



March 10, 2026



OREGON
HEALTH
AUTHORITY

MCAH Title V Priorities
Parent & Caregiver Support and Safe & Healthy Environments
Technical Assistance Webinar for Local Grantees

Welcome & Logistics

Thank you for joining us!

Materials for this webinar will be posted in the chat box, as well as on the [MCAH Title V website](#) by March 13th.

If you have any technical difficulties during the webinar, contact Maria Ness at (503) 459 – 2120 or maria.n.ness@oha.oregon.gov

For live captions hit the (...) then “Language and Speech” and select Show Live Captions



Purpose of the Webinar



To provide information about Oregon's 2026-2030 MCAH Title V priorities, strategies, and examples of local work.

To answer your questions and provide tools to help you develop your Title V MCAH Annual Plans (due April 16).

Agenda

- Title V Structure and Intent
- How Parent & Caregiver Support and Safe & Healthy Environments are connected as upstream MCAH topics
- Priority Overview, Strategies, & Example Projects:
 - Parent & Caregiver Support
 - Safe & Healthy Environments



MCH Title V Block Grant

MCH Title V Block Grant provides federal funds to improve the health of Oregon's women, infants, children, adolescents, and children and youth with special health care needs.

Oregon's Title V funds support the work of: local public health authorities; Tribes; state Family and Child Health and Adolescent Health staff; and the Oregon Center for Children and Youth with Special Health Needs (OCCYSHN).

Oregon's Title V program priorities:

- Are revised every 5 years based on the findings of the state's MCAH Needs Assessment
- Include national priorities/performance measures chosen from a set of 19 priorities in 5 population domains; plus, state-specific priorities reflecting Oregon MCAH needs.

Oregon 2026-2030 MCH Title V Priorities

Domain	Priority Areas
Women's & Maternal Health	<ul style="list-style-type: none">• Postpartum Care (with a focus on PP mental health)
Perinatal and Infant Health	<ul style="list-style-type: none">• Housing Instability
Child Health	<ul style="list-style-type: none">• Food Sufficiency• Medical Home*
Adolescent Health	<ul style="list-style-type: none">• Adolescent Mental Health
Community Identified State Priority Area	<ul style="list-style-type: none">• Person and family centered services and care• Parent and caregiver support• Safe and healthy environments
Children and Youth with Special Health Care Needs	<ul style="list-style-type: none">• Medical Home• Transition to Adult Health Care

