



Help Me Grow Skagit Newborn Outreach



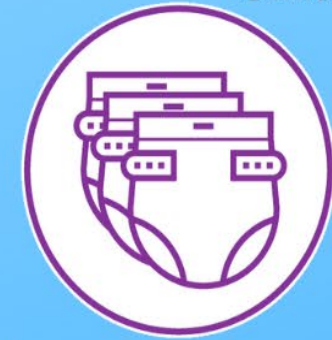
www.HelpMeGrowSkagit.com



Are you **PREGNANT** and want to connect with a public health nurse?



Looking for **SERVICES** like parenting supports or health insurance?



Need help with **ITEMS** like diapers and car seats?

Help Me Grow Skagit is here for you and your family!
Learn more at:

www.HelpMeGrowSkagit.com





Pregnancy Connections

Get connected with pregnancy related services and supports available to you in Skagit County!

There is something for everyone!

Call/text
(360) 770-7743
or scan the
QR code





Family Resource Navigator

For question or concerns related to your child's development or to connect to services

Call / text
(360) 630-8352
or scan the
QR code





Family Resource Center

For families with young children seeking items such as diapers, wipes, and cleaning products.

Call / text
(360) 230-9129
or scan the
QR code for the
online form





Newborn Outreach

Help Me Grow Newborn Outreach meets families at
Skagit Valley Hospital's Birth Center

 **Lantern**



Play & Grow

Meet our
Newborn Outreach Nurse
Liz Cooksey, RN!



