



## Washington State Frontiers of Innovation First 1,000 Days | Overview Summary

The Washington State Frontiers of Innovation (WA FOI) First 1,000 Days project engages partners in a public-private rapid cycle collaborative learning effort.

Community voice plays a catalytic role in public system innovation and transformation. Children and families of Washington State benefit when state agency and community partners commit to advance work in community capacity planning and design, statewide evaluation and data gathering, evaluation, and family support.

### Approach

**Recognize** the stress of pregnancy and birth for all families. For some families, birth is an especially overwhelming time where they may need additional support. Newborns experience tremendous brain growth, presenting both opportunities and vulnerabilities.

**Create** a universal approach to identifying families as early as possible that need a variety of supports, often involving numerous public agencies. Triage need and resiliency factors to create a coordinated, targeted community response.

**Partner** with a small number of diverse communities to co-generate system level strategies that create virtuous cycles of improvement buffering vulnerable families, strengthening community capacity, and maximizing potential for children.

**Test** ideas grounded in emerging brain science with potential to create lasting breakthrough outcomes for vulnerable children and families.

**Influence** long-term impact on critical public policies and systems that support child and family wellbeing.

### Goals

- Improve **early identification, triage, and a coordinated community response** to prevent and mitigate common family stressors
- Support **positive care giver-child relationships to buffer young children from toxic stress** and high ACEs burden to promote optimal development

### Benchmarks

- **Improve Kindergarten readiness**, particularly focusing on those most behind when they reach school
- **Reduce intergenerational poverty** by focusing on at least two generations
- **Improve child health and wellbeing**

**Washington State Frontiers of Innovation** is a cross-agency collaboration between the Center on the Developing Child at Harvard University and five Washington State agencies. The partnership drives science-based innovation leading to dramatically larger impacts on families with young children whose needs are not being met by existing policies and programs.

The **First 1,000 Days Project** joins with partner communities to reduce the impact of Adverse Childhood Experiences (ACEs).

WA FOI and partner communities have a strong interest in building and learning from a coordinated community response for families experiencing toxic stress by building better connections and alignment across multiple federal, state, and community systems.

## Co-generated Systems Transformation Collaborative

We begin by identifying and engaging a small number of diverse communities, including families, to test system innovation at a population level for a particular geographic area. Then, we develop system and policy innovation through exploring answers the following questions.

- What is working now across the systems that families rely on for support?
- What is not working?
- What are barriers for families?
- Where are gaps in data sharing, coordination, cross-disciplinary communication, etc.?
- How do families find what they need?
- Where do we lose families once we know they may need more support than they are receiving?
- What are the opportunistic places to start testing ideas?

A rapid cycle learning approach frames a community based system change effort with families informing the design to create specific strategies that can be tested with clear outcomes measurements. As innovations are identified in one or more deep dive community site(s), we create and support *Plan – Do – Study – Act* quality improvement cycles to implement system changes. Learnings are shared to prompt broader systems discussions and prompt additional systems innovations.

## Strategies and Impact

System Strategy	Focus Areas	Outcomes and Measures
<b>Develop and implement universal family risk screening and tiered response for...</b>	Housing and Economic stability	<ul style="list-style-type: none"> <li>• Family with safe place to live</li> <li>• Family able to meet basic needs</li> </ul>
	Parental mental health and Substance use	<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>
	Family relationships and social support	<ul style="list-style-type: none"> <li>• Supportive partner or family violence</li> <li>• Network of family and friends</li> </ul>
<b>Innovation around caregiver skill building and capacity by...</b>	Creating targeted linkages to existing services and supports	<ul style="list-style-type: none"> <li>• Caregiver responsive to child needs</li> <li>• Parent-child “Serve-and-Return”</li> </ul>
	Identifying areas where we need more	<ul style="list-style-type: none"> <li>• Child attachment and bonding</li> </ul>
	Identify areas where a new solution may be needed	
<b>Measure and monitor desired changes related to...</b>	System	<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>
	Family	<ul style="list-style-type: none"> <li>• Parental stress, anxiety, and depression</li> <li>• Parenting knowledge and skill</li> </ul>
	Child	<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>



## Community Engagement Process: A Plan to Work Together

Team Resource is seeking opportunities to streamline process for families and, as such, the *First 1,000 Days* **not a new initiative** but rather an opportunity to work together differently to build new connections and synergy across the current systems of family-serving resources. The partners will work to better align resources and inform state systems and policies with what we learn.

The *First 1,000 Days* work is anticipated to occur across three years, based upon available resources, and will engage communities in a variety of ways:

1. Within two-four Deep Dive Communities who submitted Letters of Interest and have demonstrated readiness and commitment to co-generate system population level strategies that can be tested for impact on desired outcomes;
2. Across a broad Learning Collaborative made up of interested communities from the LOI engagement process; and
3. Through Technical Assistance offered to a small number of communities that demonstrated interest in specific partnership that is of value to the broader work.

**Deep Dive Communities** will occur in two phases rolled out in two staggered rounds:

- **Phase 1:** Over the first six months to a year, Team Resource and FOI staff will work with Skagit and Walla Walla Counties in *Round 1* and Pacific and Whatcom Counties in *Round 2* to cogenerate population system level strategies that can be tested in a rapid cycle learning environment.
- **Phase 2:** During years two and three, these same communities will test these strategies through the *Plan – Do – Study – Act* quality improvement cycles and share the learnings across all interested First 1,000 Days Partner Communities and state agency leadership.

**Learning Collaborative Calls:** To achieve lasting impact it is important that we cultivate system and policy implications across an array of community environments to inform state level change. All partners expressed high interest in shared learnings and the opportunity to exchange information about best and promising practices across communities. We will facilitate a variety of in-person, telephonic, and website learning opportunities in support of collaboration to maximize spread and uptake. Topics will be generated both by identifying near term issues that arise through discussion, as well as by learnings generated through the *Plan – Do – Study – Act* quality improvement cycles.

Learning Collaborative potential topics were generated at the June 21<sup>st</sup> meeting and the Information Exchange meetings in March 2017. Initial Potential topics include:

1. **Place-based early childhood centers linked to schools:** A brainstorming discussion about what is known about this approach in WA and other states
2. **Information and Referral:** A discussion around a common resource database with a robust network of information and referral lines that can do warm hand-off to local and/or specialty information and referral lines *anticipated date: third week of September*
3. **WA FOI Program Interventions:** An opportunity to learn more about the FOI Program interventions *anticipated date: third week of October*

**Technical Assistance** will be provided to a small number of First 1,000 Days community partners in the form of specific support or feedback connecting them to resources and/or programmatic or system needs that may help them move their work forward. Those communities include Enumclaw School District, Kitsap Strong, Northwest Early Learning Coalition / North Sound Accountable Community of Health collaboration, and the Cascade Pacific Action Alliance Accountable Community of Health.

### State Agency Partner Leadership

This community engagement plan was adopted and supported by the WA FOI Agency Leadership Team (Agency Designee Team) in May 2017. This state agency, assistant director level, leadership group seeks to learn from the *First 1,000 Days* community learning laboratories promising system strategies and sees these efforts as an accelerator toward their mission goals. As rapid cycle quality improvement activities demonstrate things that work and do not work, this group will attempt to assimilate those practices, principles, and policies into their transformational work.