

Managing Stress: Strategies for Healthy Start Programs



Healthy Start Healthy Living Initiative

December 5, 2017 3-4:30 PM ET



Supporting communities to
give every child a Healthy Start.

Healthy Start EPIC Center

Healthy Living Series

The purpose of the Healthy Living Initiative is to **help Healthy Start grantees support participants and staff to be healthy in all areas of their life – physically, mentally and emotionally.**



Series Goals:

- Be able to **describe the importance** of healthy eating, physical activity, and stress management
- Recognize **how our surroundings impact** our ability to live healthy
- Be able to **use appropriate messaging**
- Have **specific and culturally relevant examples** to support staff and participants



Healthy Living

[Outreach Tools](#)

[Evidence Based Practices](#)

[National Organizations](#)

[Online Trainings](#)

[Project Director's Guide and
Project Management Hub](#)

[Healthy Living](#)

[Healthy Eating](#)

[Physical Activity](#)

[Mindfulness and Stress
Reduction](#)

What is the Healthy Living Initiative?

Eating, physical activity, and stress reduction (collectively referred to as "Healthy Living") impacts health during all stages of life. Living healthy contributes to physical and mental/emotional health and well-being, which helps to prevent chronic illnesses such as heart disease that negatively impact health.

Our ability to be healthy is impacted both by our individual behaviors and the environment around us. Using a comprehensive approach, the goals of the Healthy Start Healthy Living Initiative are to increase awareness of environmental influences of healthy living behaviors, and to provide specific ideas for Healthy Start programs to support Healthy Living. The initiative encourages efforts at multiple levels: individual (including both staff and participants), the Healthy Start program, and community-wide efforts. Taking this comprehensive approach helps to ensure that everyone is fully supported to live healthy lives.



Foundational Webinar Series on Healthy Living

Healthy Living Initiative: Taking a Landscape View to Healthy Living: This webinar explored how healthy living influences health outcomes, how our surroundings influence our ability to live healthy, and what types of changes Healthy Start programs can make to support living healthy. (Presented live 6/22/17)

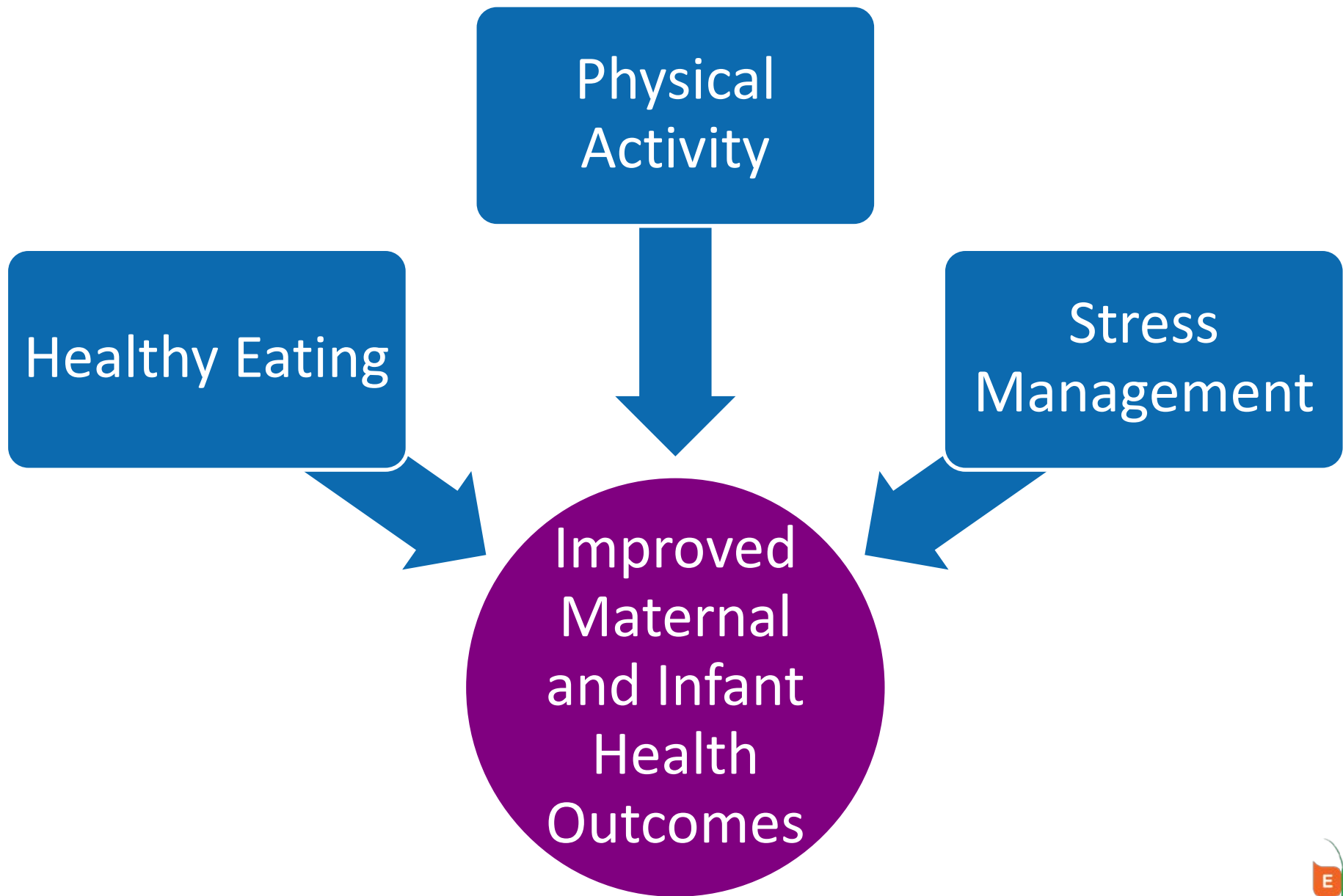
Supporting Healthy Eating: Strategies for Healthy Start Programs: This webinar provides specific ideas for how Healthy Start programs support healthy eating. (Presented live 10/17/17)