Families Served

Hospital visits started May 20, 2024

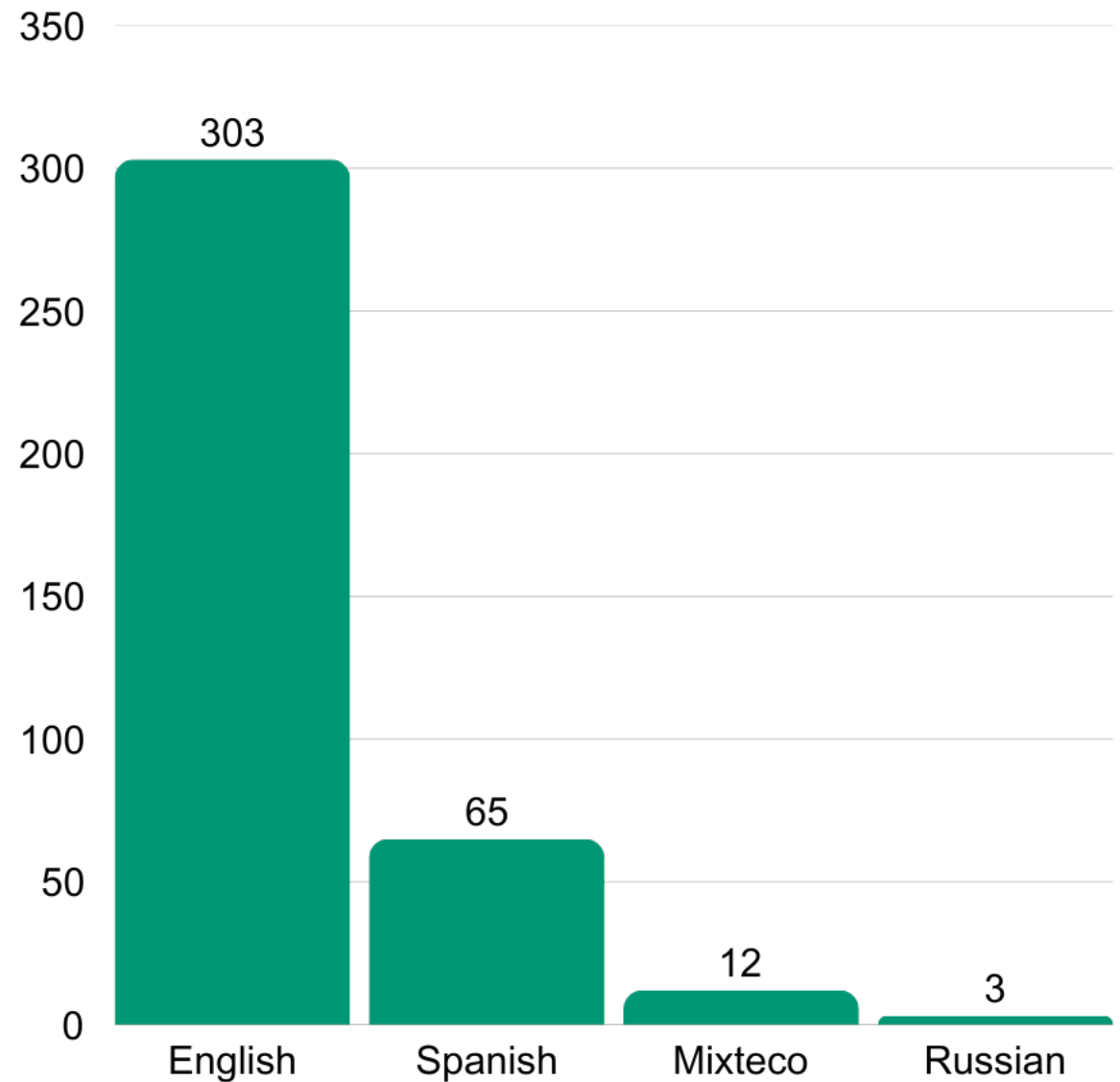
2024 May - Dec: 293

2025 Jan - Mar: 90

Total: 383

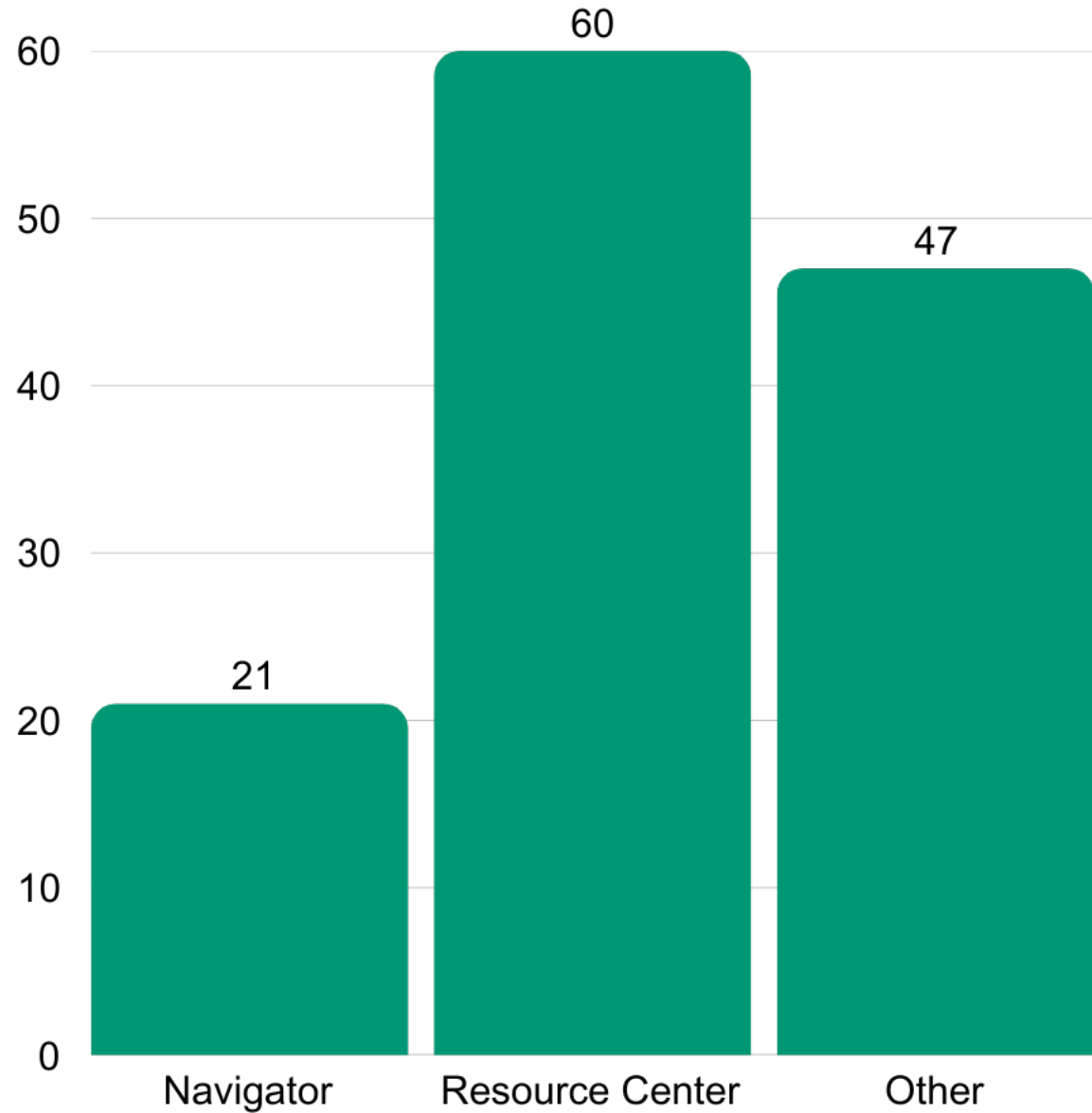


Preferred Language



Referrals

Over 30% of families received at least one referral for services



*Other includes: Parents as Teachers, Maternity Support Services, WIC, Legal Aid, Early Head Start, etc.

Family and Community Impacts of the Help Me Grow Newborn Outreach Program in Skagit County

Erin York Bannon, DNP-FNP | University of Washington, Class of 2025

Liz Cooksey, RN, BSN | Newborn Outreach Nurse

Lyndie Simmonds | Thriving Children and Families Supervisor Health

Jennifer Sass-Walton, RN, BSN | Community Health Manager, Skagit County Public Health

Background and Significance

- The postpartum period is a vulnerable time for parents, infants, and families.
- About 30% of maternal deaths occur postpartum, and 17 out of every 1,000 infants born worldwide die within the first month after birth.
- The Help Me Grow Newborn Outreach Program (HMG NOP) was developed as a pilot project in May of 2024.



What is the HMG Newborn Outreach Program?

- The Newborn Outreach Nurse meets with postpartum families at the Family Birth Center at Skagit Valley Hospital, provides brief educational interventions, connects families to community resources, and provides a welcome bag



**The HMG Newborn
Outreach Nurse has served
nearly 400 families**



Purpose Statement

- **Develop an evaluation process for the Help Me Grow Skagit Newborn Outreach Program (HMG NOP).**
- **Data from this evaluation will support the continuation of programs and partnerships that enhance maternal and child health in Skagit County**



Objectives

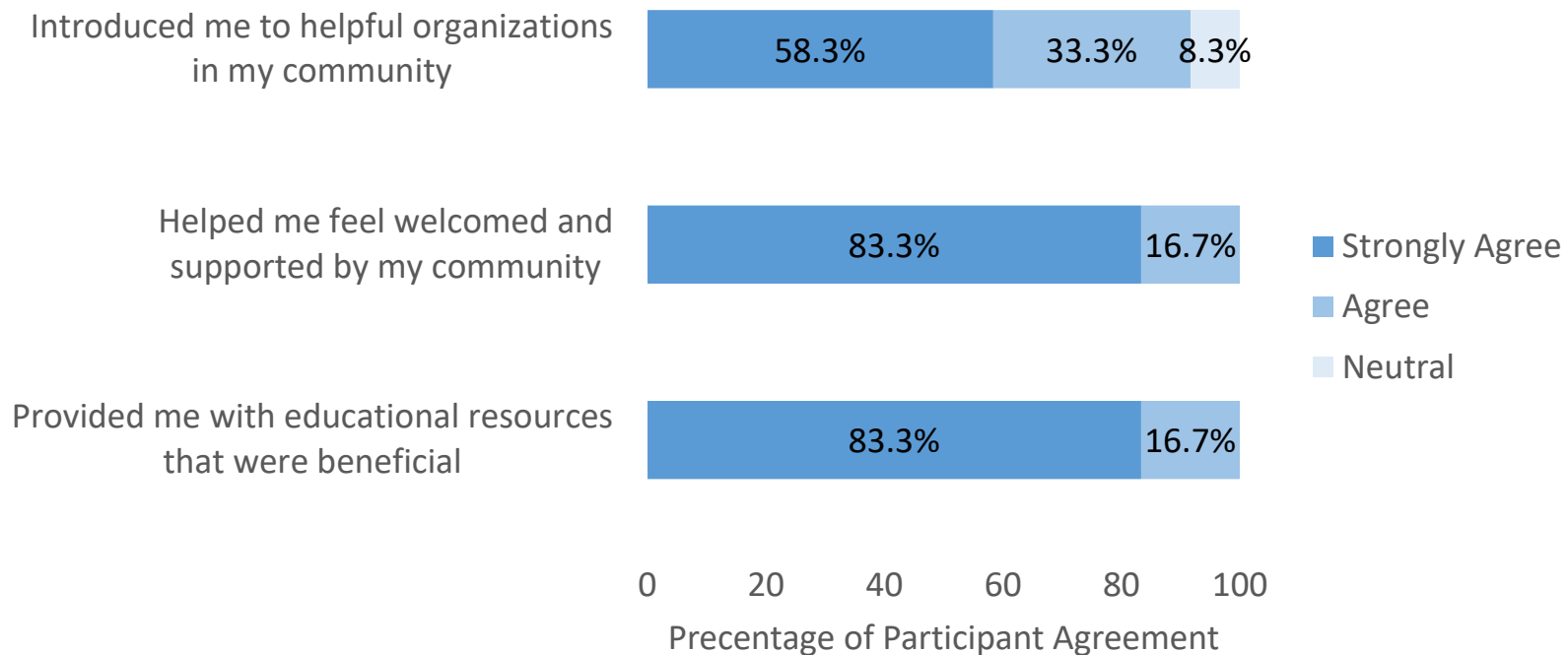
- **Identify the benefits of postpartum community support networks on the overall health of mothers, infants, and families during the first three months postpartum.**
 - Completed via a literature review and evidence appraisal.
- **Evaluate both patient and hospital staff experiences with the HMG Newborn Outreach Program. Identify areas for improvement and implementation.**
 - Survey A (patients)
 - Survey B (hospital staff)
 - Hospital Staff Interviews



