



TA & Support Center News & Updates

Call for Virtual Healthy Start Grantee Meeting Speakers

Is your Healthy Start Program doing something unique and innovative around the CAN, breastfeeding, father engagement, sustainability, reducing maternal mortality, or health literacy/reading to infants? Would you like an opportunity to speak about it during the Virtual Healthy Start Grantees' Meeting on June 24-26? If so, please send a brief (under 200 words) email to healthystart@nichq.org describing your work and why you are interested in sharing with your peers. **Please submit any topics by COB, Wednesday, 5/20.**

Introduction to the New Healthy Start Breastfeeding Group

Join the Healthy Start TA & Support Center for the *Introduction to the Healthy Start Breastfeeding Group* webinar on **Thursday, May 21 from 2-3:30 p.m. EST**. [Click here to register for the Intro to Healthy Start Breastfeeding Group webinar.](#)

We will hear from Dr. Kimarie Bugg, DNP/FNP-BC/MPH/IBCLC/CLC, the Chief Empowerment Officer (CEO) and Change Leader of Reaching Our Sisters Everywhere (ROSE). ROSE is a nonprofit founded in 2011 to address breastfeeding inequities and disparities in the African American community. The webinar will provide an introduction to the Healthy Start Breastfeeding Group, which will be a cohort of 25 Healthy Start staff members who will participate in a 6-month learning series about enhancing breastfeeding support and education. After this webinar, participants will be invited to submit an application to join the cohort, which will begin meeting in June.

Take #HealthyStartStrong to Social Media

During this difficult time, we want to uplift the resilience of Healthy Start communities by inviting you to share updates about your work on social media. NICHQ has created [three images](#) for you to pair with posts describing bright spots from your work – this could be a short story about a recent accomplishment or simply a description of your mission with a link to your website. Use the hashtag #HealthyStartStrong so we can build collective momentum and include @NICHQ so we can like and reshare your post. Let's spread the word that we are #HealthyStartStrong.

24/7 Dads Training

Join the Healthy Start TA & Support Center for the *24/7 Dads Training* webinar on **Thursday, June 18 from 12-5 p.m. EST** with an hour break at 2 p.m. [Click here to register for the 24/7 Dads Training webinar.](#)

We will hear from Erik Vecere, Vice President of Program Support at the National Fatherhood Initiative (NFI). NFI is a nonprofit founded in 1994 to end father absence by equipping organizations and communities to intentionally and proactively engage fathers in their children's lives. The webinar will provide a full certification training in the 24/7 Dads Curriculum. Participants will receive a certificate upon completion of the training. Please note, all participants will be required to purchase a 24/7 Dad® Complete Program Kit for \$649. [The registration form](#) includes questions that will help determine whether you need to purchase curriculum. Based on your responses, FatherSource Director Jacquie Hannan will contact you to coordinate your purchase.

Upcoming Fatherhood Conference

The National Partnership for Community Leadership is hosting its 22nd annual International Fatherhood Conference on June 10-11, 2020. This year's theme is "Fatherhood, Parenting, and Relationships: Building a New Legacy in the Season of the Coronavirus Pandemic." The virtual conference will bring together parents, practitioners, researchers, and policymakers. To register, [complete this form](#) and submit it by fax or mail.

Resources

In our April newsletter, the Healthy Start TA & Support Center shared resources to help guide your interactions with women, infants, and their families during the COVID-19 pandemic, including helping clients manage stress and practice self-care. In honor of [Mental Health Month](#), we would like to turn our focus to Healthy Start project staff. Healthy Start frontline workers represent the heart of what we do and we want to ensure the "heart" remains strong. Over the past several weeks, we have heard [moving stories](#) about Healthy Start projects' successes and challenges in adapting to the COVID-19 pandemic.

