

# wellness

**Kay Matthews**

The Shades of Blue Project

*Healthy Start Consumer Convening  
Hosted by the Healthy Start TA & Support Center at NICHQ*



# Healthy Start Consumer Convening

Day 3: Friday, May 26  
from 9:00 am-2:30 pm



# Morning Community Circle

**Kenn L. Harris**

*Healthy Start TA & Support Center (TASC)*

*Healthy Start Consumer Convening  
Hosted by the Healthy Start TA & Support Center at NICHQ*





# Nurturing the Next Generation of Birth & Racial Equity Advocate

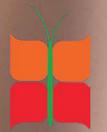
**Brenda Reyes**

*HealthConnect One*

*Healthy Start Consumer Convening  
Hosted by the Healthy Start TA & Support Center at NICHQ*

 **HRSA**  
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# Healthy Start Consumer Convening: Nurturing the Next Generation of Birth & Racial Equity Advocate

Date: March 26, 2023

COMMUNITY-CENTERED • EQUITY-FOCUSED • COLLABORATIVE • ACTION-ORIENTED • RESPONSIVE



Where are you  
from?

**Warm Welcome**



# HC One Team





# Objectives

- Know 3 ways to support community members in advocacy efforts
- Appreciate different ways of knowing and doing in advocacy
- Feel confident in supporting community members



# Lived Experience



- Collective wisdom over 35 years
- Collective lived experience
- Practice
- Best practice
- Impact certain outcomes

# HC One 5 Essential Components



1. Employ women who are trusted members of the community
2. Extend and intensify the peer support role from early pregnancy into the postpartum period
3. Collaborate with community stakeholders and institutions, using a diverse team approach
4. Facilitate experiential learning using popular education techniques and the HC One training curriculum
5. Value the community health workers role with salary and support

# Role of a Community-Based Doula & Breast/chestfeeding Peer Counselor



- Non-clinical Do NOT Diagnose
- Work as part of a team
- Emotional & physical support
- Education & Information
- Link to referral
- Bridge to systems & resources
- Cultural relevant support in their language
- Listen, Affirm, Non-judgemental support
- Facilitate classes & Support Groups
- Offer support via home visits, clinic, or virtual



# Benefits of Community-Based Doula Programs



- Peer to Peer Support
- Parenting & baby bond strengthened
- Increased breastfeeding rates
- Fewer medical interventions
- Fewer c-section deliveries
- More positive birth experiences
- Increased parenting skills
- Mentorship & community building
- Workforce development

# Four Essentials for Supporting Advocacy



- Listen
- Open-Ended Question
- Validate
- Educate & Experience

# 1. LISTEN

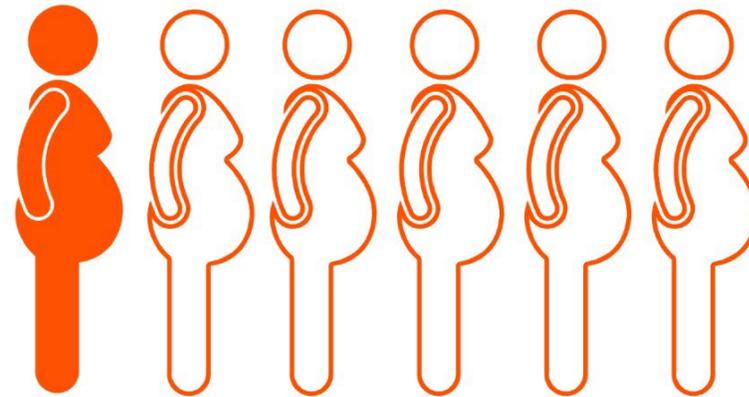
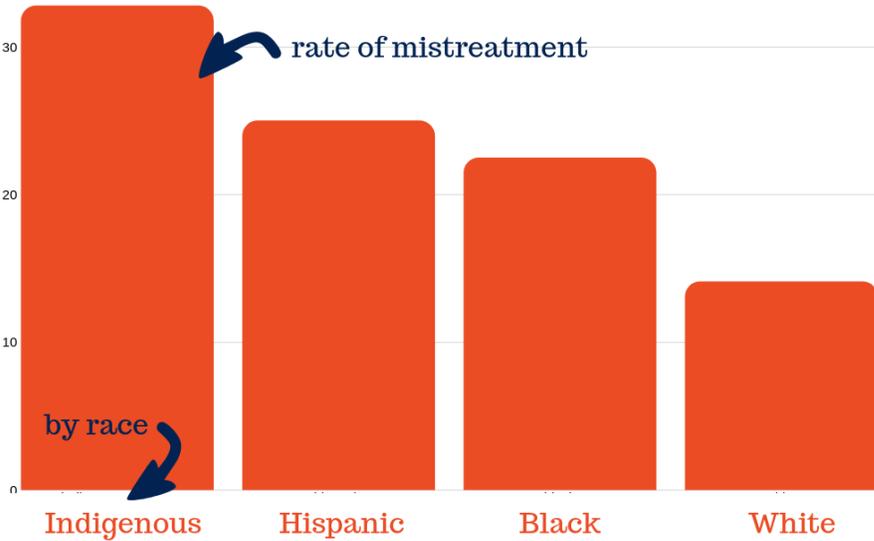