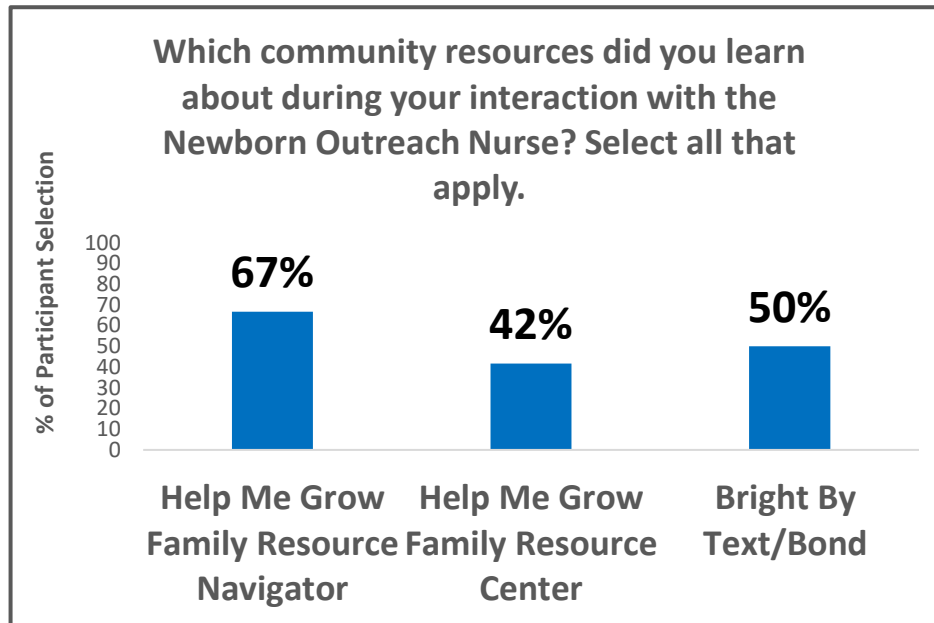
Outcomes from Patient Survey

Design: 5 questions +
comment section
N = 12 survey responses
Response rate = $12/45 = 27\%$

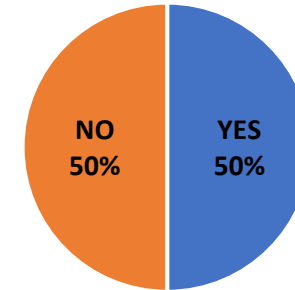
The Newborn Outreach Nurse (Liz):