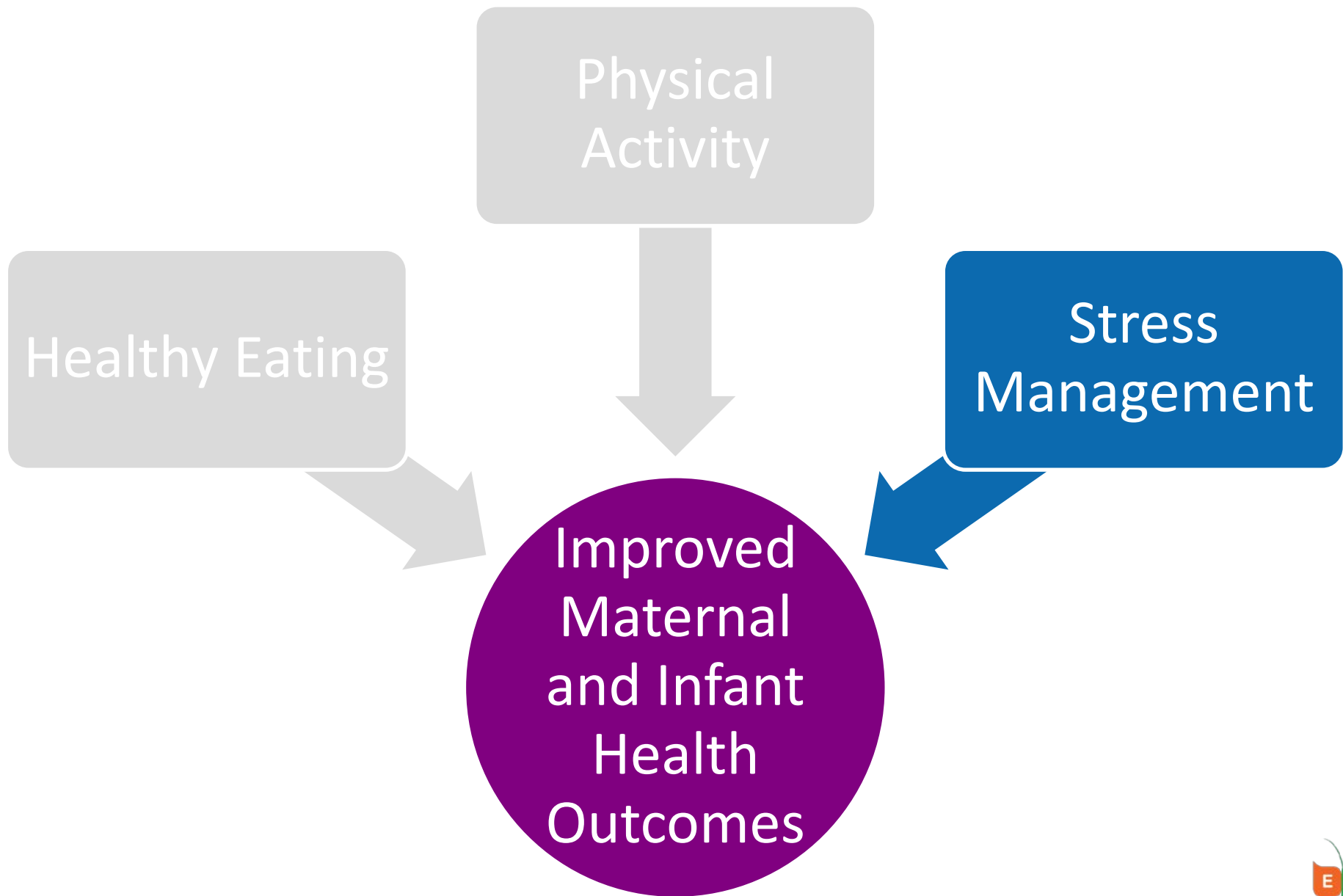
Supporting Physical Activity: Strategies for Healthy Start Programs: This webinar provides specific ideas for how Healthy Start programs support physical activity. (Presented Live 11/7/17)

Supporting Stress Reduction and Mindfulness: Strategies for Healthy Start Programs: This webinar provides specific ideas for how Healthy Start programs support stress reduction. (Planned December 2017)



We are here!





Community

Homelessness,
racism, crime

Organizational

Organizational
culture,
supports for
healthy
behaviors

Interpersonal

Compassionate,
supportive
relationships

Individual

Individual behaviors



Objectives for Today

By the end of today's session, we hope you will be able to:

- Describe stress management and mindfulness
- Identify one strategy Healthy Start programs can adopt to help reduce stress for staff
- Identify at least one strategy for helping Healthy Start participants reduce stress



Simple Strategies to Help Manage Stress

Christina Lottie

Public Health Analyst, Division of
Healthy Start and Perinatal Services



Supporting communities to
give every child a Healthy Start.

