

## Beyond COVID-19 Webinar #4 Quick Test Worksheet

*Review the quick test ideas for your breakout room topic on pages 2 and 3 of this handout. Select one quick test idea to focus on from the list and fill out the below worksheet with your group. You will have 10 minutes to complete this activity. Please be prepared to share what you discussed with the larger group.*

Topic: \_\_\_\_\_

- