The Pair of ACEs

Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration

Adverse Community Environments

- Homelessness
- Poverty
- Violence
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Poor Housing Quality & Affordability

Ellis W., Dietz W. BCR Framework Academic Peds (2017)
HealthySteps is an evidence-based interdisciplinary pediatric primary care program designed to promote positive parenting and healthy development for babies and toddlers.
CORE COMPONENTS

- Ongoing, Preventive Team-Based Well-Child Visits
- Child development, Social-Emotional & Behavioral Screenings
- Screenings for Family Needs (i.e., PPD, other risk factors, SDoH)
- Care Coordination & Systems Navigation
- Child Development & Behavioral Consult
- Positive Parenting Guidance & Information
- Early Learning Resources
Two HealthySteps Sites in Washington, DC

Children’s Health Center Anacostia

- Launched in January 2017
- Two Part-time HealthySteps Specialists
- One Full-time Family Services Associate /Care Coordinator

Children’s Health Center at THEARC

- Launched in July 2017
- One Full-time HealthySteps Specialist
- One Part-time Family Services Associate/Care Coordinator

It’s easier to build strong children than to repair broken men.”
- Frederick Douglas
HEALTHY STEPS DC
SUMMARY OF SERVICES PROVIDED

• **40%** of the 441 patients screened scored positive for depression and anxiety (EPDS ≥ 10)
• **50%** of HS Specialists’ intervention sessions focused solely on parental mental health (PMH)
• **60%** of HS Specialists’ intervention sessions addressed PMH (solely or in combination with other concerns)
• PMH interventions included:
  — Postpartum depression, parental stress, trauma, grief & loss
• Other interventions included:
  — Parenting, co-parenting, child behavior and development, and sleep hygiene