

# Supporting Healthy Start Performance Project NEWSLETTER



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

## **SHSPP News & Updates**

### **Corrections to Healthy Start Data Collection Forms**

Several typos have been corrected in the new Healthy Start Data Collection Forms. The revised forms have been posted to the EPIC Website and are dated "April 2020." Please be sure to use the revised forms moving forward.

The Data Collection Forms Crosswalk Document has also been posted to the EPIC website. This document takes each item in the new HS Data Collection Forms and identifies the corresponding item in the old forms (previously called the HS Screening Tools).

To access the revised Data Collection Forms and the Crosswalk Document, [click here](#).

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### ***Providing Virtual Services for Healthy Start Clients During the COVID-19 Pandemic Webinar***

Join the Healthy Start TA & Support Center for a *Providing Virtual Services for Healthy Start Clients During the COVID-19 Pandemic* webinar on **Wednesday, April 22 from 3-4:30 p.m. EST**. [Click to register for the webinar](#).

The webinar will provide an introduction to serving clients virtually, including an overview of privacy and consent considerations. The webinar will also provide an opportunity for participants to engage in a dialogue about the challenges they are currently facing in serving clients virtually and to share potential solutions.

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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](#).

The webinar will provide an introduction to Perinatal Periods of Risk, 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.

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### **Three-part Training Series on the New Healthy Start Data Collection Forms**

On behalf of and in partnership with the Division of Healthy Start and Perinatal Services (DHSPS), the Healthy Start TA & Support Center will host a **three-part training series on the new Healthy Start Data Collection Forms**.

**All three sessions are required to receive the full training on the new data collection forms. You must receive the full training before administering the forms to Healthy Start participants.**

**Each session will include time to practice using the forms. Please come to the trainings prepared to practice the forms with someone else from your site, either virtually or in person.**

### **Session 1: Forms Overview & Background Form Training**

- Friday, April 24 from 12-2 p.m. EST (9-11 a.m. PST)
- [Click to register for Session 1](#)

### **Session 2: Prenatal Form Training**

- Tuesday, April 28 from 3:00-4:30 p.m. EST (12-1:30 p.m. PST)
- [Click to register for Session 2](#)

### **Session 3: Parent/Child Form Training**

- Thursday, April 30 from 12:30-2:00 p.m. EST (9:30-11:00 a.m. PST)
- [Click to register for Session 3](#)

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## **Resources**



“[Complex trauma](#)” describes exposure to multiple traumatic events, such as physical, emotional or sexual abuse; physical or emotional neglect; witnessing family or community violence; separation from family members; and revictimization by others. [Children of color](#) living in racially and economically segregated communities are more likely than children in other communities to experience these layers of trauma. Black families must also cope with the effects of [historical and intergenerational trauma](#) stemming from the United States’ history of slavery and past and present racism.

We know that many Healthy Start participants have experienced complex trauma and that the current coronavirus disease 2019 (COVID-19) pandemic has compounded that trauma. For those who are already experiencing complex trauma, the changes and disruptions to daily life brought on by the pandemic can overwhelm their coping skills. This is particularly true for those experiencing unemployment, the loss of a loved one, food insecurity, and/or housing instability due to the pandemic.

Below are two resources to help support those you serve to manage the compounding effect of COVID-19 on complex trauma:

### **Toolkit: The Psychological and Emotional Impact of COVID-19**

The Children’s Hospital of Philadelphia Research Institute, in collaboration with the National Child Traumatic Stress Network, created a [free toolkit](#) entitled, “Addressing the psychological and emotional impact of the COVID 19 pandemic for children, families, and healthcare staff.” The toolkit shares a trauma-informed approach to understanding the stress and potential traumatic stress related to the pandemic and promoting coping and resilience.

### **Factsheet: Stigma Around COVID-19**

The Harvard TH Chan School of Public Health released a [factsheet on stigma and COVID-19](#), which discusses how people of Asian descent, emergency responders and healthcare workers, and those who have been released from quarantine, are facing stigma and discrimination during the COVID-19 pandemic. The factsheet shares strategies for combatting stigma and minimizing the negative emotional and mental health consequences of stigmatization.