Healthy Start EPIC Center





**Uncontrollable
Situations**

**Unrealistic
Expectations**

**“All or
Nothing”
Attitude**



**Self
Criticism**

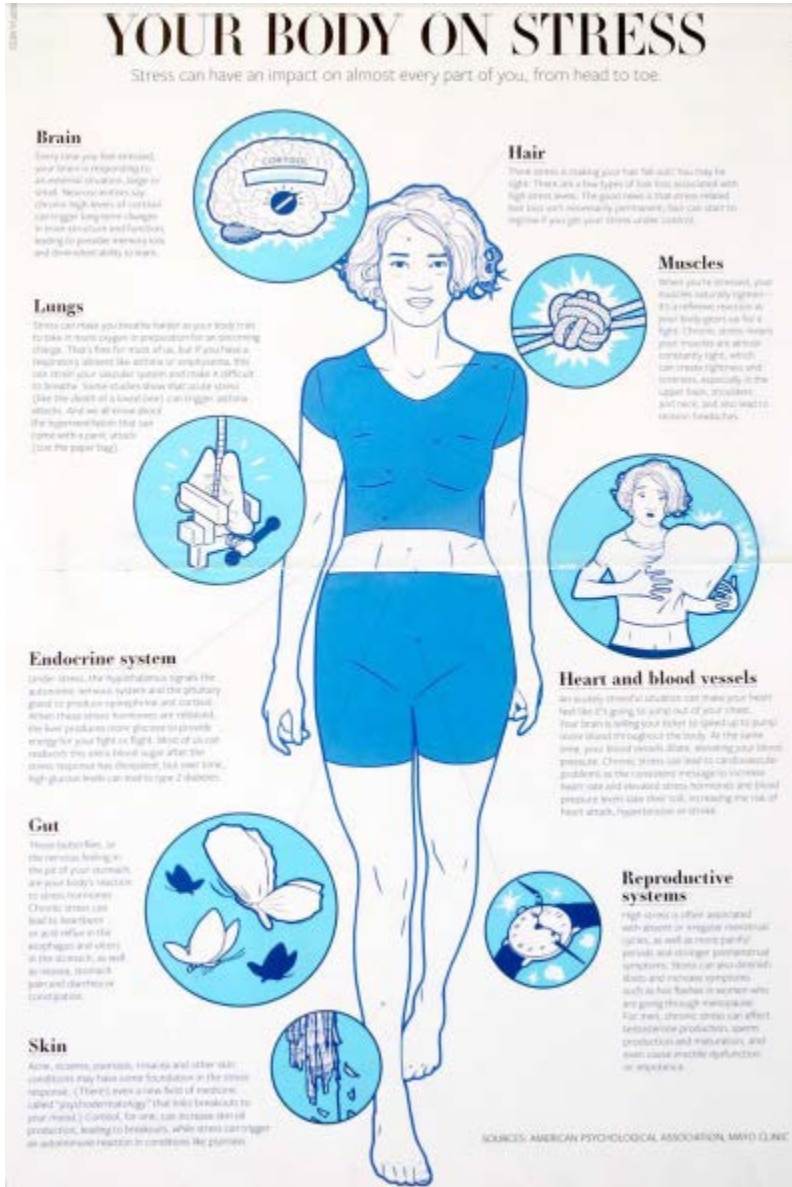
**Failure
to See
Choices**

**Wanting
an Easy
Solution**

Discounting Positive Feedback

Magnifying Problems





Stress Effects:

- **Body:** Headache, muscle tension or pain, chest pain, fatigue
- **Mood:** Anxiety, lack of motivation, depression
- **Behavior:** Overeating, drug and alcohol use, tobacco use

So, What Works?

Self care (eating healthy, physical activity) and social support are among the most successful strategies for reducing stress .





HEALTHY START

HEALTHY START IMPLEMENTATION

TRAINING AND EVENTS

RESOURCES

HEAR FROM YOUR PEERS

ABOUT HS EPIC CENTER

Alcohol and Substance-Exposed Pregnancy Prevention

Breastfeeding Initiative

Training Calendar

Healthy Start Convention

Community Trainings

Alcohol and Substance-
Exposed Pregnancy Prevention

Healthy Start Community
Health Worker Course



The Alcohol and Substance-Exposed Pregnancy Prevention Initiative (AStEPP) offers training and technical assistance to increase Healthy Start grantees' understanding of the impacts of fetal exposure to alcohol and other drugs, and strengthen their capacity to engage in effective prevention and early identification activities with pregnant women, mothers, and newborns. The initiative also aims to address social, environmental and broader behavioral health factors as they contribute to substance use before, during, and after pregnancy. The

initiative takes a health equity approach by focusing efforts on populations at higher risk, including Native American and tribal communities, as well as building upon community strengths and resiliency factors.

Foundational Webinar Series on FASD

This webinar series provides a basic overview of fetal alcohol spectrum disorders (FASDs), prevention strategies including referral to treatment for pregnant women, and screening and assessment for FASDs in children. Click on the links below for webinar recordings and slides.

[Addressing Fetal Alcohol Spectrum Disorders in the Context of Healthy Start: What do we need to know?](#) (Presented live 2/21/17)

[Using SBIRT in Healthy Start: Destigmatizing Addiction and Cultural Considerations](#) (Presented live 4/13/17)

[Introduction to FASD Screening and Diagnosis](#) (Presented live 5/25/17)

[What are the Long-term Effects and Impacts of Fetal Alcohol Spectrum disorders \(FASD\) on Individuals and their Families?](#) (Presented live 9/5/17)

Featured Resources

[Education & Fetal Alcohol Syndrome Disorders Toolkit](#)

[Opioid and Behavioral Health Resources: A Quick Start List for Healthy Start Grantees](#)

Visit

www.healthystartepic.org
for more information and
resources on alcohol and
substance-exposed
pregnancy prevention



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Visit the "Healthy Living" page on www.healthystartepic.org for more information and resources on physical activity and healthy eating

Mindfulness is the engagement of attention and awareness in the absence of reactivity or judgement.