# 3. OPEN-ENDED QUESTIONS



## 2. VALIDATE (AFFIRM)

### PEOPLE OF COLOR EXPERIENCE MORE MISTREATMENT IN BIRTH



**1 IN 6 WOMEN  
EXPERIENCE MISTREATMENT  
DURING  
CHILDBIRTH**

**MOST COMMON:**

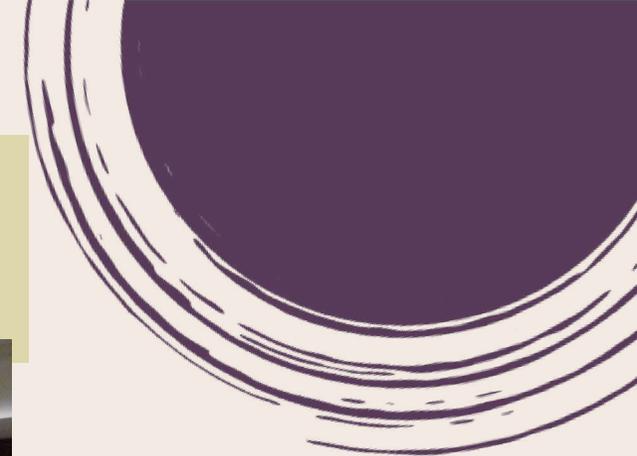
- Being shouted at or scolded by a health care provider
- Health care providers ignoring women, refusing their request for help, or failing to respond to requests for help in a reasonable amount of time





VOICES

# 4. EDUCATE & EXPERIENCE



# 5. COMPENSATE



03.05.2014 19:39

# 6. CELEBRATE & JOY



# PASSING THE MIC

- Be aware of your privileges
- Be aware of power dynamics in advocacy work
- Be aware positional power
- Develop shared agreement & values for advocacy work
- Developed collective shared vision with community mostly impacted by issue
- Follow the lead of the people mostly impacted by issue
- Appreciate different ways of doing and knowing
- Center a racial equity framework
- Share the MIC



A photograph of two people sitting on a dark-colored couch. On the left is a man with a beard and mustache, wearing a red t-shirt. On the right is a woman with long dark hair, wearing a black top. The background shows a living room with a light-colored wall, a framed picture, and a window with blinds. The image has a slightly grainy, low-resolution quality.

Coltyn  
Father of Elana

# Let's talk



# QUESTIONS?



# REFLECTION:

- What stood out to you?
- How do you feel?
- One action you will take?



# Thank you!

Visit our website [healthconnectone.org](https://healthconnectone.org) for more information on our work!

Thank you for spending time with us! We appreciate you and the work you do!  
- The HealthConnect One Team

 [HEALTHCONNECTONE.ORG](https://www.healthconnectone.org)

  [@HEALTHCONNCTONE](https://www.instagram.com/healthconnectone)

# Healthy Start Consumer Convening

## Evaluation for Days 1 & 2





# Welcome!

- **Please feel free to:**
  - View the agenda in your folder.
  - Review the nearby lunch options in your folder and place an order for delivery or pickup in advance.
    - Visa gift cards to cover meal expenses are distributed at registration.
  - Take a photo with the photographer!
- **Please also note:**
  - The bathrooms are located outside the ballroom to the left.
  - We will have the following breaks:
    - Quick break from 10:15-10:30 am
    - Lunch break from 12:00-1:00 pm
  - Coffee and tea will be available in the hall during the quick break.
  - The TASC team is here to provide support or answer any questions during the meeting.