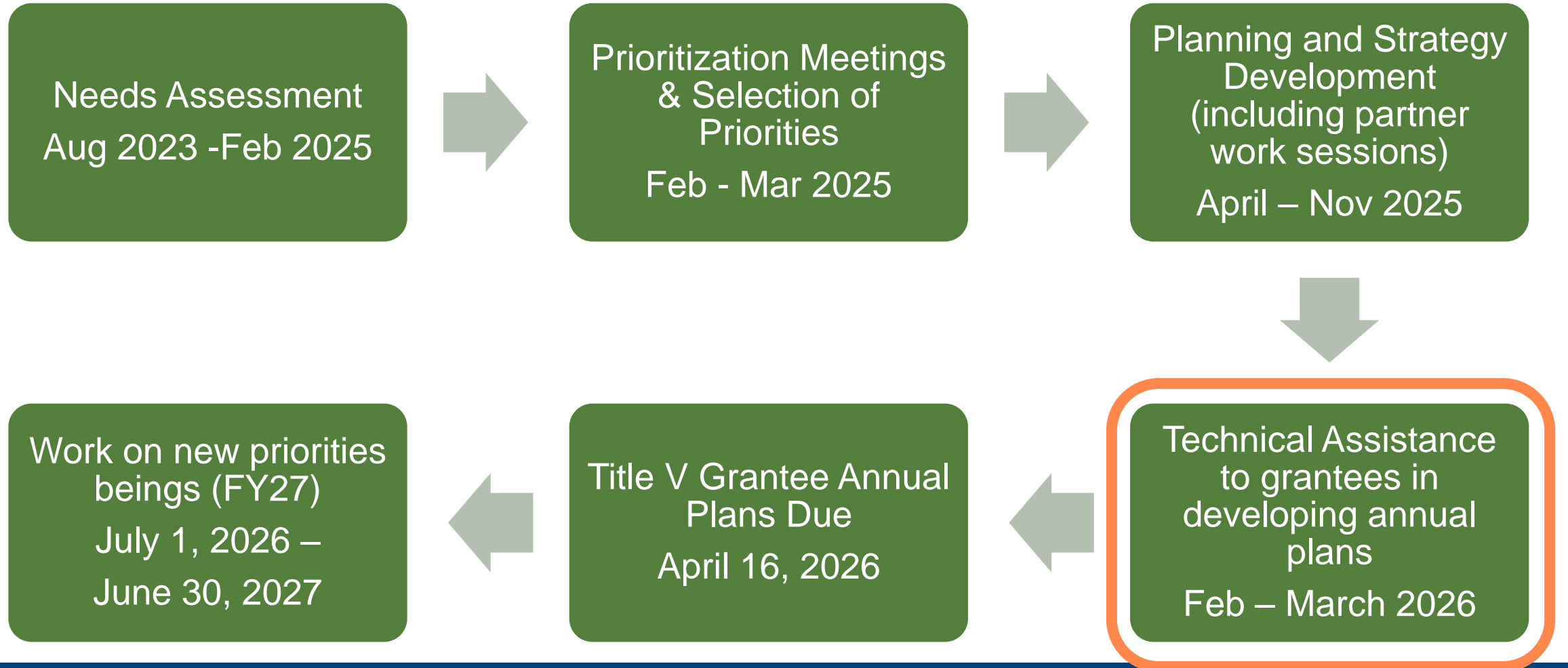
*state level work only



Title V work is focused upstream on:

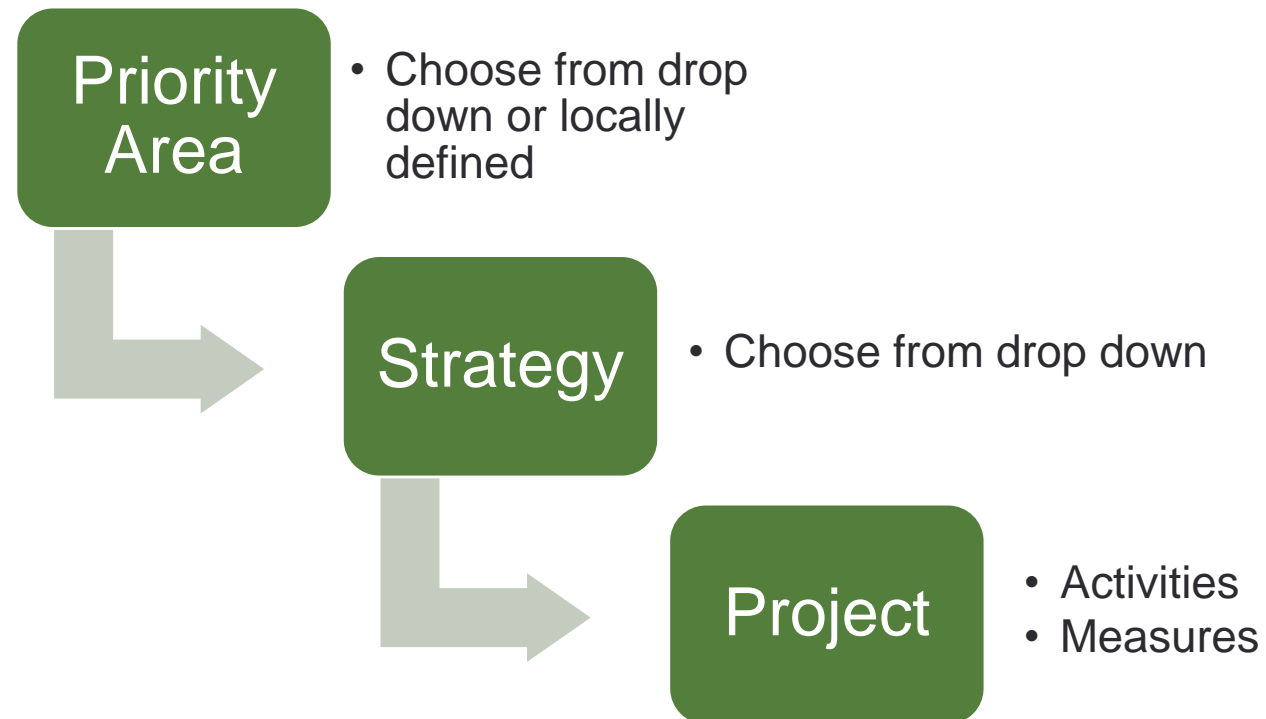


Timeline



Annual Plans due April 16th

- [Title V Implementation Guidance](#)- highlights program requirements including how many strategies are required for your funding level
- Plan structure:



Resource Guides

- Available on the [Title V website](#) for each priority area
- Examples of local work/projects including activities, measures, and resources

Oregon's 2026-2030 MACH Title V Priorities- Resource Guide



ADOLESCENT HEALTH
Adolescent Mental Health

For more information or technical assistance with Adolescent Mental Health strategies please contact:

Alexis W. Phillips (Alexis.W.Phillips@oha.oregon.gov)

Adolescent mental health refers to the emotional, psychological, and social well-being of youth, shaping how they think, feel, and act. It includes how young people cope with stress, form relationships, and make decisions. The goal for this priority area work is to improve adolescent mental health and well-being by strengthening protective factors, improving systems that support adolescent mental health, and fostering strategic partnerships across Oregon.

Strategies:

1. Strengthen the workforce to deliver youth-centered, responsive mental health services.
2. Support schools and communities to implement programs that build youth protective factors and resilience.
3. Elevate youth and family voice to shape and guide mental health initiatives.
4. Promote awareness and reduce stigma around adolescent mental health.
5. Build and strengthen cross-system partnerships to address gaps in adolescent mental health services.

Below are examples of what this work can look like for grantees. These project ideas are offered to help with planning, but grantees are also welcome to develop their own projects/ activities/ measures. Note: Activities should be outlined in a way that helps outline how the project will be done. Include at least one measure per project for the annual plan.

Adolescent Mental Health

Strategy #1: Strengthen the workforce to deliver youth-centered, responsive mental health services.



This strategy focuses on building, sustaining, and strengthening the adolescent mental health workforce to ensure youth receive youth-centered and accessible mental health supports. Efforts may include training, skill-building, and shared learning among educators, behavioral health staff, and community partners who already support youth.

Example Local Level Projects/Work

- Example A: Youth-Centered Mental Health Training

Parent & Caregiver Support and Safe & Healthy Environments



Parent and Caregiver Support

Crosses All Population Domains



Protective factors are the foundation for strengthening families. Parents and caregivers require support for building parental resilience, social connections, concrete help in times of need, knowledge of parenting and child development and developing social and emotional competence of children.

Title V Lead: Amy Umphlett

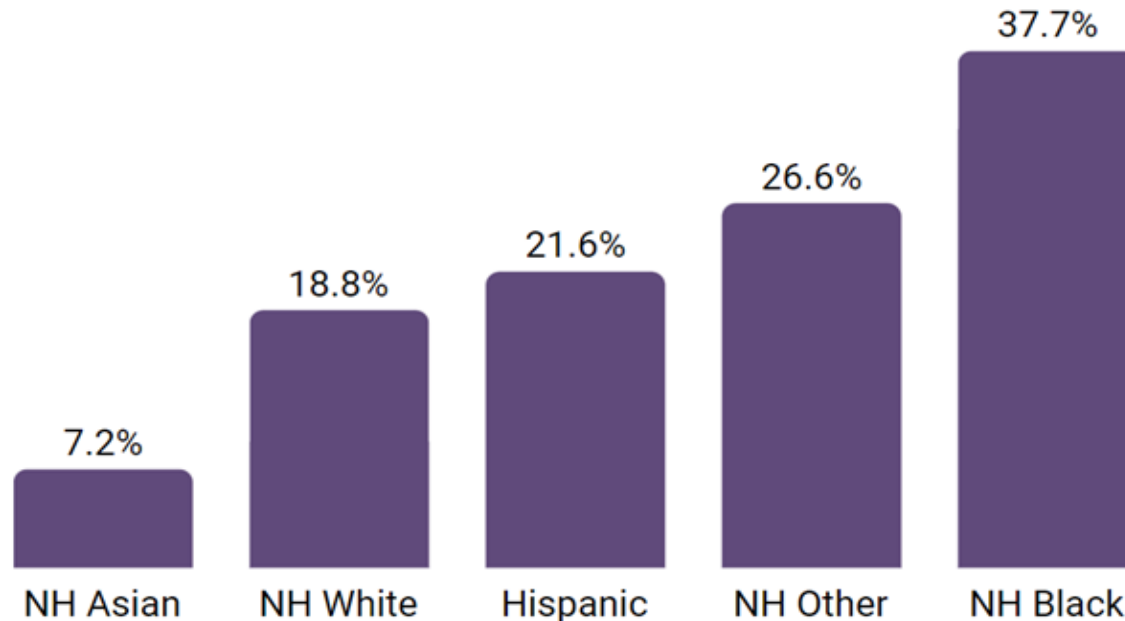
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Robin Stanton (until 3/31/26)

