



## Multnomah Education Service District

Cohort 3, Funding Period 2010–2015

<http://www.multnomahlaunch.org/>

### *Grantee Overview*

Multnomah Project LAUNCH serves children and families in Multnomah County, Oregon. Multnomah is the state's most populous and diverse county, encompassing Oregon's largest city, Portland, and its surrounding suburban and rural areas. Multnomah Project LAUNCH strives to expand and connect community resources to improve the wellness of young children. To promote young child wellness, the project partners with state-wide and local organizations for professional and system development, provide services that promote behavioral health, and connects parents and professionals to the best resources for children.

### *Project Milestones*

All [Project LAUNCH](#) grantees implement five core promotion and prevention strategies intended to increase access to high-quality prevention and wellness promotion services for children and their families. In Multnomah County Project LAUNCH, these five strategies are implemented through the following activities:

- **Screening and Assessment:** As of January 2015 and with the support from Project LAUNCH, more than 650 pediatric care providers and staff have been trained to conduct child development and maternal depression screening and make referrals through the Screening Tools and Referral Training (START). This training covers screening tools such as the [Ages & Stages Questionnaire®, Third Edition \[ASQ-3™\]](#); [Edinburgh Postnatal Depression Scale](#), and [Modified Checklist for Autism in Toddlers \(M-CHAT\)](#). This effort has been so successful that nearly all pediatric providers in the county have received the training. Project LAUNCH is also supporting the development and implementation of a “Tune-Up” module, which offers updates on how providers can bill Medicaid for screening activities and suggestions for following up on referrals.
- **Early Childhood Mental Health Consultation (ECMHC):** Multnomah Project LAUNCH provides ECMHC and [Early Childhood Positive Behavioral Interventions and Supports \(EC-PBIS\)](#) to two large child care centers in the county through a regional social services agency. The Early Childhood Mental Health Consultation provides early learning classroom staff with consultation from a mental health professional to screen for mental health or developmental concerns and make referrals to mental health services, early childhood special education, or other specialists. In addition, ECMH consultants help prevent child behavior problems, strengthen staff skills, and improve the overall quality of early childhood classroom environments. EC-PBIS is a model used by ECMH consultants to provide early childhood teachers with strategies and tools for increasing positive behavior and decreasing negative behavior in the classroom using a tiered approach

(universal promotion, secondary prevention, and tertiary intervention). This approach served 754 children in participating child care programs during the first four years of the grant.

- **Enhanced Home Visiting:** Aligned with the ECMHC strategy described above, LAUNCH provides ECMHC to a [Healthy Families](#) team. ECMHC and EC-PBIS have developed a solid evidence base in classrooms and have been described as complementary frameworks. Multnomah Project LAUNCH reported success providing this service in home visiting programs. Home visitors received training, monthly group reflective supervision meetings, and access to an ECMH consultant, who provided them with consultation and also visited families. Sixteen hours per week of consultation served two supervisors, nine home visitors, and a total of 342 children over the first four years of the grant. Multnomah County is partnering with LAUNCH to serve an additional Nurse Family Partnership-Care Coordination (CaCoon) home visiting team. Evaluation results indicated that both home visitors and child care providers showed statistically significant improvements over time in: (1) knowledge of adult mental health, (2) knowledge of children's mental health, (3) confidence in working with parents to address children's mental health needs, and (4) confidence in using the EC-PBIS strategies. Home visitors also reported an increase in the level of program support being provided to them for their work. Morrison Child & Family Services also provided Incredible Years trainings for parents in the child care and home visiting programs.
- **Integrating Behavioral Health Into Primary Care:** A new START training has been designed by the Oregon Pediatric Society to increase understanding of behavioral health, integrate behavioral health into the practice, and make referrals. The training provides a review of assessment tools that are useful in the early identification of behavioral and emotional health needs and a variety of models used to integrate behavioral health. Because the integration of behavioral health into primary care is an objective of Oregon's health care transformation, the demand for this module will likely increase across the state. This module is currently being modified so that it can be used online on a state-wide basis and so primary care providers can obtain continuing medical education (CME) credit.
- **Family Strengthening:** Multnomah Project LAUNCH enhanced 211info to include early childhood resources and parenting support, creating 211info Family. This is a free public source of information that can be reached by phone, text, e-mail, or on the web. 211info has information about 3,000 agencies providing more than 50,000 programs to people throughout Oregon and Southwest Washington. LAUNCH funded 211info to expand its resources and create "211info Family" so that calls related to early childhood (birth to eight years of age) are transferred to a master's level early childhood specialist. The specialist answers questions and provides resources related to child development and behavior, school readiness, basic needs for families, parent support groups, and family stress. The specialist responds via phone, text, and e-mail. The Oregon Community Foundation provided additional funding to make 211info Family available in two neighboring counties, and a proposal to make 211info Family state-wide has been shared with state policy makers. Project LAUNCH has also engaged in diverse promotion activities to increase awareness of 211info Family among parents and early childhood professionals.

