

# Supporting Healthy Start Performance Project NEWSLETTER



*Strengthening Healthy Start to support family health and well-being*

## TA & Support Center News & Updates

### February/March Healthy Start Events & Deadlines

#### *Deadlines:*

Feb 22 [Breastfeeding Cohort Application Due](#)

Feb 26 [Evaluation Cohort Application Due](#)

#### *Events:*

Feb 25 [Harambee Webinar #2](#)

Feb 24 HS Fatherhood Cohort Meeting #2 — *Cohort members only*

Mar 3 HS Breastfeeding Cohort Meeting #1 — *Cohort members only*

Mar 4 [NHSA Women's Health Webinar #3](#)

Mar 9 [Fatherhood Talk Tuesday](#)

Mar 10 HS CAN Cohort Meeting #3 — *Cohort members only*

Mar 17 HS COIN Meeting #4 — *COIN members only*

Mar 17 HS Evaluation Cohort Meeting #1 — *Cohort members only*

Mar 18 [Quality Improvement Learning Academy Meeting #2](#)

Mar 24 HS Fatherhood Cohort Meeting #3 — *Cohort members only*

Mar 29 [Networking Café: Maternal Health Clinician Funding](#)

Mar 30 [Intro to Community Mental Health Ambassadors Training Webinar](#)

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### Healthy Start Breastfeeding Cohort Application Due February 22

The Healthy Start TA & Support Center (TASC) is pleased to announce that the application for the second Healthy Start Breastfeeding Cohort is now open! The goal of the Breastfeeding Cohort is to convene Healthy Start grantees – who are prepared to and interested in enhancing and strengthening their breastfeeding work – to create shared best practices for promoting, protecting, and advancing breastfeeding among Healthy Start clients. **The Breastfeeding Cohort will meet on the first Wednesday of each month from 2-3:30 p.m. EST** from March through June 2021 (March 3, April 7, May 5, and June 2). To access the application, [please click here](#). **The deadline for completing this application is COB Monday, 2/22.** If you have any questions, please email [healthystart@nichq.org](mailto:healthystart@nichq.org).

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### Healthy Start Evaluation Cohort Application Due February 26

TASC is pleased to announce that the application for the Healthy Start Evaluation Cohort is now open! The goal of the Evaluation Cohort is to convene Healthy Start grantees – who are prepared to and interested in enhancing and strengthening their evaluation work – to create shared best practices for designing and executing data collection and evaluation processes. Healthy Start staff collecting and/or evaluating

data are encouraged to apply. The Evaluation Cohort will meet on the third Wednesday of each month from 2-3:30 p.m. EST from March through June 2021 (March 17, April 21, May 19, and June 16). To access the application, [please click here](#). **The deadline for completing this application is COB Friday, 2/26.** If you have any questions, please email [healthystart@nichq.org](mailto:healthystart@nichq.org).

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### **National Healthy Start Association Women's Health Webinar #3**

In partnership with the National Healthy Start Association, the TASC is hosting the third webinar in its Women's Health Webinar Series on March 4 from 1-2:30. During this webinar, participants will learn about the relationship between pregnancy complications and women's long-term health, the national WomenHeart organization, and the inception of the WomenHeart Hinesville chapter and their efforts to reduce maternal morbidity and mortality from cardiovascular disease by developing and utilizing cross-sectoral community partnerships. Participants will also hear from a Peripartum Cardiomyopathy survivor. **To register for the webinar, [please click here](#).**

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### **Introduction to the Community Mental Health Ambassadors (CMHA) Training Webinar**

Please join TASC on **Tuesday, March 30 from 12-1 p.m. EST** for an Introduction to the Community Mental Health Ambassadors (CMHA) Training. During this webinar, Megan Smith, MPH, DrPH will provide an overview of the CMHA training. The CMHA training will explore the fundamental components of how non-mental health clinicians can support maternal mental health. After the webinar, TASC will open a scholarship for 20 Healthy Start staff members to attend the CMHA training in May 2021. To register for this webinar, [please click here](#).