How Mindfulness Reduces Stress

1. Increases awareness of thoughts
2. Practices pausing before reaction
3. “Being” is more relaxing than “doing”
4. Increases awareness of the body’s needs
5. Increases awareness of others’ emotions
6. Increases self-care and compassion
7. Reduces stress response in the brain
8. Increases focus and sense of well-being





“Meditation is not a way of making your mind quiet. It’s a way of entering into the quiet that’s already there – buried under the 50,000 thoughts the average person thinks every day.”

- Deepak Chopra

Making Mindfulness Routine

1. Download a free app
2. Set a daily reminder (for the same time)
3. Post a note on your desk: “Take 5!”



Mindfulness apps:

- Mindfulness
- Headspace
- Calm
- Mindbody
- buddhify
- Insight Timer
- Smiling Mind
- Meditation Timer Pro
- Sattva
- Stop, Breathe and Think



The
Gift
of Life



Welcome to

**Group
Connection**

**Melissa C. Spivey, LBSW
Mobile Family Coach
Gift of Life**

The New Normal

A "Normal" Day in the Life of a Mom and Ways to Utilize Stress Management Skills
by Melissa C. Spivey, LBSW

Today started out like most days, right? You had a plan...a to-do list to complete by the end of the day. By 10:30 however, you are feeling overwhelmed and unraveling. Feelings of anxiety are causing your chest to pound. Depression and feelings of hopelessness are stealing your joy and motivation. You feel as if your monster list of responsibilities and expectations are just too much. **YOU ARE NOT ALONE.**

Access to mental health services is diminishing around the country. The Montgomery area is no exception. In an effort to "fill the gap" Gift of Life offers support services to the families we serve through interactive Group Connections.

Participants of Gift of Life's Healthy Start Program are invited to meet bimonthly at an easily accessible location and are given the opportunity to "meet and greet" with Gift of Life coaching staff, community resource representatives, and fellow moms and moms to be. The meeting environment fosters the feeling of safety and acceptance.



Small groups are a wonderful way to develop and foster peer support systems. Education is power. Families benefit from having the knowledge and access to resources in the community.



Love Messages

DID YOU KNOW?

Mothers are the world's best jugglers: family, work, money — they seem to do it all. However, all that responsibility can often leave moms feeling overstretched and stressed out. According to a recent survey, women are more likely to report physical and emotional symptoms of stress than men, such as having had a headache, having felt as though they could cry, or having had an upset stomach or indigestion in the past month. The same survey also reported that women are more likely than men to report that they eat as a way of managing stress.



STRESS MANAGEMENT COMES IN MANY FORMS

Improving coping skills through self-care methods “normalizes” clinical interventions. Below is list of options that moms can utilize independently when trying to reduce the stresses of daily life.

Nurture yourself – eat regularly, sleep when you can, exercise (plan crockpot meals)

Keep expectations realistic- lower your standards for house work (clean one room a day)

Think positive- focus on what you have accomplished for the day (use a checklist)

Take breaks- try for two 15 minute breaks a day (walk outside/read a magazine)

Build a support system- meet other moms/new moms, find someone you can talk to (attend group connection)

Ask for help- find friends or family member willing to help with the baby while you nap, help with the laundry, run errands (use a calendar to schedule play dates)

Be a friend to yourself- recognize being a mother is hard. You are doing a good job.(reward yourself on occasion)

Remember-Motherhood is a learning process- Be patient. We all make mistakes (learn from observation)



The
**Gift
of Life**

www.golfound.org
(334) 272-1820

MANAGING STRESS IN THE BOOTHEEL

LOOKING AT CLIENTS, AREA STUDENTS, AND STAFF



STRESSED?

#STRESSBUSTHOLIDAYS CAMPAIGN 2016

Missouri Bootheel Regional Consortium · 13 December 2016 · 🌐

Stress while pregnant can make the already difficult task of falling asleep even harder! Have you tried these pregnancy safe relaxation techniques? #StressBustHolidays #healthyholidaysmbrc



Relaxation techniques for better pregnancy sleep | BabyCenter

Find out how to use yoga, stretching, guided imagery, deep breathing, and other techniques during pregnancy to sleep more deeply and more easily.

BABYCENTER.COM

Bootheel Babies and Families shared Missouri Bootheel Regional Consortium's post. · 12 December 2016 · 🌐

Holiday stress buster ideas

Missouri Bootheel Regional Consortium · 9 December 2016 · 🌐

What's your favorite creative technique for managing stress? #healthyholidaysmbrc #StressBustHolidays



These 12 Childhood Art Techniques Can Help Adults Relieve Stress

Making art doesn't necessarily sound like a stress reliever. Finding inspiration, keeping concentration, finding your artistic voice -- these things dema...

HUFFINGTONPOST.COM

Missouri Bootheel Regional Consortium · 12 December 2016 · 🌐

Stress comes from a variety of sources during the holidays. Let us know what some of the more stressful holiday related things are for you in the comments! #StressBustHolidays #healthyholidaysmbrc



34,693 Views

Fit Pregnancy · 11 December 2016 · 🌐

So you think holidays will be sweet after you have little ones? Think again! 😊

RAN THROUGH DECEMBER 2016. EACH DAY/WEEK HAD A DIFFERENT SUBTHEME - SELF CARE, PHYSICAL ACTIVITY, YOGA. WE UTILIZED DIFFERENT TYPES OF POSTS AS WELL ALL TIED TOGETHER WITH THE HASHTAG #STRESSBUSTHOLIDAYS.