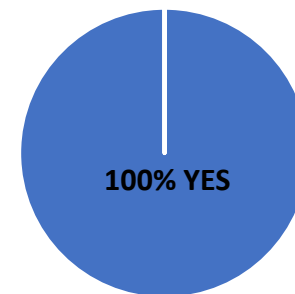
Patient Survey Continued



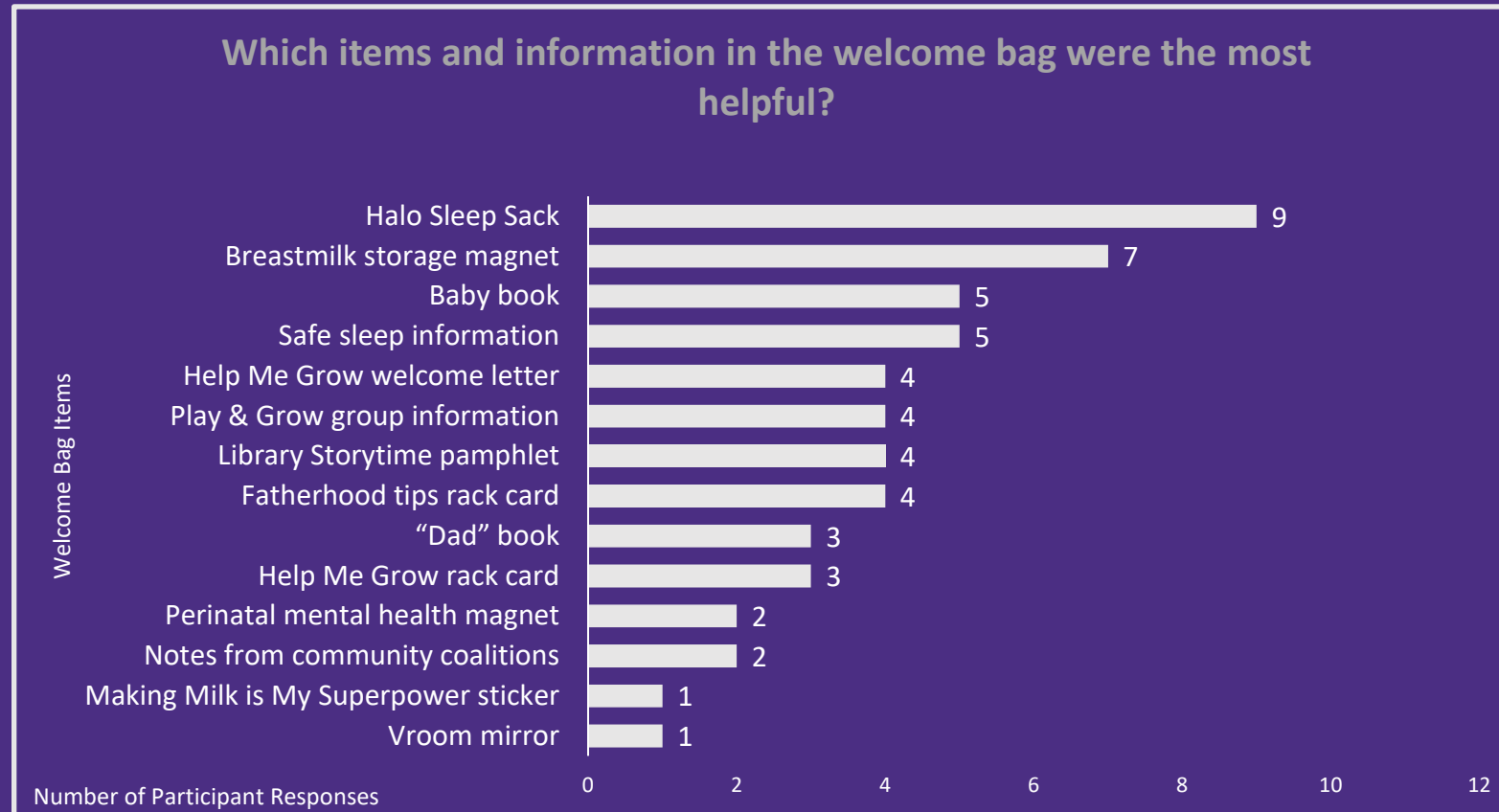
Have you connected with any services or supports as a result of the information shared by the Newborn Outreach Nurse?



Have you attended or do you plan to attend a postpartum visit with your healthcare provider?