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# Skill-Building Topics



**#1: Birth & Racial Equity Advocate**  
*with Brenda Reyes*



**#2: Putting Your Mask on First**  
*with Dr. Linda Henderson-Smith*



**#3: Powerful Stories, More  
Powerful Storytelling** *with Dr.  
Magda Peck*



**#4: My Story, My Way**  
*with Stephanye Clarke*

# Here's the plan...

➤ **4 Topics to select from**

➤ **3 Chances to attend**

Session #1 - Thursday @ 11 am

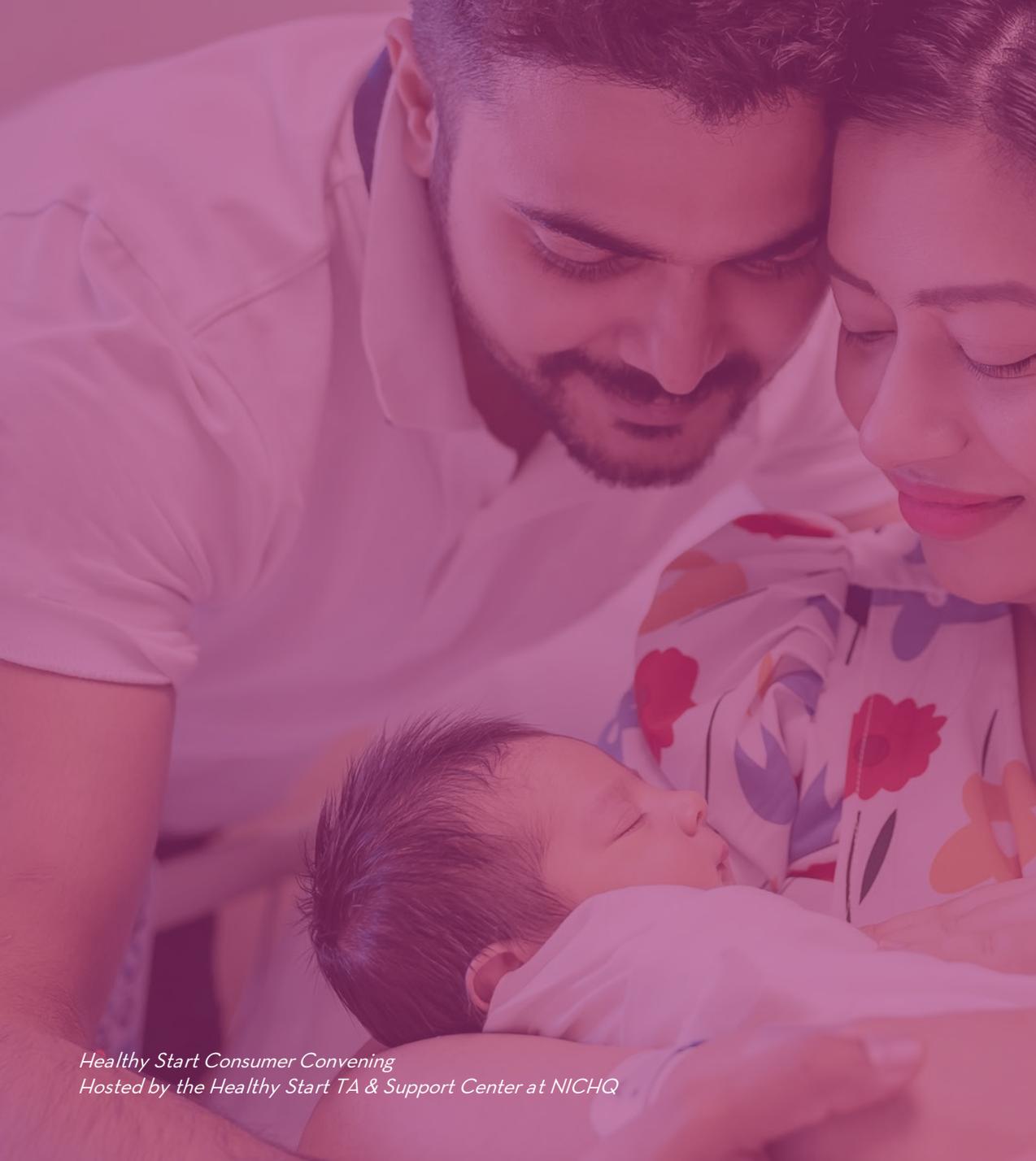
Session #2 - Thursday @ 3:30 pm

Session #3 - Friday @ 10:30 am

➤ **20 Participants per room**

➤ **No Bad Choices**





# Quick Break

We will reconvene at  
10:30 am

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A photograph of a woman with long dreadlocks, wearing a blue shirt, smiling warmly as she holds a young child. The child is wearing a light blue button-down shirt and is also smiling. The image is split vertically by a semi-transparent purple line. The left side of the image is overlaid with a purple gradient, and the right side is overlaid with a light blue gradient.

# In My Body, In My Experience: Implicit Bias is Making Me Sick!

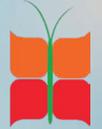
**Denise Evans**

Consult Me, LLC

*Healthy Start Consumer Convening  
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# **In My Body, In My Experience – Bias is Making Me Sick**

with Denise Evans

**May 26, 2023 | 1:00 – 2:00 pm**



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“If I do not bring all of who I am to whatever I do, then I bring nothing, or nothing of lasting worth, for I have withheld my essence.”

Audre Lorde



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POLLING  
STATION



POLLING  
STATION





# bias

Prejudice *in favor of or against* one thing, person, or group as compared to another, usually in a way considered to be unfair

## implicit bias

The attitudes or internalized stereotypes that affect our understanding, perception, actions, and decisions in an unconscious manner.

