

# Training Opportunities to Support Breastfeeding Among the Healthy Start Community



**Hear From Your Peer Webinar**

**May 17, 2016**

# Webinar Agenda



## **I. Breastfeeding Priorities and Overview of Training Certifications and Opportunities**

I. Sharon Adamo, MS, MBA, RD

## **II. IBCLC Certification and Building Trust with Clients**

I. Ngozi Tibbs, MPH, LCCE, IBCLC

## **III. CLC Certification Examples from a Healthy Start Site**

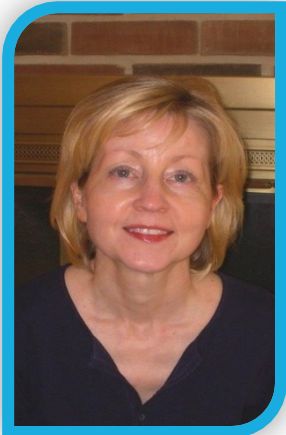
I. Maternity Care Coalition

## **IV. Partnership support and CAN engagement to support breastfeeding**

I. Joanne Craig, MS

## **V. Q & A with our presenters**

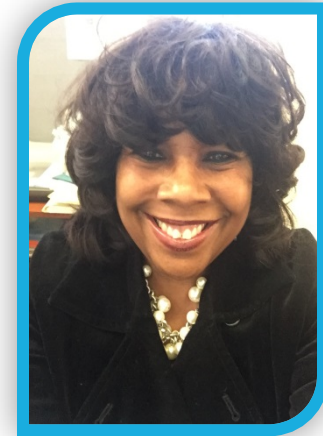
# Your Presenters



Sharon Adamo



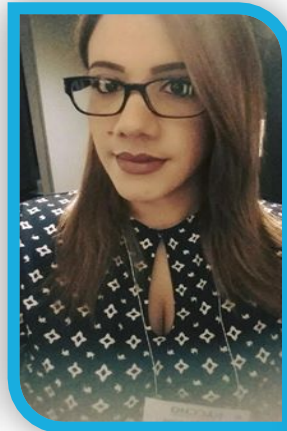
Ngozi Tibbs



Joanne Craig



Jakasha Johnson



Ileana Berrios



Tasha Mercer

# Breastfeeding is a Priority

## Breastfeeding Promotion and Support is a Priority in Healthy Start

### 2 Healthy Start Benchmarks for Breastfeeding

- Ever Breastfed- goal is 82%
- Breastfeeding at 6 months- goal is 61%

# IBCLC and CLC

There are several possible pathways to becoming an **IBCLC** (International Board Certified Lactation Consultant). Requires a number of college-level science courses and many hours of clinical practice in lactation prior to taking the exam. Often the candidate is already an MD, RN or RD.

The pathway to becoming a **CLC** (Certified Lactation Counselor) is more concise. Candidates are required to complete a 45-hour course and pass an exam. There are no specific educational requirements prior to taking the course.



# Community Trainings

## Working Together: Communication and Teamwork Strategies for Reclaiming Breastfeeding

- Trainer: Center for Breastfeeding
- RNs: 12 Contact Hours; RDs: 12; IBCLCs: 12L CERPs

## Community Breastfeeding Educator

- Trainer: Center for Breastfeeding
- CEUs: RNs: 24 Contact Hours; RDs: 18 ; IBCLCs: 24L CERPs

Visit <http://www.healthystartepic.org> Community Training page for more information and request form



# Lactation Counselor Training Course Scholarship Opportunity

5-day intensive Lactation Counselor Training course

100 Healthy Start grantee program staff will be awarded scholarships to cover registration and books for the course

Healthy Start grantees are responsible for all travel costs to the selected training, and the fee for the CLC certification exam

Scholarship application form is here: <http://goo.gl/forms/p7JkiMMtUV>

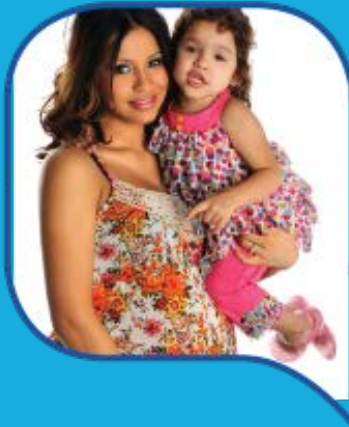
## Key Dates

June 30: Scholarship applications due

July 29: Application decisions announced

August 1 – March 31: Awarded applicants may register for and attend a 5-day Lactation Counselor Training course offered by the Center for Breastfeeding.





# IBCLC Certification and Building Trust with Clients

## Ngozi Tibbs



# IBCLC Eligibility Requirements



Learn about the 3 pathways  
to IBCLC Certification

# Requirements

Each pathway requires 14 college level health science courses including medical terminology, psychology, anatomy and physiology.

In addition, clinical lactation hours are required and vary in amount depending on the pathway. Pathway 2 was the best choice for me considering I was enrolled in a lactation specific Bachelor's program.

# Union Institute Bachelor's Lactation Program



# Program Requirements

Through Pathway 2, I was required to have 300 hours of clinical lactation hours where I shadowed established lactation consultants in both the hospital and in home setting. I also learned by listening to phone lactation consultation.







# Building Trust in At Risk Communities

**Community Defined Evidence ( CDE) “ A set of practices that communities have used and found to yield positive results as determined by community consensus over time. These practices may or may not have been measured empirically ( by a scientific process) but have reached a level of acceptance by the community**

**- California Reducing Disparities Project, 2012**



# CDE

“ CDE includes world-view, contextual aspects and transactional processes that do not limit it to one manualized treatment but is usually made up of a set of practices that are culturally rooted-  
I supplemental approach “

- NAMI, 2008



# Cultural Competence vs. Cultural Humility

## Cultural Competence vs. Cultural Humility

- "None of us can truly become 'competent' in another culture. We can approach cross-cultural situations with "cultural humility."
- Cultural humility is "a lifelong commitment to self evaluation and self-critique," to redress power imbalances and "develop and maintain mutually respectful and dynamic partnerships with communities."

Tervalon and Murray-Garcia, 1998



# The Pittsburgh Black Breastfeeding Circle ( PBBC)



# The PBBC and Healthy Start



# Questions?





# Maternity Care Coalition

*Strengthening families, inspiring change*

# Introduction

- Jakasha Johnson, MSW - MOMobile Healthy Start Program  
Director
- Ileana Berrios, CLC, Doula – North Philadelphia Breastfeeding  
Program Lactation Counselor
- Tasha Mercer, BSW, CLC – MOMobile Healthy Start Advocate

# What is a CLC?

- CLC description
- Benefits of becoming a CLC
- CLC training requirements

# Experience

- CLC Training Experience
- Role of a Healthy Start Advocate/ CLC
- Personal Experience



# Questions?





**Partnership support and CAN  
engagement to support  
breastfeeding**

**Joanne Craig**

# Working with WIC

**Common Agenda + Common Goals = Great Collaboration!**

- ❖ **Staff Training**
- ❖ **Outreach and Recruitment**
- ❖ **Program Participant Education**
- ❖ **Advocacy**

# Anyone Can Be A BF Champion

- ✓ Using your CAN to engage the community to promote BF initiation and support longer BF duration
- ✓ Organizing for collective impact on BF policy

# Questions?



# Wrap Up and Reminders

- ✓ Check out the breastfeeding change package and two articles sent with registration.
- ✓ Archived materials on breastfeeding

## June webinars:

**June 23: 3-4:30pm ET - Communications and Outreach Quarterly Webinar**

