



## TA & Support Center News & Updates

### **Deadlines:**

July 15 HSMED-II Report (CSV or XML) Due

July 15 [Healthy Start Mental Health Training Scholarship Application Due](#)

### **Events:**

July 12 [Fatherhood Talk Tuesday](#)

July 13 NFI Master Training – *For those that have completed the 24/7 Dads Training only*

July 14 [ROOTT Learning Academy Session #4](#)

July 20 [Moynihan Institute Webinar](#)

July 26 [2022 Cohort Showcase Event](#)

July 27 [Conversations with the Division](#)

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### **NFI Master Training**

The Healthy Start TA & Support Center (TASC) recently partnered with the National Fatherhood Initiative (NFI) to offer their 24/7 Dads<sup>®</sup> Webinar Training to HS grantees. 24/7 Dads<sup>®</sup> is an evidence-based fatherhood program used by hundreds of organizations across the nation to improve the knowledge, behavior, and skills of dads of all races, religions, and demographics. The program is built on the basis that fathers can be nurturers, and for men, nurturing is a learned skill. This unique set of programs is designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs - building the man first and the father second. Training attendees will learn more about the program and how to use it with their HS clients. If you have already completed the 24/7 Dads Training, you're ready to become a Master Trainer! TASC has partnered with NFI to provide their Master Trainer course on **Wednesday, July 13th from 1-6 p.m. ET!** This course will train those who have completed the 24/7 Dads Training to become a trainer, themselves! **Register [here!](#)**

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### **ROOTT Learning Academy Session #4**

Please join the Healthy Start TASC for the fourth session in the ROOTT Learning Academy on **Thursday, July 14 from 3-4:30 p.m. ET!** The goal of the ROOTT Learning Academy is to develop a progressive understanding of the structural determinants of health and how they have led to the consequences of unmet social determinants of health. This course examines how policy development and institutional systems have created health inequities that oppress Black families in the maternal & infant health space and beyond. Learning Academies are a great way to take a deeper dive into the featured topic with monthly lectures, readings, and group activities. **To view all ROOTT Learning Academy session recordings and materials, [please click here.](#) To register for the remaining sessions, [please click here.](#)**

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### **Mental Health Training Opportunities**

The Healthy Start TASC is committed to building, enhancing, and strengthening Healthy Start staff members' capacity to serve their communities. During Summer 2021, the TASC and the Division of Healthy Start and Perinatal Services (DHSPS) provided scholarships for five different mental health trainings to Healthy Start grantees to address the additional support needed due to the pandemic and to strengthen HS grantees' mental and emotional capacities. These scholarships were offered by organizations such as the National Council for Mental Wellbeing, Institute for Wellness Education, Shades of Blue, and Postpartum Support International at no cost to grantees!

With support from the Division of Healthy Start and Perinatal Services (DHSPS), the Healthy Start TASC is pleased to be able to provide scholarships for five mental health trainings to Healthy Start grantees this summer!

TASC will cover the cost of the training registration for selected applicants. Each staff member is limited to receiving one training scholarship, however, you may indicate your first and second choices within the application. TASC will select up to two staff members

from each Healthy Start site to participate in each training.

[Please click here](#) for additional details about each training. **To apply for a training scholarship, please complete [this application](#) by COB Friday, July 15.** If you have any questions, please email [healthystart@nichq.org](mailto:healthystart@nichq.org).

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### **2022 Cohort Showcase Event**

The Healthy Start TASC held four cohorts, which ran from January through May 2022. The cohorts focused on four topics that aligned with the Healthy Start (HS) benchmarks and approaches, including Community Action Network (CAN), Evaluation, Fatherhood, and Recruitment and Retention. The HS participants of each cohort worked together to select specific objectives to guide their work and created artifacts based on their discussions in the meetings and homework assignments in CoLab.

The TASC is thrilled to be organizing a 2022 Healthy Start Cohorts Showcase Event to celebrate the cohort members and their accomplishments. During the showcase, the TASC will celebrate the cohort co-Leads and members and their accomplishments; the HS co-Leads from each of the four cohorts will share with the broader HS community their experiences, the artifacts created from meeting discussions and homework assignments, and their reflections and lessons learned from the cohort. There will also be an opportunity for attendees to network during the event.

