

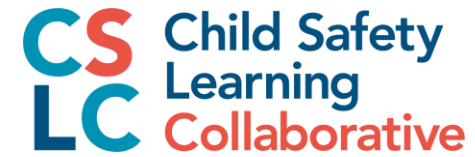
Welcome!

Please share in chat or unmute:

- Name
- Role
- State

Share something that lifts you up!





State Technical Assistance Webinar

August 19, 2026



Advancing the Field of Injury and Violence Prevention



Children's
Safety
Network

National
Partnerships



Training and
Technical Assistance



Learning
Collaboratives



Webinars and
Resources



Funding Sponsor

The Children's Safety Network is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the Child and Adolescent Injury and Violence Prevention Resource Centers Cooperative Agreement (U49MC28422) for \$800,000 with 0 percent financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Engagement



Closed **Captions** can be viewed by clicking the CC button at the bottom of your Zoom screen



We will provide **verbal descriptions and summaries** of slide content and chat messages



Follow-up materials such as recordings and handouts will be available and meet or exceed compliance guidance



Use the **chat feature** to ask questions and make comments throughout



Please stay muted when not speaking



Please turn your **camera on**, if possible, to facilitate our engagement



This **session will be recorded** and posted on the CSN website



Rename yourself with your state abbreviation and full name

Community Guidelines

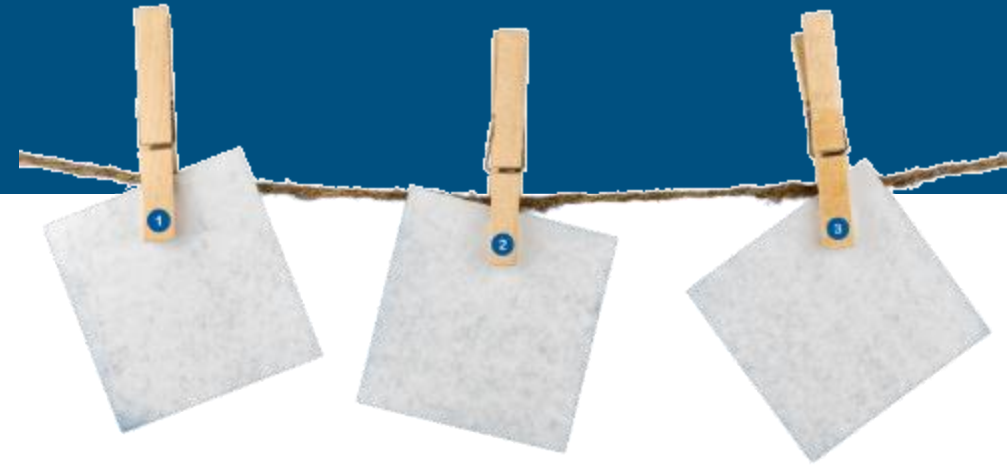
We ask during today's session that you:

- Focus on intentional presence
- Bring a curious stance
- Be partners in learning
- Honor others' perspectives, experiences and learning styles
- Take care of yourself as needed



Agenda

- Welcome and introductions
- What is a *90-day aim* process?
- Aligning with your state's Title V Action Plan
- Example and discussion
- Next steps for the CSLC



Managing Your Child Safety Work through Long and Short- Term Goals



Our Strategy: CSN Framework for Quality Improvement and Innovation in Child Safety

CSLC helps state/jurisdiction teams strengthen these three components

Inputs



State/jurisdiction teams experience these improvements

Outputs



Effective state/jurisdiction teams increase child safety

Outcome



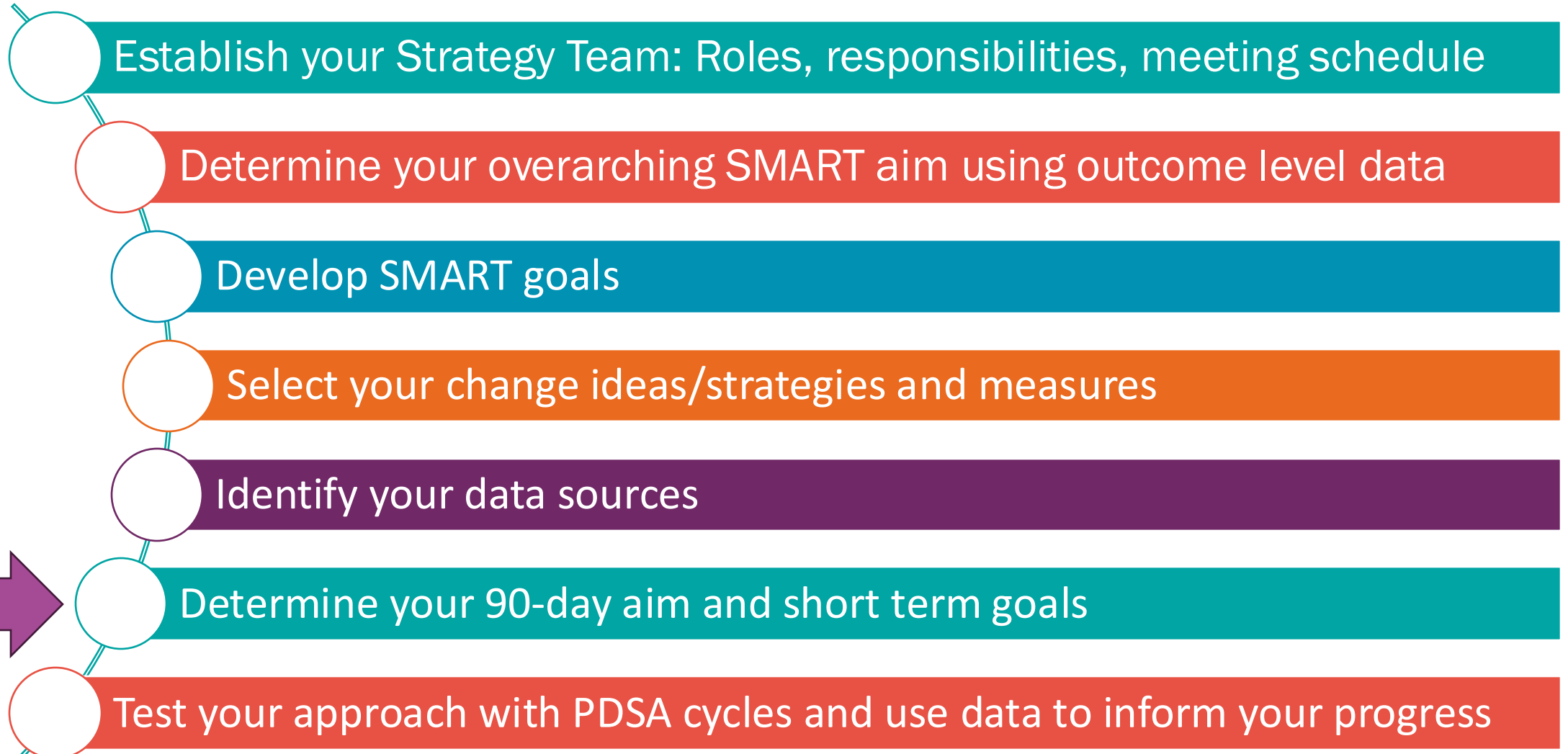
Addressing Health Disparities

Model for Improvement



Langley, G. J., Moen, R. D., Nolan, K. M., Nolan, T. W., Norman, C. L., & Provost, L. P. (2009). *The Improvement Guide: A Practical Approach to enhancing organizational performance*. Jossey Bass.

