

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

TA & Support Center News & Updates

May/June Healthy Start Events & Deadlines

Deadlines:

- May 30 Aggregate Report (Excel) Due
- Jun 4 [NPCL International Fatherhood Conference Survey Due](#)
- Jun 15 HSMED-II Report (CSV or XML) Due
- Jun 30 Aggregate Report (Excel) Due
- Jun 30 Grantee Performance Report Due
- Ongoing Fathering in 15 Curriculum

Events:

- May 26 [Rapid Response Virtual Home Visiting Series Webinar #3](#)
- May 27 [HS CAN Learning Academy Meeting #1](#)
- Jun 1 [Legacy of Slavery & Impact of Racism on Breastfeeding Webinar](#)
- Jun 2 HS Breastfeeding Cohort Meeting #4 — *Cohort members only*
- Jun 7 [Healthy Start Networking Café – topic TBD](#)
- Jun 8 [Fatherhood Talk Tuesday](#)
- Jun 16 HS COIN Meeting #7 — *COIN members only*
- Jun 16 HS Evaluation Cohort Meeting #3 — *Cohort members only*
- Jun 18 [Quality Improvement Learning Academy Meeting #5](#)
- Jun 21 TIROE CoP Learning Session #2 – *COP members only*
- Jun 24 [HS CAN Learning Academy Meeting #2](#)

COVID-19 Vaccines

Vaccines are one of the most effective ways to protect your health and the health of those around you. However, many people have concerns about the safety of the COVID-19 vaccine and might be hesitant to receive the vaccine. The Healthy Start TA & Support Center (TASC) encourages Healthy Start staff to remind Healthy Start participants that COVID-19 vaccines are available at no cost if they choose to get vaccinated. If your participants have concerns or questions, please direct them to the Centers for Disease Control and Prevention (CDC) website [here](#).

New Project Director CoLab Group

TASC is pleased to announce our new Project Director CoLab Group! In response to requests for opportunities to connect with other projects, TASC is launching a private group on the Healthy Start CoLab. The group will allow Project Directors to connect with one another, ask questions, and discuss barriers and successes their

projects are experiencing. CoLab accounts have been created for all Project Directors and all have been added into the group. If you have any questions about CoLab or the Project Director Group, please email healthystart@nichq.org.

Closing this Month: Healthy Start Staff Support Groups

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.](#)
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NPCL International Fatherhood Conference

TASC is happy to announce that we have partnered with National Partnership for Community Leadership (NPCL) to sponsor Healthy Start Fatherhood staff to attend the virtual NPCL International Fatherhood Conference on **Wednesday, June 9 and Thursday, 10 from 10-2:30 p.m. ET**. Join this diverse information exchange as presenters and participants discuss present challenges in the fatherhood field and creative solutions for the future. For more information on the conference, [please click here](#). **If you are interested in attending this conference, please click here to complete our survey by Friday, June 4.**

Rapid Response Virtual Home Visiting Series Webinar #3

Please join TASC for the **final webinar in the three-part Rapid Response Virtual Home Visiting webinar series on Wednesday, May 26 from 2-3:30 p.m. ET**. This series discusses 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. To access the slides and recordings from the first and second webinars, please click [here](#) and [here](#). To register for the third webinar, [please click here](#).

Healthy Start CAN Learning Academy Session #1

Please join TASC for the **first session in Community Action Network (CAN) Learning Academy on Thursday, May 27 from 2-4 p.m. ET**. The CAN Learning Academy will be facilitated by Angela Ellison of the University of Illinois Healthy Start, in partnership with TASC staff and other subject matter experts. The goal of the CAN Learning Academy is to empower grantees to elevate their CAN to address maternal and child health disparities and other disparities by implementing CAN activities that are developed using a racial equity lens. To register for the first session, [please click here](#).

Legacy of Slavery and Impact of Racism on Breastfeeding Webinar

Please join TASC for the Legacy of Slavery and Impact of Racism on Breastfeeding Webinar on **Tuesday, June 1 from 2-3:30 ET**. This webinar will be facilitated by Reaching Our Sisters Everywhere (ROSE) and will feature input that Healthy Start Breastfeeding Cohort participants provided during a focus group in early May. To register for the webinar, [please click here](#).

