

# Supporting Healthy Start Performance Project NEWSLETTER



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

## A Note from the Division of Healthy Start and Perinatal Services

Dear Healthy Start Grantees,

As we close out 2020, it seems to be a good time to pause and reflect on all that we've accomplished over the past year. As the Director of the Division of Healthy Start and Perinatal Services, I have witnessed firsthand the good, hard work that each of you do every day in your communities for women, moms, babies, and fathers.

Your accomplishments this year are extra noteworthy because of the additional challenges you faced in implementing a community-based program during the COVID-19 pandemic. Each of you has had to re-think and re-engineer how you provide critical care to your program participants. You've managed to ensure that your communities are receiving these services – while also keeping your staff healthy and safe.

I also extend my thanks and gratitude to our other key partners, in particular NICHQ who leads our Supporting Healthy Start Performance Project Technical Assistance & Support Center, and the National Healthy Start Association who helps with our mentoring activities. Our Healthy Start program continues to move forward because of our strong relationships with so many other committed colleagues.

We've come through a year that was filled with both challenges and victories. How reassuring it's been to know that we can count on all of you regardless of what faces us. On behalf of the Maternal and Child Health Bureau's Division of Healthy Start and Perinatal Services, please allow me to extend my personal and genuine appreciation to each and every one of you for your valuable contributions. Working with you this past year has been a pleasure and I'm proud to have joined this great team.

So, again, I want to take this opportunity to thank everyone for all their efforts throughout the year. The success of our program is built on your efforts. Thank you for the dedication that each one of you has shown. I offer my best wishes and happiness to you and your families as you celebrate the holidays and/or ring in the New Year. I am hopeful for a return to normalcy in 2021!

Warmest Regards,  
Lee A. Wilson  
Director of the Division of Healthy Start & Perinatal Services



## [A Note from the Healthy Start TA & Support Center](#)

Dear Healthy Start Grantees,

In addition to the immense challenge of addressing the nation's infant mortality and maternal mortality crises, Healthy Start communities have been profoundly impacted by the COVID-19 pandemic over the past year. Nine months after the first COVID-19 cases appeared in the United States, the pandemic continues to push the most vulnerable in our country over the edge and into the instability of homelessness, employment loss, food insecurity and compromised health.

While COVID-19 has endured throughout 2020, so has the perseverance of the 101 Healthy Start grantees across the country. Each day, we have seen the resilience of the Healthy Start grantees and your ability to remain #HealthyStartStrong in the face of uncertainty. The leadership demonstrated among the 101 projects has been outstanding and the staff at the NICHQ Healthy Start Technical Assistance & Support Center (TASC) has been honored to support your impressive work throughout this difficult year. Your support and authentic engagement with the first ever Virtual Grantees Meeting this last year was incredible, especially given that the event occurred in the early months of COVID-19 as we were all still adjusting to being in quarantine and challenged with the reality of social distancing.

We hope that the strength you have cultivated in the face of adversity over the past nine months gives you courage to complete this year well, and the confidence to enter 2021 #HealthyStartStrong. The TASC remains committed to supporting you through the provision of webinars, trainings, and capacity building assistance, as well as access to subject matter experts and various opportunities to share with and support each other. This includes our [Beyond COVID-19 webinar series](#), which we created as a direct response to feedback received from Healthy Start grantees. These webinars were designed to prepare grantees to enter 2021 in the midst of the COVID-19 pandemic. We hope that you have enjoyed the first three webinars in the series and will utilize the recordings on the EPIC website as a resource. We also hope that will engage with our COVID-19 speakers and each other on CoLab, and will join us for the remaining two webinars in early 2021.

Each #HealthyStartStrong story received in our inbox has included strategies and actions that reflect the innovation, creativity, and agility of Healthy Start communities. Hearing about your projects' activities and initiatives has pushed TASC to become more *innovative, creative and agile* in how we support the Healthy Start grantees. As we say goodbye to 2020 and enter the new year, Healthy Start grantees can be assured that NICHQ – under the direction of and in partnership with the Maternal and Child Health

Bureau's (MCHB) Division of Healthy Start and Perinatal Services (DHSPS) – remains committed to helping Healthy Start grantees successfully meet the Healthy Start approaches and benchmarks.

