Today’s Agenda

- Welcome – Jacqueline Beard
- Opening remarks – Paul Throne
- Announcements – State staff/Carolyn Conner
- Reopening clinics – Cathy Franklin
- Pandemic-EBT update – Jennifer Mitchell
- WIC equipment mail-out pilot – Todd Mountin
- World Breastfeeding Week – Jessica Armstrong
- Questions and answers – Marian Polsak
Caseload Trends During COVID-19

Total Caseload

- 2019 Oct
- 2019 Nov
- 2019 Dec
- 2020 Jan
- 2020 Feb
- 2020 Mar
- 2020 Apr
- 2020 May
- 2020 Jun
Caseload Trends During COVID-19

Women

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Caseload Trends During COVID-19

Infants


25600 25800 26000 26200 26400 26600 26800 27000 27200
Caseload Trends During COVID-19

Children

![Bar chart showing caseload trends for children during COVID-19, with a steady increase from 2019 to 2020.]
Behavioral Wellness During COVID-19

Purpose
This report summarizes data analyses conducted by the COVID-19 Behavioral Health Group’s Impact & Capacity Assessment Task Force. These analyses assess the likely current and future impacts of the COVID-19 pandemic on mental health and potential for substance use issues among Washingtonians.

In the week of July 19, emergency department (ED) visit counts for psychological distress and drug overdose were the lowest since late April. Suicide-related ED visits and—to a lesser degree, alcohol-related ED visits—are down. However, disparities among racial and ethnic minorities are more evident in recent weeks.

The latest U.S. Census Bureau estimates suggest that approximately 200,000 more Washington adults felt depressed at least most days than did in the prior week. Moreover, a majority of adults identifying as Black (non-Hispanic) reported feeling depressed at least most days.
Graph 1: Count of emergency department visits for psychological distress in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)
Graph 4: Count of emergency department visits for overdose by any drug in Washington, by week: 2020 vs. 2019 (Source: CDC ESSENCE)
Graph 6: Estimated Washington adults with feelings of anxiety and depression at least most days, by week: April 23–July 21 (Source: U.S. Census Bureau)
Graph 7: Domestic violence offenses reported, by week for April 6–July 26: 2020 vs. 2019 (Source: WASPC)
Where can I find support for my mental health and well-being?

- This can be a stressful time. It is normal that you or your loved ones might feel anxious, sad, scared or angry. You are not alone. It is okay to seek out and ask for help. The resources here are a good place to start.

- If you are experiencing excess stress due to COVID-19 call 833-681-0211 for support and resources.

In a crisis?

- **Suicide Prevention Lifeline**: 800-273-8255
- **Crisis Connections**: 866-4-CRISIS (866-427-4747)
- **Crisis Text Line**: Text HOME to 741741
- **Crisis Connections** connects people in physical, emotional and financial crisis to services through [24-Hour Crisis Line], [Teen Link], [WA Recovery Help Line], and [WA Warm Line].
- **Disaster Distress Helpline**: 800-985-5990 or text “TalkWithUs” to 66746
You

- Care for Your Coronavirus Anxiety Toolkit
- Care for your coronavirus anxiety - a project by Shine
- CDC guidance to support your mental health and well-being
- Washington Recovery Helpline for substance use, problem gambling, and mental health challenges
- Warm Line for people living with emotional and mental health challenges: 877-500-WARM (877-500-9276)
- If you need someone to talk to about stress due to COVID-19 Washington Listens at 1-833-681-0211. Someone is available to talk from Monday – Friday, 9 a.m. to 9 p.m. and weekends from 9 a.m. to 6 p.m. TTY and language access services are available.
- Disaster Distress Helpline for around-the-clock crisis counseling and support to people experiencing emotional distress. Call 800-985-5990 or text TalkWithUs to 66746
Announcements

- FMNP benefits – Steve Strong
- Nutrition First Participant Survey Update – Carolyn Conner
- Time studies – Jennifer Mitchell
- Separation of Duties Report – Marian Polsak
- Breastfeeding Excellence Award – Jean O’Leary
Separation of Duties Report & File Review

- Cascades SOD report isn’t working as expected
- Please hold off on completing file reviews
- We’re working to get accurate information to you
I commend the Washington WIC State Agency for its exemplary efforts in breastfeeding promotion and support in WIC, and hope you will continue to keep breastfeeding a high priority in your State agency as we improve breastfeeding rates among WIC participants nationwide. We are proud of your achievements which demonstrate yet again that “WIC Works!”
Reopen clinics, aka, Waivers expire September 30, 2020

- No language in any bill currently to extend the WIC waivers
- What WIC services are affected?
  - Data on height, weight and hemoglobin
  - Requirement for physical presence
- How to provide services equitably and safely
Options

- Obtain data via face to face services
- Obtain data remotely
  - Figure out physical presence requirement
Face to face

Pros:

- “Best” data
- Meets federal regulations, including physical presence
Face to face

Cons:
- Statewide re-opening doesn’t sync with Governors phased approach
- Local agencies have their own policies about re-opening
- People won’t come in
- Inequitable access
- Increase risk of C-19 spread to staff and clients
- Clinic closure if someone gets COVID-19
- Changing guidance on PPE, how to stay safe
Get data remotely

- Height, weight and hemoglobin from health care provider
- Accept self-reported height and weight
- Video chat for physical presence
- Drive by for physical presence if necessary
Timeline

- Updates weekly
- 60 days advance notice to implement new approach
- Communication plan
Questions?
Pandemic EBT (P-EBT): Emergency School Meals Program
Get help buying groceries while schools are closed

Does your child receive free or reduced-price school meals or does your child’s school provide all meals free?

**YES**

Do you receive Basic Food benefits?

**YES**

You will automatically receive P-EBT on your EBT Card. Benefits will be added to your EBT card by July 7.

**NO**

Call your local school to apply for free/reduced-price school meals and then apply for P-EBT.

**NO**

Who is eligible?
Students going to a K-12 school that offers a school lunch program during the school year AND:
- Is eligible for free or reduced-price school meals; OR
- Is attending a school where meals are free for all students

Can immigrant households apply?
Yes. Using P-EBT benefits does not count as a public charge. P-EBT does not change a parent or child’s immigration status. P-EBT replaces school meals and are for all families that receive free and reduced-price school meals.

What is the benefit?
For children who received free or reduced-price meals when schools closed in March, each family will get $399 per child. For families that enrolled in Basic Food or applied for school meal benefits after schools closed, each child will get less than that. The value depends on when you applied for food assistance.

Important Information
- Applications for P-EBT must be completed by August 31, 2020 or before the start of the 2020-2021 school year—whichever is later.
- If you need help understanding your eligibility or how to apply for benefits, see the Frequently Asked Questions at k12.wa.us/PEBT or call Department of Social and Health Services at 877-501-2233.

Your benefits card will look like this:
WIC equipment mail-out pilot

- **Background** – DOH IT staff will not be traveling to replace equipment.
- **Objective** – SAFELY replace & remove WIC equipment.
WIC equipment mail-out pilot

A

B

C

Wrap up
Send back equipment and evaluation

Mail-out
Ship & set up equipment

Connect
Connect & plan

Pilot - Aug

Mail & Set up - Oct

Connect - Sept
Support breastfeeding for a healthier planet!

World Breastfeeding Week | August 1-7

<table>
<thead>
<tr>
<th>Affordable &amp; clean energy</th>
<th>Sustainable cities &amp; communities</th>
<th>Responsible consumption</th>
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<tbody>
<tr>
<td>Breastfeeding is your affordable option that allows you to feed green.</td>
<td>WIC helps build strong communities through the use of breastfeeding peer counselors to provide additional support to moms.</td>
<td>WIC teaches families how to make healthy feeding choices which starts with breastfeeding.</td>
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National Breastfeeding Month
World Breastfeeding Week

- WBW materials
- Sharing WBW Ideas
  - Nutrition First WBW discussions
  - Share your events or photos with State and Nutrition First by emailing to Jessica.Armstrong@doh.wa.gov and info@nutritionfirstwa.org
- Promoting #WBW
  - National WIC BF Week Social Media Kit
  - National WIC Association
- Breastfeeding Webinars
Questions?

Contact us with your questions:

Policy Support phone: 1-800-841-1410, press 3, then press 1 or email at wicpolicysupport@doh.wa.gov

Your Local Program Consultant (LPC) or email at wiclpc@doh.wa.gov
# COVID-19 Resources for WIC Staff and Participants

<table>
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<tr>
<th>Who to Contact for Questions</th>
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<tr>
<td>• <strong>State COVID Assistance Hotline:</strong> 1-800-525-0127</td>
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<tr>
<td>• Text the word “Coronavirus” to 211-211 for updates on your phone</td>
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<tr>
<td>• Ask a question: <a href="mailto:DOH.information@doh.wa.gov">DOH.information@doh.wa.gov</a></td>
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<tr>
<td>• <a href="https://coronavirus.wa.gov">Coronavirus.wa.gov</a></td>
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<tr>
<td>• Health education materials in 26 languages</td>
</tr>
<tr>
<td>• <a href="https://www.doh.wa.gov/COVID19">DOH-Novel Coronavirus Outbreak (COVID-19)</a></td>
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<th>Stress due to COVID-19</th>
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<td><strong>Washington Listens</strong> – talk to someone about stress due to COVID-19</td>
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<tr>
<td>• Call 1-833-681-0211. Language services available.</td>
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<td>• Available Monday-Friday 9 am to 9 pm and weekends 9 am to 6 pm</td>
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<th>A Healthy Dose of Information</th>
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<tr>
<td>• <a href="https://www.doh.wa.gov">Public Health Connection</a> – DOH blog posts</td>
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<tr>
<td>• <a href="https://www.doh.wa.gov">WIC Remote Services</a> – forms, policies, tools for remote services</td>
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<tr>
<td>• WA WIC Memos posted on the:</td>
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<tr>
<td>• <a href="https://www.doh.wa.gov">Local Agency SharePoint</a> page</td>
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<tr>
<td>• <a href="https://www.nutritionfirst.org">Nutrition First</a> website</td>
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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.