# implicit biases are

...associative  
in nature

...a natural  
function of  
the brain

...activated  
involuntarily

# implicit bias and service providers

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For providers with high implicit bias:

- They demonstrate higher verbal dominance (interrupts within 11 seconds)
- Their patients report poor satisfaction ratings and difficulty understanding treatment recommendations.

For physicians with higher implicit bias toward BIPOC patients, implicit bias is associated with:

- Lower quality care
- Provider perceptions, judgements, and actions
- Fewer patient-centered behaviors during clinical interactions

# implicit bias and patients

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1 in 5 Black and Hispanic women report:

- Mistreatment because of race/ethnicity
- Providers with false beliefs about pain
- Fewer epidural anesthesia

1-5 Black and Hispanic women report provider mistreatment.

Black patients who have providers with higher implicit bias towards Black people report:

- Lower levels of trust
- Lower adherence to treatment
- Being less likely to follow up

What are the some of the ways your bias may show up in your experience with Healthy Start? Hospital systems? Therapists? Community Health Worker?

pair share

# Advancing Maternal Health Equity: An Interactive Series for Residency Curriculums



A Candid  
Conversation on  
Disparities in  
Maternal Morbidity  
and Mortality

Structural Racism:  
Gaining Historical  
Context

Implicit Bias:  
Self-Awareness  
is Key

Engaging in Life-  
Saving Conversations

Physician Advocacy  
and Team-Based  
Approaches to Care

Connecting Patients  
with Community  
Care

# Background for the Work With Medical Residents

To foster equity and reduce maternal morbidity and mortality:

- Address racism and bias
- Improve provider communication
- Assess and address social needs
- Establish partnerships with community programs

Greenberg MB, Gandhi M, Davidson C, Carter EB. Society for Maternal-Fetal Medicine (SMFM) Consult Series# 62: Best practices in equitable care delivery: Addressing systemic racism and other social determinants of health as causes of obstetric disparities. *American Journal of Obstetrics and Gynecology*. 2022.



# Fostering Unique Partnerships & Engaging Experts



Curator & NICHQ Content Expert

- Maternal Infant Health
- Health Equity & Social Justice
- Implicit Bias & Cultural Intelligence (CQ)
- TRHT Racial Healing Circles



- A Federal Healthy Start Program
- 101 sites with high infant mortality
- Community Health Worker care
- AIM-Community Care Initiative Site



MICHIGAN STATE UNIVERSITY

- 4 affiliated OB/GYN Residency Programs
- Medicaid award to support MCH QI
- Funding: Michigan Dept. of Health and Human Services