Patient Survey Continued



Outcomes from Hospital Staff Survey

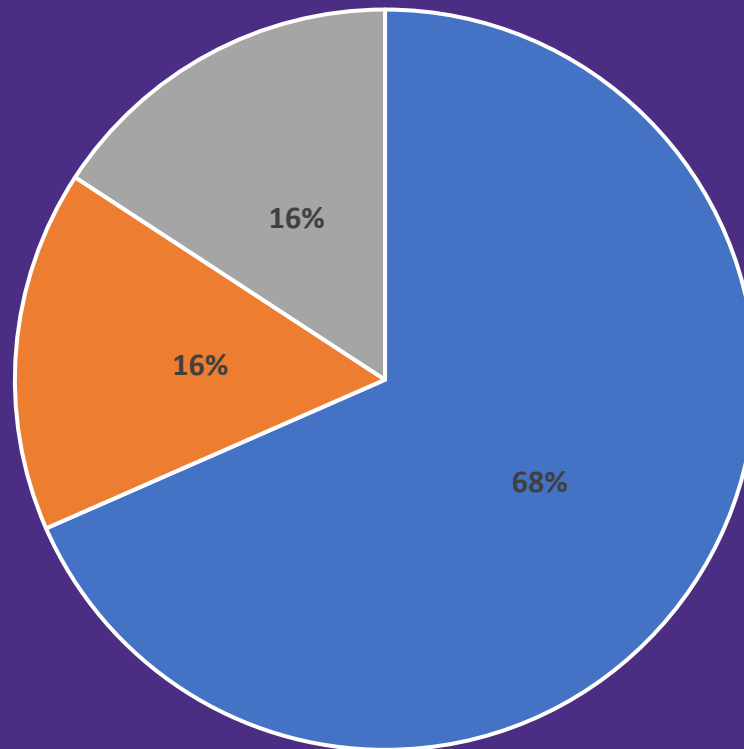
Design: 3 questions + comment section

N = 19 survey responses

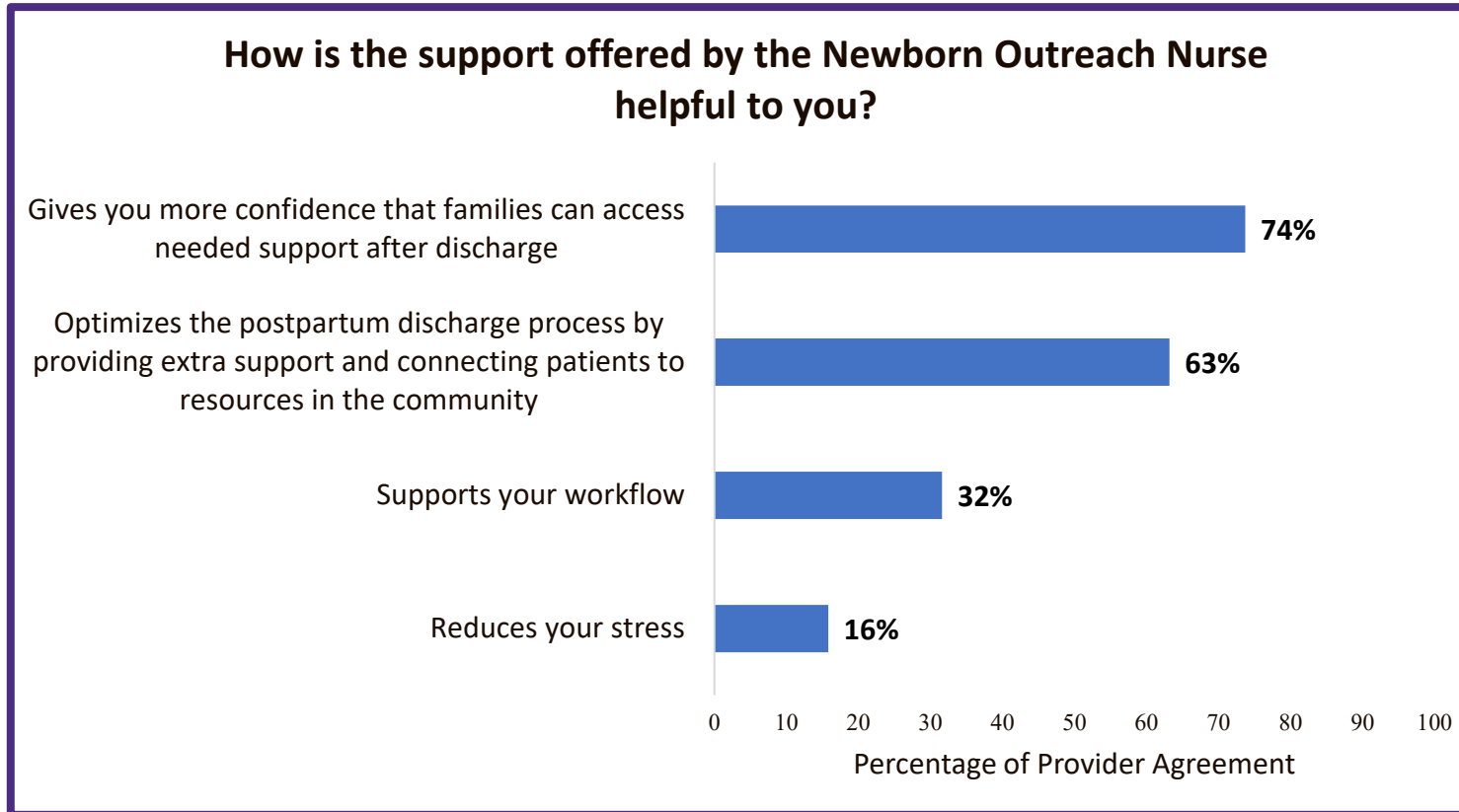
Response rate = $19/68 = 28\%$

