

Maternal and Child Health Block Grant

7th and 9th Congressional Districts

Every year, the state of Washington receives about \$8.77 million in funding from the Maternal and Child Health Block Grant (MCHBG). King County receives more than \$1 million in funding to improve the health and lives of pregnant and reproductive-age women, infants, children and adolescents, including those with special healthcare needs.

In 2014, MCHBG funds directly benefited more than 14,000 pregnant women, approximately 87,000 newborns, more than 7,700 children with special healthcare needs, and more than 46,000 other children, adolescents, and adults statewide.

The MCHBG supports work in the 7th and 9th Congressional Districts

Stories from the Field

Public health nurse fills the gaps in care coordination for teenager with complex health needs

A Public Health-Seattle & King County nurse recently worked with a teenage girl who is a post-heart transplant recipient and a diabetic. Nurse Kate visited the girl's home in North Seattle to conduct a health assessment and identified several urgent and critical needs.

While the teenager was well connected to Seattle Children's Hospital, she was not able to comply with all the medical advice. At the time of Kate's initial assessment, the nurse learned the teenage girl had been eating only ramen noodles for several days. Kate was able to give the girl's family extra groceries and made referrals to additional food banks that offered fresh fruit and vegetables. Kate also advised the girl to begin a regular exercise program that would help control her diabetes symptoms and improve her mood.



Parent to Parent serves as support system for those who have children with special healthcare needs

"I'm not the parent of a child with special needs," Rachel Nemhauser (pictured with her son), a Bellevue mom says. "I'm not meant to be this. I don't want to do this."

Nemhauser is a member of Parent to Parent, a national peer-to-peer support organization for parents of children with special healthcare needs. "After three years I finally came to some level of acceptance and admitted to myself that I needed support. Expecting a prolonged venting session, I was surprised to find a group of moms, who, like me, were excited to be out to dinner with other grown-ups! They were cracking jokes, bragging about their kids, and giving advice about behavior problems. Today I no longer think of myself as a parent of a child with a disability," Nemhauser says. "I need to check in regularly with this army of other parents."

This story was taken from a first-person account originally written by Rachel Nemhauser and published in The Arc of Washington State's Informing Families, Building Trust website.

For more information about how the department uses these important funds, contact:

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