The Showcase Event will be held on **Tuesday, July 26 from 1-3 p.m. ET** and will be open to all HS grantees. The Showcase will be hosted on the Whova platform and registration information for the event will be shared via email and on the EPIC website [here](#) in the coming days.

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## **In Case You Missed it...**

### **Fatherhood Evaluation Workshop**

Thank you for joining the Healthy Start TASC for its first-ever Fatherhood Evaluation Workshop on Thursday, June 30 with Dr. Derrick Gordon, Director of the Program on Male Development at the Yale School of Medicine! The workshop helps HS grantees capture fatherhood data that tells their program's unique story while also scaffolding individuals' skills to ensure the collected data meets MCH's needs. **Check back [here](#) later this week to view the Workshop recording.**

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### **Infant Health Equity Action Plan Grantee Showcase**

Last year, for the first time in Healthy Start history, funding was made available to grantees to explicitly address the upstream, social and structural barriers that create disparities and inequities. Twenty-one Healthy Start grantees embraced this challenging task and worked with their communities over six months to create community-based, community-driven action plans.

To culminate this process, the Healthy Start TASC organized the 2022 Infant Health Equity (IHE) Action Plan Grantee Showcase Event. The goals of this Showcase Event were to:

1. Celebrate the tremendous accomplishments of the 21 HS grantees who took on this

challenging task and created community-based and community-driven Infant Health Equity Action Plans.

2. Highlight the resulting community action plans and provide grantees with a platform to share their accomplishments with the broader HS community.
3. Foster cross-project sharing and innovation by providing a place for HS grantees to engage with each other and share lessons learned and recommendations.
4. Share the technical assistance and capacity building resources created through this process with all HS grantees and the broader community.

The Showcase Event consisted of two sessions on Tuesday, May 31 and Monday, June 6. Attendance at the Showcase Event was strongly recommended for the grantees that received the IHE supplement. The Showcase Event was open to all HS grantees, as well as Division Project Officers and the IHE Action Plan review team, and was hosted on the Whova platform. **To view the session recordings, [please click here](#).**

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### **The Equity Table: Fatherhood in the Age of Mass Incarceration**

The Healthy Start TASC recently hosted the next session of The Equity Table - a series of roundtable conversations that explore the racism and inequities communities of color face in the United States, today and historically. Specifically, this series focuses on the persistent disparities seen among Black and Native communities, both in maternal and child health outcomes and beyond. The series features a roundtable discussion with subject matter experts who bring their ideas and reflections to “The Table.” Sessions will explore major topics impacting the health and well-being of people of color (e.g., mass incarceration, voting rights).

Thank you to all who joined the Healthy Start TASC, Healthy Start's Kevin Sherman, and experts Dr. Art James and the Sentencing Project's Marc Mauer at The Equity Table: Fatherhood in the Age of Mass Incarceration on Tuesday, June 7 which explored the different levels of impact that mass incarceration has had on fathers, families, and communities. **To view the session recording, [please click here](#).**

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### **Networking Café: Client Retention, Cancellations, and No-Shows**

On Wednesday, June 8, TASC hosted the Client Retention, Cancellations, and No-Shows Networking Café. Networking cafés are informal lunchtime sessions, which provide Healthy Start staff an opportunity to come together and share their experiences, challenges, and strategies around a specific topic. This session focused on client retention, cancellations, and no-shows. Healthy Start staff had the opportunity to share challenges they are experiencing with client retention, as well as strategies that have helped their teams retain clients and limit cancellations and no-shows. **To view the session recording, [please click here](#).**

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### **Fatherhood Talk Tuesday**

Thank you to all who joined the Healthy Start TASC for a special Fatherhood Talk Tuesday on Tuesday, June 14 as we celebrated and uplifted fathers in honor of Men's Health Month and Father's Day! We featured the "Fatherhood Discussion" session from our [ROOTT Learning Academy](#) by Deans Jessica Roach and Dorian Wingard from [Restoring Our Own Through Transformation \(ROOTT\)](#). Thank you for joining us as we continue to highlight the unique and dynamic role as fathers, and share stories and resources across HS sites. **To view the session recording, [please click here](#).**

