HEALTHY start

Beyond COVID-19 Series
Webinar 5

Reconnecting and Reengaging Healthy Start Clients

February 3, 2021

NICHQ
National Institute for Children's Health Quality

Agenda

Housekeeping	Lisa Hong, NICHQ
Welcome	Olivia Giordano, NICHQ
Reconnecting & Reengaging Healthy Start Clients	Wendy Davis, PSI Jana Glass, Supportive Solutions, Inc.
Questions	All
Closing	Kenn Harris, NICHQ

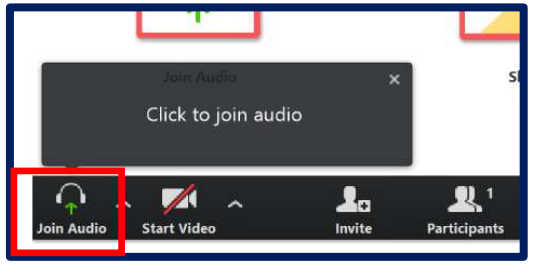
Meeting Logistics

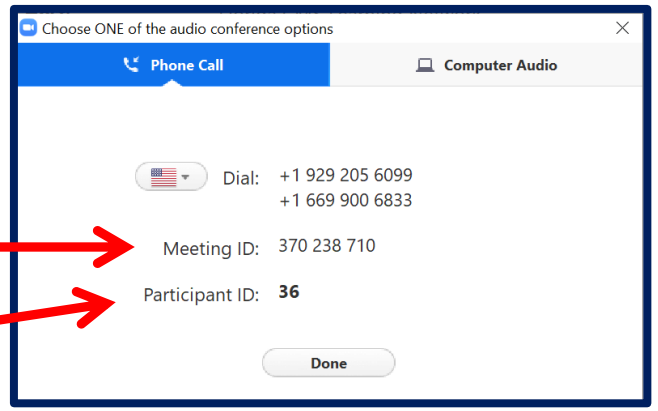
Please note the following:

- This session is being recorded, and will be archived for future viewing.
- All participants are muted upon entry. We ask that you remain muted to limit background noise.
- Members are encouraged to participate in the discussion by typing your comment/asking questions using the chat box.