## Staying #HealthyStartStrong in the Face of COVID-19

Despite these challenges, we know that the Healthy Start community consists of resilient participants and dedicated staff who continue to do incredible work to serve women, infants and children, fathers, families, and vulnerable communities. In this newsletter, we wanted to take the opportunity to share some bright spots during this difficult time. Read on to hear *your* stories about remaining resilient and “Healthy Start Strong” during the COVID-19 pandemic!

### *Healthy Start Strong in Baltimore:*

Lashelle Stewart, Executive Director of Baltimore Healthy Start (BHS), shared her site’s experience moving to a remote model of service delivery. BHS began providing outreach to clients via telephone and video chat on March 17<sup>th</sup>. BHS continues to be mindful of participant privacy rights under HIPAA and is adhering to the HIPAA privacy regulations outlined [here](#).

BHS also assembled an emergency response team, which is being deployed to deliver emergency diapers, formula and pack n’ plays to clients and others in the community. The emergency response team is properly protected with N95 masks, hand sanitizer and gloves, and is performing no-contact deliveries.

In lieu of in-person classes, BHS is providing virtual educational sessions, such as classes on postpartum complication warning signs, mental health resources, yoga, and breastfeeding education. Beginning in May, BHS will offer monthly virtual Fatherhood Groups. BHS is also exploring ways to offer the Belly Buddies group and other classes and groups virtually. Finally, BHS provided a training for staff entitled “Helping Can Hurt,” which discussed avoiding burnout during a pandemic.

### *Healthy Start Strong in Indianapolis:*

LaToya Tahirou, a new Community Health Worker at Indianapolis Healthy Start (IHS) shared her experience as a new employee in the midst of the COVID-19 pandemic. LaToya joined IHS in February 2020, becoming part of a team that has a shared vision and a mission that they never lose sight of – serving mothers, infants, children, fathers, and underserved communities.

Each and every staff member at IHS continues to press on and serve families, despite the increasing concern over this unprecedented virus. They have been using WebEx to conduct meetings and trainings, and are conducting home visits via phone instead of in person. They also continue to ensure that families have access to the resources they need, including diapers, formula, and pack n’ plays.

The IHS team stays in close contact through text and email, where they share everything from resources, to struggles, triumphs, and encouragements. This allows staff to support each other and promote self-care, so they are in a good place and able to provide excellent care for the families they serve. For example, they recently did a team-building activity via FaceTime called “two truths and a lie,” which brought the team together for a laugh and lightened the mood during this stressful time. IHS’s leadership have also done an exceptional job of keeping staff updated with any and all developments.

LaToya feels blessed to be part of a team of women that feels like family and that is sticking together during this difficult time.

**Thank you, BHS and IHS for sharing your stories and showing us what *Healthy Start Strong* looks like!**

We would still like to hear from you! **Do you have a story about exhibiting resilience and strength while serving families during the COVID-19 pandemic?** 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. The *heart* of Healthy Start is *community*. Let's show the nation *Healthy Start Strong!*

### Other Resources on COVID-19 For Women, Families, and Vulnerable Communities

The Preconception Health and Health Care (PHHC) Initiative created an [evidence-based factsheet](#) to respond to people's questions about whether or not they should get pregnant – and how they can access contraceptives – during the COVID-19 pandemic.

PreventConnect hosted a webinar on “Preventing violence in our homes: Meeting this moment with connection, care, and justice.” During the webinar, speakers discussed the increased risk for violence and abuse in the home during the COVID-19 pandemic, and strategies for responding to the community's needs. To view the webinar recording and slides, [click here](#).

As part of its Telehealth Learning series, the Health Resources and Services Administration (HRSA) is hosting a free webinar on telehealth and COVID-19 on Monday, April 20 from 2:30-4 p.m. EST. [Click here to register](#).

The United States Breastfeeding Committee (USBC) is continually updating its page on [“Infant and Young Child Feeding in Emergencies, including COVID-19.”](#) The page includes guidance and information from the Centers for Disease Control and Prevention, the World Health Organization, the American Academy of Pediatrics, and others.



### 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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