

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

TA & Support Center News & Updates

July/August Healthy Start Events & Deadlines

Deadlines:

- Jul 30 [Mentoring Program Application Due](#)
- Jul 30 Federal Financial Reports Due
- Jul 31 Aggregate Report (Excel) Due
- Aug 15 HSMED-II Report (CSV or XML) Due

Events:

- Jul 22 [CAN Learning Academy Session #3](#)
- Jul 27 [Fatherhood Learning Academy Session #1](#)
- Aug 2 [Networking Café: Father/Male Recruitment and Retention](#)
- Aug 2 [Healthy Start & WIC Webinar](#)
- Aug 16 TIROE CoP Learning Session #4 – *COP members only*
- Aug 17 [4th Trimester Webinar Series Session #3](#)
- Aug 18 Healthy Start COIN Meeting #9 — *COIN members only*
- Aug 24 [Fatherhood Learning Academy Session #2](#)
- Aug 26 [CAN Learning Academy Session #4](#)

Healthy Start Mentoring Program

The Healthy Start TA & Support Center (TASC) and the National Healthy Start Association (NHSA) are excited to announce the launch of the second cohort of the Healthy Start Mentoring Program! The deadline to request to become a Mentee or apply to become a Mentor is **Friday, July 30**.

If you are interested in being a Mentee, please contact your Project Officer and inform them of your interest. If you are interested in becoming a Mentor, please complete the [Healthy Start Mentoring Program Mentor Application](#).

The purpose of the Mentoring Program is to increase Mentee's (1) understanding of expectations for Healthy Start grantees, (2) ability to establish links within the Healthy Start community, and (3) confidence to seek and obtain needed support and resources from Healthy Start peers. The goal of the program is to identify and optimize the strengths, experiences, skills, and competencies of experienced Healthy Start programs (Mentors) to engage their less experienced Healthy Start programs (Mentees) in a meaningful learning exchange that will result in increased competencies for the Mentee.

Project Directors that serve as a Mentor will receive stipends of \$2,000 that will be offered directly to their Healthy Start grantee award agency. These stipends are intended to be in recognition of the time and effort the Mentor is dedicating to this program, which is in addition to scope of services listed in the FOA. **For more information about the mentoring program and the application, [please click here](#).**

Community Action Network Learning Academy Session #3

Please join the Healthy Start TA & Support Center (TASC) for the **third session in the Community Action Network Learning Academy on Thursday, July 22 from 2-4 pm ET**. Healthy Start Learning Academies provide an opportunity for grantees to participate in a series of monthly lectures and complete assignments designed to build their knowledge and develop core skills around specific topics. The goal of the CAN Learning Academy is to empower grantees to elevate their CAN to address maternal and child health disparities and other disparities by implementing CAN activities that are developed using a racial equity lens. The third session will focus on the power of authentic community engagement and its role in building the CAN to move community transformation. **To register for the third session, [please click here](#).**

Fatherhood Learning Academy Session #1

TASC is pleased to announce its first Learning Academy focused on Fatherhood! Please join us for the **first of five sessions on Tuesday, July 27 from 2-4 p.m. ET**. The goal of the Fatherhood Learning Academy is to examine the breadth and depth of the fatherhood movement in the 20th and 21st century, and to deeply examining the policies and practices that have influenced fatherhood programming that have either encouraged or impeded father engagement. This Fatherhood Learning Academy will run from July through November 2021. **To register for the first meeting on July 27, [please click here](#).**

Networking Cafe: Father/Male Recruitment & Retention

Please join the TASC for a **Healthy Start Networking Café on Monday, August 2 from 12-1 p.m. ET**. 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 will focus on father and male partner recruitment and retention. TASC will facilitate a conversation about the work that is currently being done around father and male partner recruitment and retention and support Healthy Start staff with brainstorming next steps. **To register, [please click here](#).**

Healthy Start & WIC Webinar

In collaboration with the United States Department of Agriculture (USDA), TASC is hosting a **Healthy Start and Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Webinar on Monday, August 2 from 2-3:30 pm ET**. This webinar will explore how the Healthy Start Program and WIC Program's missions and goals around improving health outcomes for women, infants, and their

families complement and build off of each other. Additionally, participants will learn about strategies for establishing partnerships between local Healthy Start Programs and WIC Offices, as well as opportunities and resources for enhancing and strengthening partnerships between Healthy Start and WIC. **To register for the webinar, [please click here](#).**

