



## Medicaid Transformation Project Reproductive, Maternal & Child Health Project

### Purpose

Healthy families are the center of a healthy community. By helping young men and women, mothers, and children access reproductive, maternal, and child health services, Cascade Pacific Action Alliance (CPAA) intends to support families, mitigate the impact of adverse childhood experiences (ACEs), and build resilience in our region.

### What are Adverse Childhood Experiences (ACEs)?

ACEs are experiences that produce toxic levels of stress, resulting from situations like neglect, living with a parent with substance abuse or mental health disorders, racism, bullying, housing instability, witnessing violence, physical, emotional or sexual abuse, medical trauma, losing a parent to divorce, incarceration or deportation, and natural disasters.

### What is Resilience?

A set of learnable skills that helps a person feel safe and able to cope with stress and adversity in their lives and which can even prevent new ACEs from occurring.

### Goals

- Provide “trauma informed” training to members of the community and professionals such as teachers, nurses, doctors, hygienists, and dentists. Trauma informed care involves learning how to recognize, understand, and positively respond to the effects of trauma.
- Reduce the teen pregnancy rate.
- Increase the number of people using long acting reproductive contraceptives.
- Increase chlamydia screenings in women ages 16-24.
- Increase first trimester prenatal care.
- Increase the number of children seeing their doctor for regular well child check-ups and immunizations.

### Strategies:

#### Reproductive Health Screenings, Home Visits, Well Child Visits & Immunizations

A planned pregnancy is a healthier pregnancy. Reproductive Health Screenings are simple questions asked during regular doctor visit to help families stay health and plan for when to have a baby. Home Visits would expand access to existing home visiting program so pregnant moms and families who need additional support could be eligible to receive in-home services. Regular Well Child Visits and Immunizations are crucial for health and prevention.