

# Supporting Healthy Start Performance Project NEWSLETTER



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

## SHSPP News & Updates

### **Promoting Fathers' Mental Health During Children's Early Childhood**

How can we help dads be the best fathers possible? Supporting their mental health is one way to start. This [NICHQ Insight](#) features Kenn Harris, Project Director of the Healthy Start TA & Support Center, and Dr. Daniel Singley who presented during the February [Fatherhood Talk Tuesday](#). In the article, they share four strategies that health care providers, public health professionals, and community advocates can use to promote fathers' mental health.

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### **Introduction to Quality Improvement Webinar**

Join the Healthy Start TA & Support Center for the *Introduction to Quality Improvement* webinar on **Wednesday, April 8 from 2-3:30 p.m. EST**. [Click to register for the \*Introduction to Quality Improvement\* webinar.](#)

We will hear from Jane Taylor, Ed.D, a quality improvement (QI) advisor, learning advisor, and program evaluator. Jane is one the subject matter experts working with the Healthy Start TA & Support Center and will be supporting grantees in this area. Dr. Taylor has advised over 70 learning collaborative, improvement and innovation projects for clients, including NICHQ. The webinar will provide an overview of and introduction to QI tools and discuss how QI can be harnessed to help grantees enhance and strengthen their overall project's performance.

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### **Introduction to Perinatal Periods of Risk (PPOR) Webinar**

Join the Healthy Start TA & Support Center for the *Introduction to Perinatal Periods of Risk (PPOR)* webinar on **Thursday, April 23 from 2-3:30 p.m. EST**. [Click to register here.](#)

Perinatal Periods of Risk is a comprehensive approach to help communities use data to reduce infant mortality. Designed for use in U.S. cities with high infant mortality rates, PPOR brings community stakeholders together to build consensus and partnership, and take action based on local data. The Healthy Start TA & Support Center is excited to introduce this approach to some Healthy Start communities and reintroduce it to others.

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## Fatherhood Talk Tuesday Webinar

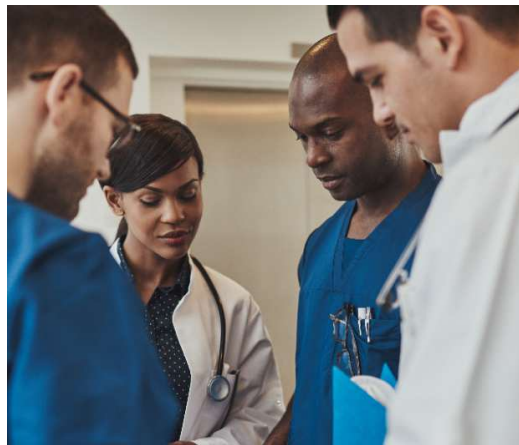
Please join the Healthy Start TA & Support Center for the next *Fatherhood Talk Tuesday* webinar on **Tuesday, April 14 from 3-4:30 p.m. EST**. [Click to register for the webinar.](#)

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### Resources

In recent weeks, the coronavirus disease 2019 (COVID-19) outbreak has become the focus of individuals all over the world. The outbreak has changed everyday life for most, but will have a disproportionate impact on the most marginalized and at-risk members of our society. In uncertain times like these, it is vital for communities to stand together in support of one another. The Healthy Start community is comprised of strong individuals who tackle difficult challenges every day. Know that the Healthy Start TA & Support Center is here to support you and your efforts to continue providing exceptional services to Healthy Start participants.

We have compiled the following resources to provide you with information about COVID-19. These resources provide background information about the disease, tips for discussing the outbreak with children and families, and strategies for managing stress during this uncertain time. We hope that these resources help guide your interactions with pregnant women, infants and their families during the COVID-19 outbreak.





### **Outbreak Overview & Background Info**

NICHQ has published and is frequently updating an [article](#) on COVID-19 information for children's health advocates, which includes guidance for pregnant and breastfeeding women.

For more background information on COVID-19 and an overview of how the outbreak is evolving, visit the [CDC's coronavirus information page](#) (includes materials in Chinese and Spanish.)

Health officials consider pregnant women and children special populations in infectious disease responses. The CDC has provided [information](#) on what is known to date regarding the impact of COVID-19 on pregnant and breastfeeding women and children.

### **Caring for Women, Children, and Families**

The CDC recently hosted a [Clinician Outreach and Communication Activity \(COCA\) call](#) on COVID-19. This call provided guidance for clinicians caring for children and pregnant women during the COVID-19 outbreak.

The 4<sup>th</sup> Trimester Project is continually updating a [webpage](#) about COVID-19 for new mothers. The page describes how the outbreak may make women's 4<sup>th</sup> trimesters more challenging, but provides resources to turn to.

The CDC created a [webpage](#) with general principles and helpful facts to guide conversations with children about COVID-19 for parents, school staff, and other people working with children.

Zero to Three released a collection of COVID-19-related [resources](#), including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.



## Managing Stress

The daily disruptions caused by COVID-19 – including changes in routine, social isolation, and financial strain – have caused anxiety and stress for many.

The CDC has published [guidance](#) on managing stress and anxiety related to COVID-19, especially parents, first responders, and those who have been released from quarantine.

The National Child Traumatic Stress Network (NCTSN) published a [fact sheet](#) to help parents think about how the outbreak might impact their family and learn healthy coping strategies.

The Substance Abuse and Mental Health Services Administration also created a [fact sheet](#) titled “Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak.”

## Caring for Marginalized Populations

The Healthy Start Program serves underserved communities throughout the country, which include people who will be disproportionately impacted by the COVID-19 outbreak.

The U.S. Interagency Council for Homelessness created a [list of resources](#) for organizations who work with homeless communities to use in response to the outbreak.

Amnesty International also published an article titled "[Responses to COVID-19 and States' Human Rights Obligations: A Preliminary Response.](#)" The article describes specific concerns for communities at highest risk for adverse health, financial, and social impacts from the outbreak.



### **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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