Putting Words Into Action



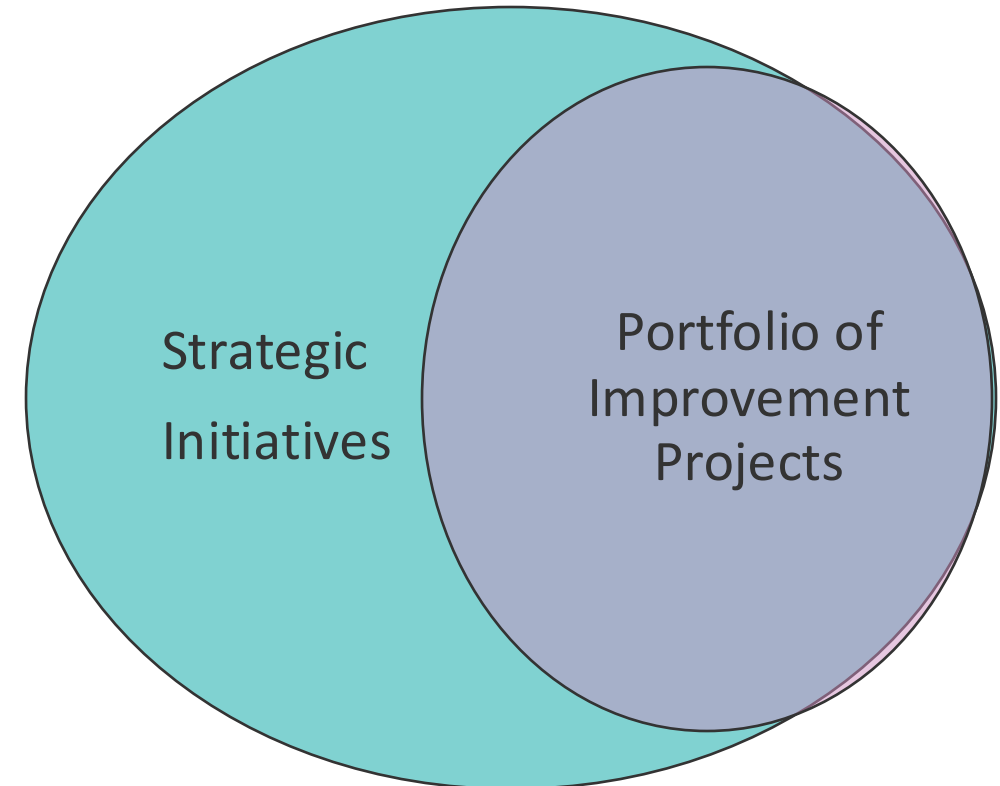
Benefits of an Overarching Aim Statement

- Shared vision
- Partner agreement
- Partner alignment
- Partner commitment
- Communicates priorities and direction for internal and external audiences
- Expresses the magnitude of change
- Demonstrates transformation



Focusing Your Work

- Determine your overarching aim - What do you want to accomplish?
 - Be SMART
- Define a portfolio of improvement projects
 - Select a group of complementary change ideas/strategies that are necessary and vital to achieving your aim
- Determine your SMART goal
 - What is the first step in your process towards your aim?



SMART Goals

- Breaks the aim into a discrete, action-oriented goal
- Focuses on a location, type of program or population
- Achievable in a shorter time frame

