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Perinatal Behavioral Health Appendix C Additional Support Services

January 24th, 2024

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While this report focuses on perinatal behavioral health, holistic person-centered care cannot separate behavioral from medical wellness. Many support services across the state provide both behavioral health support and other forms of support needed to have a healthy pregnancy and postpartum period. Therefore, providers should consider all resources available to support the parent-child dyad through the perinatal period. The following section focuses primarily on support services for Apple Health moms and babies. To support the birthing parent's choices and goals, support services should be integrated into the birth plan and clinical care plan.

Commercial health plans may provide support services using maternity case management, lactation consulting, breastfeeding support, or other services during the maternity and newborn episode. Gestational parents may also self-pay for support services, such as doulas, which follow their birth plan and pregnancy and delivery goals. Clinicians and their teams can learn more about support services for birthing parents and babies with commercial health plan coverage by contacting the birthing parent's health plan.

Apple Health Member Support Services

First Steps Maternity Support Services (MSS): Any pregnant or up to 60 days postpartum Medicaid Enrollees are eligible for MSS. MSS is an optional, enhanced service which is reimbursed fee for service. The services provided may take place in an office setting, the client's home or an alternate location. The purpose of MSS is to improve and promote healthy birth outcomes using an interdisciplinary team consisting of a registered nurse, behavioral health specialist, and registered dietitian. Some MSS providers also have community health workers as part of the team. MSS helps clients access prenatal care as early as possible and obtain health care for eligible infants. MSS covered services consist of screening for risk factors, interventions for identified risk factors, brief counseling, education related to pregnancy and infant health, basic health messages, breastfeeding support, referrals to community resources, case management, and care coordination.

For more information and to find an MSS provider in your area, check the MSS Provider Directory, click [here](#) or call the Help Me Grow Washington Hotline at 1-800-322-2588.

First Steps Childbirth Education (CBE): Any pregnant client covered by Washington Medicaid is eligible for at least six hours of education provided by a Health Care Authority-approved CBE educator who accepts Apple Health. Education must include topics related to pregnancy, labor and birth, and newborn care.

For more information and to find a HCA-approved CBE educators, click [here](#) or call the Help Me Grow Washington Hotline at 1-800-322-2588.

Women, Infants and Children (WIC) Nutrition Program: WIC is a federal assistance program benefitting pregnant individuals, new and breastfeeding birth parents and children under 5 years of

age by supplementing their diet with healthy foods, promoting and supporting breastfeeding and other healthy habits, and referring families to healthcare. Participating in WIC does not affect immigration status.

For more information on finding WIC services in your area, Call the Help Me Grow WA Hotline **1-800-322-2588** or Text "WIC" to **96859**. Healthcare providers, click [here](#) to learn more.

Additional Support Services

Home Visiting for Families (DCYF): This program provides voluntary services in the home to expecting parents and families with infants and young children. Visits focus on linking families to health care and other community resources, promoting strong parent-child attachment, and coaching parents on learning activities to help their child's development. Visits also include regular screenings to help parents identify possible health and developmental issues.

Find a local home visiting program by calling the Help Me Grow Washington Hotline at **1-800-322-2588**. **Nurse-Family Partnership (NFP):** NFP is a unique community health home visiting program that pairs nurse home visits with specialized training with parents to provide education, support and confidence in their ability to succeed. Extensive research has shown improvement in childhood outcomes like a reduction in behavioral health and intellectual problems at age 6, reduction in likelihood of experiencing child abuse and neglect, and reduction in ER visits for accidents and poisonings. They have locations across Washington State and serve thousands of families every year.

For more information and to find an NFP program in Washington, click [here](#).

Family Connects (Pierce County): Family Connects is an evidence-based, population-health model that pairs engagement and alignment of community-service providers with a nurse-delivered family check-up in the home. Family Connects supports all newborns and their families and offers voluntary nurse support to all families with newborns during a baby's first 3 months of life - this means foster, adoptive, and birthing families. An experienced nurse will support parents with a medical checkup for the birthing parent and baby, and ensure they are connected to community resources as they continue on their parenting journey. The nurse may recommend long-term home visiting as necessary.

To learn more about Family Connects, click [here](#). **For Providers**, refer a family [here](#).

WithinReach: A not-for-profit organization that provides multiple ways for people to access support in person, over the phone and online to find resources in their community. WithinReach is a leader and coalition builder for programs such as Basic Food education, Medicaid outreach and immunization action in Washington State. WithinReach's [ParentHelp123](#) website assists pregnant patients and families in finding resources like food banks, play and learn groups, free or low-cost health clinics by entering their zip code.

Patients can also call WithinReach's Help Me Grow Hotline at **1-800-322-2588** to apply for Medicaid online or be referred to other resources.

Native Resource Hub by Volunteers of America Tribal Services: The Native Resource Hub is a resource specifically for individuals who identify as Native American and/or Alaska Native. The hub supports native resources like follow up on calls to the Native and Strong Lifeline, care coordination, contact for tribal DCRs, and provide light case management. The hub was developed in partnership with the Tribal Centric Behavioral Health Advisory Board, the American Indian Health Commission, The WA State Health Care Authority and the Washington Department of Health.

Learn more [here](#) or call 1-866-491-1683 to get connected.

211: 211 is a confidential, free community service hotline that connects individuals to local services including utility assistance, food, housing, healthcare, childcare, afterschool programs, crisis intervention and more. Individuals can call from anywhere in Washington state and reach a referral specialist to assist in assessing needs and finding services that address them. Referrals can be initiated via phone, email or text, TTY for people with deafness or hard of hearing and interpreters are available for over 140 languages.

Call **2-1-1** for assistance or click [here](#) to learn more.

Resolve.org: Resolve.org is a nonprofit organization that supports individuals and couples navigating the complexities of infertility by providing advocacy, education, and support for those facing fertility challenges. Through its comprehensive resources, including online support communities, educational events, and expert guidance, Resolve.org ensures that no one walks the path of infertility alone. Resolve.org champions the rights and well-being of patients and families, advocates for greater awareness, access to care, and inclusive family-building options for all.

To view their available resources, click [here](#). For patients, call their helpline at **866.NOT.ALONE (866.668.2566)**

RTZhope.org: Return to Zero (RTZ) Hope is a national non-profit organization that provides holistic support, resources and community for all people who have experienced unimaginable loss, including miscarriage, termination of pregnancy, stillbirth, and others during their pregnancy journey. They have resources and guidance to support bereaved parents, providers and family and friends to help patients and families navigate loss and support the healing process.

Click [here](#) for parents looking to get support. Click [here](#) for general information and resources such as webinars, books, podcasts and resources specific to BIPOC and LGBTQIA+ communities.

Early Support for Infants & Toddlers (ESIT): ESIT, as a part of Washington DCYF, provides early intervention services for infants and toddlers (birth until age 3) with developmental delays or disabilities and their families. ESIT aims to support families in promoting their child's development and ensuring that children with developmental needs receive the necessary services and support. They can provide services including but not limited to specialized instruction, speech therapy, occupational therapy, and physical therapy.

Bree Perinatal Behavioral Health Workgroup
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For the ESIT provider directory, click [here](#). To reach program staff, contact ESIT@dcyf.wa.gov or call **360-725-3500**. For families needing assistance in King County, referrals are coordinated through Within Reach hotline (**1-800-322-2588**)