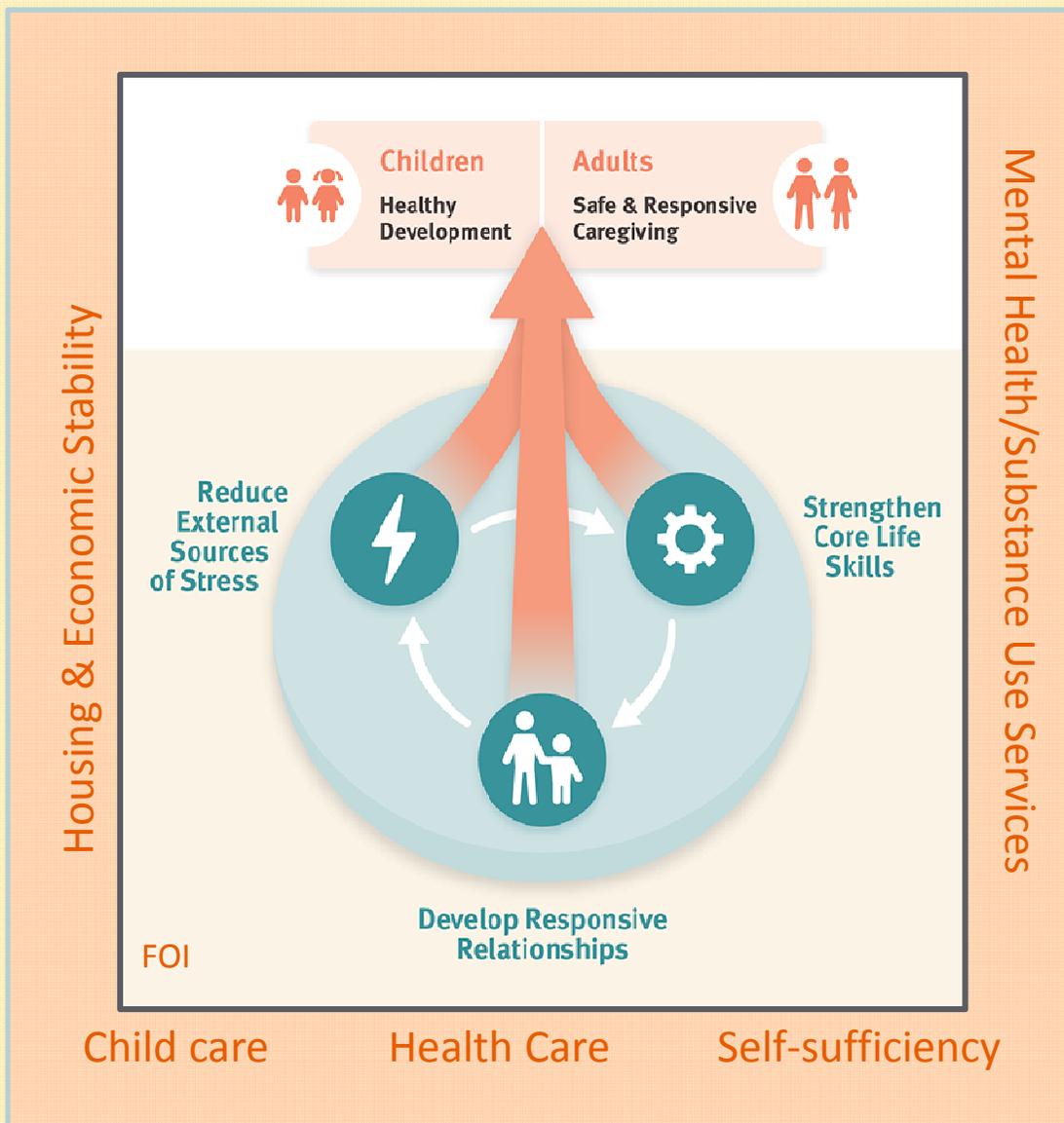


The First 1,000 Days of a child's life are critical for establishing a strong foundation for lifelong health, learning, and well-being.

- Unmitigated stress is strongly associated with negative child outcomes
- Positive nurturing buffers stress
- Strengthening adult caregiver capacity and skills increase success in parenting and work
- Communities often face a confusing array of state and federal innovation that may be hard to connect.
- We “find” families in a variety of systems early in life then “lose them” until the next crisis

# Challenges families face...





Family leave, education, and economic policies  
 Integrated, comprehensive, family centered service delivery

# First 1,000 Days Purpose & Outcomes



1. Identify opportunities to strengthen how you currently find families experiencing high levels of stress at the birth, study ways to buffer toxic stress, and target resources to:
  - Improve early identification, create a coordinated response, and supports to mitigate common family stressors; and,
  - Support positive parent-child relationships to buffer young children from stress and promote optimal development.
2. Learn together to inform policies designed to create more accessible and responsive systems and supports for families, to improve community resilience and child well-being.

# What's in in for you?

The WA FOI Team Resource will provide the following technical assistance (TA):

## **Phase I – Technical Assistance, Planning and Design**

- Convene, facilitate, and support partner community planning sessions (monthly for 12 months to be negotiable),
- Provide data support and facilitate data exploration with communities,
- Map existing state initiatives and help strengthen community connections,
- Co-Generate system intervention strategies
- Develop a public-private funding model and obtain resources to implement community based strategies

# What's in it for you? (Continued)



## **Phase II - Study Implementation**

- Create and support a Learning Collaborative across sites with Team Resource partners,
- Provide evaluation support and linkages to state level data experts,
- Facilitate synergy with strategic statewide initiatives and leadership,
- Facilitate linkages to the Center on the Developing Child at Harvard University, researchers and other state and national thought leaders.

# Letter of Inquiry Elements

# Describe Your Chosen Community

- Why did you choose this population catchment area?
- Tell us what you know about the birth population
- “Community” Examples might include:
  - School district boundary
  - Elementary school boundary
  - Educational school district boundary
  - Accountable Community of Health area
  - Countywide
  - Hospital catchment area – i.e. all the babies born in one hospital in one year
  - Other?

# Areas of Potential Impact

- What do you know about your gaps and assets as they relate to the areas in the matrix?
- Where do you see bright spots and hot spots that you would want to shine the light?
- If you had to pick 2 or 3 areas to prioritize change in your systems what would they be?

System Strategy	Focus Areas	Outcomes/Proximal Measures
<p><b>Develop and implement universal family risk screening and tiered response for...</b></p>	<p>Housing and Economic stability</p>	<ul style="list-style-type: none"> <li>• Family with safe place to live</li> <li>• Family able to meet basic needs</li> </ul>
	<p>Parental mental health and Substance use</p>	<ul style="list-style-type: none"> <li>• Parents or caregiver sad or anxious</li> <li>• Parents or caregivers with excessive use of alcohol or other substances/signs of addiction</li> </ul>
	<p>Family relationships and social support</p>	<ul style="list-style-type: none"> <li>• Supportive partner or family violence</li> <li>• Network of family and friends</li> </ul>
<p><b>Innovation around caregiver skill building and capacity by...</b></p>	<p>Creating targeted linkages to existing services and supports</p>	<ul style="list-style-type: none"> <li>• Caregiver responsive to child needs</li> <li>• Parent-child “Serve-and-Return”</li> <li>• Child attachment and bonding</li> </ul>
	<p>Identifying areas where we need more</p>	
	<p>Identify areas where a new solution may be needed</p>	
<p><b>Measure and monitor desired changes related to...</b></p>	<p>System</p>	<ul style="list-style-type: none"> <li>• System/service capacity and coordination</li> <li>• System ease of use</li> <li>• Earliest identification of risk or problems</li> </ul>
	<p>Family</p>	<ul style="list-style-type: none"> <li>• Parental stress, anxiety, and depression</li> <li>• Parenting knowledge and skill</li> </ul>
	<p>Child</p>	<ul style="list-style-type: none"> <li>• Child abuse and neglect</li> <li>• Child developmental progress (social-emotional, cognitive)</li> <li>• Pre-school expulsion</li> </ul>

# Collective Community Impact

- Where and how have your community stakeholders come together to address family risk and resiliency?
- Who were the key players?
- Did this create lasting change and/or sustainable effort? How?

# State level partnership



- Given your chosen areas of impact how might a partnership like this help you identify and remove barriers?
- Do you have issues you are trying to address that technical assistance from a statewide group like this might accelerate your progress?
- Why is this partnership strategic at this time?

# Timeline

- Request for LOI released: **December 15, 2016**
- Pre-proposal Webinar: **January 6, 2017**
- LOI submission deadline: **January 31, 2017**
- Meet with a short list of selected communities for an Information Exchange: **March 20-24, 2017**
- Announcement of selected community(s): **April 7, 2017**
- Phase One the technical assistance, planning, and design period: **April 15, 2017 through June 30, 2018**
- Phase Two Study Implementation period: **July 1, 2018 to June 2020** based upon available funds

# Questions?

Contact Anne Stone at  
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or visit [www.wafoi.org](http://www.wafoi.org)