

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

SHSPP News & Updates

Healthy Start TA Launch Webinar

Thank you for joining the Healthy Start TA Center for our TA Launch webinar on January 28! View the recording of the webinar [here](#).

We truly appreciate the time you took to complete the Healthy Start Project Director survey and participate in our focus groups at the National Healthy Start Association conference. Thanks to your efforts, the TA Center has identified several areas of need among Healthy Start grantees. During this webinar, we discussed the survey and focus group findings, reviewed the process for requesting TA, and introduced you to some of your TA providers.

Fatherhood Talk Tuesday

Join the Healthy Start TA Center and HRSA/MCHB's Division of Healthy Start and Perinatal Services for *Fatherhood Talk Tuesday* on **Tuesday, February 11, 2020 from 3:00-4:30 p.m. EST.**

This month, *Fatherhood Talk Tuesday* will focus on men's and fathers' mental health. We will hear from Dr. Daniel Singley, who will discuss strategies for supporting dads' mental health before, during, and after pregnancy.

Register for the February Fatherhood Talk Tuesday webinar [here](#) or visit <https://link.nichq.org/FTT-Feb>.

Conversations with the Division

Please join MCHB's Division of Healthy Start and Perinatal Services for the *Conversations with the Division* webinar on **Tuesday, February 25 from 1-2:30 p.m. EST.** where they will share key updates and information.

Register for the Conversations with the Division webinar [here](#).

Resources

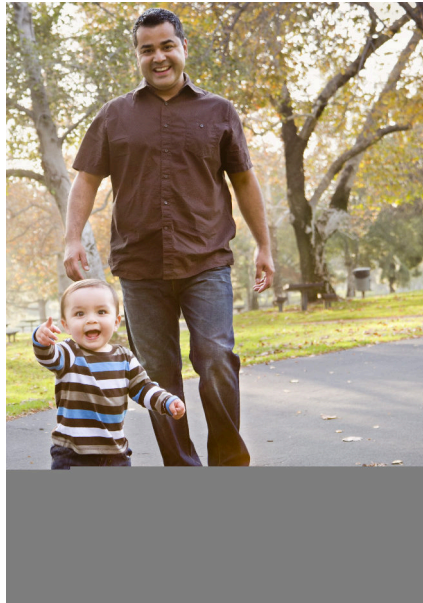
Becoming a father or welcoming a new baby to the family is a significant life event

for men. One in ten dads develops [postpartum depression](#) and up to 18% develop an anxiety disorder – such as generalized anxiety disorder, obsessive-compulsive disorder, or post-traumatic stress disorder – at some point during the pregnancy or the first year postpartum. It is important to keep fathers in the dialogue about overall family well-being. The below resources provide information about supporting the mental health of men and fathers in your community.



Responsible Fatherhood Resources

[The National Responsible Fatherhood Clearinghouse](#) contains resources dedicated to promoting fathers' well-being and increasing their capacity to be positively involved with their children. Example resources include the [Let's Talk About Mental Health webinar](#) and the [Depression Among Urban Fathers with Young Children report](#), both of which describe strategies for engaging men in discussions about mental health.



Chat with an Expert for Dads

Postpartum Support International offers the [Chat with an Expert](#) phone forum for dads on the first Monday of every month. Fathers, partners, extended family members, and other support people can join these calls to find answers and support from Dr. Daniel Singley (the guest speaker at our February *Fatherhood Talk Tuesday*).



5 Minute Guide to Men's Mental Health

[This infographic](#) from Mental Health America offers quick facts about the five major mental health problems impacting men: depression, anxiety, bipolar disorder, psychosis and schizophrenia, and eating disorders. Use this resource to start a discussion about these mental health issues and the barriers men face when seeking treatment.



Paternal Postpartum Depression

Most women get the “baby blues,” or feel sad or empty within a few days of giving birth. Women who feel sad, hopeless, or empty for longer than 2 weeks may have [postpartum depression](#). Did you know that men can also experience postpartum depression? [This infographic](#) from Mental Health First Aid USA describes paternal postpartum depression (PPD) and outlines factors that may increase new fathers’ risk for PPD.

Fatherhood: Meeting the Challenge of Becoming a New Dad Webinar

In [this webinar](#), Dr. Daniel Singley discusses the research, theory, and clinical best practices related to how men make the transition to fatherhood. You will learn about the common perinatal mental health issues experienced by men, and how to take a more father-inclusive and sensitive approach to working with expecting and new fathers.

The Crisis of Black Youth Suicide

When thinking about men's mental health, it is important to take a life course perspective and consider risk factors for mental illness beginning in childhood and adolescence. In December, the Congressional Black Caucus Emergency Taskforce on Black Youth Suicide and Mental Health released [*Ring the Alarm: the Crisis of Black Youth Suicide in America*](#). This report describes the stunning increase in suicide rates among Black children and teenagers over the last several years and proposes policies to address this crisis.



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

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