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### **Understanding Prenatal Alcohol Exposure and Preventing Fetal Alcohol Spectrum Disorders (FASD) Webinar #3**

The Healthy Start TASC partnered with the National Organization on Fetal Alcohol Syndrome (NOFAS) to provide a three-part series related to prenatal alcohol exposure. During the [first webinar](#), which took place in September 2021, Kathy Mitchell of NOFAS provided an overview of the historical view on alcohol and pregnancy; the current research on how both alcohol and other substances may impact on the developing fetus; and diagnostic criteria for FASD. During the [second webinar](#), which took place in February 2022, Kathy Mitchell returned to present on creating a Circle of Hope for women and families living with substance use disorders and FASDs. During the [third webinar](#), Kathy Mitchell returned once more to provide a presentation on FASD through the lifespan, focusing on strategies and resources for families living with FASD and addictions.

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### **May: Maternal Mental Healthy Awareness Month**

May was [Maternal Mental Health Awareness Month](#), a time to bring attention to and combat the stigma around maternal mental health issues, including perinatal mood and anxiety disorders. While many parents experience some mild mood changes during or after the birth of a child, [15 to 20% of women](#) experience more significant symptoms of depression or anxiety. These symptoms can appear any time during pregnancy and the first 12 months after childbirth.

Perinatal mood and anxiety disorders include:

- [Perinatal or Postpartum Depression](#): Symptoms may include sadness, anger, irritability, lack of interest in the baby, appetite and sleep disturbances; and feelings of guilt, shame, and hopelessness.
- [Perinatal Anxiety](#): Symptoms may include constant worry, feeling that something bad is going to happen, racing thoughts, appetite and sleep disturbances, inability to sit still, and physical symptoms like dizziness, nausea, etc.
- [Postpartum Obsessive-Compulsive Disorder \(OCD\)](#): Symptoms include obsessions (i.e., repetitive, intrusive thoughts related to the baby) and compulsions (i.e., actions the mother does over and over again to reduce her fears, such as cleaning, counting, etc.).
- [Postpartum Post-Traumatic Stress Disorder \(PTSD\)](#): Symptoms may include intrusive reexperiencing of a past traumatic event, flashbacks and nightmares, avoidance of stimuli related to the event (e.g., places, activities).
- [Bipolar Mood Disorders](#): Bipolar mood disorders include two phases, including lows (i.e., depression) and highs (i.e., mania). These symptoms last longer than four days and interfere with functioning and relationships.
- [Postpartum Psychosis](#): Symptoms may include delusions, hallucinations,

hyperactivity, paranoid and suspiciousness, rapid mood swings, and decreased need for or inability to sleep.

Although parents of every culture, age, income level and race can develop perinatal mood and anxiety disorders, there are significant racial disparities in maternal mental health. For example, [one study](#) found that African American and Latina women experience perinatal mood disorders at three times the rate of White women. Additionally – women of color, including Black, Asian, Native American, and multiracial women – are [less likely to be screened](#) for depression during the postpartum period, compared to White women.

Healthy Start staff can play an essential role in reducing these disparities in the communities you serve. This can include helping families identify mental health providers in their communities; connecting them to a doula that can provide support before, during, and after pregnancy; and encouraging them to attend online mental health support groups. We hope the following resources equip your Healthy Start project to share information and help women, fathers, and families seek the help they need to recover fully. Please feel free to share with your Healthy Start participants.



### **Maternal Depression: Making a Difference Through Community Action**

[This guide](#) was created by [Mental Health America](#) to build awareness and acceptance of the need for a family-focused community-driven approach to addressing maternal depression. The guide aims to build community's capacity to serve mothers; promote the use of state and local partners; and spur strategic thinking to drive change.