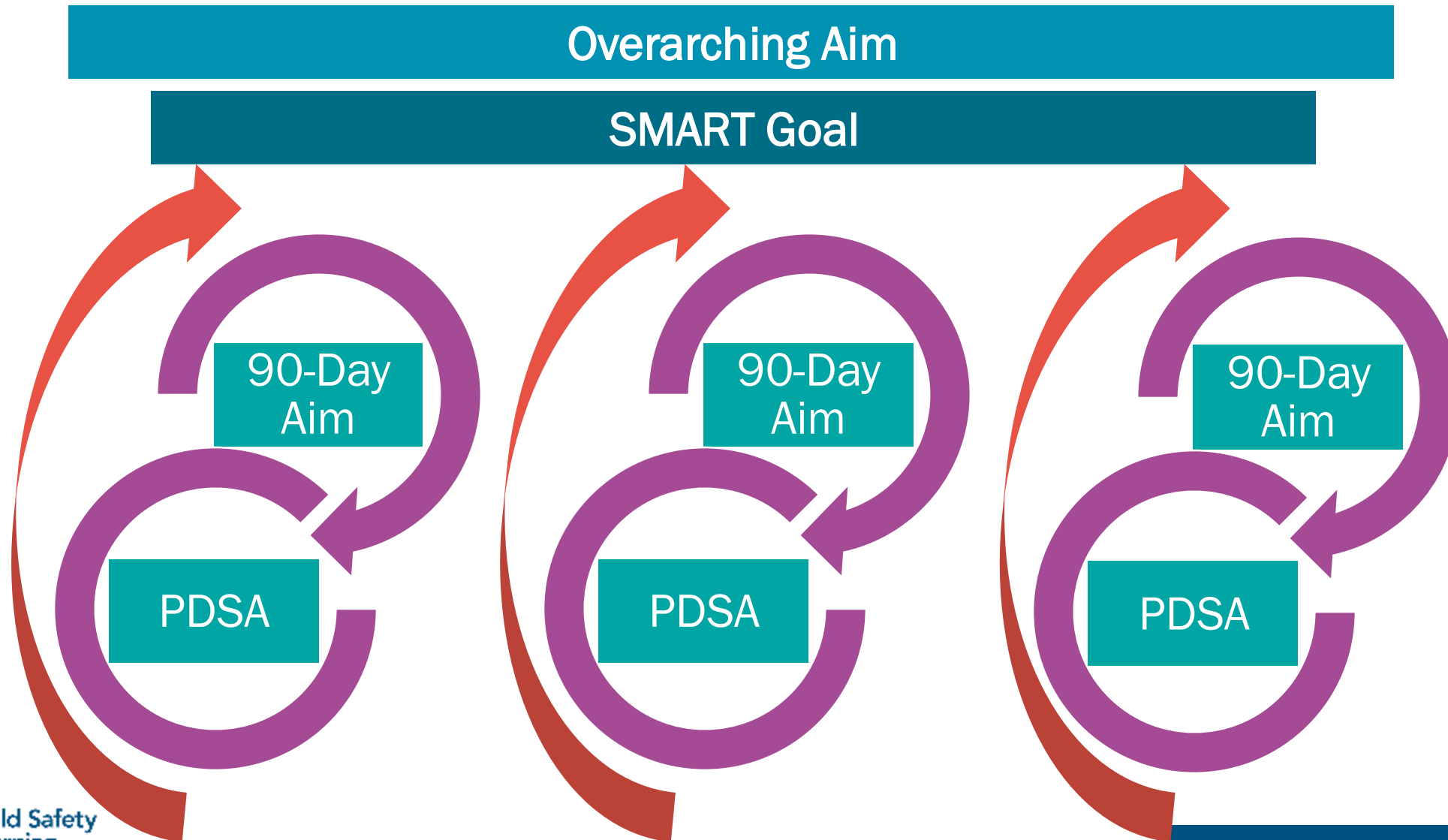


SMART Goal

90-Day Aim & Short Term Goals

Overarching SMART Aim

Data Informed Decision Making



Determining our 90-Day Aims

Look closely at your SMART goal and selected change idea/strategy and scan your current environment.

- What do you need to do to get this project up and running (develop and test)?
- What do you need to do next to implement this change idea/strategy?