Here is to 101 Healthy Start grantees persevering through an incredibly difficult year! The NICHQ staff of the TASC wish you restful and peaceful holidays and look forward to continuing our work with you in 2021. Our team thanks you for a great year!

Be well,  
Kenn L. Harris  
Senior Project Director  
Healthy Start TA & Support Center

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## **TA & Support Center News & Updates**

### **Extended Deadline: Healthy Start 2020 Annual Assessment Due December 30**

As a reminder, the Healthy Start TA & Support Center (TASC) has extended the deadline for Project Directors to complete the 2020 Healthy Start Annual Assessment to **COB December 30**. To access the Annual Assessment, [please click here](#) or scan the QR code below. To access a printable version of the PDF, [please click here](#).

The Annual Assessment provides an opportunity to voice your program's needs and help shape the TASC's technical assistance and capacity building activities for the year to come. Your responses are essential in helping us better understand how the pandemic is impacting your ability to serve clients and how we can best support you in meeting your programmatic goals. **For more information about the goals of the Annual Assessment, [please click here](#).**

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### **Extended Deadline: Healthy Start CAN Cohort and Fatherhood Cohort Applications Due December 30**

There are still several spots open on the Healthy Start Community Action Network (CAN) Cohort and the Fatherhood Cohort. As a result, the TASC is extending the deadline for submitting applications to join these cohorts to **COB Wednesday, December 30**. For information about the cohorts' purpose and goals, please [click here](#).

- To access the Healthy Start CAN Cohort application, please [click here](#).
- To access the Healthy Start Fatherhood Cohort application, please [click here](#).

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### **Upcoming Healthy Start Data, Monitoring, and Evaluation Deadlines**

In response to grantee requests for a list of upcoming Healthy Start data and reporting-related deadlines, the Division of Healthy Start & Perinatal Services created a document listing all upcoming deadlines for November 2020-January 2021. **To access the list, please [click here](#) or see below.**

#### **November**

11/16 -HSMED-II Training -Option 1 (2-3:45pm ET)  
11/19 -HSMED-II System Launch  
11/20 -HSMED-II Training -Option 2 (2-3:45pm ET)  
11/30 -Aggregate Template Due (Excel)

## December

*Organizational Assessments begins (Westat to contact grantees)*

*12/7 -NCC Progress Report Due*

*12/15 -HSMED-II Report Due*

*12/31 -Aggregate Template Due (Excel)*

## January

*1/15 -HSMED-II Report Due*

*1/31 -Aggregate Template Due (Excel)*

## February

*2/15 -HSMED-II Report Due*

*2/28 -Aggregate Template Due (Excel)*

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## Beyond COVID-19 Webinar #4

Please join the TASC for the fourth webinar in the Beyond COVID-19 webinar series on **Wednesday, January 6 from 12-1:30 p.m. EST**. This webinar will feature Healthy Start Faculty Planning Committee Member and Quality Improvement Advisor, Jane Taylor. During this session, grantees will build off of the best practices shared during the previous webinar and will discuss strategies for testing COVID-19 related change ideas. **To register for this webinar, [please click here](#).**

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## Healthy Start Staff Support Groups

As a reminder, the 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. You're doing such a great job supporting families during this challenging time. Led by PSI Facilitators, this group is a confidential place for you to share, receive support, and support one another. The Support Groups are held biweekly on Mondays and Wednesdays from December 14 through May 30, 2021.

The poster features a light blue background with a dark blue header. The title 'HEALTHY START STAFF SUPPORT GROUPS' is in large, bold, blue letters. Below it, 'for Project Directors & Managers' is in smaller, bold, black letters. To the right is the Healthy Start logo and the NICHQ logo. The text 'MONDAYS @ 2:00 P.M. (EST)' is in bold, black letters. Below this is a disclaimer: 'THIS SUPPORT GROUP WILL BE OPEN ONLY TO HEALTHY START PROJECT DIRECTORS AND OTHER MANAGERIAL-LEVEL HEALTHY START STAFF MEMBERS.' Two circular headshots of women are shown: Jana Glass on the left and Randiesa Spires on the right. Below each photo is their name and title. At the bottom, it says 'Facilitated by Postpartum Support International (PSI) Peer Providers' and includes the PSI logo.