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Parent and Caregiver Support

- **Goal:** Parents and caregivers have the resources and supports (physical and mental) they need to give their child a strong start.



Percent of Oregon Children 0-17 Years who experienced ACEs, by race/ethnicity, 2021-2022

Support can be limited by stress:

- Economic
- Social
- Environmental
- Trauma
- Access to resources

Parent and Caregiver Support

- **Child Care:** Quality care provides nutritious food, positive experiences, relationships, and interactions that supports child and family well-being.
- Availability:
 - 6 infants and toddlers for every infant/toddler slot
 - 3 preschool-age children for every preschool-age slot
- Access to safe and affordable childcare difficult among:
 - caregivers of children with special health needs
 - pregnant teens and young parents
 - rural and frontier families
 - Hispanic/Latinx communities
 - low-income families

Parent and Caregiver Support Strategies

1. Develop or enhance cross-sector systems to support parents and caregivers in the community.
2. Build community capacity for programs or initiatives that support parents and caregivers.
3. Provide services that engage families and build parent capabilities, resilience, supportive and nurturing relationships, and children's social-emotional competence (e.g. home visiting or parenting education).
4. Develop systems and policies to increase access to safe and affordable child care, and after school activities.

Parent & Caregiver Support Strategy 1

Develop or enhance cross-sector systems to support parents and caregivers in the community

Example Local Level Project/Work:

Identify and strengthen connections between programs and services for health, mental health, social service and other community providers

Activities:

1. Identify partners and make plan to connect.
2. Explore ways to coordinate between programs / services with partners.
3. Identify outcomes that demonstrate strengthened partnerships.

Measure: # of partnerships established between health, family support, early care and education, home visiting, early intervention, mental health, housing, and child welfare organizations and programs

Parent & Caregiver Support Strategy 2

Build community capacity for programs or initiatives that support parents and caregivers

Example Local Level Project/Work: Support wrap-around care and mental health services for caregivers from pregnancy through the first year after birth.

Activities:

1. Identify and develop network of direct service providers to support families.
2. Develop plan to strengthen referral systems for services and resources.
3. Identify who can support continuity of care for families.
4. Conduct outreach and engagement with families.

Measures: # of families referred to services and resources; # outreach campaigns conducted

Parent & Caregiver Support Strategy 3

Provide services that engage families and build parent capabilities, resilience, supportive and nurturing relationships, and children's social-emotional competence

Example Local Level Project/Work: Provide parental and early childhood home visiting to support parent capacity and build parent capabilities.

Activities:

1. Provide training to home visitors on best practices in parent child interaction assessment and intervention.

Training examples: *Facilitating Attuned Interactions, Infant Mental Health Endorsement, Reflective Supervision, HOPE*

2. Support home visitors to implement training through coaching or mentorship.

Measure: # of home visitors trained in best practices

Parent & Caregiver Support Strategy 4

Develop systems and policies to increase access to safe and affordable child care, and after school activities

Example Local Level Project/Work: Develop partnerships to support early childhood education and access in the community.

Activities:

1. Identify community partnerships.
2. Partner with Early Learning Hub to support community planning for safe and accessible child care.
3. Conduct assessment of community needs.
4. Develop a plan to address needs.
 - Expanded child care programs in the community
 - Streamlined referral system for child care

Measures: # of partnerships within early care and education system developed; # of new childcare programs in the community

Parent and Caregiver Support Resources

- State leads can provide TA for plans and as needed
 - Amy Umphlett (amy.m.umphlett@oha.oregon.gov)
 - Robin Stanton (until 3/31/26) (robin.w.stanton@oha.oregon.gov)
- [Resource Guide](#) (Title V website)
 - Resources linked within resource guide
- [MCH Innovations Database](#) (AMCHP)

Questions & Discussion



Safe and Healthy Environments

Crosses All Population Domains



- Community connectedness
- Improved built environment
- Family violence prevention