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

#### ***Building a Successful Fatherhood Program: Part 1***

TASC and the National Healthy Start Association recently hosted the first-ever "Building a Successful Fatherhood Program Workshop." This workshop was the first in a two-part series designed to support Healthy Start programs in developing, strengthening, and enhancing their fatherhood programs. The workshop helped grantees assess their fatherhood work and build from that point to ensure success in achieving the Healthy Start enrollment goals. Part 2 will be held in March (date and time to come). **To access the workshop recording and slides, [please click here](#).**

#### ***Beyond COVID-19 Webinar Series***

Earlier this month, TASC wrapped up its five-part Beyond COVID-19 webinar series with subject matter experts Wendy Davis, Jana Glass, and Jane Taylor. The series aimed to support Healthy Start grantees in providing virtual services and meeting the Healthy Start benchmarks in the midst of the COVID-19 pandemic. If you missed any of the webinars, all five recordings and slide decks have been posted to the EPIC website.

- Webinar 1: [Introduction to Beyond COVID-19](#)
- Webinar 2: [A Deep Dive Into Providing Teleservices for Healthy Start](#)

- Webinar 3: [Supporting Mental Health During and Beyond COVID-19](#)
- Webinar 4: [Quick Tests of Change for Healthy Start](#)
- Webinar 5: [Reconnecting and Reengaging Healthy Start Clients](#)

Wendy Davis and Jane Taylor are also available to provide 1:1 TA around perinatal mental health and quality improvement to Healthy Start grantees. To submit a TA request, please [click here](#).

### **CAREWare Listening Session**

The TASC recently hosted a CAREWare Listening Session where grantees who have begun using CAREWare shared their experience and discussed their needs for support moving forward. Grantees who have not begun using CAREWare also shared their needs for support in adopting the data system. To access the session recording and slides, please [click here](#).

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### **Update: Questions Regarding CAREWare**

TASC is here to support grantees as they use or explore CAREWare. One-on-one demonstrations can be requested by grantees who are interested in exploring CAREWare, as well as personalized training sessions for grantees who are using CAREWare to support data collection and reporting efforts.

Below is a reminder of the benefits of using CAREWare:

- No cost or contract necessary
- Supports Healthy Start grantees' data collection and reporting needs:
  - Data collection forms
  - Aggregate report
  - HSMED II report
  - Importing and exporting data
  - Benchmarks report — *to be developed*
  - Progress report — *to be developed*
  - Performance report — *to be developed*
- Customizability — Grantees can build custom fields, forms, and reports to meet their unique data collection and reporting needs.
- Ongoing development of new enhancements and features
- Dedicated support from the Healthy Start TA & Support Center

For any questions and feedback regarding CAREWare (including requests for demonstrations or training sessions), please email [careware@nichq.org](mailto:careware@nichq.org) and the TASC staff will respond within one to three business days.

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### **We are #HealthyStartStrong!**

As you know, the TASC has asked Healthy Start grantees to send us their #HealthyStartStrong stories. This is an opportunity for grantees to share their experiences with the broader Healthy Start community and for the TASC to lift up their grantees' successes and perseverance during this challenging time. Keep reading to hear how one Healthy Start site is staying #HealthyStartStrong during the pandemic.

*A Father's Perspective on Grief, Infant, and Maternal Loss*

The Community Action Network (CAN) at Crescent City Family Services (CCFS) Healthy Start in Gretna, Louisiana has several subcommittees, one of which is the “OB Connect” subcommittee. OB Connect – led by nurse-midwife Demetrice Smith – is comprised of maternal and child health care professionals and aims to expand their program’s maternal mortality and morbidity activities and reduce racial disparities in their community. As a part of these efforts, CCFS’ Project Director Mary Schultheis worked with OB Connect to host the “Fathers Perspective: Grief, Infant, and Maternal Loss” summit in December 2020. The summit attracted 100 attendees, which was the result of outreach to other Louisiana Healthy Start projects, CAN partners, health care providers, and others. “The key was to ensure that everyone who needed to be at the table was there,” said Mary.