4th Trimester Webinar Series Session #3

Please join TASC for the third and final session in the 4th Trimester Webinar Series. The third session will feature Kimberly D. Harper, MSN, RN, MHA; Kimberly Tully, PhD; and Sarah Verbiest, DrPh, MSW, MPH of the UNC Collaborative for Maternal and Infant Health and the Maternal Health Learning and Innovation Center, and Inas Mahdi, MPH and Phoebe Wescott, MPH of the National Birth Equity Collaborative (NBEC). This session will consist of an open discussion, during which Healthy Start grantees can ask questions and share their challenges and strategies for serving mothers and families during the fourth trimester. **To register for the webinar, [please click here](#).**

In Case You Missed it...

4th Trimester Webinar Series Sessions #1 & 2

On June 21 and July 20, TASC hosted the first and second webinars in the three-part 4th Trimester Webinar Series. This first webinar featured Kimberly D. Harper, MSN, RN, MHA; Kimberly Tully, PhD; and Sarah Verbiest, DrPh, MSW, MPH of the UNC Collaborative for Maternal and Infant Health and the Maternal Health Learning and Innovation Center. They explored the postpartum experience; discussed strategies for making the fourth trimester visit impactful; and shared resources for supporting postpartum people. The second webinar featured Inas Mahdi, MPH and Phoebe Wescott, MPH of the National Birth Equity Collaborative (NBEC). During the webinar, we discussed strategies for promoting equity during the fourth trimester and better serving Healthy Start participants. **To watch the recording of the first webinar, [please click here](#). To watch the recording of the second webinar, [please click here](#).**

July: BIPOC Mental Health Month

July is nationally recognized as [Bebe Moore Campbell National Minority Mental Health Awareness Month](#), also known as Black, Indigenous, and People of Color (BIPOC) Mental Health Month. It is an opportunity to acknowledge and raise awareness of the [unique stressors and barriers to mental health care](#) that BIPOC communities experience, including implicit bias, [systemic racism](#), and [racial trauma](#). The month honors [Bebe Moore Campbell](#), an author, journalist, teacher, and mental health advocate who devoted her life to shedding light on the mental health needs of the Black community.

Each year, [Mental Health America](#) (MHA) develops a public education campaign around the mental health needs of BIPOC communities. This year's theme – Strength in Communities – is especially pertinent to Healthy Start. The Healthy Start Program consists of 101 projects, representing rural, urban, border, and tribal communities across the nation. Although all 101 projects share the same goal of

eliminating racial and ethnic disparities in infant mortality and perinatal outcomes, each community has unique strengths and challenges and draws from different experiences. As the first community-based federal program to address infant mortality, Healthy Start knows the importance of creating space and empowering BIPOC community members to have autonomy over their care; preserve and promote cultural care practices; and develop systems of community care.

These three principles – [self-directed care](#), [cultural care](#), and [community care](#) – may look different for different communities. For example, Family Spirit – a home visiting model developed with the input, guidance, and wisdom of the Navajo Nation and White Mountain and San Carlos Apache tribes – leverages [cultural assets and indigenous understanding of health](#). In doing so, Family Spirit addresses intergenerational behavioral health problems and overcomes deficits in the professional health care workforce in Native communities. [This video](#) about Family Spirit in Wyoming’s Wind River Reservation – land of the Northern Arapaho and Eastern Shoshone Native American tribes – shows how cultural and community care can support new parents and families. [This video](#) shows how Family Spirit supported one family in Chinle in the Navajo Nation in not only strengthening their family, but also in strengthening their ties to their community.

The TASC has gathered the below resources to support Healthy Start programs in their work to protect and promote the mental health of their staff and participants. We hope you can apply this information to your daily lives both within and outside of your Healthy Start programs. Please feel free to share with your Healthy Start participants.



Mental Health America Screening Tools

Mental Health America (MHA) offers [free, online screening tools](#) for a variety of mental health conditions, including depression, postpartum depression, anxiety, post-traumatic stress disorder (PTSD), bipolar, addiction, and more. Additionally, MHA offers the anxiety and depression screening in Spanish. Following screening, MHA provides information, resources, and tools about understanding and improving your mental health.