### **New Mom Checklist for Maternal Mental Health**

[This checklist](#) was created by [Postpartum Progress](#) to help new mothers start a discussion with their health care provider about their mental health. The checklist asks about common symptoms and risk factors of perinatal mental health disorders. You can encourage Healthy Start moms to print this out and bring it to their prenatal and postpartum visits.

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### **My Postpartum Plan**

[This checklist](#) was created by the [Fourth Trimester Project](#) to help expecting parents think through what support they will want and need in the months after birth. The checklist asks about the parents' preferences around communication, visitors, and nutrition and meals. It also encourages parents to think about stress reduction strategies and how to avoid triggers.

### **Shades of Blue Support Groups**

[Shades of Blue](#) – an organization dedicated to breaking cultural barriers in maternal mental health – has several free maternal mental health [online support groups](#). These include groups specifically for pregnant and postpartum moms, teen moms, single moms, LGBTQ+ moms, and those experiencing infant loss.

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### **2020 Mom Community Action Toolkit**

[This toolkit](#) serves as a roadmap for coalitions working to improve the continuum of care – including screening and treatment rates -- for maternal mental health disorders in their communities. The guide was created by [2020 Mom](#), a national non-profit organization working to close gaps in maternal mental health care.

### **BEAM Questions to Ask Documents**

[The Black Emotional and Mental Health \(BEAM\) Collective](#) has created three “Questions to Ask” documents, which aim to support patients [before](#), [during](#), and [after](#) a visit with a mental health provider. The questions help patients identify what symptoms they would like to focus on, what treatment plan would work best for them, and whether their provider is a good fit for them.

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### **Mothers and Babies Program**

[Mothers and Babies](#) is an evidence-based intervention for pregnant women and new parents to help manage stress and prevent postpartum depression. In addition to information about getting trained in and administering the program, their website offers several free [self-care and mindfulness resources](#) for parents.

### **Natal: Shellie's Story**

[Natal](#) is a narrative podcast about having a baby while Black in the United States. The podcast passes the mic to Black parents to share their stories about pregnancy, childbirth, and postpartum. In [Episode 4](#), Shellie shares her experience with postpartum depression and Dr. Sinmi Bamgbose, a reproductive psychiatrist, shares how she's working to expand mental health resources for Black parents.



Following the successful execution of the Change Ideas to Grow, Nurture, and Lift (CIGNAL) for Maternal Mortality and Morbidity project, the Healthy Start TA & Support Center (TASC) launched a second CIGNAL project focused on *Perinatal Mental and Behavioral Health (PMBH)*. CIGNAL for PMBH aimed to enhance and strengthen the capacity of Healthy Start (HS) grantees to promote PMBH among the women, infants, fathers, and families they serve during and beyond the COVID-19 pandemic.

First, TASC hosted a two-hour expert meeting with seven subject matter experts in the field of PMBH. The experts worked to identify and explore potential change ideas related to PMBH for HS communities—specifically challenges associated with PMBH issues among pregnant and postpartum women and their families.

TASC then hosted a webinar for grantees, which discussed the key issues and strategies around PMBH, highlighted stories from HS grantees, and provided participants with resources and tools for testing the strategies in their own communities.

#### Challenges Around PMBH for the Healthy Start Community identified by CIGNAL experts

1. The impact of historical trauma on communities of color.
2. Widespread lack of informed, respectful, and culturally responsive care.
3. Fragmentation in the mental health services system, which forces people to rely on health care workers to pull various services together.
4. Stigma and the lack of a shared language, which prevents people from identifying mental health issues and promoting wellness within themselves and their community.
5. Traditional MCH services that focus solely on the mother and child, and the lack of inclusion of the entire family and broader community.