Title V Leads:

Gianna Bortoli (she/her)

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Julie McFarlane (she/her) (until 4/30/2026)

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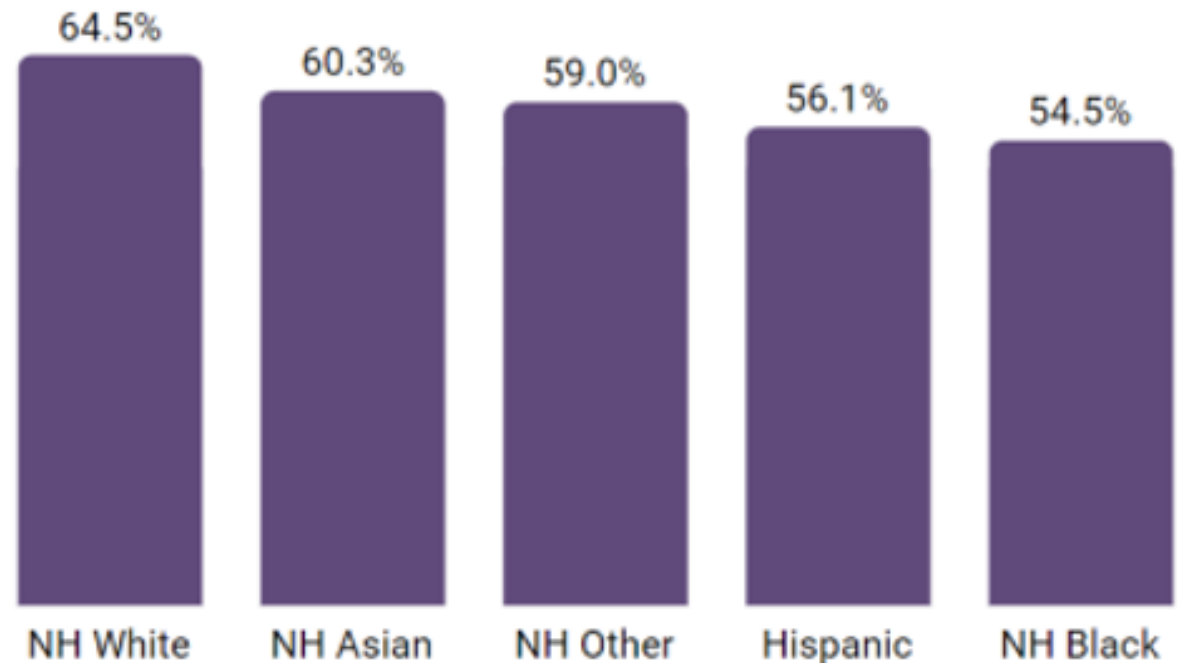
Safe and Healthy Environments

Community connectedness and sense of safety + actual safety influences people's engagement with their neighborhood.

Unsafe environments can:

- Reduce walking, biking, and taking public transit
- Increase isolation among neighbors
- Keep children from playing outside
- Increase depression, child maltreatment, and crime rates

Percent of children aged 0 - 17 living in safe neighborhoods Oregon, 2020-2022



Source: National Survey of Children's Health (NSCH)

Safe and Healthy Environments (SHE)

Goal: Improve positive health outcomes by supporting community connectedness and preventing injury in Oregon communities

Work focus:

1. Improving the built environment through policy development,
2. Building partnerships with existing and new organizations and programs, and/or
3. Coordinating systems to increase access to resources.

Population focus:

- from birth to adulthood, with a focus on the maternal, childhood, and adolescence populations

Safe and Healthy Environments Strategies

1. Develop and implement policies to improve community safety and/or child health outcomes.
2. Coordinate systems to enhance access to resources for community violence and/or child injury prevention.
3. Implement or promote programs and initiatives that create safe and healthy environments and promote the prevention of child injury and community violence.
4. Create safe community spaces or events to promote recreation, physical activity, violence prevention and/or community connection.
5. Conduct assessment of local child injury safety and community violence needs and/or disseminate data to increase understanding and mobilize partnerships around safe and healthy environments.

SHE Strategy 1: Develop and implement policies to improve community safety and/or child health outcomes

Example Local Level Project/Work: Partner with local government and community organizations to identify opportunities and promote community safety for residents when recreating.