Black Emotional and Mental Health (BEAM) Collective Webinars and Events

[The BEAM Collective](#) is a group of advocates, artists, religious leaders, teachers, and others committed to the emotional and mental health and healing of Black communities. BEAM regularly [hosts free virtual events](#), such as *Heart Space*, a

Black-only peer support and skill-building space and *In Conversation*, a discussion on masculinity, mental health, and healing.

Black Mental Wellness Activities

[Black Mental Wellness](#) provides evidence-based information and resources about mental and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease mental health stigma in the Black community. Their [wellness and coping strategies](#) webpage includes numerous behavioral, relaxation, reading, and health techniques to promote mental health.

The Boris L. Henson Foundation's (BLHF) Free Mental Wellness Support Program

[BLHF's](#) Free Mental Wellness Support Program was developed to cover the cost of virtual therapy services by licensed clinicians for up to five sessions. In late July, BLHF will be opening a [second round of free virtual therapy sessions](#) to women and men age 23 and older. This opportunity is offered to those experiencing a life-changing event related to or triggered by the COVID-19 pandemic OR those impacted by the injustice and maltreatment of African Americans.

Between Sessions Podcast

[This podcast](#) – featuring licensed therapists Eboni Harris and Eliza Boquin – of [Melanin & Mental Health](#) – explores going to therapy and being a therapist as a person of color. Recent topics have included finding a Black/Latinx therapist; managing crisis fatigue; coping with pandemic burnout. Melanin & Mental Health also updates its [resources page](#) each month with new mental health organizations, books, podcasts, videos, apps, and more.

The Trevor Project: Black LGBTQ Youth Mental Health

This [research report](#) from [the Trevor Project](#) explores how the intersection of identities for Black LGBTQ youth make them particularly susceptible to mental health concerns. The brief shares data from a [large national survey](#) of LGBTQ youth and provides recommendations for how organizations working with LGBTQ youth of color can best meet their needs.

Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities

This [brief](#) from the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) discusses the impact of COVID-19 on Black and Latino communities and how the pandemic has compounded inequities in access to care. The brief also shares tangible strategies for faith-based leaders, community-based organizations, first responders and others.

Mental Health and Resiliency TeleECHO

In response to the COVID-19 pandemic, the Indian Health Service (IHS) is partnering with the University of New Mexico to provide a [Mental Health and Resiliency TeleECHO](#) on the second and fourth Thursday of each month. The

TeleECHO aims to support health care providers in treating the mental health concerns of American Indian/Alaska Native patients and supporting peers during the pandemic and its aftermath. Future topics include motivational interviewing, social emotional resources for children, and the role of poetry in healing.

Tribal Training and Technical Assistance Center

SAMHSA's [Tribal Training and Technical Assistance Center](#) has developed webinars and tools for planning and building community capacity to prevent suicide and substance use and promote mental health. The recordings and slides of several webinars [can be viewed here](#). Topics include Suicide Prevention: Healing Methods in Native Communities; Community Readiness Training on Suicide Prevention; and Healing Our Relatives: Trauma-Informed Care, among others.

Each Mind Matters Spanish Resources

Each Mind Matters is a mental health movement based in California, which consists of thousands of organizations working to advance mental health. They have created several [resources for Spanish-speaking populations](#), including a depression and substance use fact sheet; a guide for achieving mental wellness; and a poster dispelling common misconceptions Spanish speakers may have about living with mental illness.

Latino Mental Health Care Disparities Report

[This report](#) – conducted by the UC Davis Center for Reducing Health Disparities (CRHD) and the California Department of Mental Health –examines mental health disparities for the Latino population. The report shares community-defined, strength-based promising practices, models, resources, and approaches that may be used as strategies to reduce disparities in mental health among Latino communities.

Other Resources:

Bridging the World Gap

Did you know that by age 3, children from underserved families know half the number of words as children from more advantaged homes? Research shows that early childhood language experiences are critical for helping children learn words and concepts yet children from underserved families are less likely to have those experiences.