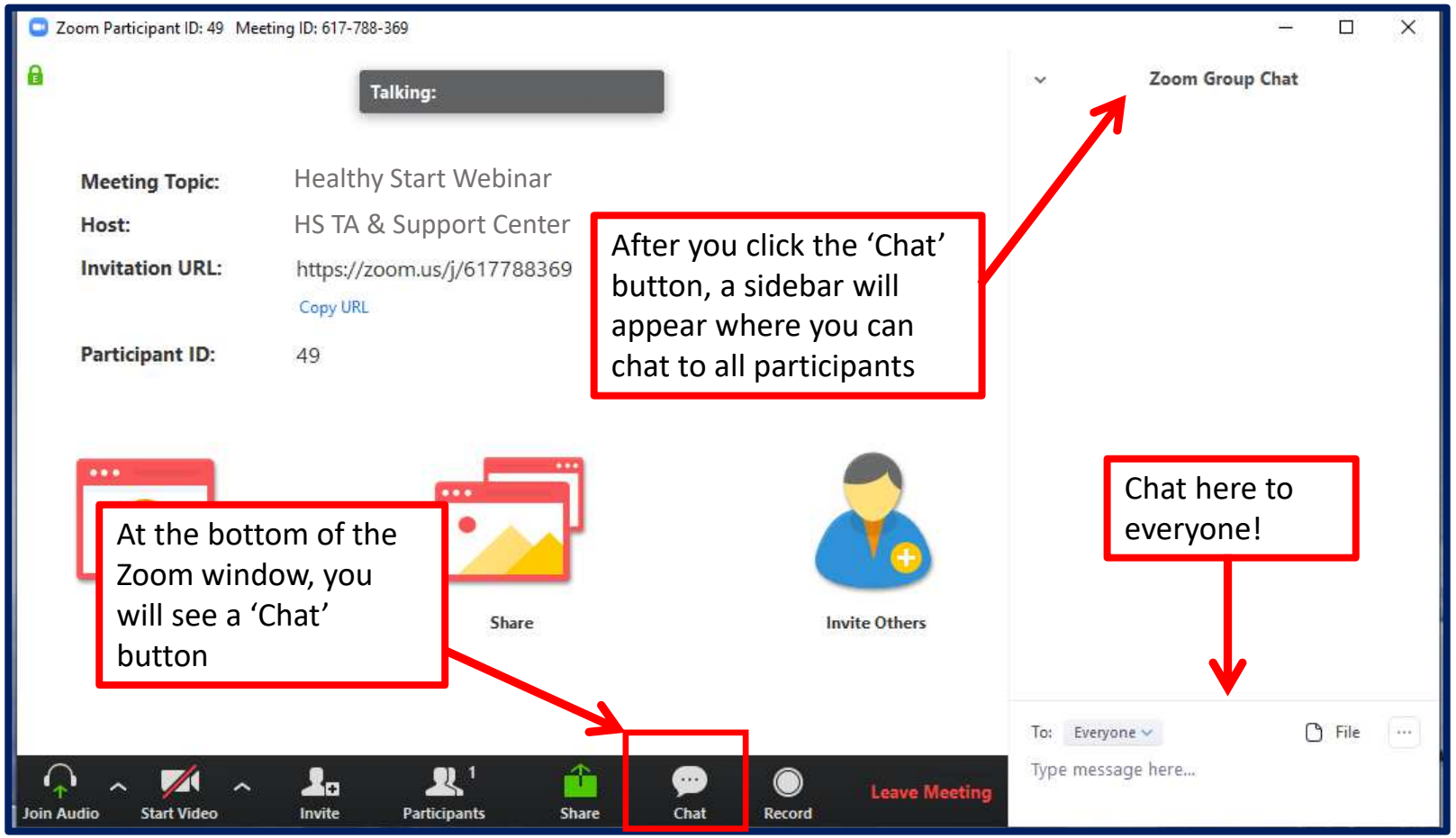
Connecting to the Audio Conference

- Join Zoom Meeting by **clicking Zoom Meeting link** & launching the Zoom application
- An audio conference box will appear
  - If you do not see the box click the **'Join Audio' button**
- From the audio conference box: Select to **"Phone Call"** or **"Computer Audio"**
- If using the phone:
  - dial the number next to "Dial"
  - You will be prompted to enter the **"Meeting ID"**
  - Then you will be prompted to enter the **"Participant ID"**





Ways to Participate: Chat



Welcome

Olivia Giordano

Healthy Start
TA & Support Center

Goal

- The goal of this webinar series is to **strengthen and enhance grantees' capacity to meet their clients' needs** (and consequently, the Healthy Start benchmarks) via virtual platforms in the midst of the COVID-19 pandemic

Webinar Series Schedule

Introduction to the Beyond COVID-19 Webinar Series	October 7, 2020
A Deep Dive into Providing Teleservices for Healthy Start	November 4, 2020
Supporting Mental Health During and Beyond COIVD-19	December 2, 2020
Quick Tests of Change for Healthy Start	January 6, 2021
Reconnecting & Reengaging Healthy Start Clients	February 3, 2021

We are #HealthyStartStrong

Do you have a success story about serving clients during the COVID-19 pandemic?

Email your story to healthystart@nichq.org!

Wendy Davis, PhD, PMH-C
Postpartum Support International (PSI)

Jana Glass, LPC, MAC, PMH-C, BC-TMH
Supportive Solutions Inc.

HEALTHY start
TA & SUPPORT CENTER

Reconnecting & Reengaging Healthy Start Clients

Wendy Davis, PhD, PMH-C
Postpartum Support International

Jana Glass, LPC, MAC, PMH-C
Supportive Solutions Inc

Hello February!