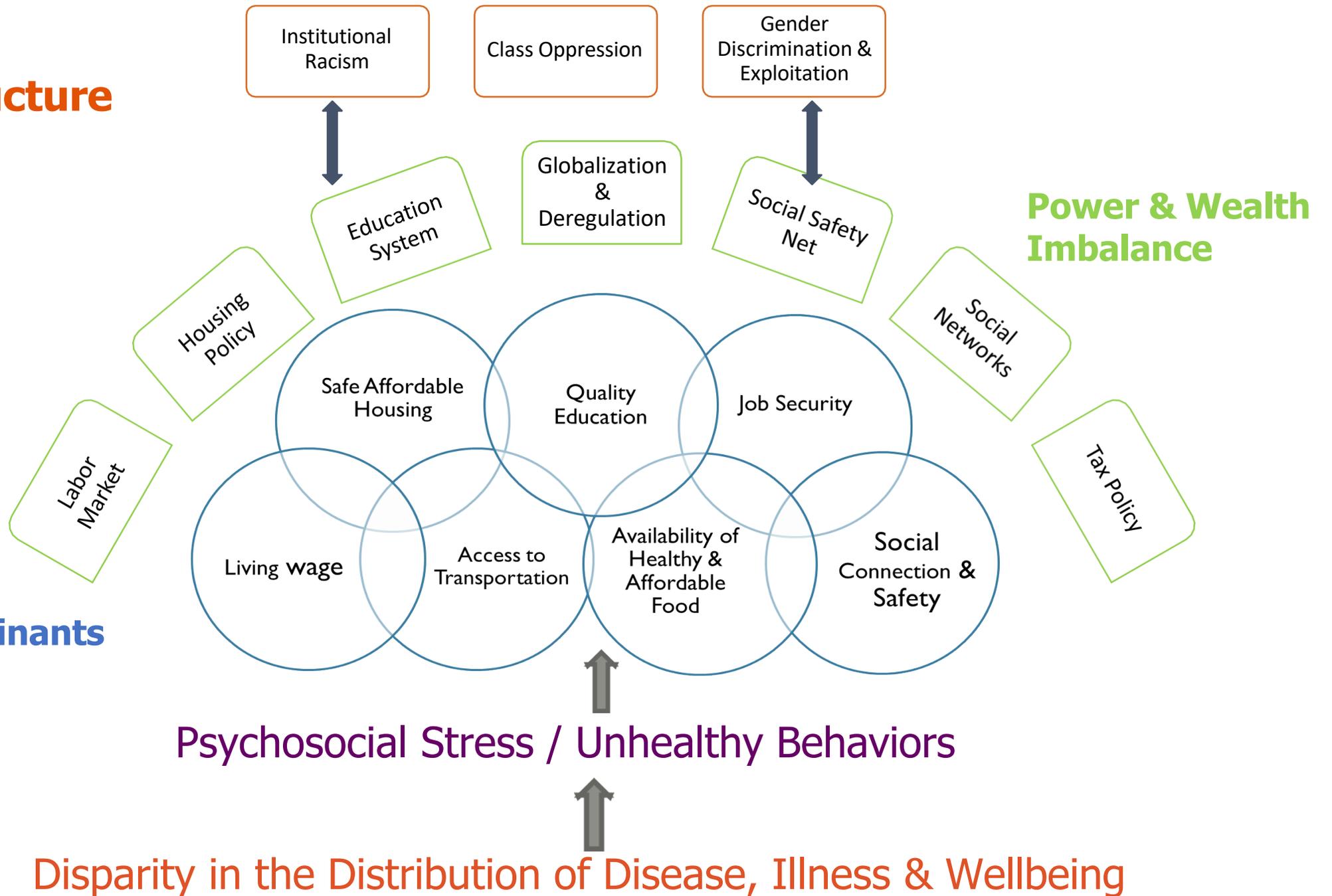


Remembering Anarcha, Lucy, and Betsey

Historical  
Perspective  
Matters  
Impact Bias

*Robert Thom's rendering of Anarcha with Dr. J. Marion Sims. Anarcha was subjected to 30 experimental surgeries.*

# Social Structure



# Social Determinants of Health

its in my body

# The Nervous System

Guides almost everything we do, think, say, or feel. It controls movement, thought and memory, and plays a role in the automatic things we do like breathing and blinking.

Three important functions are:

monitoring  
the body

integrate  
sensory  
information

direct &  
coordinate  
responses

# Social stressors that impact our body & nervous system

- Health inequities
- Structural/Institutional Racism
- Implicit bias within healthcare
- Unhealthy environments

# The Sympathetic Nervous System

## *"The Gas Pedal"*

Helps to prepare our body for **threats and action** -

- Increases the heart rate
- Increases the breathing rate
- Increases blood pressure
- Increases stress hormones
- Dilates our pupils
- Inhibits or decreases digestion



# The Parasympathetic Nervous System

## *"The Brakes"*

Helps to prepare our body for **rest** -

- Decreases the heart rate
- Decreases the breathing rate
- Decreases blood pressure
- Decreases stress hormones
- Pupils constrict
- Increases digestion



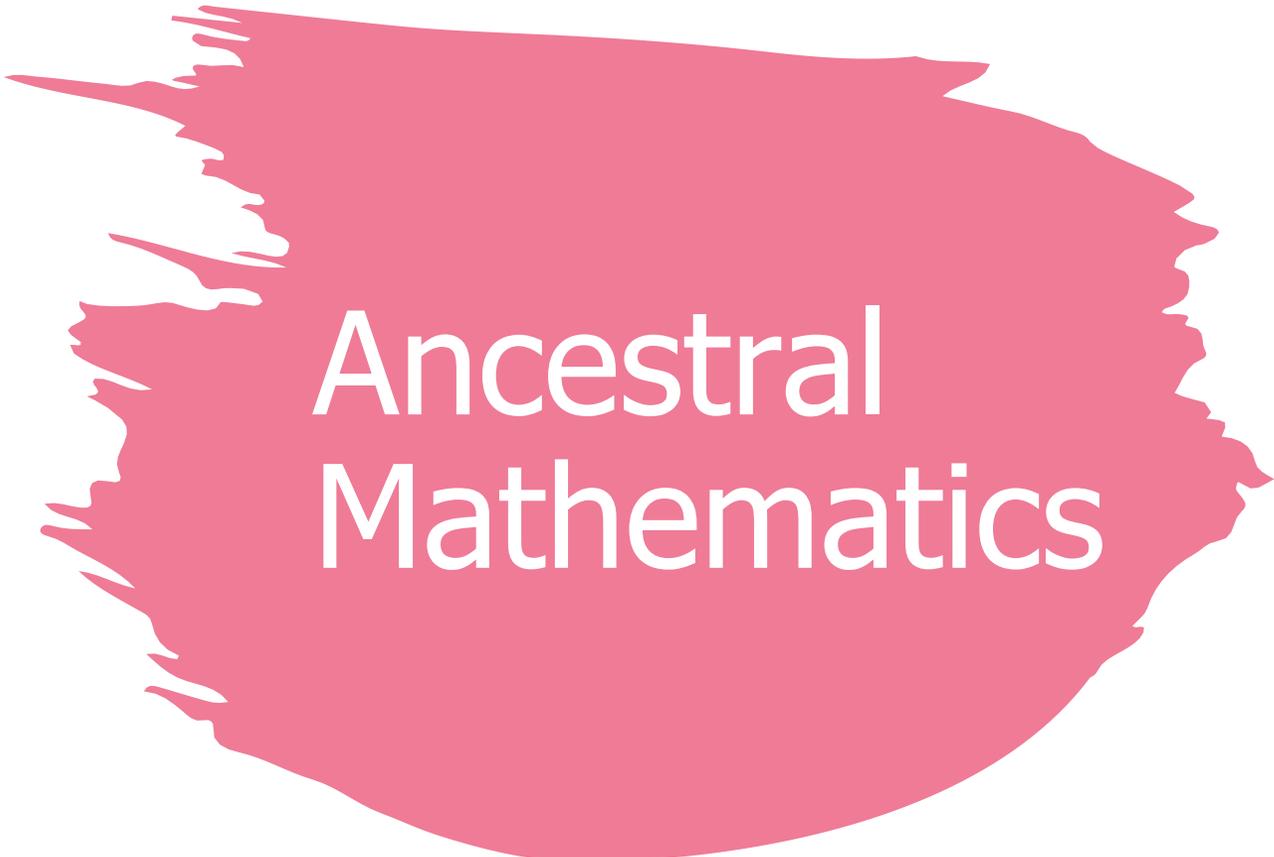
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Th k w h ...