#STRESSBUSTHOLIDAYS CAMPAIGN 2016



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Holidays got you down?

Join Missouri Bootheel Regional Consortium for

Stress Busting the Holidays

an afternoon of tips and fun to help you manage the stress of the holiday season!

Thursday, December 8, 2-3:30 PM

Missouri Bootheel Regional Consortium

903 S. Kingshighway

Sikeston, MO 63801

This event is for all parents living in Dunklin, Mississippi, New Madrid, Pemiscot, and Scott Counties.

Space for this program is limited! Please R.S.V.P. for attendance and transportation no later than Tuesday, December 6, 2016, with the MBRC office.

RSVP at (573)471-9400 or toll-free at 1(888)317-4949

MBRC will reimburse childcare for children of Healthy Start Case Management clients, two children under the age of ten at \$10.00 per child. Mileage will be reimbursed for out of town participants only, at the rate of .50 cents per mile. Residents of Sikeston will not receive mileage reimbursement. Transportation is available for Healthy Start clients.

HOLIDAY THEMED STRESS MANAGEMENT

- Adult Coloring Pages
- Snacks
- Discussion with other parents



Missouri Bootheel Healthy Start



Like us on Facebook to stay up to date on news and events

Visit us online at mbrcinc.org

Addressed stress in 4 area schools for students 7th-12th grade in last year.

Always the first class of the year.

SCHOOL CLASSES

WHAT STRESS DOES TO YOUR BODY

Emotional symptoms - easily agitated, frustrated, and moody, feeling overwhelmed, difficulty relaxing and quieting your mind, feeling bad about yourself (lonely, worthless, and depressed), and avoiding others.

Behavioral symptoms - changes in appetite (either not eating or eating too much), procrastinating and avoiding responsibilities, increased use of alcohol, drugs or cigarettes exhibiting more nervous behaviors, such as nail biting, fidgeting, and pacing.

Cognitive symptoms - constant worrying, racing thoughts, forgetfulness, disorganization, inability to focus, poor judgment, being pessimistic or seeing only the negative side.

Physical symptoms - Low energy, headaches, upset stomach (diarrhea, constipation, and nausea) aches, pains, tense muscles, chest pain and rapid heartbeat, insomnia, frequent colds and infections, nervousness and shaking, ringing in the ear, cold or sweaty hands and feet, dry mouth and difficulty swallowing, clenched jaw, and grinding teeth.

Not sure if I was already stressed or if reading all these symptoms made me stressed!