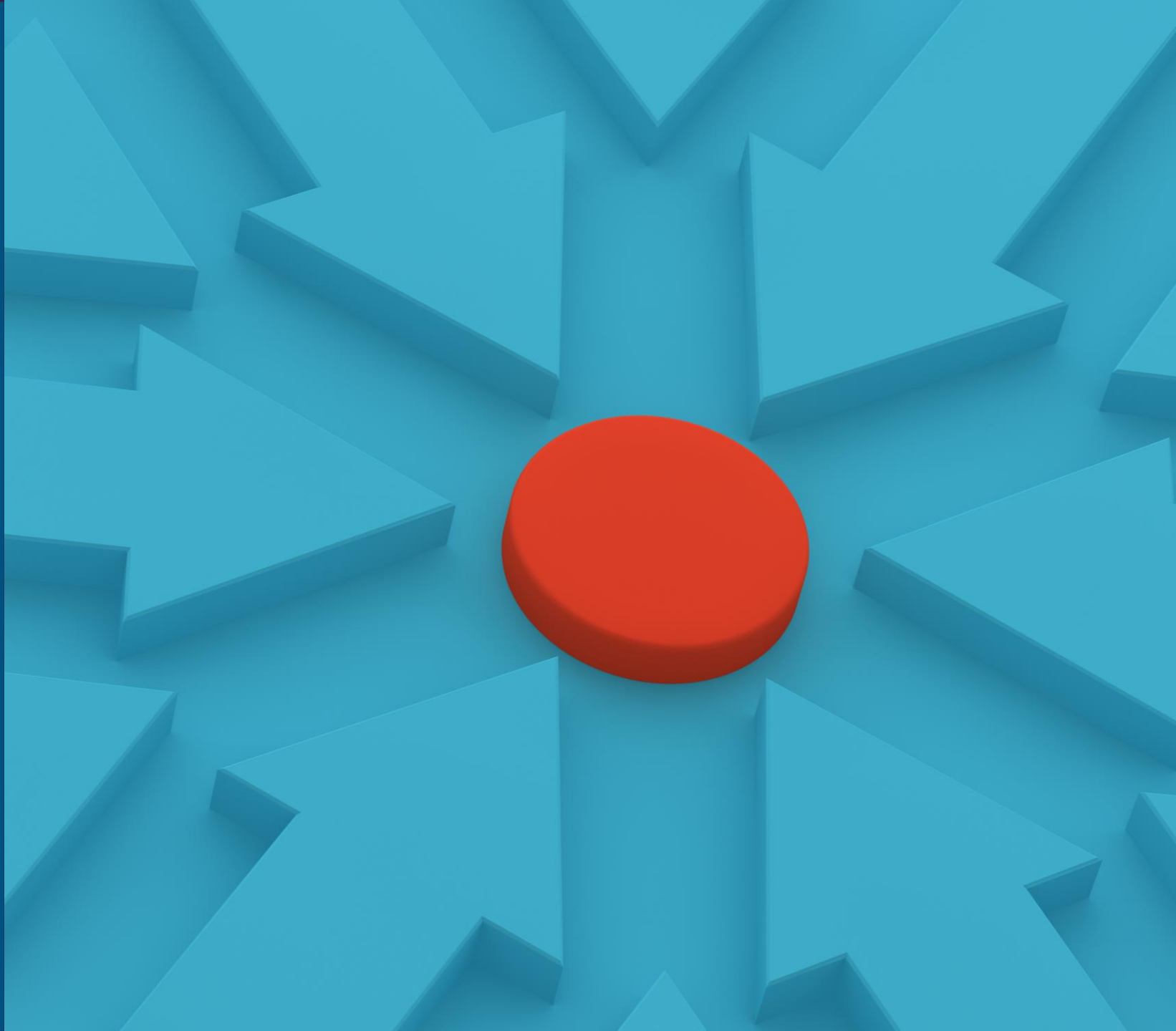
Consider what would be a feasible 90-day aim for this SMART goal.

- What short term goals will get you to your 90-day aim?
- What actions will get you to your short term goals and who will be responsible for them?
- How will you measure your progress?

Plan how you will share what you've learned with your team and partners.

- How will you integrate what you've learned into your next 90-Day Aim?

90-Day Aim Example



Running a Marathon – One Mile At a Time

Overarching Aim

By June 2030, I will improve my overall health by increasing my strength and endurance by 10%, reducing my body mass index by 5%, improving my sleep by 5% and enhancing my mental well-being through daily meditation.