## Systems Integration

Project LAUNCH is intended to improve coordination and collaboration across systems that serve young children and their families. Multnomah Project LAUNCH focuses its efforts to improve the early childhood infrastructure in two key ways: workforce development and strengthening referral systems for child and family services. For example, Multnomah Project LAUNCH partners with Portland State University (PSU) to provide strategic support for the EC-PBIS workforce and system development. PSU also supports three “Communities of Practice,” which bring together professionals in (1) EC-PBIS, (2) home visiting, and (3) early childhood mental health. These groups are able to map system strengths and gaps, coordinate referral processes and services, identify training and workforce needs, and inform policy and funding decisions at the state and local level. As a Cohort 3

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*“First and foremost, I can’t underscore this enough, I think that what LAUNCH has done, and what any type of grant like this does, it helps build and connect, or illuminate, relationships, and we don’t give enough credence to fostering relationships. That’s what affects being able to do further initiatives like this.”*

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grantee, Multnomah County received its Project LAUNCH grant directly from the Substance Abuse and Mental Health Services Administration (SAMHSA), without the formal involvement of the state. Multnomah Project LAUNCH intentionally connects with state-level stakeholders, including government, membership organizations, and philanthropy, to ensure that lessons learned also inform state policies.

## Grantee Events and Materials

Use the following links to access some of the resources developed by Multnomah Project LAUNCH:

- [Understanding Callers' Experience with 211info Family through Multnomah Project LAUNCH Brief](#): Provides an overview of the evaluation of Multnomah's 211info Family phone service through interviews with callers.
- [Early Childhood Positive Behavior Interventions & Supports \(EC-PBIS\) Community of Practice: Multnomah Project LAUNCH Issue Brief](#): Describes the creation, purpose, and accomplishments of the EC-PBIS Community of Practice in Multnomah County.
- [Early Childhood Mental Health Community of Practice Multnomah Project LAUNCH Issue Brief](#): Summarizes the lessons learned in implementing a cross-agency Community of Practice focused on supporting early childhood mental health (ECMH) programs and practitioners.
- [Maternal Post-Partum Mood Disorder Screening Implementation in a Neonatal Intensive Care Unit: Lessons Learned through Multnomah Project LAUNCH](#): Provides an overview of Multnomah Project LAUNCH's support to Oregon Pediatric Society to deliver screening and referral trainings with health care providers.
- [Multnomah Early Childhood Program Referral Source & Process Evaluation: Learnings from Multnomah Project LAUNCH](#): Summarizes strengths, challenges, and recommendations for Oregon's early intervention and identification system as evaluated by Project LAUNCH.
- [Mental Health Consultation in Home Visiting Policy Brief](#): This brief includes highlights from a pilot effort implementing Early Childhood Mental Health Consultation and Early Childhood Positive Behavior Interventions and Supports in Home Visiting.
- [Integrating Behavioral Health in Primary Care Online Module](#): Supports primary health care teams to align practice with Patient-Centered Primary Care Home (PCPCH) medical home criteria, implement assessment tools, and increase provider confidence in managing behavior problems.

- [Sample Grantee Quarterly Evaluation Chronicle](#): Each quarter, the Multnomah Project LAUNCH evaluation team highlights services or systems components of the project to share with their partners and community.
- <http://211info.org>: This is a free public source of information that can be reached by phone, text, e-mail, or on the web. It includes early childhood development expertise.

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