

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

TA & Support Center News & Updates

Deadlines:

July 28 Mental Health Training Scholarship Application Due

Events:

July 24 & 25 Catalyst for IHE In-Person Meeting - *Catalyst for IHE grantees only*

Aug 8 Fatherhood Talk Tuesday

August 15 COIN Meeting - *COIN members only*

Mental Health Training Scholarship

With support from the Division of Healthy Start and Perinatal Services (DHSPS), the Healthy Start TA & Support Center (TASC) is pleased to be able to provide a limited number of scholarships to Healthy Start staff for three upcoming mental health trainings! The **TASC will cover the cost of the training registration for selected recipients**. Each staff member is limited to receiving **one** training scholarship, however, you may indicate your first and second choices within the application. The TASC will select up to two staff members from each Healthy Start site to participate in each training.

Please see below for additional details about each training.

Postpartum Support International's Perinatal Mood and Anxiety Disorders: Components of Care Training

PSI's *Perinatal Mood and Anxiety Disorders: Components of Care Training* is a virtual two-day training, which provides a thorough and evidence-based curriculum designed for any provider interested in learning skills and knowledge for assessment, support, and treatment of perinatal mood and anxiety disorders. Topics include the many faces of perinatal mood and anxiety disorders; risks and exacerbating factors; special populations; trauma and culturally informed care; screening tools; intake and suicide assessment; and more. To view the full agenda, please [click here](#).

The two-day training will be offered on:

- **Tuesday, August 8 from 8:30 a.m. to 5 p.m. PT** (11:30 a.m.-8 p.m. ET/10:30 a.m.-7 p.m. CT) **and Wednesday, August 9 from 8:30 a.m. to 5 p.m. PT** (11:30 a.m.-8 p.m. ET/10:30 a.m.-7 p.m. CT)
** This training will be offered on Pacific Time.

Self Care Agency's Introduction to Strategic Wellness & Self Care Course

The Self Care Agency, LLC aims to provide quality products, consulting, training, speakers and comprehensive programming to help clients create a realistic and Strategic Self Care Plan. The Introduction to Strategic Wellness and Self-Care Course is an online, self-paced training that allows participants to learn and study at their own pace; coordinate with others taking the course; and enjoy privacy while diving into the intimate journey of identifying what they need.

Throughout the course, participants will:

- Learn to distinguish between a strategic wellness program and other wellness programs
- Discover tools for wellness
- Build their strategic wellness and self-care plan

Shades of Blue's I.N.S.P.I.R.E Method Training

Shades of Blue's *I.N.S.P.I.R.E Method Training* is a virtual two-day training, which teaches participants compassion care methods they can use in their everyday

professional practice when working with and inside the community. This training is specific to care for women of color and minorities and can be implemented by doulas, midwives, clinicians, and those facilitating support groups. Learning objectives include:

- Identifying unique stressors in Black women and minorities dealing with maternal mental health complications
- Implementing the I.N.S.P.I.R.E method into everyday practices and prioritizing maternal mental health in our communities
- Understanding social determinants of health and cultural barriers; the current outlook on maternal mental health among Black women and minorities; and how to change the outlook
- Demonstrating the I.N.S.P.I.R.E method of compassionate care, including mindfulness, hug therapy, music, and more!

Dates for this training will be Thursday, October 12th, and Friday, October 13th.

To apply for any of these training scholarships, **please complete this [application](#) by COB Friday, July 28th.**

Please contact healthystart@nichq.org if you have any questions or concerns.

August Fatherhood Talk Tuesday

The month of August is recognized as National Breastfeeding Month! This Fatherhood Talk Tuesday session will be filled with breastfeeding resources and information that HS Fatherhood Coordinators and Practitioners can share with their HS dads to support their partners with breastfeeding.

Join us for this enlightening session on **Tuesday, August 8th from 3-4:30 pm ET.** To register, please click [here](#)!

In Case You Missed it...

July Fatherhood Talk Tuesday

In the July Fatherhood Talk Tuesday, TASC's Kenn Harris dove into another skills-building session. This session took look at how data is captured and how it can be presented as a story, program timelines, sustainability tools, and other helpful resources.

Check back [here](#) later this week to view the session recording.

Healthier Outcomes in Preeclampsia Webinar

The Healthy Start TA & Support Center (TASC) partnered with the [Preeclampsia Foundation](#) to host the Healthier Outcomes in Preeclampsia webinar on Wednesday, May 31. The Preeclampsia Foundation works to improve outcomes of

hypertensive disorders of pregnancy like preeclampsia, HELLP syndrome, and eclampsia by educating, supporting and engaging the affected community, improving healthcare practices, and finding a cure.