SMART Goal

By June 2027, I will successfully complete my first full marathon (26.2 miles) by following a structured training plan, consistently running 4–5 days per week, incorporating strength training twice per week, and completing all key training milestones while remaining injury-free.



90-Day Aim & Short Term Goals

In 90 days, by November 1, 2026, I will establish the **endurance**, **consistency**, and **healthy training** habits needed to begin a marathon training plan by running four days per week, completing a 10–12 mile run, finishing a 10K race or equivalent, and maintaining a regular strength and recovery routine.



Breaking It Down – 30 Days

Selected Change Idea /Strategy	Selected Measure(s)	Period 1 Aim: By September 1, 2026 I will establish a consistent training routine by running four days each week, completing two strength training sessions weekly, and increasing my long run to six miles while remaining injury-free.				
		Period 1 Dates: August 1-August 31, 2026				
		Short Term Goal(s)	Action(s) to Support Strategy Implementation or PDSA	Responsible Party	Due Date	Progress Toward Short Term Goal(s)
Run consistently each week, increasing frequency and distance	# of days completed running	By the end of 30 days, I will have completed a total of 16 days running, completing 20 miles over the course of one week and 5 miles in a single run	- Purchase appropriate running equipment - Draft a workout calendar that increases from runs 2 → 4 days a week and strength sessions 1 → 2 days a week - Track daily distance and increase from 1.5 miles to 5	Jenny	1. August 1 2. August 1 3. August 31	☐ 16+ runs completed ☐ 8 strength sessions ☐ 5-mile long run ☐ Injury-free
	Distance					
	# of strength sessions					

Breaking It Down – 60 Days

Selected Change Idea /Strategy	Selected Measure(s)	Period 2 Aim: By October 1, 2026, I will increase my endurance by maintaining four weekly runs, completing strength training twice each week, and increasing my long run to 9–10 miles while developing effective fueling and recovery habits.				
		Period 2 Dates: September 1-September 30, 2026				
		Short Term Goal(s)	Action(s) to Support Strategy Implementation or PDSA	Responsible Party	Due Date	Progress Toward Short Term Goal(s)
Run consistently each week, increasing frequency and distance	# of days completed running Distance # of strength sessions	By the end of 30 days, I will have increased my distance to 10 miles and improved my pace by 30-60 seconds	• Continue 4 runs/week • 2 strength sessions/week • Long run progresses: 7 → 8 → 9–10 miles • Practice race fueling and hydration • Complete one tempo workout/week	Jenny	October 31, 2026	☐ Weekly mileage maintained ☐ 9–10 mile long run completed ☐ Fueling strategy tested ☐ No missed training weeks

Breaking It Down – 90 Days

Selected Change Idea /Strategy	Selected Measure(s)	Period 3 Aim: By November 1, 2026, I will demonstrate readiness for marathon training by consistently running four to five days per week, completing a 10–12 mile long run, finishing a 10K race or equivalent, and maintaining healthy recovery habits				
		Period 3 Dates: October 1- October 31, 2026				
		Short Term Goal(s)	Action(s) to Support Strategy Implementation or PDSA	Responsible Party	Due Date	Progress Toward Short Term Goal(s)
Run consistently each week, increasing frequency and distance	# of days completed running Distance # of strength sessions	By the end of 30 days, I will complete a 12-mile run and a 10K race.	• Run 4–5 days/week • Maintain strength training • Long run progresses: 10 → 11 → 12 miles • Complete a 10K race or timed run • Select marathon and training plan	Jenny	November 30	☐ 12-mile long run ☐ 10K completed ☐ Ready for marathon training 23

Connecting Your Aim to Your Title V State Action Plan

[https://mchb.tvisdata.hrsa.gov/Home/
StateActionPlan](https://mchb.tvisdata.hrsa.gov/Home/StateActionPlan)