How helpful do you think the information and linkage services delivered by the Newborn Outreach Nurse (Liz) are for patients?

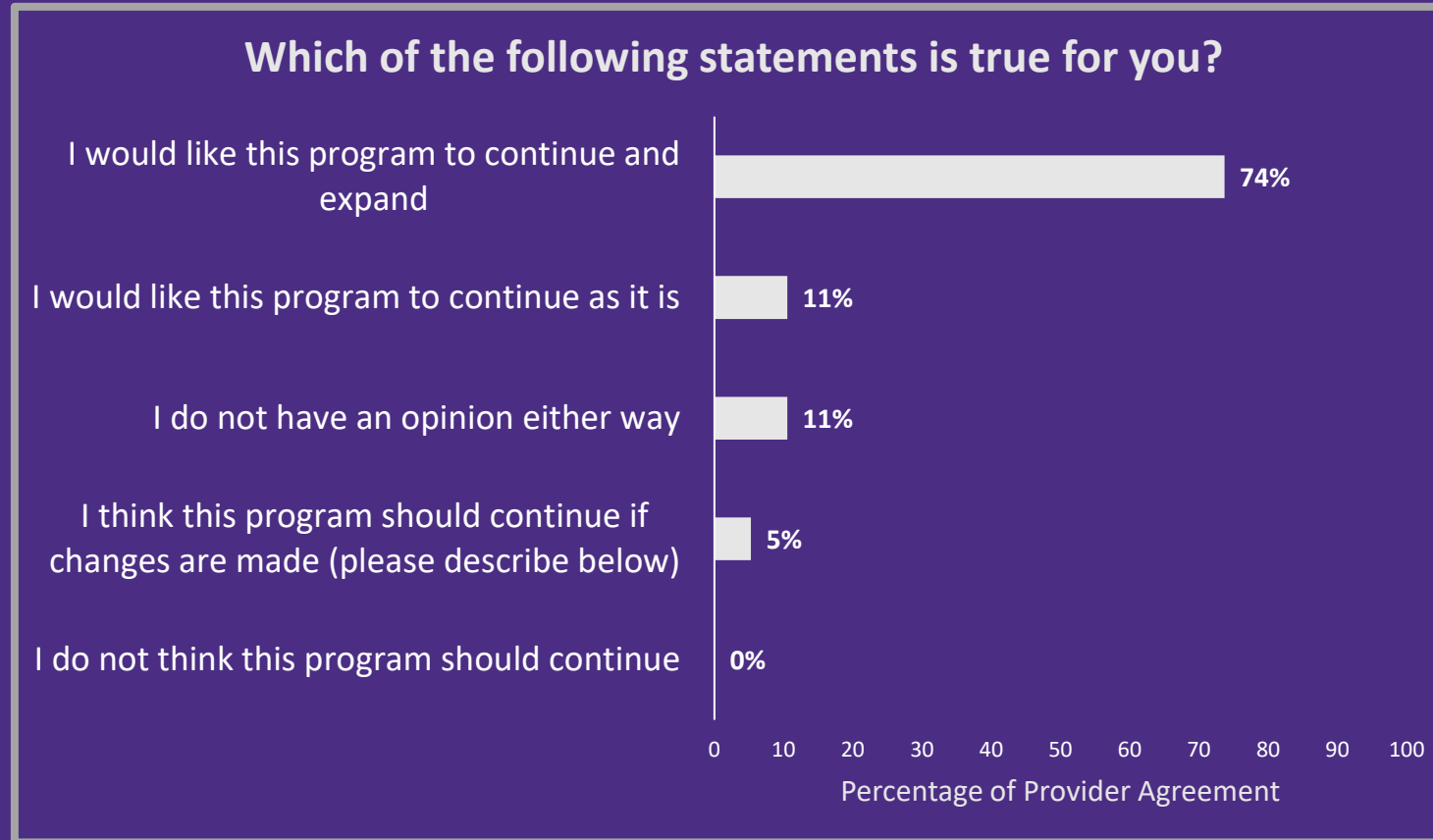
■ Extremely Helpful
■ Very Helpful
■ Somewhat Helpful