Missouri's Best Start



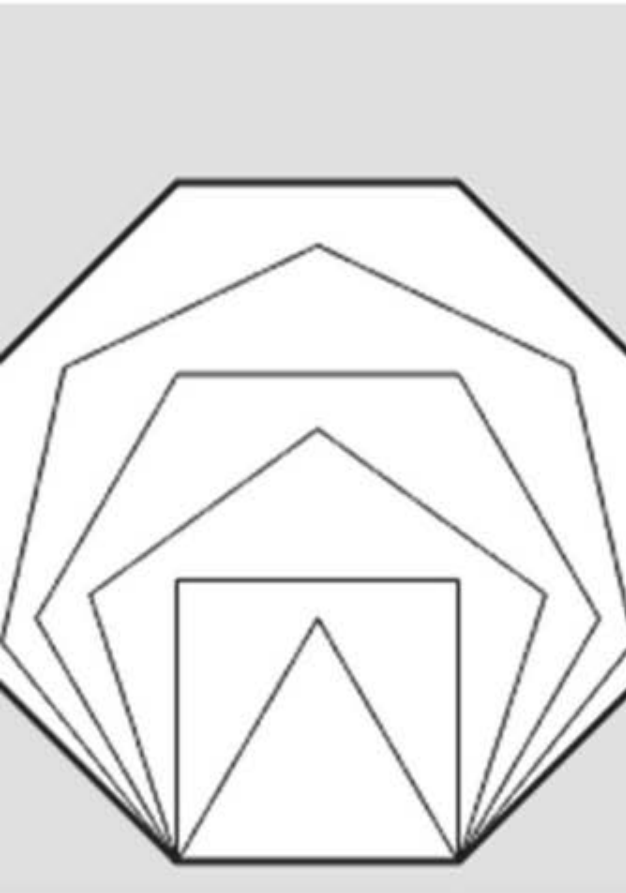
HEALTHY COPING METHODS



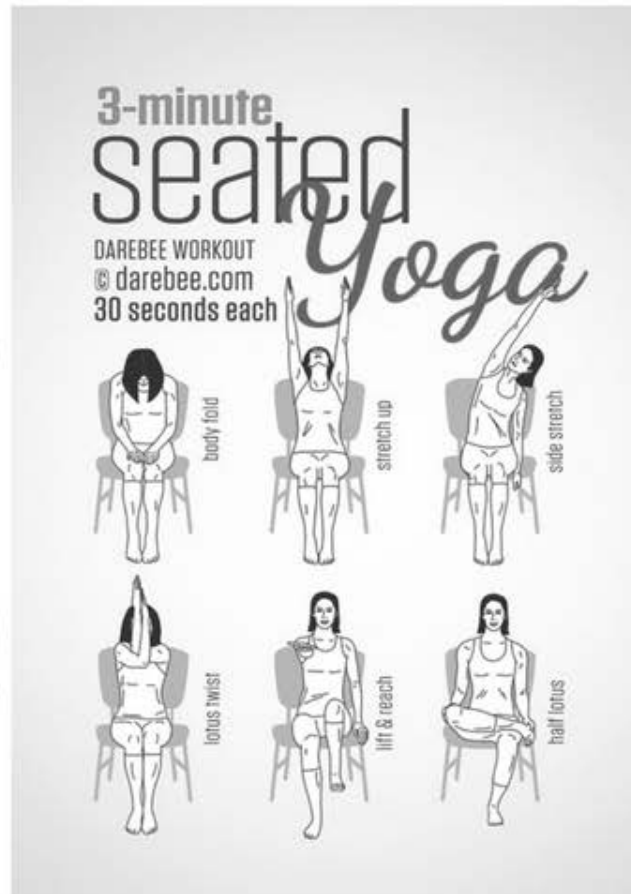
Missouri's Best Start



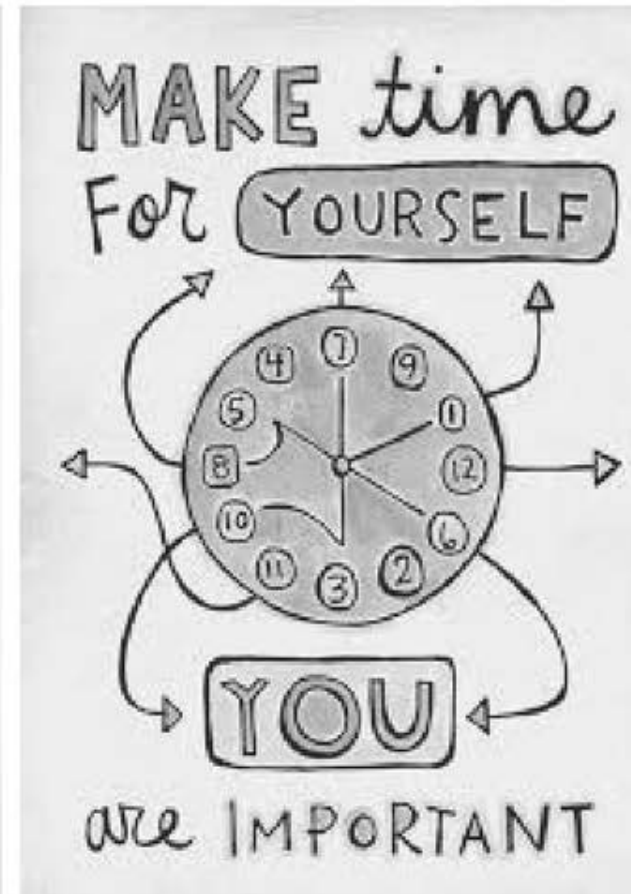
TARGETING STAFF STRESS



BREATHING



ACTIVITY



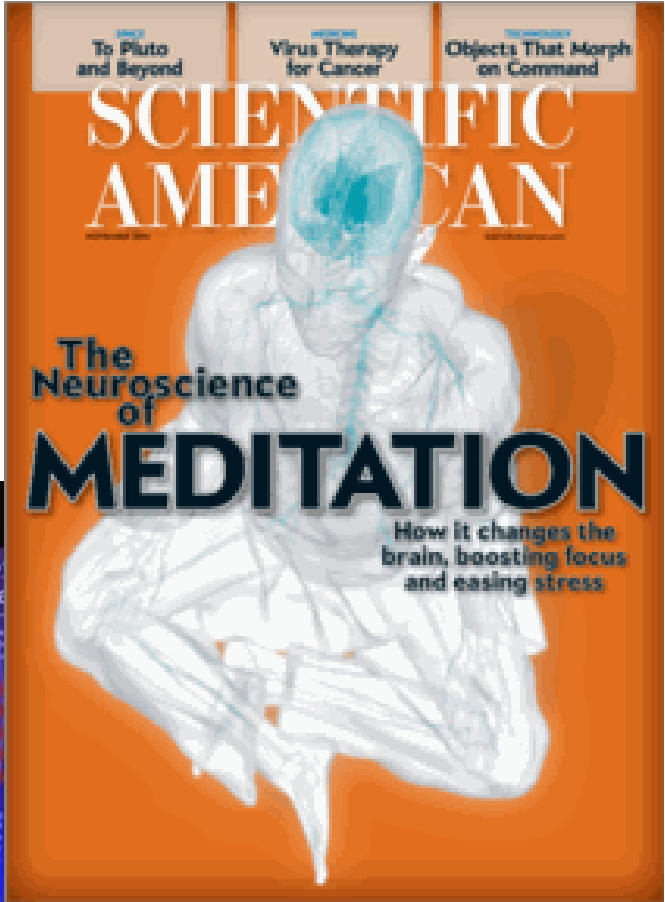
SELF CARE



Leading a Stress-Free Workplace

Christina Lottie

Public Health Analyst, Division of
Healthy Start and Perinatal Services





Meet Your Happy Brain Chemicals

Feelings evolved to motivate survival behavior, not to make you happy all the time

Good feelings
motivate steps that meet survival needs

Dopamine

emerges you when you find a new way to meet a need

Dopamine is the brain's signal that a reward is at hand. The good feeling motivates the body to invest effort in pursuit. Neurons connect when dopamine flows, which wires you to turn on the good feeling again in similar settings. Steps that meet needs feel good because of dopamine.

Serotonin

turns on when you gain an advantage

Serotonin makes you feel good when you assert yourself socially. In the state of nature, you had to assert but avoid conflict to survive. That built a brain that constantly compares itself to others and rewards you with a nice proud feeling when you come out on top.

