

# Supporting Healthy Start Performance Project NEWSLETTER



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

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## **Deadlines:**

May 15 HSMED-II Report (CSV or XML) Due

## **Events:**

May 4 Recruitment & Retention Cohort Meeting #5– *R&R cohort members only*

May 5 CAN Cohort Meeting #5 – *CAN cohort members only*

May 12 [ROOTT Learning Academy Session #2](#)

May 17 [Understanding Prenatal Alcohol Exposure and Preventing Fetal Alcohol Spectrum Disorders \(FASD\) Webinar #3](#)

May 18 Fatherhood Cohort Meeting #5 – *Fatherhood cohort members only*  
May 19 Evaluation Cohort Meeting #5 – *Evaluation cohort members only*  
May 31 IHE Action Plan Grantee Showcase Session #1

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## **ROOTT Learning Academy Session #2**

The Healthy Start TA & Support Center (TASC) is partnering with Restoring Our Own Through Transformation (ROOTT) to launch the ROOTT Learning Academy focused on exploring structural and social determinants of health! The goal of the Learning Academy is to develop a progressive understanding of the Structural Determinants of Health and how they have led to the consequences of unmet Social Determinants of Health. This course examines how policy development and institutional systems have created health inequities that oppress Black families in the maternal & infant health space and beyond. Learning Academies are a great way to take a deeper dive into the featured topic with monthly lectures, readings, and group activities. To view all ROOTT Learning Academy session recordings and materials, [please click here](#).

The ROOTT Learning Academy will meet on the second Thursday of each month from 3-4:30 p.m. ET from April through August. **To register for the second session on Thursday, May 12 from 3-4:30 p.m. ET, [please click here](#).**

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## **Understanding Prenatal Alcohol Exposure and Preventing Fetal Alcohol Spectrum Disorders (FASD) Webinar #3**

The Healthy Start TASC is partnering with the National Organization on Fetal Alcohol Syndrome (NOFAS) to provide a three-part series related to prenatal alcohol exposure. During the [first webinar](#), which took place in September 2021, Kathy Mitchell of NOFAS provided an overview of the historical view on alcohol and pregnancy; the current research on how both alcohol and other substances may impact on the developing fetus; and diagnostic criteria for FASD. During the [second webinar](#), which took place in February 2022, Kathy Mitchell returned to present on creating a Circle of Hope for women and families living with substance use disorders and FASDs. The third session, Kathy Mitchell will return once more to provide a presentation on FASD through the lifespan, focusing on strategies and resources for families living with FASD and addictions. **To register for the webinar, [please click here](#).**

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## **In Case You Missed it...**

### **CIGNAL for Maternal & Child Health (MCH) in Rural Communities**

Earlier this year, the Healthy Start TASC launched its third CIGNAL Project focused on Maternal and Child Health (MCH) in Rural Communities. CIGNAL for MCH in Rural Communities aims to enhance and strengthen the capacity of Healthy Start grantees to identify and execute strategies to improve MCH services in rural communities.

On March 23, 2022, TASC hosted a two-hour expert meeting with 7 subject matter experts in the area of maternal and child health in rural communities to identify and explore potential change ideas.

As a next step, TASC hosted a two-hour CIGNAL: Change Ideas to Grow, Nurture, and Lift for MCH in Rural Communities webinar for all grantees on Tuesday, April 26. The webinar discussed the key issues and strategies around MCH in rural communities;

highlighted stories from Healthy Start grantees doing work in rural communities; and provided participants with resources and tools for testing these strategies in their own communities. **To view the session recording, [please click here.](#)**

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### **2021 Annual Assessment Webinar**

On April 19, the Healthy Start TASC held a webinar to share results from the 2021 Annual Assessment. **To view the webinar recording, [please click here.](#)**

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### **ROOTT Learning Academy Session #1**

The Healthy Start TASC is partnering with Restoring Our Own Through Transformation (ROOTT) to launch the ROOTT Learning Academy focused on exploring structural and social determinants of health. The goal of the Learning Academy is to develop a progressive understanding of the Structural Determinants of Health and how they have led to the consequences of unmet Social Determinants of Health. This course examines how policy development and institutional systems have created health inequities that oppress Black families in the maternal & infant health space and beyond.