Hospital Staff Survey Continued



Hospital Staff Survey Continued



Content Analysis from Provider Interviews and Survey Comments



A word cloud visualization of feedback from provider interviews and survey comments. The words are arranged in a circular pattern, with the most prominent words in the center and smaller words towards the edges. The colors of the words vary, including shades of blue, green, orange, and red. The central phrase, 'Wish all counties could qualify for the program', is the largest and most prominent. Other notable phrases include 'Supports families who have limited resources', 'Love the Mixteco Interpreter', 'Car Seats', 'Respectful', 'Liz is very knowledgeable', 'Works diligently', 'Liz meets with all patients, even if they're not from Skagit', 'Support the Mixteco Population', 'Excellent', 'Genuine', 'Liz helps us Brainstorm', 'Life changing for patients', 'Wish she was here more often', 'Bassinets', 'Helpful', 'Incredible', 'Liz works well with the social worker', 'Fewer people fall through the cracks', 'Liz Bridges the Gap', 'Love the program', 'WIC', 'Primatora', 'Patients love Liz', 'Welcome Bag', 'Great', 'Love the swaddle blankets', 'Liz provides education when we can't', 'Mental Health Resources', 'Like the program', 'Sets patients up for Success', and 'Beneficial'.

Wish all counties could qualify for the program

Supports families who have limited resources

Love the Mixteco Interpreter

Car Seats

Respectful

Liz is very knowledgeable

Works diligently

Liz meets with all patients, even if they're not from Skagit

Support the Mixteco Population

Excellent

Genuine

Liz helps us Brainstorm

Life changing for patients

Wish she was here more often

Bassinets

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Incredible

Liz works well with the social worker

Fewer people fall through the cracks

Liz Bridges the Gap

Love the program

WIC

Primatora

Patients love Liz

Welcome Bag

Great

Love the swaddle blankets

Liz provides education when we can't

Mental Health Resources

Like the program

Sets patients up for Success

Beneficial

Conclusions

- The HMG Newborn Outreach Nurse provides community linkage and support services that are crucial for families in the early postpartum period, especially families with limited resources or those from culturally diverse backgrounds.
- The support and strategies offered by the program are evidence-based and deeply appreciated by the community.
- If additional funding sources can be identified, the majority of participants and providers would like the program to continue and expand



Expansion of the HMG Newborn Outreach Program

- **Buy-in and resources from surrounding counties, including welcome bag resources**
- **Expand operation to additional birth centers**
- **Family Connects Model**



Acknowledgements

Agency Sponsor and Contributors:

- Jennifer Sass-Walton, RN, BSN | Prevention and Community Health Manager | Skagit County Public Health
- Liz Cooksey, RN, BSN | Newborn Outreach Nurse
- Lyndie Simmonds | Thriving Children and Families Supervisor

DNP Committee

- Ira Kantrowitz-Gordon, PhD, CNM, ARNP
- Kaboni Gondwe, PhD, ARNP
- Alisha Bhimani, DNP, FNP-C, ENP



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I gave birth to our little daughter on October 28th, 2025, with all the excitement there was some anxiousness as well. While in recovery I was worrying about all the things from making sure she hits her milestone developments, making plenty of social connections, a positive adaptation between her siblings and pets, along with so much more.

When Liz walked in the room, she introduced herself and told me about the Help Me Grow Skagit Newborn outreach program, she helped connect me to a service that sends me tips via text that help my daughter and I throughout her child development stages. I get alerts about tips and events near me that connect me with other moms and children in our community.

What stands out most to me about this entire experience is when I was feeling some anxiousness because of the uncertainty about my daughter's adaptation with our family and the world, Liz and I made a connection. I didn't feel like another patient or person on a checklist of things to do. We swapped stories about our families, and she helped alleviate a lot of uncertainty for my family and me. I will always be grateful for having met Liz, and the opportunity to be included in the Help Me Grow Skagit Newborn outreach program.

I can't tell you enough how nice it was to meet such a friendly person and be provided resources to connect my family and I with others. I read the articles sent to me via text and implement the tips and tricks into our daily lives! I look forward to participating in future events within our community. I hope the program is continually funded for all involved and especially the moms coming out of the birthing process. It really was the most refreshing moment!