Oxytocin

is the safety of social trust

Oxytocin is stimulated by trust and touch. It motivates a mammal to seek safety in numbers. Neurons connect when oxytocin flows, which guides your future trust. Our brain makes careful decisions about when to release this good feeling because trusting always is not good for survival.

Endorphin

masks pain with euphoria

Endorphin is triggered by pain. It masks pain for a few minutes so an injured creature can seek safety. Then it stops, because pain is valuable information. Endorphin evolved for emergencies, not for you to inflict pain on yourself. Fortunately, laughing and exercise trigger a little bit of it.

Cortisol

alerts you to survival threats

Cortisol commands your attention when you perceive an external or internal threat. The bad feeling motivates a body to act fast to make it stop. Each cortisol-spark connects neurons that turn on the bad feeling faster in similar future circumstances. Disappointment triggers cortisol. When your expectations are not met, cortisol warns you to stop investing energy in an unrewarding pursuit.

Myelin

builds neural superhighways

Some of your neural pathways conduct electricity at super speeds because they got coated with myelin. That's why some thoughts and actions feel easy & natural. Myelin peaks before age 8 & in puberty, alas, so we tend to see the world through a lens built in those time periods.



Bad feelings
motivate retreat
from survival threats

The mammal brain defines survival in a quirky way: 1. It cares about the survival of your genes
2. It relies on neural pathways built by early experience

Inner Mammal Institute

building power over your mammalian brain chemistry

The Inner Mammal Institute helps you manage your neurochemical ups and downs naturally. Post videos, podcasts, blogs, infographics, slide shows and a training program show you how to rewire your brain for more happy chemicals. A step-by-step 45-day program is detailed in the book: *Habits of a Happy Brain: Retrain your brain to boost your serotonin, dopamine, oxytocin, & endorphin.* Then read *The Science of Positivity: It's not easy being mammal, but you have power over your brain!*



Founder
Loretta Breuning, PhD

InnerMammalInstitute.org



Job Stress





Distracted & scattered

PRACTICE

Learn a practice where you follow a simple object (like your breath). The repeated returning to a focal point trains your attention.

BENEFIT

Focus. Your attention wavers less and you're not as easily pulled away by external distractions or internal chatter.



Annoyed by difficult colleagues, office politics, gossip

PRACTICE

Let others talk about themselves. Listen and consider what might cause them pain.

BENEFIT

Not as judgmental. You take more time to explore what might be causing other people pain and problems instead of assuming the worst.



Physically worn down by too much tension, rushing through meals, staring at screens

PRACTICE

Take a few minutes and let your attention scan your whole body from toe to head. Go breathe fresh air.

BENEFIT

Body awareness. You more often notice how you actually feel in your body and when it needs care.



Stuck: solution to a problem keeps evading you

PRACTICE

Sit quietly doing nothing for five minutes. Then as you contemplate the problem, imagine you're seeing it for the first time.

BENEFIT

Fresh eyes. Increased ability to let go of assumptions, expectations, and storylines and see things anew.



Frustrated with lack of progress in yourself or others

PRACTICE

Listen fully to a longer piece of music without doing anything else at all. This helps you appreciate rhythm, rather than trying to force things.

BENEFIT

Patience. You let things develop in their own time rather than always trying to push them.

A Relaxed Mind is a Productive Mind

Source:

<https://www.mindful.org/a-relaxed-mind-is-a-productive-mind/>





Keys for Leadership

Avoid putting too much on your plate

Be the leader you want to be

Create an environment of safety and trust

Model some of these stress-reducing tips



Promoting a Low-Stress Environment: How to Support Staff in Managing Stress

Rochelle Culp, Project Director,
Mississippi Tobacco-Free Coalition of
Madison, Yazoo and Holmes Counties

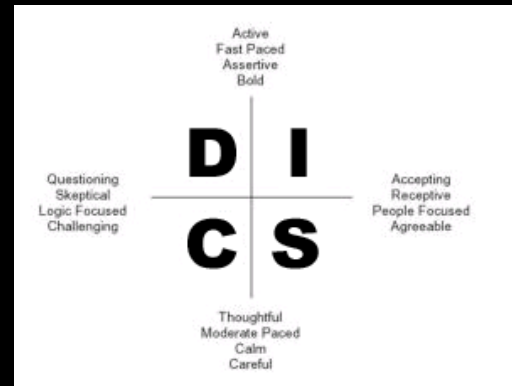
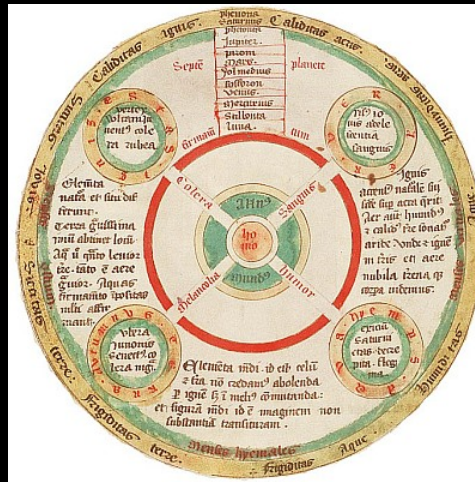