Did you experience  
responses in your body to  
your thoughts?

reflect

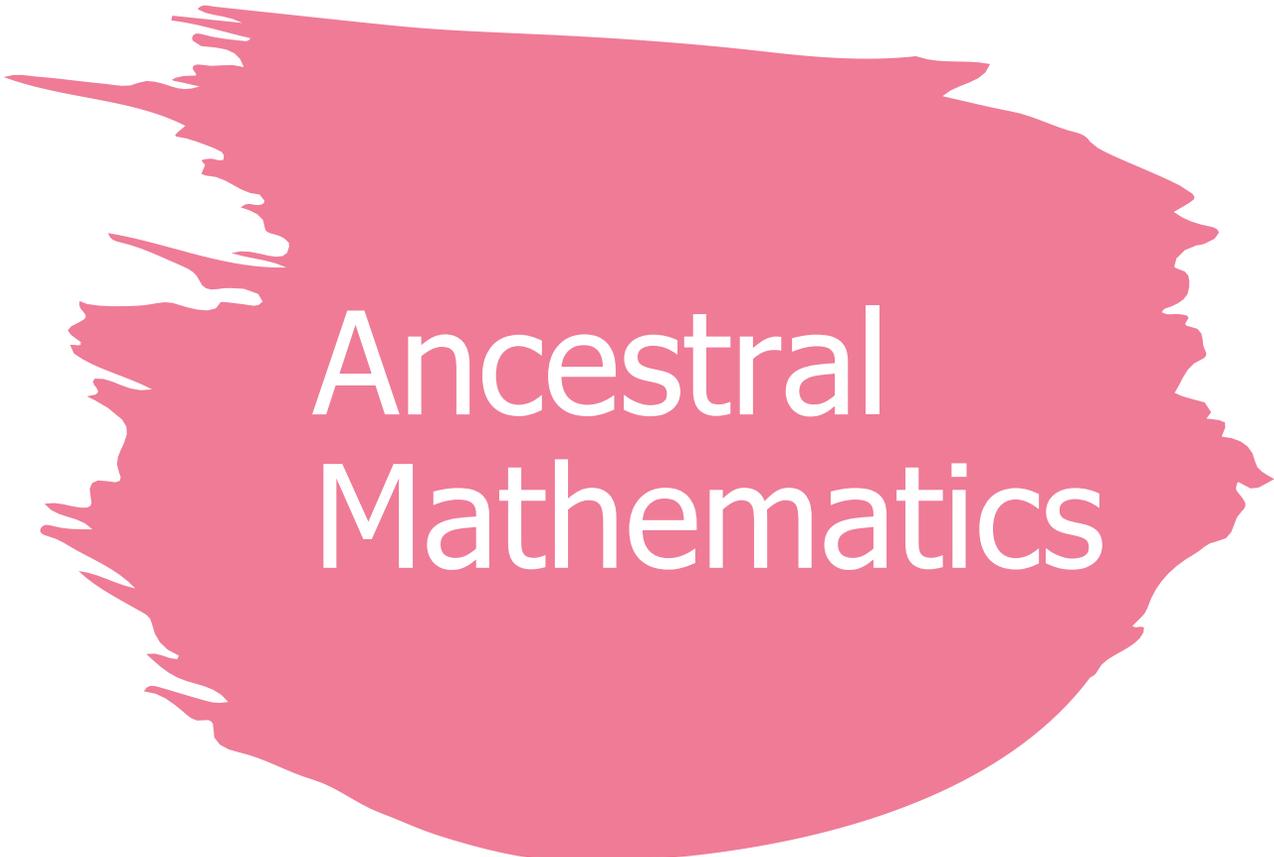
# strategies to manage stressors

A large, irregular pink brushstroke graphic with a textured, hand-painted appearance. The text 'Ancestral Mathematics' is centered within this graphic in a white, sans-serif font.