**HEALTHY START STAFF  
SUPPORT GROUPS**

**for Project Directors & Managers**

**MONDAYS @ 2:00 P.M. (EST)**

THIS SUPPORT GROUP WILL BE OPEN ONLY TO HEALTHY START PROJECT DIRECTORS AND OTHER MANAGERIAL-LEVEL HEALTHY START STAFF MEMBERS.

**JANA GLASS, LPC, PMH-C**

**RANDIESA SPIRES, LCSW**

Facilitated by Postpartum Support International (PSI) Peer Providers

## HEALTHY START STAFF SUPPORT GROUPS

for Frontline Staff Members

**WEDNESDAYS @ 3:00 P.M. (EST)**

THIS SUPPORT GROUP WILL BE OPEN ONLY TO HEALTHY START FRONTLINE STAFF SUCH AS: CASE WORKERS, COMMUNITY HEALTH WORKERS, ADMINISTRATIVE STAFF, LACTATION CONSULTANTS, ETC.



JABINA COLEMAN, LSW, IBCLC



BIRDIE MEYER, RN, MA, PMH-C

Facilitated by Postpartum Support International (PSI) Peer Providers



### How to register for a group

1. Go to <https://www.supportgroupscentral.com/psi>
2. Scroll down until you see the “Not Yet a Member?” section on the righthand side of the page. Follow the instructions to create a new user account.
3. You will be asked if you are a Healthy Start Employee. Answer yes.
4. Once you create your free account you will have access to all of PSI’s offerings. Scroll through PSI’s support group calendar to find the Healthy Start support group you would like to attend. Click to register.

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### Certified Lactation Counselor (CLC) Training Scholarships

With support from the Division of Healthy Start and Perinatal Services (DHSPS), the Healthy Start TA & Support Center (TASC) is pleased to be able to provide Certified Lactation Counselor (CLC) training scholarships for 40 Healthy Start Grantees. TASC will cover the cost of the online training registration and the textbook for selected applicants. Selected applicants and/or their Healthy Start program will be responsible for covering the cost of the CLC certification exam, which can also be taken online. For more information, [please click here](#). **The deadline to apply is COB Friday, 1/8. To access the application, [please click here](#).** TASC will inform all applicants of their application status via email by the end of January.

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### National Partnership for Community Leadership (NPCL) Training

The TASC is pleased to be partnering with the National Partnership for Community Leadership (NPCL) to provide their Introduction to Responsible Fatherhood training for Healthy Start Project Directors and Fatherhood Coordinators. This training will provide insight into the state of the fatherhood field and why it is essential to work with both mothers and fathers to achieve positive outcomes for children, the essentials of fatherhood development, and cornerstones of successful implementation.

The training will be held on **Thursday, January 15 from 12-4 p.m. EST**. We encourage both Healthy Start Fatherhood Coordinators and Project Directors to attend, even if they are from the same project. That said, maximum capacity for the training is 40 attendees and registration is first come first served. To register, please email [healthystart@nichq.org](mailto:healthystart@nichq.org) with your name, email, phone number, and mailing address **by COB Tuesday, January 5.**



## Building a Successful Fatherhood Program Workshop: Part 1

The TASC and the National Healthy Start Association is hosting the first-ever “Building a Successful Fatherhood Program Workshop” on **Friday, January 29 from 11:30 a.m. – 5:30 p.m. EST**. This workshop is the first in a two-part series designed to support Healthy Start programs in developing, strengthening, and enhancing their fatherhood programs. The workshop will help grantees assess their fatherhood work and build from that point to ensure success in achieving the Healthy Start enrollment goals. Attendees will also create a work plan during the workshop, which they will report on during Part 2 of the series. Anyone who attends Part 1 is encouraged to attend Part 2, which will be held in March (date and time to come). **To register for the January 29 workshop (Part 1), 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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