The ROOTT Learning Academy will meet on the second Thursday of each month from 3-4:30 p.m. ET from April through August. The first session will be held April 14. **To view the recording and materials from Session 1, [please click here.](#)**

Learning Academies are a great way to take a deeper dive into the featured topic with monthly lectures, readings, and group activities. More information about current and past TASC Learning Academies can be found on the website [here.](#)

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### **Fatherhood Talk Tuesday**

On April 12, Doug Edwards from Real Dads Forever returned to Fatherhood Talk Tuesday to present the second session in a three-part series on Fatherhood and Equity and its connection to maternal and infant mortality. **To view the webinar recordings, please click the links below:**

- [Session 1 \(March FTT\)](#)
  - [Session 2 \(April FTT\)](#)
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### **Black Maternal Health Week**

The Healthy Start TA & Support Center at NICHQ was a proud sponsor of the fifth annual Black Maternal Health Week, which took place from April 11<sup>th</sup> to 17<sup>th</sup>. The Black Mamas Matter Alliance (BMMA) hosted several events and created a [Social Media Toolkit](#) to strengthen the national conversation around black maternal health. To learn more about BMMA's Black Maternal Health Week events, [please click here.](#)

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### **The Equity Table: Women's History in MCH**

On Tuesday, March 29, TASC hosted the second segment of The Equity Table – a webinar series aimed at exploring the racism and inequities communities of color face in the United States, today and historically. Specifically, this series focuses on the persistent disparities seen among Black and Native communities, both in maternal and child health outcomes and beyond. The series features a round-table discussion with subject matter experts who bring their ideas and reflections to the Equity Table. Sessions will explore major topics impacting the health and well-being of people of color (e.g., mass incarceration, voting rights).

Thank you for joining the TASC at The Equity Table: Women’s History in MCH on March 29th to continue the conversation with the Healthy Start community in honor of the month of March as Women’s History Month! **To view the session recording, [please click here.](#)**

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## Women's History in MCH

March was [Women’s History Month](#), a time to celebrate the achievements, leadership, courage and strength of women throughout American history. This year, the TA & Support Center (TASC) would like to honor several trailblazing women in health care – and particularly in maternal and child health – throughout history. Women have always played an integral role in maternal and child health, serving as doctors, nurses, midwives, activists, and public health experts. In addition to healing patients, women have worked tirelessly to improve access to health care, implement policies to protect maternal and child health, and make communities healthier places to raise families. Below, we highlight four women who made significant contributions to maternal and child health, breaking barriers and setting records along the way. We have also included some relevant maternal and child health resources and encourage you to share this information with your Healthy Start families.

### ***Susan La Flesche Picotte (1865-1915)***

[Dr. Susan La Flesche Picotte](#) was the first Native American woman to earn a medical degree in the United States. As a child, Dr. Picotte watched an ill Native American woman die because the local White doctor would not give her care. This tragedy inspired Dr. Picotte to train as a physician and provide care to children in a government boarding school on the Omaha Reservation where she grew up in Nebraska. Throughout her [remarkable career](#), Dr. Picotte served more than 1,300 people over 450 square miles and fulfilled her life’s dream of opening a hospital for her tribe.

