

# Supporting Healthy Start Performance Project NEWSLETTER



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

## TA & Support Center News & Updates

### March/April Healthy Start Events & Deadlines

#### *Deadlines:*

- Mar 31 Aggregate Report (Excel) Due
- Apr 2 [Trauma-Informed, Resilience-Oriented, and Equitable Care Community of Practice \(TIROE CoP\) Application Due](#)
- Apr 15 HSMED-II Report (CSV or XML) Due
- Apr 30 Aggregate Report (Excel) Due

#### *Events:*

- Mar 18 [Quality Improvement Learning Academy Meeting #2](#)
- Mar 19 [Building a Successful Fatherhood Program Workshop: Part 2](#)
- Mar 24 HS Fatherhood Cohort Meeting #3 — *Cohort members only*
- Mar 29 [Networking Café: Maternal Health Clinician Funding](#)
- Apr 1 [Rapid Response Virtual Home Visiting Series Webinar #1](#)
- Apr 7 HS Breastfeeding Cohort Meeting #2 — *Cohort members only*
- Apr 12 [CIGNAL for Perinatal Mental and Behavioral Health Webinar](#)
- Apr 13 [Fatherhood Talk Tuesday](#)
- Apr 14 HS CAN Cohort Meeting #3 – *Cohort members only*
- Apr 16 [Quality Improvement Learning Academy Session #3](#)
- Apr 20 [Maternal Mental Health Series Webinar #1](#)
- Apr 21 Healthy Start COIN Meeting #5 – *COIN members only*
- Apr 21 HS Evaluation Cohort Meeting #2 – *Cohort members only*
- Apr 22 [Harambee: Creating Context for Equity and Justice Series Webinar #3](#)
- Apr 27 [Rapid Response Virtual Home Visiting Series Webinar #2](#)
- Apr 28 HS Fatherhood Cohort Meeting #4 — *Cohort members only*

---

### Healthy Start Staff Support Groups

The Healthy Start TA & Support Center (TASC) is partnering with Postpartum Support International (PSI) to provide two weekly online Healthy Start Staff Support Groups: one for Healthy Start Project Directors/Managers and one for Healthy Start Frontline Staff. Led by PSI Facilitators, this group is a confidential place for you to share, receive support, and support one another. These groups will be hosted weekly through May 2021.

- The Frontline Staff Group meets every Wednesday from 3-4 p.m. EST. [Click here to register.](#)
- The Project Directors/Managers Group meets every Monday from 2-3 p.m. EST. [Click here to register.](#)

### **Rapid Response Virtual Home Visiting Series Webinar #1**

TASC is pleased to provide a webinar series in partnership with the Rapid Response Virtual Home Visiting Program (RR-VHV). This series will discuss the challenges around providing virtual home visiting services during the COVID-19 pandemic, the opportunities that virtual service delivery provides, and strategies for building and sustaining strong relationships with families virtually. **The first webinar in this series will be held on Thursday, April 1 from 3-4:30 p.m. EST. To register for the webinar, [please click here](#).**

---

### **CIGNAL for Perinatal Mental and Behavioral Health Webinar**

Please join TASC on **Monday, April 12 from 1-3 p.m. EST** for the Change Ideas to Grow, Nurture, and Lift Ideas (CIGNAL) for Perinatal Mental and Behavioral Health. During this webinar, we will review the maternal health continuum of care, discuss challenges that the grantees are facing in addressing perinatal mental and behavioral health, and explore potential strategies to promote mental and behavioral health. This webinar will feature several subject matter experts, who will identify helpful resources and partnership opportunities for grantees. **To register for this webinar, [please click here](#).**

---

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

#### ***2020 Healthy Start Annual Assessment Results Webinar***

TASC recently hosted the 2020 Healthy Start Annual Assessment Results Webinar. During this webinar, TASC staff shared the results of the 2020 Healthy Start Annual Assessment and discussed how the learnings will help shape our 2021 TA activities and offerings. To access the slides and recording from this webinar, [please click here](#).

#### ***Harambee Series Webinar #2***

TASC recently hosted the second webinar in the Harambee Webinar series, which continued the conversation around equity and justice with a focus on synergy and action. During this webinar, Denise Evans of Consult Me, LLC level set our understanding of terminology, discussed the intercultural development continuum, and discussed myths around maternal mortality. To access the recording and slides from this webinar, [please click here](#). To register for the third and final Harambee webinar on April 22, [please click here](#).

#### ***Quality Improvement Learning Academy Session #1***

TASC recently hosted the first session in the four-part Quality Improvement Learning Academy. This Learning Academy focuses on building knowledge and skills around Quality Improvement and is facilitated by HS TA & Support Center (TASC) staff, in partnership with Quality Improvement Advisor Jane Taylor, over a period of approximately 4 months. To access the slides and recording from Session 1, [please click here](#). To register for the remaining sessions, [please click here](#).

---



### Updates: COVID-19

Last March, the TASC team shared several resources about COVID-19, including background information about the disease; tips for discussing the outbreak with children and families; and strategies for managing stress during uncertainty. At the time, we recognized that – although COVID-19 had already changed everyday life for most – it would have a disproportionate impact on people of color and those already facing various forms of insecurity. Unfortunately, this has proven to be true, with [stark racial and ethnic disparities](#) evident in COVID-19 exposure, illness, hospitalization, and death.

Despite this, the Healthy Start community has come so far in just one year. You swiftly transitioned to providing virtual services; identified creative strategies for connecting with and supporting families; and continued to take advantage of opportunities to build your teams' skills and capacity. In the face of uncertainty, you worked tirelessly to ensure the women, infants, fathers, and families you serve remained well supported. While we still have challenges ahead, we hope that each of you takes time to reflect on your successes and resilience over the past year. You all are truly #HealthyStartStrong !

