

First Steps Maternity Support Services

Program Overview & Purpose

First Steps Maternity Support Services (MSS) serves Medicaid pregnant clients through 60 days postpartum. The purpose of MSS is to improve and promote healthy birth outcomes. MSS is a fee for service program.

Program Goals

Increase:

- Early access to prenatal care
- Screening for postpartum mood disorder
- Initiation and duration of breastfeeding
- Family planning

Decrease:

- Low birth weight births
- Maternal morbidity and mortality
- Number of unintended pregnancies
- Substance use during pregnancy

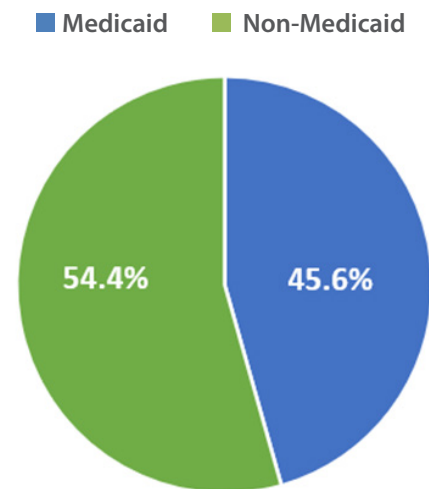
What is included in MSS?

- Preventative health and education services
- Screening for possible risk factors
- Registered nursing services
- Nutritional counseling
- Brief solution-focused counseling
- Referral to community services
- Individualized care plan
- Care coordination & case management
- Group services

Who provides MSS?

MSS is a medical model delivered by a multidisciplinary team that includes a registered nurse, certified dietitian, and behavioral health specialist, and may include a community health worker. Local Health Departments, Non-Profit agencies, Federally Qualified Health Centers, Tribal Health Clinics, and school districts provide MSS in the clinic, home, or alternate location.

2020 WASHINGTON STATE BIRTHS



2018 data	Statewide	Non-Medicaid	Medicaid
All Washington births	80,819	44,004	36,815
Clients who received MSS			14,353 (39%)
Prenatal began first trimester	53,965 (74.5%)	32,056 (81.2%)	21,909 (66.5%)
Low birth weight	4,179 (5.3%)	1,966 (4.6%)	2,213 (6.1%)

Contact the First Steps Program at FirstSteps@hca.wa.gov.

First Steps Infant Case Management

Program Overview & Purpose

First Steps Infant Case Management (ICM) improves the welfare of infants through referrals, linkages, advocacy, case management, and care coordination. Infant Case Management serves Medicaid infants and their parent(s) from 3 months up to the infant's first birthday. The purpose of ICM is to improve the welfare of infants by providing their parent(s) with assistance to access medical, social, educational, and environmental services. ICM is a fee for service program.

Program Goals

Increase:

- Referrals to well child visits
- Screening for postpartum mood disorder
- Developmental screenings

Decrease:

- The number of repeat pregnancies within 2 years of delivery
- Pediatric exposure to second-hand smoke

What is included in ICM?

- Screening for possible risk factors
- Referral to community services
- Individualized care plan
- Care coordination
- Case management

Who provides ICM?

ICM is delivered by an infant case manager. Local Health Departments, Non-Profit agencies, Federally Qualified Health Centers, Tribal Health Clinics, and school districts provide ICM.

2018 data	Statewide	Non-Medicaid	Medicaid
All Washington births	80,819	44,004	36,815
Infants served with ICM			8,128 (22.1%)
Clients who received MSS			14,353 (39%)