The Bridging the Word Gap Research Network (BWG-RN) works to make sure all children develop their language skills. Health care professionals, home visitors, and community members all play important roles in helping children receive those language-learning experiences. Below are links to BWG-RN's practice, policy, and research resource, which provide easy-to-use, proven strategies to make sure kids are ready for kindergarten.

- [Brief for Home Visitors](#): The purpose of this research-based brief is to support Home Visitors in educating Parents and Caregivers on different strategies they can use to promote early language and help bridge the word gap with their children.
- [Brief for Health Care Professionals](#): Health care Professionals are often the most trusted and sometimes the only individuals outside of friends and family

that have influence on parents and children. The purpose of this research-based brief is to support Healthcare Professionals in educating Parents and Caregivers on different strategies they can use to promote early language and help bridge the word gap with their children.

- [Brief for Community Leaders](#): This research-based brief is a summary of the Community Action Plan put together by BWG Research Network and its purpose is to educate Community Leaders on the word gap and support Community Sectors in ways they can organize to help bridge the word gap.
- [Brief for Policymakers](#): If you work with or want to support Dual Language Learners, the purpose of this research-based brief is to educate Policymakers on strategies to consider, to make positive outcomes for DLLs a goal when creating policy.

COVID-19 Vaccination

Vaccines are one of the most effective ways to protect your health and the health of those around you. MCHB's Division of Healthy Start and Perinatal Services (DHSPS) encourages you to consider opportunities to leverage your programs and partnerships to support confidence in and uptake of COVID-19 vaccines among MCH populations, for example:

- The Administration's organizing efforts, including Community Canvassing, Phone Banking, Text Banking, and Vaccination Events, will focus on what we know works best to ensure everyone has equitable vaccine access: person-to-person action that connects people with key resources and information. MCH programs can support these efforts by visiting <https://wecandothishhs.gov/> which includes available [resources](#) that you can use to support the communities you serve.
- Several nationwide child care providers are offering free child care to all parents and caregivers getting vaccinated or recovering from vaccination.
- Extended hours at pharmacies across the country will offer more flexible appointment availability this summer.
- Visit <https://www.vaccines.gov/incentives.html> to learn more about some available vaccine incentives.

To learn more about estimates for vaccine hesitancy in the local communities, counties, and states you serve, visit the Office of The Assistant Secretary for Planning and Evaluation mapping tool [here](#). For more information on COVID-19 Vaccinations for Children and Teens, visit the CDC resources [here](#) and the We Can Do This resources page for [here](#), which includes an Adolescent COVID-19 Vaccinations Toolkit among other resources.



Healthy Start Fatherhood Corner

TASC is excited to support Healthy Start staff in their efforts to engage fathers. To that end, we will share resources and information for Healthy Start programs and fatherhood coordinators related to fathers/partners in this “Fatherhood Corner” of the SHSPP monthly newsletter.

If you are doing work that specifically demonstrates successful inclusion of fathers in your MCH program, you are invited to share your story with us so that it can potentially be featured in the Fatherhood Corner or the new quarterly Fatherhood newsletter! Please email your stories to healthystart@nichq.org.

TASC Quarterly Fatherhood Newsletter

Beginning this month, TASC will be distributing a quarterly Fatherhood newsletter! The Fatherhood newsletters will feature TASC events related to fatherhood, as well as external events and resources on the topic. This newsletter will be geared towards Fatherhood Coordinators and other Healthy Start staff who work with dads. The newsletter will highlight and promote learning opportunities, helpful resources, Healthy Start site and staff spotlights, commentary from experts, and so much more! If you or your site would like to share a success story about working with fathers in your community, please email healthystart@nichq.org.

Partner4Fatherhood (P4F)

TASC is excited to launch Partner4Fatherhood (P4F), an informal group that will bring together new and experienced Fatherhood Coordinators to connect, share wins and barriers, and discuss their Healthy Start projects’ work around fatherhood. All Healthy Start Fatherhood Coordinators and other staff who work with fathers are invited to join. In addition to serving as a fellowship opportunity with a mentoring structure, the group will allow participants to share their insights and concerns with the entire group while also being paired with another member for a more concentrated dialogue. If you are interested in participating in this group, please email healthystart@nichq.org.



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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