During this webinar, participants learned about:

- Risk factors, signs and symptoms of preeclampsia
- Diagnosis and management of preeclampsia, including the importance of blood pressure measurement
- Postpartum preeclampsia
- Patient advocacy and empowering patient voices

To view the webinar recording, check back [here](#) later this week.

Community Engagement Learning Academy

The TASC hosted the final two sessions of the Community Engagement Learning Academy in May and June. Community engagement is fundamental to the success of Healthy Start's Community Action Networks (CANs). Led by Learning Academy Dean, Danette McLaurin Glass of First TEAM USA, the Community Engagement Learning Academy allowed Healthy Start grantees to participate in an extensive study into community engagement, including strategies for practical application in local contexts.

To view the entire Community Engagement Learning Academy series, please click [here](#).

Co-Parenting Learning Academy

The TASC hosted the final session of the Co-Parenting Learning Academy in May. The goal of the Co-Parenting Learning Academy was to examine the breadth and depth of social welfare policy in the 20th and 21st centuries, while exploring the policies and practices that have influenced the focus on mothers and children and exclusion of fathers from family support systems. The series explored the redefining of "co-parenting" and how it has been integrated into current MCH practices. During the final session, Co-Parenting Learning Academy Dean, [Dr. Jeffrey Johnson](#), CEO of the [National Partnership for Community Leadership](#) (NPCL), discussed assessing co-relationships and planning co-parenting agreements.

To view the entire Co-Parenting Learning Academy series, please click [here](#).

Minority Mental Health Awareness Month

In 2008, the US House of Representatives named July as [Bebe Moore Campbell National Minority Mental Health Awareness Month](#). Named to honor the late Bebe Moore Campbell – author, advocate, national spokesperson, and co-founder of National Alliance on Mental Illness (NAMI) Urban Los Angeles – this month of recognition was established to [encourage greater access](#) to mental health treatment for the BIPOC community.

In 2017, the [American Psychiatric Association reported](#) that approximately 18% of US adults have a diagnosable mental disorder and approximately 4% of adults have a serious mental illness in a given year. Of those struggling with mental illness, only around 43% receive mental health treatment or counseling. Though most racial/ethnic minority groups have similar – or in some cases, fewer mental disorders compared to their White counterparts – BIPOC individuals are less likely to receive mental health care. This leads to more persistent mental illnesses and, as a result, disproportionately high rates of disability.

According to the [Centers for Disease Control and Prevention \(CDC\)](#), Black, Indigenous, and People of Color (BIPOC) individuals may face a variety of [barriers to accessing mental health care](#), including lack of or insufficient health insurance, lack of racial and ethnic diversity among mental health care providers, lack of culturally competent providers, financial strain, stigma, and racism. The COVID-19 pandemic further compounded these barriers, in addition to increasing the number of people experiencing mental health issues. According to the [National Council for Mental Wellbeing](#), nearly half of all Black, Hispanic, Asian, Native American and LGBTQ+ individuals [reported](#) that they had personally experienced increased mental health challenges during the pandemic, but few received treatment. When focusing on perinatal mental health, we continue to see unequal access for BIPOC individuals. [One study found](#) that there were significant racial-ethnic differences in the initiation and continuation of postpartum depression care, as well as suboptimal treatment among all low-income women.

The Healthy Start community plays an essential role in helping to identify mental health issues among mothers, fathers, and families before, during, and after pregnancy and connecting them to much-needed mental health care. Below are some resources to help support these efforts, which Healthy Start staff can utilize to help their communities address mental health issues among participants.

Minority Mental Health Awareness Month Webinar & Social Media Graphics

The US Department of Health and Human Services' Office of Minority Health (OMH) has created a [number of shareable graphics](#) around National Minority Mental Health Awareness Month. These include example Facebook, Instagram, and Twitter posts, which your organization can post to raise awareness. OMH also hosted a webinar about trauma, COVID-19, and the impact on minority mental health, which can be viewed [here](#).

Wellness Tools

The [Black Emotional and Mental Health Collective](#) is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. BEAM helps individuals and providers add to their mental health toolbox with their library of [wellness tools](#), including a [Community Care Support Plan](#), a [Peer Support and Village Care Tool](#), and [PAUSE tool](#) for self de-escalation.

Mental Health Resources for

Underrepresented Communities

The [American Foundation for Suicide Prevention](#) compiled a list of resources intended to support mental health among minority communities. In addition to general resources, [the list](#) includes resources relevant to specific minority communities. [The Mental Health Coalition](#) also compiled a [similar list of resources](#) for the BIPOC community.

