Oregon Child Welfare Safe Sleep Efforts

Child Fatality Prevention and Review Program

Goal: Eliminating preventable sleep related infant death by ensuring:

1) **Oregon families with infants are supported through education, tools, and consistent messaging regarding safe sleep practices; and**
2) **Family serving professionals, including child welfare professionals, have the skills and tools to engage families in safe sleep conversations that elevate them as experts in their infant's health.**

Inputs

What Oregon Child Welfare invests

- Child Welfare Professionals
- Technical Assistance
- Maintenance
- Data Tracking/ Measuring Outcomes
- Commitment
- Time
- Continuous learning/research
- Funding
- Technology
- Materials
- Equipment
- Leadership support
- Relationship building/Community engagement
- Evidence Based Practices

Activities

What Oregon Child Welfare does

- Collaborate with and learn from family serving professionals
- Community led prevention
- Purchase and distribute Safe Sleep kits as needed
- Develop audience specific safe sleep trainings
- Facilitate access to current information
- Maintain ODHS CW rule, policy, procedure, forms, and OR-Kids
- Maintain and promote use of Safe Sleep Checklist
- Maintain website and other online resources
- Create opportunities to develop, enhance, and maintain the skills of family serving professionals
- Use a culturally responsive, strength focused, harm reduction model that recognizes impacts of trauma
- Utilize data to focus efforts on disproportionately impacted families
- Apply equity tool early and throughout

Who Oregon Child Welfare reaches

- Families with infants
- Family Serving Professionals, including Child Welfare Professionals
- Resource families
- Alternative caregivers of infants
- Communities disproportionality impacted by sleep related infant death
- Tribal partners
- Family serving organizations and bodies that specifically serve African American/Black and Native American/Alaska Native Communities
- Legislature
- Oregon Medical Board
- Oregon Nursing Board
- Hospitals
- Oregon Hospital and Health Systems Association
- Public Health

Outcomes

Why this project: short-term results

- Family serving professionals will:
  - enhance their knowledge about safe sleep practices
  - develop or improve skills to engage families in discussion about safe sleep
  - improve their ability to identify safe sleep risk factors and protective factors
- Increase in community awareness about safe sleep practices
- Communities begin to learn where and how to reach out for Safe Sleep resources and supports

Why this project: intermediate results

- Oregon family serving systems provide consistent safe sleep messaging to families with infants
- Reduce disparities in sleep related infant death among African American/Black and Native American/Alaska Native Communities
- Increase in number of child welfare cases with an infant where safe sleep checklist is completed
- Safe sleep plans are developed prenatally with every pregnant parent engaged in Nurture Oregon pilot
- Safe Sleep Kits are provided to Nurture Oregon participants without equipment necessary to implement safe sleep practices
- Safe Sleep is a part of every plan of care when child welfare and/or Nurture Oregon is involved

Why this project: long-term results

- Eliminate infant fatalities where circumstances involved high risk sleep practices
- Eliminate disparities in sleep related infant death among African American/Black and Native American/Alaska Native Communities
- Oregon families have access to materials and resources necessary to utilize safe sleep environments
- Oregon families with infants consistently adopt safe sleep practices
- Oregon families with infants self-report receiving consistent safe sleep messaging across family serving systems
- Child welfare caseworkers have additional safe sleep conversations with families beyond the initial contact

Assumptions

- AAP Safe Sleep practice recommendations are evidence based
- Safe sleep practices reduce SUID/SIDS
- Safe sleep practices are not discussed at the level they need to be effective
- Family engagement skills regarding safe sleep education vary among professionals
- Safe Sleep resources are not equally accessible to all Oregonians
- Messaging about safe sleep is inconsistent
- African American/Black and Native American/Alaska Native Communities are disproportionately impacted by sleep related infant death

External Factors

- (+/-) Cultural/generational beliefs/practices around infant sleep
- (+/-) Professional's own beliefs/experiences with safe sleep
- (+/-) Family of infant's support system
- (+/-) Funding
- (+) Cross system buy in
- (-) Workload impacting engagement
- (-) Turnover
- (-) Caregiver substance/medication use