The summit’s keynote speaker was Charles Johnson, founder and president of 4Kira4Moms, an organization that Johnson created after his wife tragically died following a routine c-section. 4Kira4Moms advocates for improved maternal health policies and regulations, including calling on Congress to pass H.R.1318. This legislation will support states in their work to eliminate disparities in maternal health outcomes and to identify solutions to improve health care quality and outcomes for mothers. The keynote was followed by a panel, which was moderated by TASC Senior Project Director, Kenn Harris. The panel featured three world-renowned physicians: Dr. Esteban Gershnik, Dr. Robert Maupin, and Dr. Corey Herbert, among others. In addition to including expert perspectives, Crescent Family Services was committed to sharing and lifting up fathers’ personal experiences with grief and loss. As a result, the panel included three fathers who had experienced infant loss, one father whose high-risk partner delivered healthy twins, and a male involvement coordinator who recently advocated for his wife while she delivered their baby.

CCFS’ vision for this summit was to engage every player within the Healthy Start program – mothers, infants, fathers, and families – in the conversation around infant and maternal loss. Many offerings focus only on the mother and infant, and it’s essential to integrate fathers and understand where they fit into the four Healthy Start approaches and benchmarks. “Dads count,” said Mary, “we have to create a platform for dads to let them know we know how they feel and how they’re impacted. We want them to know we’re there to support them in raising children after maternal loss.” CCFS hopes to host another summit in the future, which will focus on how community members, including fathers, can advocate for women and their health. If you are interested in learning more about CCFS’ efforts to engage and support fathers, please email Mary Schultheis at [marygcr@att.net](mailto:marygcr@att.net).

We would like to hear from you! If you would like to share your story, please send a brief email (under 200 words) to [healthystart@nichq.org](mailto:healthystart@nichq.org) or click the button below. TASC may highlight your submission in an upcoming newsletter or webinar. The *heart* of Healthy Start is *community*. Let’s show the nation *Healthy Start Strong!*

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## Resources

### **Black Maternal Mortality**

As Healthy Start programs know too well, [maternal mortality](#) or pregnancy-related death is defined as the death of a woman during pregnancy or within one year of the end of pregnancy. These deaths are the result of a [pregnancy complications, a chain of events initiated by pregnancy, or the aggravation of an unrelated condition](#) by the physiologic effects of pregnancy. Black women and American Indian/Alaska Native women are [2 to 3 times](#) as likely to die from a pregnancy-related cause than White women. These disparities increase by age; the disparity for Black and American Indian/Alaska Native women older than 30 years is [4 to 5 times](#) that of White women. Education level does not reduce these inequities; Black women with at least a college degree are 5 times as likely to die from a pregnancy-related death as White women with a similar education. [Research has shown](#) that structural racism is a social determinant of maternal health, causing health care systems and practitioners to devalue women of color and minimize their health conditions and concerns.

This [American Heart Month](#), the Healthy Start TA & Support Center is recognizing the role of maternal heart conditions in maternal mortality and morbidity. According to the American College of Obstetricians and Gynecologists (ACOG), cardiovascular disease accounts for approximately [one-third of pregnancy-related deaths](#) and is the leading cause of maternal morbidity and mortality. The steady increase in maternal mortality can largely be attributed to acquired heart disease, with an increasing number of mothers entering pregnancy with multiple risk factors for heart disease such as age, obesity, diabetes and hypertension. Black women at [3.4 times the risk](#) of dying from cardiovascular disease than White women. According to ACOG, racial bias and overt racism in the health care systems and the provision of care contributes to these disparities.

To guide Healthy Start programs in their efforts to achieve equity, address structural racism, and prevent maternal mortality among the families you serve, the TASC has gathered the below resources. If you are interested in receiving 1:1 TA related to addressing maternal mortality, please [submit a TA request](#).

### **The State of Cardiovascular Health for Pregnant Women**

This [article](#) from the American Heart Association explores the racial and ethnic disparities in heart health among pregnant women, identifies the pregnancy complications associated with high cardiovascular risk, and highlights the importance of cardiovascular assessment and management in the postpartum period.

### **Heart-Related Maternal Mortality**

[This article](#) describes the role of cardiologists in preventing maternal mortality. To illustrate the relationship between heart health and maternal mortality, the article discusses a recent pregnancy-related death investigation conducted by the Illinois Maternal Mortality Review Committee's (MMRC).

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### **National Maternal Health Resource Center**

The Maternal Health Learning and Innovation Center (MHLIC) at University of North Carolina Chapel Hill recently unveiled its National Maternal Health Resource Center. This online repository includes resources to educate, inform, and leads to action in the realm of maternal health. To access the resource center, [please click here](#).