- [Landscape of Breastfeeding Support Gallery](#): The U.S. Breastfeeding Committee has created a gallery of photos demonstrating breastfeeding support, which can be downloaded for free and used in your work with families. The gallery includes photos from the Inter Tribal Council of Arizona, which depict breastfeeding in the workplace, including at a tribal council meeting.
- [For the Love of Our People Campaign](#): This campaign was created by the Urban Indian Health Institute to provide data-driven messaging and information from native health experts about COVID-19, vaccines, and strategies for staying healthy.
- [Indigenous Women’s Maternal Health and Maternal Mortality](#): This fact sheet created by UNICEF outlines the incidence of pregnancy-related deaths and complications among indigenous women. It includes several helpful graphics, including a depiction of the many social factors that contribute to poor health outcomes among indigenous women.

### ***Antonia Novello (born 1944)***

In 1990, [Dr. Antonia Novello](#) became the first woman and the first Hispanic person to ever hold the position of Surgeon General of the United States. Novello was born in Puerto Rico and suffered throughout childhood from a medical condition that could only be corrected with surgery. Her family could not afford the surgery and the condition was not corrected until Antonia was 20 years old. This experience inspired Novello to become a doctor so she could serve other sick children. As Surgeon General, Dr. Novello focused on childhood immunization and injury prevention, AIDS, substance use, and reducing racial health disparities.

- [Safety for Your Child- Birth to 6 Months](#): This webpage created by the American Academy of Pediatrics' describes common injuries that can occur among infants – such as car injuries, falls, burns, choking, and suffocation – and strategies to prevent them. The entire website is also [available in Spanish](#).
- [The Opioid Crisis and the Hispanic/Latino Population](#): This report published by the Substance Abuse and Mental Health Services Administration (SAMHSA) discusses the prevalence of opioid misuse & death rates in the Hispanic/Latino population; challenges to prevention & treatment; and innovative outreach & engagement strategies to connect people to evidence-based treatment.
- [Spanish WIC Works Resources](#): The U.S. Department of Agriculture's WIC Works Resource System has numerous Spanish-language resources, including [80 standardized healthy recipes](#) and the [Give Your Baby a Healthy Start brochure](#).

### ***Joycelyn Elders (born 1933)***

[Dr. Joycelyn Elders](#) was the first African American and only the second woman to serve as Surgeon General of the United States. Elders grew up in a poor, rural, and segregated area of Arkansas, where she and her siblings worked in cotton fields alongside their parents. After hearing Edith Irby Jones – the first African American to attend the University of Arkansas Medical School – speak at her college, Elders decided to become a physician and serve her community. Dr. Elders went on to become the first board-certified pediatric endocrinologist in Arkansas and championed sex education, substance abuse prevention, childhood immunization, and prenatal care.

- [Black Maternal Health Week Toolkit](#): Black Mamas Matter Alliance has created a social media toolkit for Black Maternal Health Week, which was held from April 11-17. The toolkit contains key messaging, resources that can be shared across social media, and other materials to promote Black maternal health.
- [It's Only Natural Campaign](#): This campaign created by Reaching Our Sisters Everywhere (ROSE) provides information about the many benefits of breastfeeding for African American women and their families. Each video shares facts about breastfeeding and practical tips on breastfeeding and obtaining support when needed.
- [State of Black Maternal Health Webinar](#): On April 12 from 1-2:30 pm ET, the Institute for the Advancement of Family Support Professionals hosted a webinar in honor of Black Maternal Health Week. The webinar explored the history of Black maternal health and shared information about the Institute's Count the Kicks stillbirth prevention program.

### ***Virginia Apgar (1909-1974)***

[Dr. Virginia Apgar](#) was the first director of the Division of Anesthesia at Columbia-Presbyterian Hospital in New York City. Apgar studied the effects of anesthesia, labor, and delivery on a newborn's health, eventually creating the Apgar Score, the first tool to scientifically assess a newborn's health risks and need for life-saving interventions. Before the tool, health care providers had little guidance around assessing and treating

newborns, often losing babies who could have been saved. Later in her career, Dr. Apgar served as the Vice President for Medical Affairs at the [March of Dimes](#), drawing public attention to strategies to prevent birth defects.