NFI 24/7 Dad Webinar Training

TASC is happy to announce we have partnered with National Fatherhood Initiative (NFI) to offer their 24/7 Dad Webinar Training to Healthy Start grantees on **Friday, July 16 from 12-5 p.m. ET**. 24/7 Dad is an evidence-based fatherhood program used by hundreds of organizations across the nation to improve the knowledge, behavior, and skills of dads of all races, religions, and demographics. The program is built on the basis that fathers can be nurturers, and for men, nurturing is a learned skill. Training attendees will learn more about the program and how to use it with their Healthy Start clients. To register for the training, [please click here](#).

In Case You Missed it...

Maternal Mental Health Webinar Series Webinar #2

TASC recently hosted the **second webinar in the Maternal Mental Health webinar series on Tuesday, May 18 from 12-1:30 p.m. ET**. This webinar series features Megan Smith, DrPH, MPH, of Yale University. The second webinar focused on the role of mental health in maternal mortality, including inequities, the weathering hypothesis, and the impact of cumulative and historical trauma on mental health and maternal mortality. To access the slides and recording from the second webinar, [please click here](#).

NHSA CAN Webinars #1 and #2

In partnership with TASC, the National Healthy Start Association hosted two webinars designed to support Healthy Start projects in building and strengthening their Community Action Network (CANs) on **Thursday, May 6 and Thursday, May 13 from 1-2:30 p.m. ET**. The first webinar focused on the importance of community engagement and partnership building, and how CANs can engage in policy and systems change. On the second webinar, the National Birth Equity Collaborative shared how Healthy Start projects can use their program data and other data from their community (e.g., hospital, LHDs) to create a plan to advocate for their community intentionally and effectively. To access the slides and recordings from these webinars, [click here](#) and [here](#).

How Can We Support You?

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. Your #HealthyStartStrong story may be featured in an upcoming webinar or newsletter.



May: Maternal Mental Health Awareness Month

May is [Maternal Mental Health Month](#), an opportunity to discuss and raise awareness of perinatal mental health issues, including perinatal mood and anxiety disorders. According to [Postpartum Support International](#) (PSI) – while many women experience some mood changes during or after childbirth –15% to 20% of women experience more significant symptoms of depression or anxiety. Symptoms can appear any time during pregnancy and the first 12 months after childbirth and can include the following illnesses:

- [Depression during pregnancy and postpartum](#)
- [Anxiety during pregnancy and postpartum](#)
- [Obsessive compulsive disorder \(OCD\) during pregnancy and postpartum](#)
- [Postpartum post-traumatic stress disorder](#)
- [Bipolar mood disorders](#)
- [Postpartum psychosis](#)

The same racial and ethnic disparities we see in perinatal health outcomes – such as maternal mortality and morbidity – can be seen in maternal mental health. [A study by the National Partnership for Women and Families](#) found that 20% of Black women reported symptoms of depression during pregnancy compared to 13% of Latina women, 10% of White women, and 8% of Asian/Pacific Islander women. [Anxiety was even more prevalent](#), with 30% of Black women reporting symptoms of anxiety during pregnancy, compared to 22% of Latina women, 20% of White women, and 18% of Asian/Pacific Islander women. The COVID-19 pandemic has the potential to exacerbate these disparities by [compounding the existing stressors](#) facing communities of color. For example, challenges around unemployment, financial stress, fear of illness, and social isolation and limited social support can have major implications for perinatal mental and physical health outcomes.

Fortunately, Healthy Start programs can play an essential role – not only in helping women, infants and families meet their basic needs – but also in preventing maternal health issues and building resilient families. Healthy Start staff can spark discussions around maternal mental health; work to identify and nurture protective

factors to reduce the risk of mental health issues; and connect families to mental health treatment. To support Healthy Start programs in these efforts, the TASC has gathered the below resources. We hope this information guides your day-to-day interactions with families and strengthens your work to promote maternal mental health.



Postpartum Support International Support Groups

PSI has quadrupled the number of [online support groups](#) it provides to meet the increased need for perinatal mental health support. PSI offers several different groups, including a new Postpartum Psychosis Group, a Black Mamas Matter Group, a Dad Support Group, and others. All groups are free and some are available in Spanish.