Shades of Blue Support Groups

The [Shades of Blue Project](#) is a Houston-based non-profit that was founded with the intent to improve maternal mental health outcomes for Black and Brown birthing people. They offer a variety of [online support groups](#), including groups for pregnant and postpartum people, teen moms, single moms, those who have experienced pregnancy or infant loss, teens and young adults, and LGBTQ+ individuals. Check out the Shades of Blues [Black Maternal Mental Health Week activities here](#).

Postpartum Support International's Support Group Coaching

[Postpartum Support International](#) (PSI) hosts several [support groups](#) and is now offering coaching for support group leaders. [These free sessions](#) are held on the second Tuesday of each month and are led by an experienced support group leader. Bring your burning questions and receive guidance around starting a support group, increasing attendance, who to invite, when to schedule sessions, and more.

Mental Health and Resiliency TeleECHO

In response to the COVID-19 pandemic's impact on health care providers and American Indian/Alaska Native (AI/AN) patients, the University of New Mexico launched the [Mental Health and Resiliency TeleECHO](#). The TeleECHO aims to support healthcare providers in treating the mental health concerns of AI/AN patients and supporting peers during the pandemic crisis and its aftermath, while also managing their own wellbeing.

Beyond COVID-19 Webinar Series Session 3: Supporting Mental Health During and Beyond COVID-19

In late 2020, the TASC hosted a [webinar focused on supporting Healthy Start participants' mental health during the COVID-19 pandemic](#). Dr. Wendy Davis of PSI and Jana Glass of Supportive Solutions discussed best practices for supporting both Healthy Start clients and staff manage depression and anxiety during the COVID-19 pandemic. Healthy Start projects were also given an opportunity to share their successes

StrongHearts Native Helpline

[StrongHearts Native Helpline](#) is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy. Their website also includes guidelines on [creating a safety plan](#).

and challenges in supporting Healthy Start clients and staff during this difficult time.

Fatherhood Corner

Fathers play an essential role not only in the lives of their families, but in improving both infant and maternal health outcomes. In recognition of this, the Healthy Start program began intentionally engaging and enrolling dads beginning in 2019. Kenn Harris of TASC and Dr. Derrick Gordon of Yale School of Medicine recently joined Episode 3 of the National Institute for Children's Health Quality's (NICHQ) new podcast, [Before Birth and Beyond: Improving Care in MCH. Episode 3](#) focuses on men's mental health, policy considerations for fathers, and strategies for better-engaging fathers in maternal and child health.

If your Healthy Start project would like support in making your space more father-friendly and in engaging and enrolling dads into your program, [please submit a TA request](#) for individualized assistance from the TASC team.

Other Resources

Birthing Cultural Rigor's Inaugural Obstetric Patient Safety Summit FREE Webinar Series

The Healthy Start TASC would like to uplift an opportunity to join [Dr. Karen A. Scott, MD, MPH, FACOG](#) and [Birthing Cultural Rigor, LLC](#) (BCR) as they celebrate their upcoming two year anniversary on August 1, 2023 and host a **FREE four-part online series** titled "**The Obstetric Patient Safety Summit (OPSS) Webinars**". This is an opportunity to build public and professional awareness about the state of hospital-based maternal and perinatal quality and safety AND BCR's solutions to advance obstetric patient, particularly for Black mothers and birthing people.

The OPSS Webinar Series is tentatively scheduled for the following months:

- August 1, 2023
- November 1, 2023
- March 1, 2024
- July 1, 2024

The **intended audience participants** include professionals from the following fields or disciplines: *community health, health care, health care financing, health care advocacy, health care law, legal and legislative advocacy, public health, public policy, philanthropy, quality improvement, implementation science, dissemination science, data science, quality, and patient safety.*

After participating in **The OPSS Webinar Series**, audience members will be able to do:

- Describe the current landscape of U.S. hospital-based perinatal quality and

patient safety

- Explain the limitations and lies in prioritizing physical outcomes as patient safety indicators
- Advocate for inclusion, prioritization, and amplification of patient experiences and community wisdom in quality and patient safety
- Actively support Black mothers and birthing people, and their given and chosen kin, in seeking accountability by filing "mass" reports of race AND gender discrimination during the provision of services and supports across the perinatal and reproductive lifespan to your local legislators, the Office of Civil Rights, The American Civil Liberties Union, Human Right Watch, and The Joint Commission.

To register and learn more information about this incredible opportunity, [please click here.](#)



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.

Have questions? Either respond to this email or contact the sender on healthystart@nichq.org

National Institute for Children's Health Quality (NICHQ), 308 Congress Street, 5th Floor, Boston, Massachusetts 02210, United States, 617-391-2700

[Unsubscribe](#) [Manage preferences](#)