### **CIGNAL for Maternal Mortality and Morbidity**

In December, the TASC hosted the Change Ideas to Grow, Nurture, and Lift Ideas for Maternal Mortality and Morbidity (CIGNAL) webinar. During this webinar, we reviewed the maternal health continuum of care, discussed challenges that the grantees are facing in addressing maternal mortality and morbidity (MMM), and explored potential strategies to reduce (MMM). To view the recording, [please click here](#).

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### **Ensuring Equity in the Time of COVID-19 Webinar**

[This webinar](#) by Community-Campus Partnerships for Health discusses how partnerships and birth workers are supporting women of color and their families during this time. Speakers include reproductive health equity researcher Rachel Hardeman, PhD, MPH and doula Stevie Merino.

### **Coming Face to Face with My Biased Self**

[This webinar](#) from MHLIC features Dr. Clifton Kenon, Jr., a registered nurse and lactation consultant. Dr. Kenon, Jr. discusses how to identify and differentiate conscious and unconscious biases; the impacts of biases in the health and community settings; how to mitigate biases at the individual and organization level; and how to manage personal biases.

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### **Insight from NICHQ**

[This article](#) from NICHQ discusses the impact of institutional racism on maternal and child health. TASC Senior Project Director, Kenn Harris, discusses the importance of understanding history and its impact on maternal and child outcomes today. He outlines how racism is embedded in our systems and how existing policies still support racist practices.

## **Setting the Standard for Holistic Care of and for Black Women**

[This paper](#) from Black Mamas Matter Alliance defines holistic care and provides recommendations for health care providers, such as listening to Black women, recognizing their historical experiences and expertise, and empowering patients with health literacy and autonomy, among others.

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## **Move Your Way Campaign**

The U.S. Department of Health and Human Services recently launched the [Move Your Way Campaign](#) to promote physical activity. They created several materials for pregnant and postpartum women, which outline the benefits of physical activity and its role in reducing complications.

## **National Healthy Start Association Women's Health Webinar**

In partnership with TASC, the National Healthy Start Association (NHSA) recently hosted a webinar featuring Dr. Haywood L. Brown. Dr. Brown discussed the relationship between chronic disease and pregnancy complications. To view the recording, [please click here](#).

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## **Other Resources:**

### ***Chest/Breastfeeding Request for Application***

The National Association of City and County Health Officials (NACCHO), with support from the Centers for Disease Control and Prevention (CDC), announced a new funding opportunity for the Identifying Care Gaps: Conducting Community Assessments to Improve the Chest/Breastfeeding Landscape in Historically Oppressed Communities project. The purpose of this funding opportunity is to build organizational capacity to conduct community assessments to better understand the local chest/breastfeeding landscape and strengthen partnerships to advance continuity of care. Application requirements and full details of the project are available in the [Request for Applications](#). Applications are due by March 2.

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## **Healthy Start Fatherhood Corner**

The Healthy Start TA & Support Center 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 possibly be featured in the Fatherhood Corner! Please email your stories to [healthystart@nichq.org](mailto:healthystart@nichq.org).

### **Moynihan Institute Webinars**

The Moynihan Institute for Research and Policy conducts research and provides policy positions on issues that impact Black families from the perspective of fathers. Each month, the institute hosts a webinar for fathers. Future topics include “Exploring the Research Gaps of Black Fatherhood” and “The Case for Fatherlessness as an Adverse Childhood Experience (ACE).” To learn more and to register for a webinar, please [click here](#).

### **Virtual Fatherhood Summit**

The Child and Family Research Partnership (CFRP) at the University of Texas at Austin is hosting its sixth annual Fatherhood Summit on June 17-18, 2021. Additional details about this virtual summit will be shared in February. For more information, please [click here](#).

### **Resilient Fathers Webinar Series**

As part of its sixth annual Fatherhood Forum, Michigan State University is hosting a webinar series entitled “Resilient Fathers: Thriving in the Midst of a Pandemic.” Topics include “Difficult Conversations about Race” and “Being an Emotionally Responsive Dad.” To watch the webinar recordings, 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](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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