PSI's Chat with an Expert

These free hour-long phone sessions are facilitated by licensed mental health professionals and are open to anyone with questions and concerns about perinatal mental health. Each session is limited to the first 15 callers. PSI offers [sessions for moms](#) each Wednesday and [sessions for dads](#) the first Monday of each month.

Taking Care of Black Mamas: Meditation & Wellness Session

In celebration of Black Maternal Health Week, National Birth Equity Collaborative's (NBEC) hosted a [panel and interactive session](#) to highlight the power of mindfulness and meditation in pregnancy. The panel featured researchers and real mothers who have utilized meditation and mindfulness during pregnancy and postpartum. The session ended with a guided group meditation designed especially for Black mothers.

NICHQ Maternal Mental Health Resources

In honor of Maternal Mental Health Month, [NICHQ has compiled resources](#) outlining the role of mental health in overall health and wellness, as well as strategies for promoting better mental health for children, families, and caregivers. Resources include a social media toolkit, an infographic on fathers' mental health, and clinical mental health resources for providers.

Paternal Depression

[This article](#) from the American Academy of Pediatrics outlines the risk factors, signs, and symptoms of depression during and after pregnancy among fathers and partners. The article also shares treatment and screening information.

Black Mamas Meditate

[This free mediation collection](#) from Expectful was created by Black mothers, for Black mothers. Each meditation is designed to help women feel validated and less alone when facing the maternal mortality crisis.

MyCare Emotional Wellness Self-Help Tool

This [free, online resource](#), created by Maternal Mental Health Now, is designed to help individuals feel prepared to adjust to the emotional demands, joys, and stressors of trying to conceive, pregnancy and parenting.

Share Your Maternal Mental Health Story

TheBlueDotProject was created by 2020 Mom to provide mothers with inspiring and real messages about how hard motherhood can be. To submit your story, [please click here](#). By lifting up these stories, 2020 Mom hopes to educate women on perinatal mental health issues and support them in receiving the treatment they need.

CIGNAL for Perinatal Mental and Behavioral Health

[This webinar](#), hosted by TASC in April 2021, featured several subject matter experts, explored challenges and strategies around promoting and supporting perinatal mental health. The webinar featured several subject matter experts who shared resources and opportunities for collaboration around perinatal mental health.

Community Action Toolkit

[This toolkit](#) created by 2020 Mom can serve as a roadmap for coalitions working to improve the continuum of care for maternal mental health disorders in their communities. The goal of the toolkit is to support communities in increasing screening and treatment rates for perinatal mental health issues.

Other Resources:

HRSA MCHB Region 5 Webinar Series

The Health Resources and Services Administration's (HRSA) Maternal Child Health Bureau (MCHB) is working in partnership with HRSA Office of Regional Operations (ORO) to host a webinar series considering the root causes of racial disparities that can further inform and strengthen state-initiated efforts to eliminate racial disparities in infant mortality. For more information and to access the recordings of previous webinars in the series, [please click here](#).



Healthy Start Fatherhood Corner

TASC 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.

Beginning in June, TASC will be distributing a quarterly Fatherhood newsletter. These newsletters will feature TASC events related to fatherhood, as well as external events and resources on the topic. This newsletter will be geared towards Fatherhood Coordinators and other Healthy Start staff who work with dads.

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 potentially be featured in the Fatherhood Corner or the new quarterly Fatherhood newsletter! Please email your stories to healthystart@nichq.org.

Partner4Fatherhood (P4F)

TASC is excited to launch Partner4Fatherhood (P4F), an informal group that will bring together new and experienced Fatherhood Coordinators to connect, share wins and barriers, and discuss their Healthy Start Projects’ work around fatherhood. If you are interested in participating in this group, please email 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. The next webinar will be held on **July 15 from 10 a.m.- 12 ET** and will focus on “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 virtually on **Thursday, June 17 and Friday, June 18, 2021 from 1-4 p.m. CT**. The summit will feature keynote speaker Joe Jones, Jr., founder and CEO of the Center for Urban Families. This year's theme, "Taking Research to the Field," will focus on how research and evidence can be applied on the ground when supporting fathers and families. For more information, [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.

Have questions? Either respond to this email or contact the sender on healthystart@nichq.org

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