[Home](#)[Reporting Domains](#)[Priorities and Measures](#)[Financial](#)[Data Access/Linkage](#)[State](#)[Archive](#)[Resources](#)

State Action Plan Table

As part of the Title V Maternal and Child Health (MCH) Block Grant, state grantees develop a five-year State Action Plan to address their individual priority needs. This plan outlines both the grantee's planned activities for the Application year as well as the activities that were completed in the Annual Report year. Each plan is organized by six reporting domains, which include five MCH population domains (Women/Maternal Health, Perinatal/Infant Health, Child Health, Children with Special Health Care Needs (CSHCN), and Adolescent Health). The sixth domain addresses state-specific Cross-cutting/Systems Building needs.

In developing the five-year plan, grantees complete a Five-Year State Action Plan Table. This table includes each individual state grantee's priority needs, program objectives, key strategies and relevant national and state performance measures for addressing the identified priority needs within each of the six domains. Use the map below to view an individual State's Five-Year State Action Plan Table.

Persons using assistive technology may not be able to access fully the information in these files. For assistance, contact the Division of State and Community Health of the Maternal and Child Health Bureau at (301) 443-2204 or at StateMCHBG@hrsa.gov.

Select a State... ▼



Example – Indiana Bullying Prevention

State Action Plan

Adolescent Health	
Priority Needs	Five-Year Objectives
Focus on Upstream Opportunities and Strategies	Improve local middle schools' capacity to prevent bullying within their individual schools.
	Promote youth-targeted public health, mental health and suicide prevention initiative.
	Increase community access to resources surrounding fatal injury prevention.

Operationalizing

Overarching Aim Statement	SMART Goal	Connection to State Action Plan
By the start of the 2027-2028 school year, we will decrease bullying in 3 Marion County middle schools.	By the start of the 2027-2028 school year, we will increase bullying prevention programming with 3 Marion County middle schools	Title V funding has been provided for the Indiana Youth Upstander Project (IYUP) project which prioritizes opportunities to Focus on Upstream Strategies to increase bullying prevention programs in Marion County middle schools.

90-Day Aim Worksheet

90-Day Aim:						
Selected Change Idea/Strategy	Selected Measure(s)	Period 1 Dates:				
		Short Term Goal(s)	Action(s) to Support Strategy Implementation or PDSA	Responsible Party	Due Date	Progress Toward Short Term Goal(s)

Tennessee Suicide and Self-Harm Prevention

Melissa Muñoz
Tennessee Department of Health
Program Director, Suicide
Prevention



Educating youth on suicide prevention
through implementation of evidence-based
multi-component suicide prevention
programming

TN Suicide/Self-Harm Prevention - 30 Day Plan

Selected Change Idea from the Change Package	Selected Measure(s) from the Change Package	Period 1 Dates: 3/1/2026 – 5/31/2026				
		Goal(s)	Action(s) to Support PDSA	Responsible Party	Due Date	Progress Toward Goal(s)
CI 32. <u>Educate</u> youth on suicide prevention through participation in evidence-based multi-component suicide prevention programs, such as Sources of Strength and the Model Adolescent Suicide Prevention Program	10. Number of children/adolescents receiving education on suicide prevention and SEL 13. Number of sites providing evidence-based multi-component suicide and self-harm prevention programs	By May 31, 2026, we will provide SOS programming and co-training at 3 new Tennessee schools and 15 existing schools and C/FBOs.	1. Provide 10 informational sessions to 35 middle schools, high schools, community-based organizations, and/or faith-based organizations.	TSPN	5/31/2026	As of January 2026: 13 informational sessions have been provided to 10 schools, and/or C/FBOs.
			2. Train 3 new schools, CBOs and/or FBOs to implement the SOS program.	TSPN	5/31/2026	1. Coffee County Middle School trained Aug. 2025 (backdated) 2. Tullahoma High School trained Aug. 2025 (backdated) 3. Tennessee 4H Foundation training scheduled for April 2026
			3. Ensure the fidelity of the SOS program at 15 existing schools and C/FBOs.	TSPN	5/31/2026	Annual training/licensing: - Loudon High School (due Feb.) - Greenback High School (due Feb.) - Raider Academy (due Feb.)