# Ancestral Mathematics

In order to be born, you needed:

- parents
- grand parents
- great-grandparents
- second great-grandparents
- third great-grandparents
- fourth great-grandparents
- fifth great-grandparents
- sixth great-grandparents
- seventh great-grandparents
- eighth great-grandparents
- ninth great-grandparents

A large, irregular pink brushstroke graphic with a textured, hand-painted appearance. The text 'Ancestral Mathematics' is centered within this graphic in a white, sans-serif font.

# Ancestral Mathematics

For you to be born today from 12 previous generations, you needed a total of 4,094 ancestors over the last 400 years.

Think about...

- How many struggles your ancestors overcame
- How many victories they won
- How much happiness and joy they experienced
- How many love stories there were
- How much hope they had for the future

What is one thing that is holding you and bringing you joy in these sometimes challenging days?

pair share

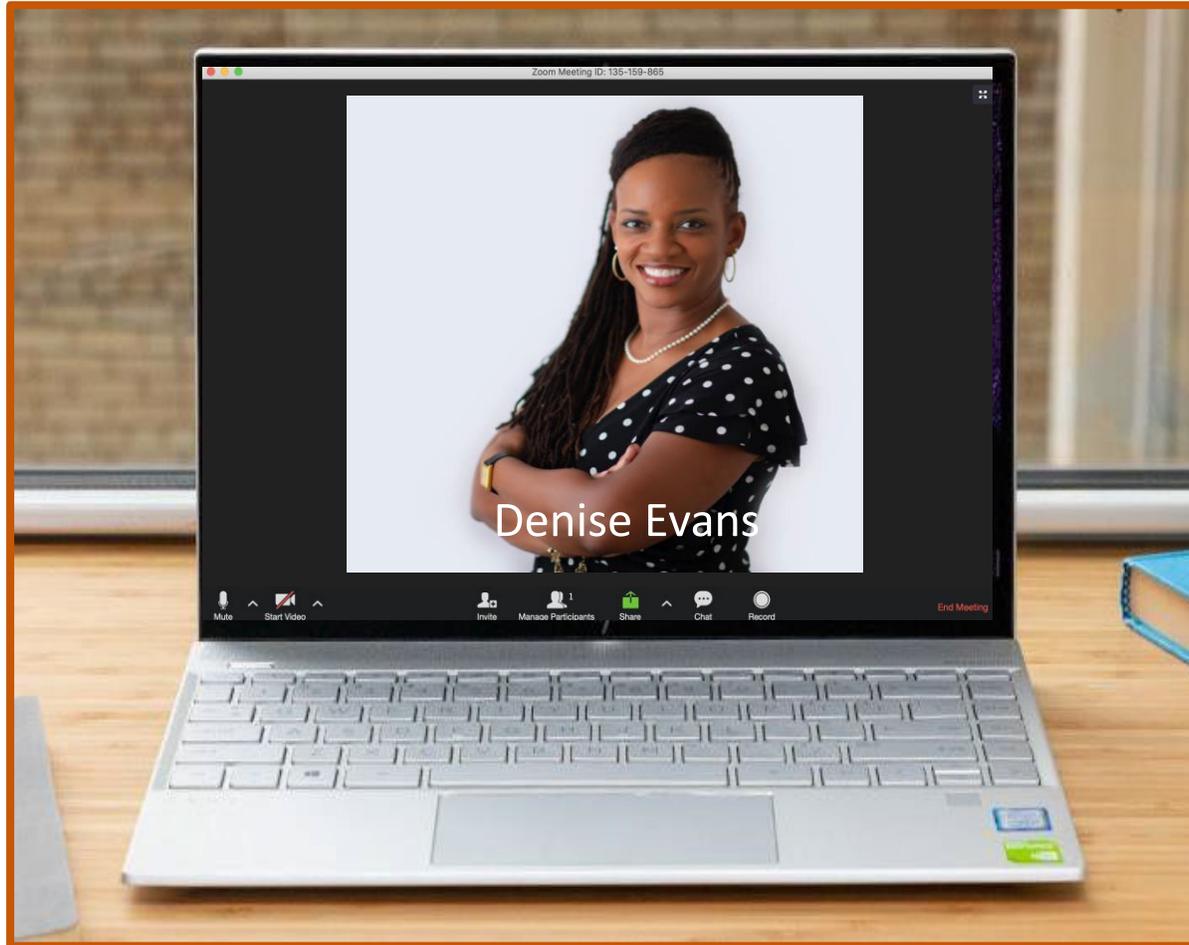


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We must have an unconditional commitment to try to keep track of the humanity of each and every person to give us the courage to love, serve, and sacrifice.

