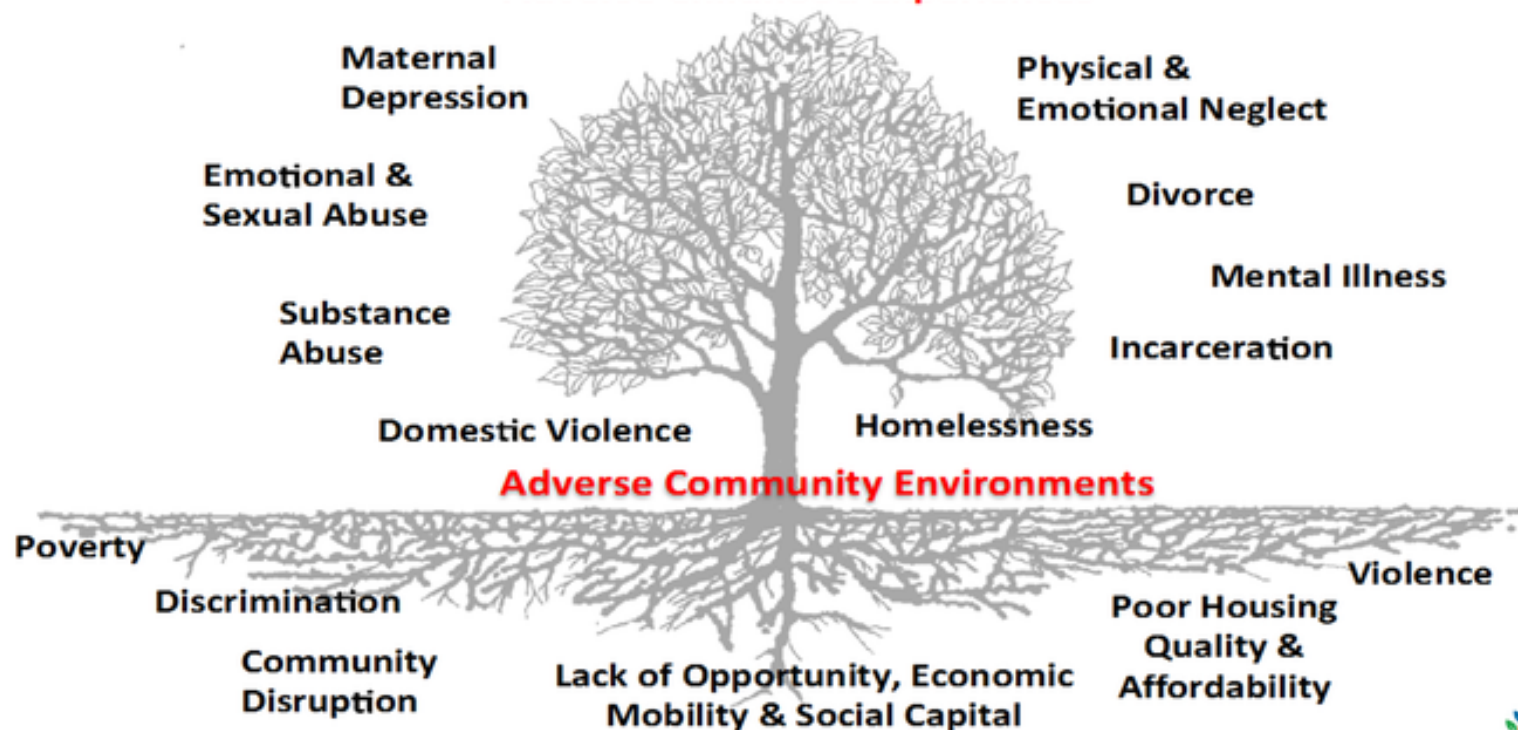


The Pair of ACEs

Adverse Childhood Experiences



WHAT IS HEALTHYSTEPS?



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



EARLY CHILDHOOD
**Innovation
Network**

Two HealthySteps Sites in Washington, DC

Children's Health
Center Anacostia



Children's Health
Center at THEARC

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



- 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



HEALTHYSTEPS 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