- [What Is the Apgar Score?](#): This webpage from the Nemours Foundation describes the Apgar Score, including what elements of a newborn's health the tool checks, what the different scores mean, and what steps should be taken when a baby receives a low score.
- [Newborn Screening Portal](#): This online portal created by the Centers for Disease Control and Prevention provides information about newborn screening for health care professionals and families. Resources include stories from families about the importance of newborn screening, information about birth defects and developmental disabilities, and strategies for ensuring the success of newborn screening.
- [Maternal Health Innovation Podcast](#): This podcast by [the Maternal Health Learning and Innovation Center](#) (MHLIC) features experts discussing how to better serve women and birthing people and advance maternal health equity. Each week, the speakers share innovative work, new strategies, and impactful stories from people who are changing birthing care for families.



## Other Resources:

### ***Pilot of National Maternal Mental Health Hotline***

HRSA is proud to pilot an exciting new service for pregnant individuals and new parents who need mental health support. Available 24/7, the National Maternal Mental Health Hotline provides free confidential support, resources, and referrals to pregnant and postpartum individuals facing mental health challenges and their loved ones. Hotline counselors provide support via phone and text in English and Spanish. Interpreter services are also available in 60 languages. For help when it's needed, call or text, 1-833-9-HELP4MOMS (1-833-943-5746). TTY Users can use a preferred relay service or dial 711 and then 1-833-943-5746.

During this pilot phase, the Hotline service will be available **to you (Healthy Start grantees and your participants) and a select group of HRSA-funded programs, who serve participants or patients directly**. We ask that you share the Hotline with your front-line staff and participants **ONLY by using the materials and vehicles below to support your referrals:**

- **Email /e-newsletter content**
- **Printable wallet cards**
- **Word of mouth (e.g., community health worker to participant)**

Since this is a pilot of the Hotline, **we ask that you NOT share information on any social media channels or outside of your program participants yet**. HRSA will be expanding our audience for the Hotline in phases, so we appreciate your support and feedback during this first phase. We will provide further guidance on promotion as we expand our launch.

We are grateful for your partnership as we provide this valuable new service to pregnant and postpartum families who need support, understanding, and resources. Thank you for your partnership. If you have any questions about the hotline service, or about the pilot, please contact [hotline@postpartum.net](mailto:hotline@postpartum.net). **\*This email address should not be distributed to help-seekers.** It will *not* connect anyone to the 24/7 hotline service. It is for business/administrative questions only. Thank you.

### **SAMPLE Email/e-Newsletter content**

#### **New National Maternal Mental Health Hotline**

The new National Maternal Mental Health Hotline provides 24/7, free, confidential support, resources, and referrals for any pregnant and postpartum individuals facing mental health challenges and their loved ones. Hotline counselors provide support via phone and text in English and Spanish. Interpreter services are also available in 60 languages.

Pregnancy and a new baby can bring a range of emotions. In fact, many individuals feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many, these feelings go away on their own. But for some, these emotions are more serious and may stay for months.

If you or someone you know is a new parent feeling sad, worried, or overwhelmed, please know that with help, you can feel better. **Call or text: 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.** TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746.

### **Image of printable wallet card**

Front:

Back:



Are you a new parent and feeling sad, worried, overwhelmed, or concerned that you aren't good enough?

For support, understanding, and resources,  
CALL OR TEXT 1-833-9-HELP4MOMS  
(1-833-943-5746)

Free - Confidential - Available 24/7

### ***Supplemental Funding Opportunity: Community-Based Doulas***

The Human Resources and Services Administration (HRSA) recently announced a new supplemental funding opportunity \$4.5 million has been made available for hiring, training, certifying and compensating community-based doulas in areas with high rates of adverse and infant health outcomes. **To learn more about this funding opportunity, [please click here.](#)**

### ***Uplifting Maternal Mental Health Pilot Training***

Cicatelli Associates, Inc. (CAI), with support from Health Resources and Services Administration (HRSA), is developing training resources for a pilot project on maternal depression, Uplifting Maternal Mental Health. CAI is inviting Healthy Start home visitors to participate. There will be two pilot trainings offered in Spring 2022.