Cornel West, philosopher, political/civil rights activist



# Thank You!

[Denise@ConsultMeLLC.com](mailto:Denise@ConsultMeLLC.com)



**...or you can reach out to the  
Healthy Start TA Center**

# Closing Community Circle

**Kenn L. Harris**

TASC

**Tamela Milan-Alexander**

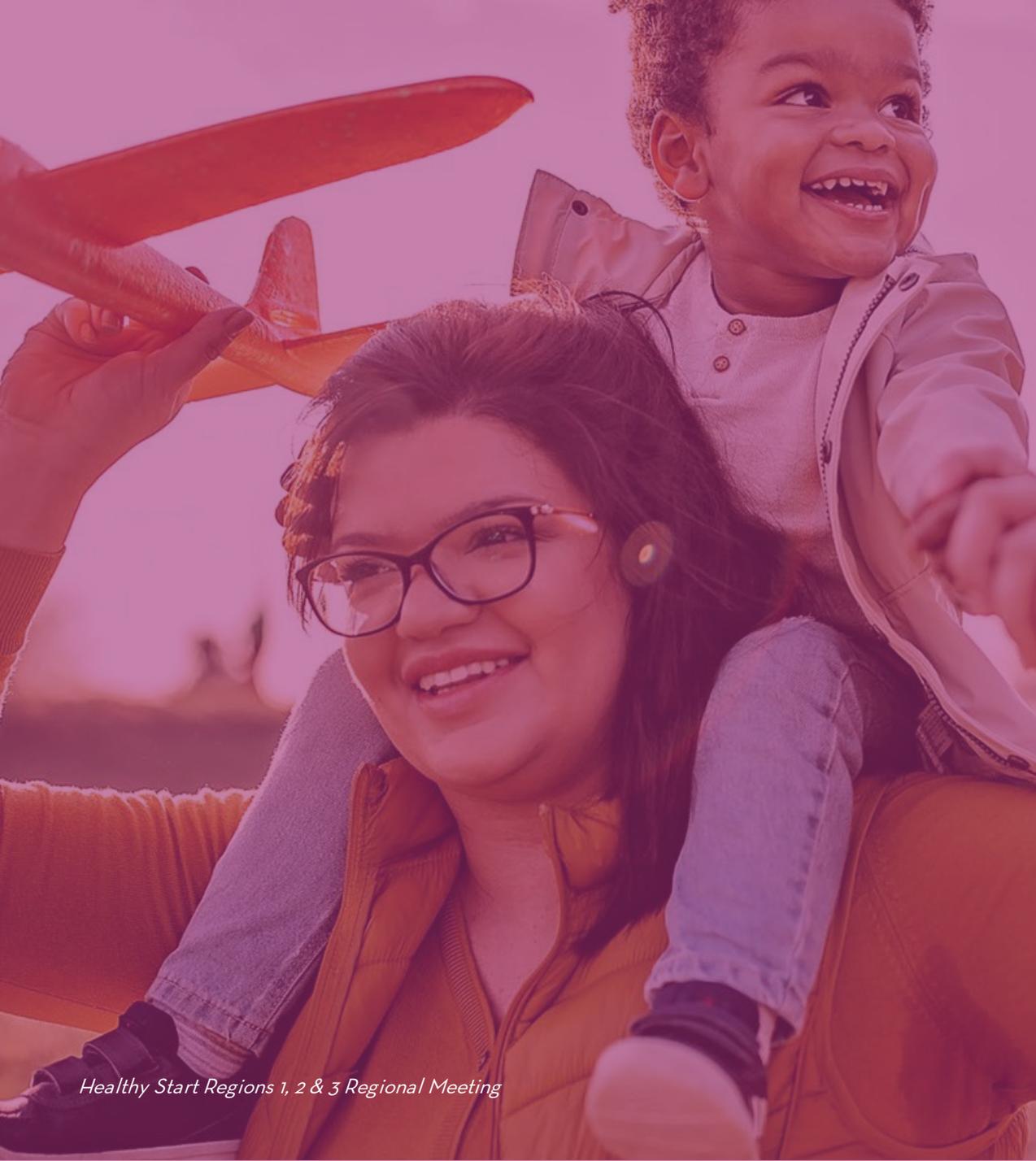
TASC Faculty Planning Committee

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We are so grateful for these  
two days of learning,  
connection, and celebration.

Thank you for your  
participation!

*Healthy Start Regions 1, 2 & 3 Regional Meeting*





*Healthy Start Regions 1, 2 & 3 Regional Meeting*

**Please take a moment to  
complete the evaluation for  
Day 3!**

Scan QR code below:

