Maternal, Child and Adolescent Health 2020
Update for the Health Commission

Aline Armstrong, MSN, RN, PHN,
MCAH Director
October 20, 2020
MCAH Overview

Maternal, Child and Adolescent Health

• 19 programs promote and protect the health of San Francisco’s population of mothers, infants, children, vulnerable children and families, adolescents and young adults
• 202 staff positions
• Over $40 million total annual budget
• Program highlights and collaborative efforts
  • New funds to support Abundant Birth Project
  • Preterm Birth as a Headline Indicator for MCAH
  • WIC nutrition services responses to the COVID-19 crisis
  • Perinatal Services integration in progress to improve health outcomes for Black/African American and other vulnerable reproductive age populations
## Overview of MCAH’s 19 Programs

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Description</th>
<th>Program Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>California Children’s Services</td>
<td>Care coordination and case management for seriously ill and disabled low-income children</td>
<td>Women, Infants, Children Nutrition Program</td>
<td>Supplemental nutrition, nutrition education, breastfeeding education and promotion, infant formula for low income families</td>
</tr>
<tr>
<td>Family &amp; Children’s Services Nursing</td>
<td>Care coordination and case management for children in the child welfare system; education for Protective Service Workers</td>
<td>Nutrition Education &amp; Obesity Prevention</td>
<td>Nutrition education for low income families; nutrition promotion</td>
</tr>
<tr>
<td>Medical Therapy Program</td>
<td>Physical and occupational therapy for disabled children and youths</td>
<td>Child Care Health Program</td>
<td>Vision, hearing, dental, wellness screenings and case management for children at schools and care centers county-wide</td>
</tr>
<tr>
<td>Child Health &amp; Disability Prevention</td>
<td>Preventive health services and comprehensive screenings to identify disease and disability in low income children and youth; provider education and certification</td>
<td>Black Infant Health Program</td>
<td>Case management and group sessions for pregnant and parenting Black women aimed at redressing health inequities</td>
</tr>
<tr>
<td>Teen &amp; Adolescent Pregnancy &amp; Parenting Program</td>
<td>Comprehensive services for low income pregnant and parenting youths</td>
<td>Field Public Health Nursing</td>
<td>Nurse home visiting services for low income mothers, infants, and children</td>
</tr>
<tr>
<td>Pre &amp; Interconception Health</td>
<td>Comprehensive family planning services for men, women, and youths. Formerly funded by Title X</td>
<td>Nurse Family Partnership</td>
<td>Nurse home visiting services for low-income first-time mothers, infants, and children</td>
</tr>
<tr>
<td>Expecting Justice (AKA Pre-term Birth Initiative)</td>
<td>Provider anti-racism training, income supplements, doula support, to reduce incidence of pre-term birth and adverse birth outcomes in the Black and Pacific Islander populations</td>
<td></td>
<td>Quality assurance for providers; protocol development; training, education, and technical assistance for providers; education for pregnant women</td>
</tr>
</tbody>
</table>

**Perinatal Equity Initiative**
- Epi, medical, IT oral health, QI, planning, finance, facilities, HR, procurement, clerical services for MCAH section

**Administration Team**
- Grief counselling and infant mortality case tracking

**SIDS/FIMR**
- PHN services for CalWORKs clients at HSA

**CalWORKs Nursing**
- Compensatory funding for emergency, pediatric, indigent care to hospitals and physicians

**AB 75**
- Quality assurance for providers; protocol development; training, education, and technical assistance for providers; education for pregnant women
MCAH Client Population and SFHN

~25,000 MCAH client count (with some duplicates)

74% of Nurse Home Visiting Program clients are enrolled in SF Health Network Primary Care

>16% of Nurse Home Visiting Program clients report housing insecurity or have requested a referral for housing assistance at intake

59% of children served by Child Health and Disability Prevention are enrolled in SFHN Primary Care

- MCAH Client Population
  - ~82% are enrolled in Medi-Cal
  - >70% identify as Latino/Hispanic
  - >70% identify as Asian
  - ~15% identify as Black/African American
  - >50% are non-English speakers
  - In 2019, total SF births: 8281
  - >50% of Medi-Cal births in SF delivered at ZSFG in 2019
Current MCAH staffing is at half capacity
MCAH FY21 Annual Funding By Source

- **Federal Funding**, $19,123,735, 48%
- **SFDPH General Fund**, $12,716,752, 32%
- **CA State**, $2,699,685, 7%
- **Other Sources**, primarily work orders and some private grants, $5,493,440, 13%