TN Suicide/Self-Harm Prevention - 60-Day Plan

Selected Change Idea from the Change Package	Selected Measure(s) from the Change Package	Period 2 Dates: 6/1/2026 – 8/31/2026				
		Goal(s)	Action(s) to Support PDSA	Responsible Party	Due Date	Progress Toward Goal(s)
CI 32. <u>Educate</u> youth on suicide prevention through participation in evidence-based multi-component suicide prevention programs, such as Sources of Strength and the Model Adolescent Suicide Prevention Program	10. Number of children/adolescents receiving education on suicide prevention and SEL	By August 31, 2026, we will provide SOS programming and co-training at 5 new Tennessee schools and 15 existing schools and C/FBOs.	1. Train 2 new schools, CBOs and/or FBOs to implement the SOS program.	TSPN	8/31/2026	1. Lenoir Middle School 2. David Crockett High School
			2. Ensure the fidelity of the SOS program at 15 existing schools and C/FBOs.	TSPN	8/31/2026	As of July 2026, all licenses are active through the 2025-2026 school year.
	13. Number of sites providing evidence-based multi-component suicide and self-harm prevention programs	In June 2026, we will support the sustainability of the Sources of Strength program by hosting a Local Train-the-Trainer event for Tennessee trainers in coordination with the Sources of Strength National Team.	3. Provide TDH with names and contact information for primary points of contact for each implementing schools and C/FBO.	TSPN	4/1/2026	Contact information was shared with TDH in early March.
			4. Host SOS T4T for identified individuals.	TDH/TDMHSAS	6/30/3026	The local T4T was held from 6/15-/2026 – 6/18/2026.

TN Suicide/Self-Harm Prevention - 90-Day Plan

Selected Change Idea from the Change Package	Selected Measure(s) from the Change Package	Period 3 Dates: 9/1/2026 – 11/30/2026				
		Goal(s)	Action(s) to Support PDSA	Responsible Party	Due Date	Progress Toward Goal(s)
CI 32. <u>Educate</u> youth on suicide prevention through participation in evidence-based multi-component suicide prevention programs, such as Sources of Strength and the Model Adolescent Suicide Prevention Program	10. Number of children/adolescents receiving education on suicide prevention and SEL 13. Number of sites providing evidence-based multi-component suicide and self-harm prevention programs	By November 30, 2026, we will support the sustainability of the Sources of Strength program by providing SOS programming and co-training at new and existing Tennessee schools and C/FBOs.	1. Establish Fall 2026 training schedule	TDH/TDMHSAS	9/15/2026	8/14: TDH/TDMHSAS planning meeting
			2. Renew licenses for the 2026-2027 school year.	TDH	11/30/2026	Contract with SOS National team will go into effect 9/1.
			3. Identify up to 8 new schools to begin implementation during the 2026-2027 school year.	TDH/TDMHSAS (with input from TDOE)	11/30/2026	

Questions and Discussion



How can you use this tool in your work?

- Think about your SMART goals. What do you want to accomplish in the next 30/60/90 days?
- Are there any activities or strategies that you plan to launch at the start of the school year or in the fall?
- How can you break down your activities into action steps, and who is responsible?
- What is your plan to stay on track?
- How are you measuring outputs (something you can count)?

Cohort 3 of the Child Safety Learning

[Learn more about the CSLC](#) Applications Are Open Until August 31st!

Cohort 1
December 2023
- April 2025

Cohort 2
May 2025 –
October 2026

Cohort 3
**November 2026
- April 2028**



Bullying Prevention



Motor Vehicle Traffic
Safety



Suicide and Self-Harm
Prevention



Sudden Unexpected
Infant Death Prevention

Thank you!

1

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3

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