- Thank you - December webinar

- Well-being and Renewal
- Reconnecting and Re-Engaging
- Addressing your needs
- Connecting with Families
- Discussion - Learning from each other

SUPPORTIVE SOLUTIONS

POSTPARTUM SUPPORT INTERNATIONAL PSI

Support Groups: weekly until June

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

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SUPPORTIVE SOLUTIONS

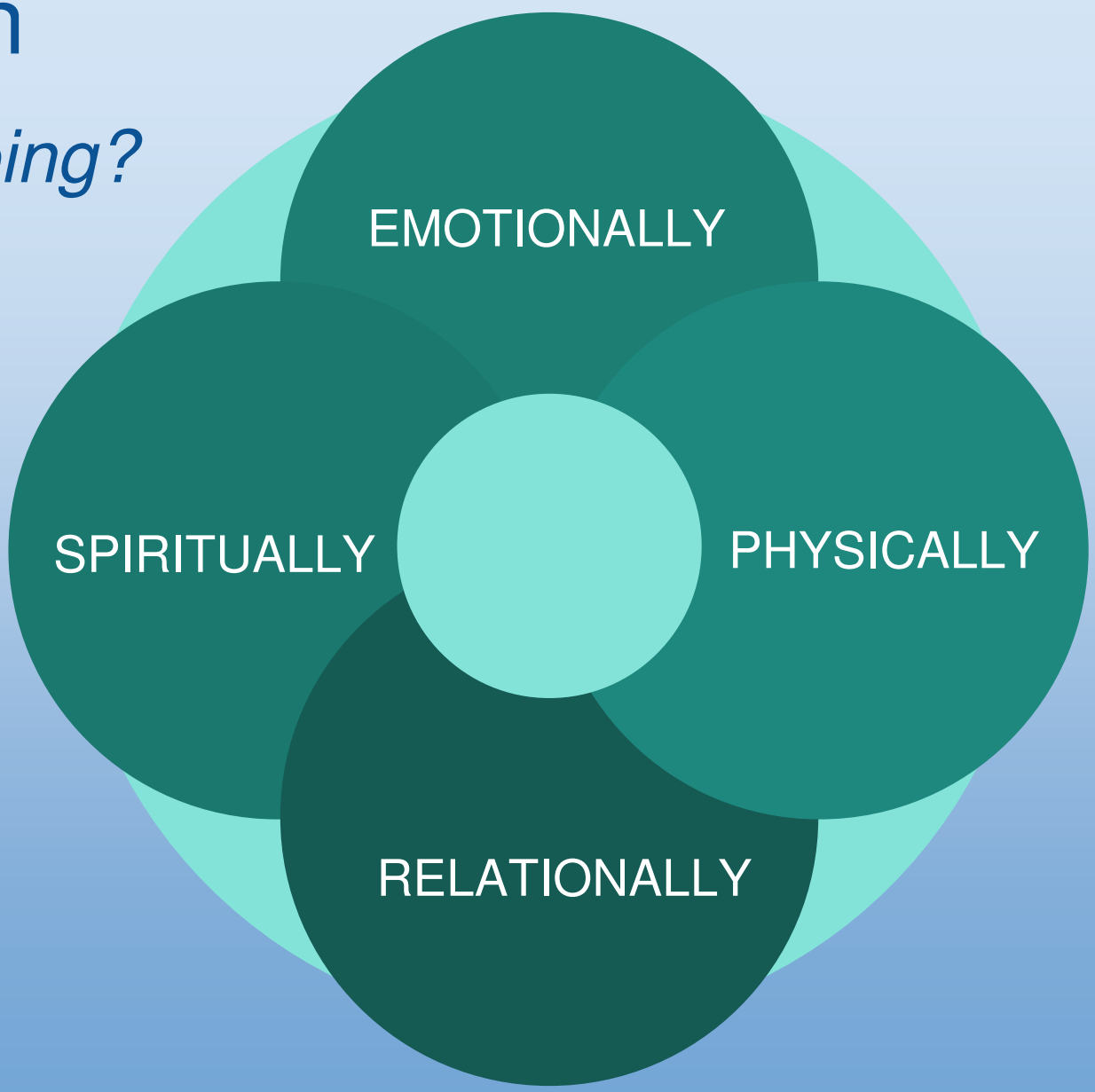
Renewal Exercise

SUPPORTIVE SOLUTIONS

POSTPARTUM SUPPORT INTERNATIONAL PSI

Reflection

How are you doing?