Beat Stress by Building Communication Skills

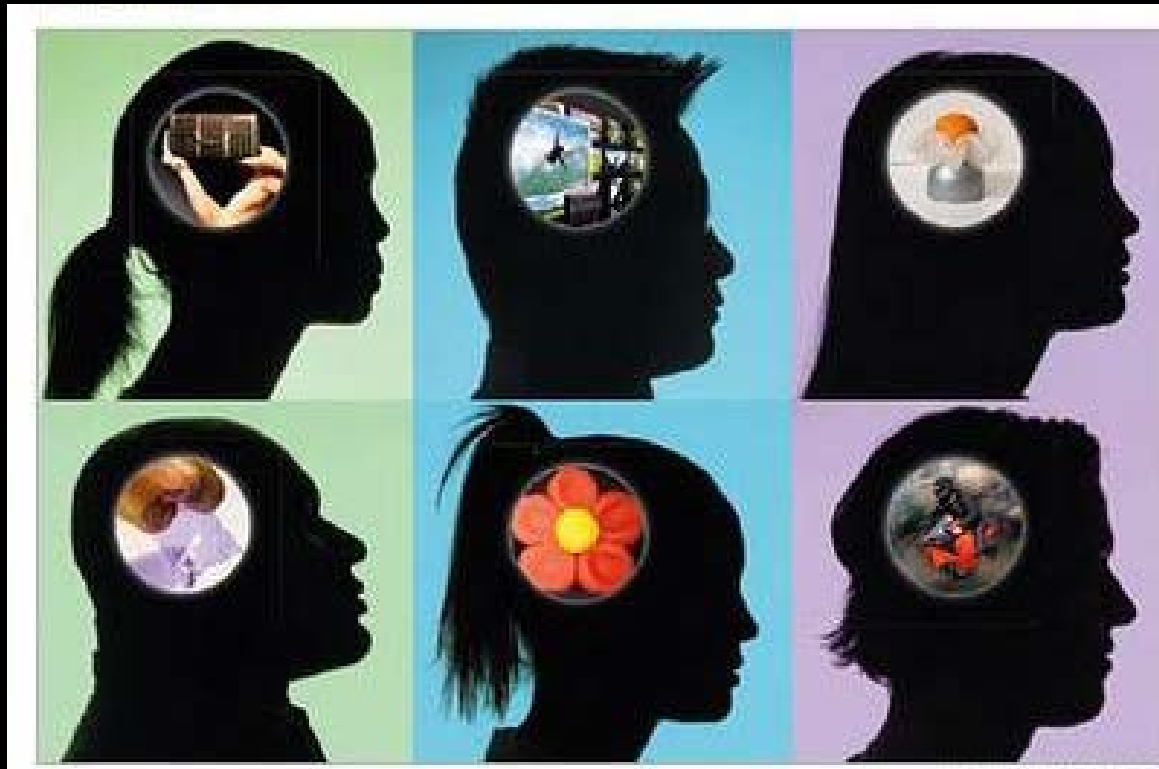
- Conduct a personality assessment
- Facilitate trainings
- Clarify that employees have the knowledge of their dominant personality type and have a good understanding of the characteristics of other personalities
- Have open dialogue with team members by creating a receptive atmosphere
- Provide monthly communication tips
- Promote fun in the workplace



More Noted Personality Assessments



How personality types develop



Ages 20-35



- Begin to use main function more frequently and with better success.

Ages 35-50

- Pay attention to inferior functions
- Have need to develop it and use it more effectively (self improvement)
- Continue to rely on dominant function (always)
- Research suggests that the appearance of our inferior functions at this phase of life may be responsible for what is typically called ***“mid-life crisis”***



Age 50 onwards

- Have accessibility to all four functions
- Use a more disciplined, differentiated manner than when younger
- Basic type still asserts itself, but we are able to call upon all functions when needed



Build Harmony

- Bridge the generation GAP
- Create teams that represent everyone
- Getting employees to know each other
- Be an empathetic boss
- Boost moral
- Select an office brand ambassador
- Lead by example



Put Stress to the Test

- Offer to assist with workload
- Provide resources *i.e.* Employee Assistance Program
- Praise often
- Research online resources
- Have a de-stress area in the workplace
- Offer weekly or monthly stress free affirmations via electronically or during staff meetings
- Promote meditation, exercising, yoga and nutrition for stress free lifestyle
- Invite professional to conduct stress test

**STRESS
FREE
ZONE**



Questions?



Chat in one strategy that we talked about on today's webinar that you are interested in or are considering pursuing.

Takeaways

While stress can sometimes be good, it can have harmful effects if prolonged.

Self-care, physical activity, social support, and mindfulness are strategies anyone can use to manage stress.

- Mindfulness is the practice of increasing awareness and attention without judgment.

Supporting Healthy Start participants to reduce stress starts in establishing a stress-free workplace.



Check out the Healthy Living Webpage!



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Supporting Healthy Eating: Strategies for Healthy Start Programs

Supporting Physical Activity: Strategies for Healthy Start Programs

Managing Stress: Strategies for Healthy Start Programs



Upcoming Events

- **December 12** – Ask The Expert: How does prenatal exposure to alcohol, marijuana, opioids and other substances affect maternal and child health outcomes?

Working Group

Healthy Start Programs

Shawn Taylor, Healthy Babies Strong Families Healthy Start Program in Denver

Nathifa Miller, Healthy Babies Strong Families Healthy Start Program in Denver

Lauren Clark, Health Education Coordinator, Missouri Bootheel Regional Consortium, Inc.

DHSPS

- Christina Lottie
- Sandra Mathloslah

EPIC Center

- Katie DeAngelis
- Megan Hiltner
- And others!



A stack of papers is shown on a textured, light-colored surface. The top card is red with a white double-line border and the words "Thank You" in a white serif font. Below it is a dark blue folder or paper. A black fountain pen lies diagonally across the top right of the stack.

Thank You

Contact us! healthystartepic@jsi.com