#### Challenges Around PMBH for the Healthy Start Community identified by Healthy Start grantees

1. Provider shortages
2. Inadequate provider support
3. Forming trusted relationships
4. Availability of timely appointments
5. Appointment cancellations
6. Continuing to engage and retain participants connected to mental and behavioral health (especially during COVID-19)
7. Parents not feeling comfortable with being open and transparent with staff about health challenges
8. Overcoming the stigma surrounding receiving mental and behavioral health services

## CIGNAL for Perinatal Mental & Behavioral Health

Following the successful execution of the Change Ideas to Grow, Nurture, and Lift (CIGNAL) for Maternal Mortality and Morbidity Project, the Healthy Start TASC launched a second CIGNAL Project focused on Perinatal Mental and Behavioral Health (PMBH), which aimed to enhance and strengthen the capacity of Healthy Start grantees to promote PMBH among the women, infants, fathers, and families they serve during and beyond the COVID-19 pandemic. To learn more, check out the [PMBH CIGNAL webinar recording](#) which discussed the key issues and strategies around PMBH, highlighted stories from HS grantees, and provided participants with resources and tools for testing the strategies in their own communities. Check out the [PMBH CIGNAL artifact](#) which provides a snapshot of the CIGNAL and includes mental and behavioral health resources.





## Other Resources & External Events

### Infant Formula Shortage

The United States is experiencing an infant formula shortage due to supply chain issues and [safety recalls of several powder formulas](#), including Similac, Alimentum, and EleCare. This has left many parents and caregivers concerned about how they will feed their babies. In response, MCHB Associate Administrator, Dr. Michael Warren, issued [a letter with important information and resources](#) that Healthy Start grantees can share with families to help them safely manage the shortage. TASC has also compiled additional resources about supporting families during the shortage. Please share this information with the women, fathers, and families you serve.

- [Additional Steps to Address Infant Formula Shortage](#): This fact sheet from the White House outlines President Biden’s strategy to ensure that safe infant formula is available to families across the country, including increasing imports and reducing prices.
- [Infant Formula Recall and Supply](#): This webpage from the US Department of Agriculture (USDA) provides an overview of the shortage, baby formula safety “do’s and don’ts,” key messages for consumers, and more.
- [Helping Families Find Formula During the Infant Formula Shortage](#): This fact sheet from the US Department of Health and Human Services (HHS) shares resources – including hotlines, community resource specialists, and human milk banks – that may be able to help families locate formula or donor milk.
- [What Should I Do if I Can’t Find Any Formula?:](#) This webpage from the American Academy of Pediatrics answers common questions from parents about managing the formula shortage, including whether it is safe to make your own formula.
- [Contact Your Local Food Bank](#): The Feeding America website allows you to locate food banks in your area, as well as learn about national nutrition assistance programs like SNAP and WIC. Encourage families to contact their local food bank and ask if they have any formula.
- [Recalled Formula Alternatives](#): This webpage from the Academy of Nutrition and Dietetics features a table with information about the recalled formulas and
- [Check Formula Lot Number](#): This webpage from Abbott allows you to check the lot number on your Similac, Alimentum, or EleCare formula to check whether it was impacted by the recall.

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## National Maternal Health Innovation Symposium

The [Maternal Health Learning and Innovation Center](#) (MHLIC) is hosting its 3rd annual [National Maternal Health Innovation Symposium](#) August 1-3, 2022 in Chicago, IL and virtually. This is a free event.

This year's theme is "Advancing Equitable Maternal Health Outcomes through Engagement, Innovation, and Policy." Attendees can expect innovative and inspiring keynotes, workshops, Spark Sessions, and there is a new Student Track this year. Expect to attend sessions like "JustBirth Space: Community-Based Pathways Towards Healing, Transformation, and Hope for Birth Justice," "Development, Implementation and Evaluation of Implicit Bias Skill-Building Sessions," "Centering Black Women: Integrating a Community Engagement Initiative into Prenatal Care Spaces to Reduce Disparities in Maternal and Infant Health," "Addressing Maternal Mental Health Disorder using Asset-Based Community Development," and many more.

To register for the 2-day symposium, [please click here](#).

[Click here](#) to register for the August 1<sup>st</sup> pre-symposium session titled, "Treating the Whole Mother and Birthing Person: Comprehensive Care for Severe Hypertension in Pregnancy." This session is being held in-person only and separate registration is required.

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### Hosting or attending an exciting event or webinar?

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to [healthystart@nichq.org](mailto:healthystart@nichq.org).

Have questions? Either respond to this email or contact the sender on [healthystart@nichq.org](mailto:healthystart@nichq.org)

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