SUPPORTIVE SOLUTIONS

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Assessment Tool : MAPS

- Moods: Intensity, Duration, Volatility
- Appetite
- Physical (Pain)
- Sleep
- Support System
- Safety

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Self Care for Tough Times

- Be Mindful of your capacity and do not exceed it
- Make sleep a top priority
- Continuously replenish what you are using
- Incorporate Ritual
- Take breaks, it does not have to all be done at once
- Move to release stress held in the body
- Go slowly with intention
- Balance action with self care
- Your own therapy with a culturally competent therapist

SUPPORTIVE SOLUTIONS

*Self Care for Tough Times content from Seerut K Chawla

PSI POSTPARTUM SUPPORT INTERNATIONAL

Your Renewal

- What helps you feel well - feel renewed?
- When do you create time?
- How do you keep that time IRL?
- What are the challenges to that?

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Reconnecting and Re-Engaging with Clients

- *Are we there yet?*

- Challenges
- Your questions for others
- What's working?

SUPPORTIVE SOLUTIONS

POSTPARTUM SUPPORT INTERNATIONAL PSI

Support Groups: weekly until June

https://www.supportgroupscentral.com/psi

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Questions?

Closing

Nikki Maffei
Healthy Start TA & Support Center

Healthy Start CoLab

Welcome to the Healthy Start CoLab!

The Healthy Start TA Center is excited to welcome you to the Healthy Start CoLab! CoLab is a virtual community where Healthy Start staff can connect with one another to share resources and discuss relevant topics. If you have any questions about this new platform, please contact **healthystart@nichq.org**. Thank you!

If you do not have an account, please email healthystart@nichq.org to request one