As a result of this training, participants will be able to:

- Practice client-centered communication skills to build rapport and support clients
- Analyze beliefs that arise when talking about maternal depression with clients
- Practice crafting educational messages about maternal depression

Home visitors from southern states and tribal land are especially encouraged to apply. To learn more about participation in the pilot, visit:

[https://reg.learningstream.com/reg/event\\_page.aspx?ek=0087-0004-8219f4db04ae46519740cbaff613a820](https://reg.learningstream.com/reg/event_page.aspx?ek=0087-0004-8219f4db04ae46519740cbaff613a820)

Supervisors interested in participating in a Training of Facilitators later this spring can contact Project Director, Clare Friedrich ([cfriedrich@caiglobal.org](mailto:cfriedrich@caiglobal.org)).

### ***Behavioral Health Resilience ECHO***

The ECHO Institute at the University of New Mexico Health Sciences Center (UNMHSC) in conjunction with national partnerships will launch a three-year program to reduce burnout and increase resilience among behavioral health professionals. Using the proven ECHO model, they will launch a series of programs to train and support behavioral health professionals to increase resilience, self-care, and wellness and decrease burnout and the risk for the development of mental health conditions among behavioral health professionals.

This **no cost** ECHO program is open to all trainees, professionals, and supervisors



engaged in the provision of mental and/or behavioral health services. This program will train and support, behavioral health professionals to increase their resilience, self-care, and wellness. For more information, [view the program flyer](#).

### ***Lifeline Releases Consumer Advocate Toolkit***

The Lifeline program offers a monthly benefit of up to \$9.25 toward phone or internet services for eligible consumers and up to \$34.25 for those living on qualifying Tribal lands.

USAC is committed to providing resources to organizations that help support low-income consumers to increase awareness about the Lifeline program. To encourage and assist such outreach, USAC recently published a [Lifeline Consumer Advocate Toolkit](#) that consumer advocates can use to educate eligible Lifeline populations about the program and how to apply. The toolkit includes resources such as a sample informational article, sample radio or public service announcement script, and sample social media posts. Consumer advocates can use this content as a template or post the information directly as is.

Consumer advocacy groups, social service agencies, and other organizations can print and distribute the toolkit's resources in their communities. Lifeline encourages any necessary translation of these resources in order to share them beyond English-speaking communities.

If you are interested in speaking with the Lifeline team about recommendations for increasing awareness about the Lifeline program, email the team at [LifelineProgram@usac.org](mailto:LifelineProgram@usac.org) with the subject: "Connect Me with the Communications Team at Lifeline."

### ***COVID-19 Vaccination***

Vaccines are one of the most effective ways to protect your health and the health of those around you. MCHB's Division of Healthy Start and Perinatal Services (DHSPS) encourages you to consider opportunities to leverage your programs and partnerships to support confidence in and uptake of COVID-19 vaccines among MCH populations, for example:

- The organizing efforts, including Community Canvassing, Phone Banking, Text Banking, and Vaccination Events, will focus on what we know works best to ensure everyone has equitable vaccine access: person-to-person action that connects people with key resources and information. MCH programs can support these efforts by visiting <https://wecandothis.hhs.gov/> which includes available resources that you can use to support the communities you serve.
- Several nationwide child care providers are offering free child care to all parents and caregivers getting vaccinated or recovering from vaccination.

To learn more about estimates for vaccine hesitancy in the local communities, counties, and states you serve, visit the Office of The Assistant Secretary for Planning and Evaluation mapping tool [here](#). For more information on COVID-19 Vaccinations for Children and Teens, visit the CDC resources [here](#) and HHS' We Can Do This resources page [here](#).

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### **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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