For example, Mary Bullock, a social worker at Indianapolis Healthy Start (IHS Project Director, Yvonne Beasley), works with women who are pregnant or keep their babies with them in prison. Mary teaches safe sleep classes, prenatal classes, and postpartum classes to the women and helps provide pack n' plays once the women are released from prison. Due to the pandemic, many women and babies were released from prison early and did not have money to buy a crib or pack n' play. Wearing a mask and gloves and practicing social distancing, Mary delivered free pack n' plays, ensuring the babies had a safe place to sleep. Many thanks to Mary, Yvonne, and the rest of the Indianapolis Healthy Start team for your dedication to serving women and infants in the face of COVID-19 and the many obstacles it has created.

Other Healthy Start Projects have also transitioned to working remotely, have developed innovative ways of safely delivering much-needed resources to clients,

and have harnessed social media and other technologies to recruit and serve existing clients. You have exhibited what #HealthyStartStrong looks like. That said, in order to best serve your communities, it is essential that you [recognize what stress looks like](#), develop skills to foster resilience and manage stress, and know where to go if you need help. As the saying goes, “you can’t pour from an empty cup.” Below are several resources to help support your physical, mental, and emotional health during the COVID-19 pandemic.



The 7 Cs of Self-Care

Partners on the Path – an organization that helps professional and family caregivers preserve their health, well-being and capacity to care – created a [factsheet outlining the 7 Cs of self-care](#). The 7 Cs include “confirming the importance of self-care” and “cultivating community,” among others.

Working Remotely During COVID-19

The American Psychiatric Association’s (APA) Center for Workplace Mental Health recently published a [factsheet on taking care of your mental health and wellbeing](#) while adjusting to working remotely. The factsheet also provides information on how supervisors and HR staff can help support employees.



Recognizing and Addressing Anxiety & Burnout

It is natural to experience stress and worry during a pandemic. However, it is important to know the [signs and symptoms of anxiety](#) and to recognize when these feelings are becoming anxiety. Visit [Mental Health America](#) to try their free, anonymous, and confidential online anxiety screening tool.

You can also use the free [Professional Quality of Life \(ProQOL\) measure](#), which is used to measure the negative and positive affects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout and compassion fatigue.

Tele- Mental Health Providers

Some organizations also have an Employee Assistance Program (EAP), which offers free and confidential assessments, short-term counseling and referrals to long-term support for mental health issues.

Many insurance carriers cover tele-mental health services and your carrier should have a list of mental health providers in your network. For a list of other online therapy options, visit [Verywell Mind](#). Before beginning your search, you might find it helpful to consult this [article from Psychology Today](#), which provides useful tips for identifying and choosing the right therapist for you.



STOP Mindfulness Exercise

[Mindful@Home](#) is a series of free guided meditations from mindfulness leaders around the country. In one [video](#), Rhonda V. Magee demonstrates the “STOP” tool, which can help you gently bring focused awareness to what you’re experiencing in the moment.

COVID Coach App

The U.S. Department of Veterans Affairs developed a [free, secure app called COVID Coach](#) to help anyone cope with stress; stay healthy, safe, and connected; and navigate parenting, caregiving, and working from home during the COVID-19 pandemic.



Operation Health@Home

Home Base, a partnership of the Red Sox Foundation and Massachusetts General Hospital, recently launched [Operation Health@Home](#). This free, online program provides evidence-based resources to help you reduce stress and develop healthy coping skills. Resources are categorized by mental health, nutrition, fitness, and mindfulness.

Coronavirus Sanity Guide

10 Percent Happier developed a free [Coronavirus Sanity Guide](#), which includes podcasts, guided meditations, and talks about practicing resilience and healthy coping skills. Additionally, you can join [10 Percent Happier Live](#) at 3 p.m. EST every weekday. This live-streamed session includes a guided meditation and a Q&A from the audience.

If you or someone you know is in crisis, please **call 911**, go to the nearest emergency room, call **1-800-273-TALK** (8255) to reach a 24-hour crisis center, or **text MHA to 741741** at the Crisis Text Line.

The national Disaster Distress Helpline (call 1-800-985-5990 or text TalkWithUs to 66746) offers 24/7 emotional support & if you have any medical concerns speak to a trusted healthcare provider.



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

Healthy Start TA & Support Center E-News: Supporting Staff Mental Health During the COVID-19 Pandemic
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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