Request 1:1 TA

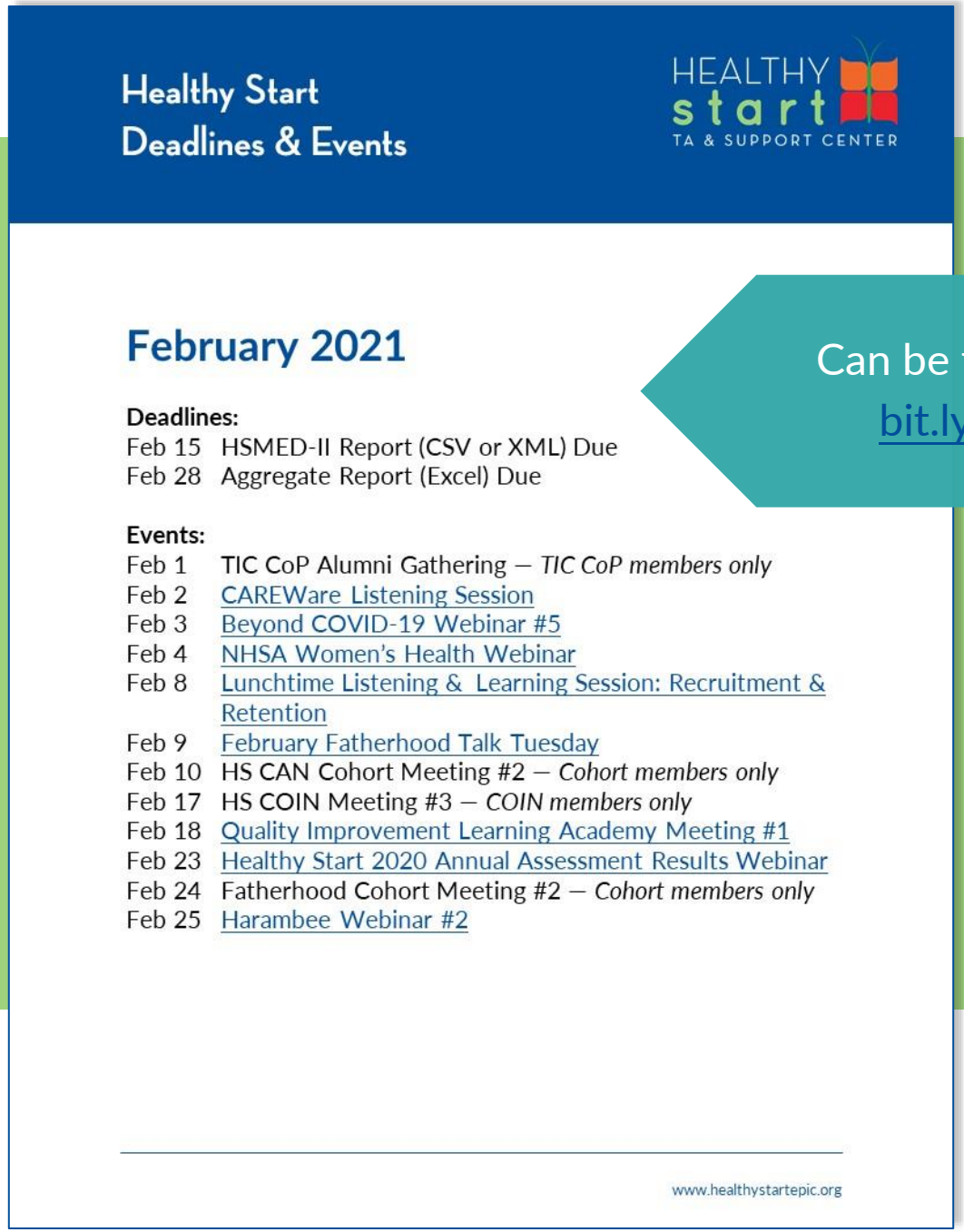
- 1:1 TA is available with:
  - Wendy Davis (perinatal mental health)
  - Jane Taylor (quality improvement)
- To submit a TA request, visit EPIC and select “Request Technical Assistance” under the “HS EPIC Center” tab

Healthy Start Staff Support Groups

Join a free, confidential Healthy Start Staff Support Group!

- Mondays at 2 p.m. EST – Managers and Project Directors
- Wednesdays at 3 p.m. EST – Frontline Staff

For registration information, visit EPIC and click the “TA Activities” tab



Healthy Start
Deadlines & Events

HEALTHY start TA & SUPPORT CENTER

February 2021

Deadlines:

Feb 15 HSMED-II Report (CSV or XML) Due
Feb 28 Aggregate Report (Excel) Due

Events:

Feb 1 TIC CoP Alumni Gathering — *TIC CoP members only*
Feb 2 CAREWare Listening Session
Feb 3 Beyond COVID-19 Webinar #5
Feb 4 NHSA Women's Health Webinar
Feb 8 Lunchtime Listening & Learning Session: Recruitment & Retention
Feb 9 February Fatherhood Talk Tuesday
Feb 10 HS CAN Cohort Meeting #2 — *Cohort members only*
Feb 17 HS COIN Meeting #3 — *COIN members only*
Feb 18 Quality Improvement Learning Academy Meeting #1
Feb 23 Healthy Start 2020 Annual Assessment Results Webinar
Feb 24 Fatherhood Cohort Meeting #2 — *Cohort members only*
Feb 25 Harambee Webinar #2

www.healthystartepic.org

Can be found on the EPIC website or bit.ly/hs-deadlines-and-events

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NICHQ National Institute for Children's Health Quality

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Thank You!

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