San Francisco Health Network
MCAH Funding by Major Programs FY 21

- Medical Therapy Program, $3,855,206
- CA Home Visiting Program, $1,128,429
- Nutrition Services, $3,907,000
- Child Care Health Program, $1,940,304
- Family & Childrens Services, $3,865,587
- Child Health and Disability Prevention, $2,353,261
- CA Childrens Services, $3,833,467
- Black Infant Health, $2,306,046
- AB 75, $1,617,886

MCAH Programs, including home visiting, CCHP, Family Planning, CPSP, Epi, and Admin $19,499,518
In 2018, Expecting Justice partnered with SisterWeb and the SF Dept of Public Health to launch a SF-based community doula program. The program now provides 75 SF Black and PI mothers annually with culturally-concordant doula care at no cost. These doulas are specially trained to support mothers facing discrimination and medical racism during pregnancy, birth, and postnatally.

In Nov 2020, Expecting Justice is launching the first pregnancy income supplement in the United States. Called the Abundant Birth Project, this is a basic income program that will reach 100 low-income Black and PI pregnant women in San Francisco. The program aims to distribute a monthly stipend of $800-$1,000 per month for the duration of a person's pregnancy and then for the first two months of the baby's life.
Headline Indicators We Aim to Change
Preterm Birth (3-year rate)

<table>
<thead>
<tr>
<th></th>
<th>Percent of live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011-2013</td>
<td>14.0</td>
</tr>
<tr>
<td>2014-2016</td>
<td>12.2</td>
</tr>
<tr>
<td>2017-2019</td>
<td>14.5</td>
</tr>
</tbody>
</table>

African American (AA)
HP 2020 Target
All SF
Latina
Asian
White

Data source: CDPH VRBS File
The annual rate of singleton preterm birth met the HP 2020 Target in 3 out of the past 5 years for Black/African American first-time mothers with public insurance.

Data source: CDPH VRBS

* Significantly different from 2013
There is nothing inherent about Black skin that increases risk, except for overexposure to racism

- Dr. Monica McLemore, UCSF School of Nursing
MCAH programs working to prevent preterm birth

Evidence-based and informed programs that has standardized nation and statewide protocols

- Women, Infants & Children (WIC) — *Supplemental nutrition resources*
- Black Infant Health Program (BIHP) — *Social support*
- Nurse Family Partnership (NFP) — *Linkage to services for first-time moms*
- California Perinatal Services (CPSP) — *Quality prenatal care*

Locally-tailored intervention/planning

- Field Nurse Home Visiting Program — *Linkage to services for non-NFP eligible moms*
- Expecting Justice/UCSF Preterm Birth Initiative — *Abundant Birth program*
- Doula Access — *SisterWeb San Francisco Community Doula Network*
- Project 500 — *Wrap-around services, partnership between NFP and HSA*
- Perinatal Services — *Syphilis coordination, Implicit Bias training in hospitals, Pop-Up Village*
WIC is reducing food insecurity during the COVID pandemic

- WIC distributed EatSF vouchers for 9 months to **over 900 people**, 9% identify as Black/African American
  - **$600,000 in vouchers** funded by Healthy Food Purchasing Supplement funds.
    - $200,000 to WIC participants
    - $77,000 to BIHP
    - $17,000 to SisterWeb
    - $15,000 to Southeast health center (9 other DPH and consortium clinics participated)
    - $150,000 to First 5 Family Resource Centers
- WIC distributed **$10,000 of baby food** to Black and PI families in partnership with SisterWeb
- WIC distributed 380 $50 gift cards to MCAH families with infants under 1 year of age
  - Funding from Stupski
  - **All families enrolled in BIHP received this benefit**
  - Random sampling indicated that most families used 100% of the funds towards food and groceries
Perinatal services integration

- **Congenital Syphilis (CS) Coordination**
  - Workgroup with Primary Care, Street Medicine, Family Planning, City Clinic, Team Lily
  - Protocols to connect people to services (i.e. SIP hotels, Navigation Centers)
- **Perinatal Equity Initiative (CDPH)**
  - Implicit Bias Quality Improvement in Hospitals
  - Perinatal Support Person in Field Home Visiting Program
  - Intervention Evaluation
  - Bay Area Wide Mass Media Campaign
  - Development of Community Advisory Board
- **SF Respect Initiative**
  - Collaboration between community and healthcare partners (UCSF & SFDPH)

  - Aims to identify systemwide gaps
    - (1) Systemic & institutional racism has eroded trust in our systems,
    - (2) Services are siloed and very hard to access,
    - (3) Community support and wellness is just as important as medical care for optimizing perinatal outcomes
  - Pregnancy Pop-Up Village (PV)
Slides after this point are handouts for additional information MCAH Programs Highlight
MCAH Family Planning Program’s Equity-Related Work

- **PROTOCOL REVISION:** In FY 2017/18, revised and disseminated Family Planning Counseling Protocols to embrace patient-directed contraceptive and pregnancy counseling embedded in three core reproductive justice principles: (1) the right to have a child; (2), the right to not have a child, and; (3) the right to parent a child or children in safe and healthy environments.

- **STAFF TRAINING:** In FY 2018/19 revised the annual, 3-Day Family Planning Basics Series (contraception, pregnancy counseling, and STIs) to embed a racial equity lens that challenges anti-Black racism in the provision of sexual health care.

- **KEY EFFORTS DURING THE COVID-19 PANDEMIC:** (1) collaborated on efforts to curb congenital syphilis epidemic, including providing staff; (2) worked with Tom Waddell WPIC and Tom Waddell UH clinics to ensure access to health services for primarily B/AA and Latinx unhoused youth in the Tenderloin; (3) disseminated to SFHN clinics best practices in providing family planning services via telehealth; (3) ensured that family planning and adolescent health services were considered essential health services during this period; (4) informed youth and youth adults through an SF.gov webpage and social media campaign of physical, mental health, and housing services available to young people during COVID.

- **DATE:** JANUARY 25-29, 2021

- **GOAL:** Convene 100+ SF health providers and B/AA community members for a week of daily virtual workshops during which they will engage in shared learning and substantive conversations resulting in concrete recommendations for how health care providers can become anti-racist, client-focused, and embrace reproductive justice in services.

- **Partners:** SFDPH (MCAH, Primary Care, Population Health), UCSF (Black Women’s Health and Livelihood Initiative & PTBi), Anthem Blue Cross, the SF Health Plan, SFUSD, Exegy
Black Infant Health (BIH) Program

Groups
- Prenatal and postpartum education
- Let's Talk Relationship *Self love to encourage healthy relationships with others*
- Fatherhood Circle *Strengthening families*
- Book club *Building social support*

Workshops
- Financial literacy *Economic empowerment*
- Breastfeeding education *Lowering health risk*
- Nutrition resources & education *Healthier eating habits*
- Prenatal & postpartum fitness *Family exercise*

Resources
- Weekly food bag deliveries *~800 deliveries April-September 2020*

FY 19/20
140 referred
100 served
Black Infant Health

What we do

• Provides **support and education** throughout pregnancy for **African American pregnant women** to promote the health of mothers and babies

• Conduct **group education and individual client services** to address issues including:
  • Chronic stress
  • Social isolation
  • Limited access to services
  • Racial inequities
  • Economic hardship
  • Disempowered communities

Who we serve

• **African American women during prenatal and postpartum period** within San Francisco

• 100 clients (FY 19/20)
Nurse Home Visiting:
Nurse Family Partnership

What we do

• Follow **first-time mothers** throughout their pregnancy and first two years of life to:
  • Ensure **healthy pregnancies**
  • Improve **child health** and development
  • Help mothers become more **economically self-sufficient**

Who we serve

• At-risk, first-time mothers throughout prenatal and postpartum period
• 300 clients (FY 19/20)
• 141 SFHN members
Nurse Home Visiting: Field Public Health Nursing

What we do

• Nurse Home Visiting Program that partners nurses with families to provide support for women, infants, and children including:
  • Clinical assessments and case management
  • Education and support for healthy pregnancies
  • Guidance on
    • Caring for newborns
    • Caring for a child with special health needs
    • Self-care
  • Linkage to community resources & care

Who we serve

• At-risk prenatal and postpartum women and their newborns, chronically ill infants, children, and adolescents
• 800 clients (FY 19/20)
• 670 SFHN members
Pregnant People, Mothers, Infants experiencing worsening poverty rates and racial inequities. MCAH Programs to support this work:

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>WIC Nutrition</td>
<td>Provide food vouchers &amp; education to 8000 clients/month. Enrollments increased (by 20%) due to job/income loss during pandemic.</td>
</tr>
</tbody>
</table>
| Maternal, Infant & Early Childhood Home Visiting Program | - Visits to >400 high risk, low income pregnant women, infants & children/month  
- Home visits conducted by licensed public health nurses trained in evidence-based programs such as Nurse Family Partnership  
- Provide assessment, health promotion, case management, and linkage to (medical/behavioral/social) services to pregnant women and new parents with risk-factors.  
- Federal (MIECHV) and State (CHVP) requirements by states and funding for program requirements. |
| Black Infant Health Program                   | Provide individual/group health promotion, education and community building during pregnancy by attending 10 Prenatal and 10 Postpartum groups, new Fatherhood Initiative |
| Perinatal Equity Initiative                  | New CA Health & Safety Code to address institutional racism during pregnancy, perinatal, and postpartum period. Community Advisory Board, Communications & Community RFPs.                                           |
| Family Planning                              | Ensure access to quality family planning health services. Policy updates & training to clinics at SFHN and citywide.                                                                                             |
| Comprehensive Perinatal Services             | CDPH/DHCS mandated program to ensure access to quality prenatal, intra-partum, and postpartum health services for women eligible for Medicaid. Policy updates & training citywide. Including updates related to COVID-19. |
| Collective Impact: Racial Inequities of Preterm Birth | Collective impact of health and social service organizations to address the racial, social, and institutional determinants of preterm birth inequities. Progress with (web-based) meetings. *Expecting Justice (Formerly PTBI) income supplement; *Doula Access- 2 million dollar add back allocated to support this work |
| Fetal-Infant Deaths                          | Provide grief support to parents who’ve experienced fetal and infant loss. Conduct
MCAH- Nutrition Services

• Nutrition Services leadership is advising on a federal legislative opportunity to leverage the pending Child Nutrition Reauthorization process to obtain a statutory exemption for state- and local-funded income supplements (such as San Francisco’s Abundant Birth Project) from income determinations during the WIC certification process.

• San Francisco WIC leadership was elected to represent the Bay Area WIC local agencies on the California WIC Association board. The goal is to advocate for inclusion of health equity, anti-blackness and anti racism trainings and for the inclusion of meaningful equity metrics in the California WIC program workplans.

• The Food Security Task Force (includes MCAH- Nutrition Services representation) released its 2020 recommendations to address the issue of food insecurity in SF. The recommendation includes a need for a sustained commitment to end systemic racism and address structural barriers to health including food insecurity.
In San Francisco, 53% of children ages birth-to-five in FCS/foster care are African American (vs. 5.8% total child population)

- **SF Family Treatment Court (FTC)**
  - 38% of children served are African American (AA)
  - 71% of AA children involved in FTC reunified with a parent, compared with 30% citywide and 49% statewide
  - Families engaging in FTC were 3.9 more likely to reunify with a parent

- **Plan of Safe Care (POSC) for Substance-Exposed Newborns**
  - Collaborative of child welfare, hospitals, MCAH and community partners + internal policy/procedure change with focus on prevention and race equity
  - Enhanced data tracking of FCS/Child Welfare cases involving prenatal substance exposure, including racial disparities
  - Family-centered, trauma informed plan created by parent with a trusted provider detailing: care/support team, strengths/challenges/supports, plans for recovery and child & family safety and well-being
The mission of CCHP is to enhance the health, safety, and development of children 0-5yrs in child care settings. CCHP prioritizes services for low-income families and families at risk for health inequities due to social determinants of health including poverty, racism, immigration status, and housing insecurity.

**Dental, hearing, nutrition, and vision screening for children**
Case management and linkages for children needing follow-up

**Individual-Focused Interventions**

**Systems-Focused Interventions**

**Training and Technical Support for Teachers:**
Adverse Childhood Experiences (ACEs)
Science, The Growing Brain, Healthy Apple

**Collaboration with Community Stakeholders:**
SF Family Child Care Association, CPAC
Black/African-American Children Ad-hoc Committee, CavityFree SF

---

**Percentage of Children with Dental Caries Experience, by Race**
California
Children’s
Services MTU
Remodel

In a collaboration between SFUSD and DPH, the Quintara Medical Therapy Unit was recently remodeled to allow for ergonomic workstations for staff.

The treatment areas were also remodeled to provide a professional and family friendly environment for therapy services and medical appointments.
Medical Therapy Program Reopens!

In strict compliance with DPH COVID Guidelines and State CCS Guidelines, the Medical Therapy Program is providing MTC’s, PT, &OT:

• Tele health for all clients
• In person visits for clients with critical needs such as post-op care
• In person visits for clients who’s needs can not be met thru tele health