Activities:

1. Meet with local organizations or partners to organize activities in the local park or plaza to encourage residents to use the space.
2. Determine what infrastructure updates may be needed (additional streetlights or bench infrastructure) and work with partners to determine feasibility.
3. Conduct outreach with partners to advocate for policies that can deter unsafe activities during recreation hours.
4. Develop community safety plan to address identified needs.
5. Implement community activities identified in the plan.

Measures: # of safety plans developed for safe recreation, # of community events hosted in the park to promote recreation

SHE Strategy 2: Coordinate systems to enhance access to resources for community violence and/or child injury prevention

Example Local Level Project/Work: Attend or convene coalitions or task force meetings to enhance access to injury prevention resources within local schools or the larger community

Activities:

1. Identify the local landscape of injury prevention efforts.
2. Attend established fatality review board to identify ways to provide public health education on child injury topics.
3. Invite local partners to coordinate with existing efforts and support development of a local services landscape report.
4. Participate in the planning or support of a community cultural event to understand the current local trends as well as build relationships with local organizations that may already be providing supports.

Measures: # of meeting convened, # of reports produced, # of community events attended to spread awareness

SHE Strategy 3: Implement or promote programs and initiatives that create safe and healthy environments and promote the prevention of child injury and community violence.

Example Local Level Project/Work: Increase access to safe and accessible car seats and training on how to properly transport child

Activities:

1. Train at least one staff member to be a car seat technician.
2. Purchase or receive car seats and other resources for distribution (ODOT or CCO).
3. Identify and partner with the local birthing facilities and pediatric care providers to share information about available resources (car seats, trainings) from newborns to toddlers
4. Create flyer that can be distributed to community partners sharing the available resources and training.

Measures: # of car seat technicians trained, # of car seats distributed, # of partners who received flyers for distribution, # of community events attended to spread awareness about program

SHE Strategy 4: Create safe community spaces or events to promote recreation, physical activity, violence prevention and/or community connection.

Example Local Level Project/Work:

Increase community connection between neighbors and their built environment by hosting monthly movie screenings in the park

Activities:

1. Identify community partners willing to participate and support event set up.
2. Get permission to screen movie in the park.
3. Schedule dates and promote event across wide network of partners.

Measures:

of screenings completed, # of partners engaged, # of participants at events

SHE Strategy 5: Conduct assessment of local child injury safety and community violence needs and/or disseminate data to increase understanding and mobilize partnerships around safe and healthy environments.

Example Local Level Project/Work: Review available data to increase understanding of current landscape of safety and community needs

Activities:

1. Request data from partners.
2. Review and analyze data.
3. Develop a report and accompanying flyer or one pager to disseminate to partners and mobilize partnerships.
4. Identify partners that can support efforts moving forward on identified needs.

Measures: # of local needs assessment reports and/or flyers produced on community violence and child injury prevention, # of partners currently supporting prevention efforts

Safe and Healthy Environments Resources

- State leads can provide TA for plans and as needed
 - Gianna Bortoli (Gianna.A.Bortoli@OHA.Oregon.gov)
 - Julie McFarlane (Julie.M.McFarlane@OHA.Oregon.gov)
- [Resource Guide](#) (Title V website)
 - Resources linked within resource guide
- [MCH Innovations Database](#) (AMCHP)

Questions & Discussion



Next Steps for Annual Plan Development

- **Annual plans are due April 16, 2026.** Detailed instructions were sent out by email the first week of March.
- A link to the [Title V website](#) posting of the slides from this webinar is in the chat. The webinar recording will also be posted there.
- [Priority-specific resource guides](#) detailing example projects, activities, measures, and resources for each priority and strategy are posted to the MCAH Title V website.
- Other tools available on the website include:
 - Summary list of Title V MCAH priorities and strategies
 - Updated Title V implementation guidance
 - Contact list for state Title V Leads for each priority
 - Annual plan development worksheet
- State Title V staff are available to provide TA for plan development. This year every grantee must schedule a 1:1 TA call.

Thank You!



For general MCAH Title V questions:

Allison Potter (MCAH Title V Coordinator)
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Cate Wilcox (MCH Title V Director)
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For priority-specific questions:

Contact individual state Title V Leads



For measures or data questions:

Maria Ness (Title V Research Analyst)
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For webinar or administrative questions:

Doris Halpin (MCAH Title V Admin Support)
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