The Healthy Start community is comprised of strong and committed individuals who tackle difficult challenges every day. Our team has been inspired by your dedication and creativity and we hope that you have felt the TASC's support over the past year. Know that we will continue to assist you in providing exceptional services to Healthy Start participants, meeting your benchmarks, and taking time to care for yourselves.

**We want to better understand how we can support you in navigating the next year in the midst of the pandemic. [Please take five minutes to complete this short survey.](#)** We truly appreciate your ideas and input and look forward to responding to your needs. As always, we encourage you to send stories about your successes and challenges to [healthystart@nichq.org](mailto:healthystart@nichq.org). Your #HealthyStartStrong story may be featured in an upcoming webinar or newsletter.

[Click here to complete the survey.](#)

---

### **Addressing COVID-19 Stress among Pregnant and Parenting People**

TASC's partner, the [Maternal Health Learning Innovation Center](#) (MHLIC) created [a video](#), which discusses how B'more for Healthy Babies Upton/Druid Heights have improved birth outcomes in West Baltimore. Specifically, they share their efforts to sustain their impact during the COVID-19 pandemic.

### **Vaccine Considerations for Pregnant and Breastfeeding People**

The American College of Obstetricians and Gynecologists (ACOG) recently published a [conversation guide](#) for clinicians to help them speak with patients about the risks and benefits of receiving the COVID-19 vaccines while pregnant or breastfeeding. Yale New Haven Health also created a [short video](#) about COVID-19 vaccine safety for pregnant people.

---

### **COVID-19 for New Moms**

[The Fourth Trimester Project](#) has created a webpage dedicated to the unique challenges postpartum women face during the COVID-19 pandemic. The page explores the anxiety, stress, and other emotions postpartum women may experience; the impacts of physical distancing and social isolation; and considerations for breastfeeding.

### **CDC Vaccine Resources**

The CDC has created several documents with information about COVID-19 and the vaccines. This [key messages document](#) contains information about the COVID-19 vaccines in an easily shareable format. This [longer infographic](#) contains similar information but is available in nine languages.

---

### **Prioritizing Equity Video Series**

[This video series](#) from the American Medical Association (AMA) explores how COVID-19 uniquely impacts marginalized communities, with an eye on both short-term and long-term implication. Topics include equitable distribution of the COVID-19 vaccine, vaccine trustworthiness and misinformation, and trauma-informed approaches for advancing equity during the pandemic. New videos are added each Thursday.

### **The Impact of COVID-19 on the U.S. Hispanic Population**

The American Public Health Association recently released an [episode of their podcast](#), the National's Health, focusing on the unique challenges the U.S. Hispanic population faces during the pandemic. This episode features Amelie Ramirez and Rosalie Aguilar of Salud America.

---

### **Having Challenging Conversations Webinar**

On March 24 at 2 p.m. EST, Brazelton Touchpoints Center is [hosting a webinar](#), which will explore how stress, trauma, and the new and changing restrictions for the

care and education of young children are impacting families. This webinar will share strategies for supporting families and navigating difficult discussions virtually.

### **Sesame Street: Caring for Each Other**

Sesame Street has created [a webpage](#) devoted to supporting families coping with loss, anxiety, changing routines, and stress as a result of COVID-19. The site features resources to promote playful learning, offer children comfort, and help families thrive during the pandemic.

---

### **Other Resources:**

#### ***Addressing Mental Health in BIPOC Communities Webinar***

The Association of Maternal & Child Health Programs (AMCHP) is partnering with the Perinatal Mental Health Alliance for People of Color for an upcoming webinar on Addressing Mental Health in Black, Indigenous, and People of Color (BIPOC) Communities on **Thursday, April 8 2021 from 2-3 p.m. EST**. The webinar will feature Jabina Coleman, LSW, IBCLC, a community-based reproductive psychotherapist and one of the facilitators of PSI's Healthy Start Staff Support Groups. For more information and to register, [please click here](#).

#### ***Survey for New Moms from the Office of Women's Health***

The U.S. Department of Health and Human Services' Office on Women's Health is working in partnership with Postpartum Support International (PSI) on a campaign to encourage new moms who might be at risk for postpartum depression to reach out for help. They created a 20-minute survey to help them better understand how to support new moms feeling pressure with a new baby and other life issues. If you identify as a woman, are between 18 and 44 years old, and have had a baby in the past year, you are eligible to take the survey. To sign up for the survey, fill out the sign-up form [here](#). After signing up, a link to the survey will be sent to your email in a few days. You will be able to take the survey online or over the phone. The deadline for completing the survey is Friday, April 9. If you have questions, please email the New Mom's Health & Wellness Survey Team at [momshealth@norc.org](mailto:momshealth@norc.org).

---



## **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).

#### ***Parenting While Black Webinar Series***

This series from Brazelton Touchpoints Center provides a welcoming space for Black families to share experiences and to discuss strengths-based and culturally

responsive ideas. Upcoming topics include birthing while Black, navigating loss and grief, advocating for your family in different settings, and Black brilliance and resilience. To learn more and to register, please [click here](#).

### ***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 “Black Men, Black Families, and Black Data” and “Employment and Wealth Gap Opportunities for Black Fathers.” 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.” On March 12, they will host a Boy/Dad Panel featuring four fathers and their sons who will discuss their experiences during the pandemic. To learn more and register, 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)

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

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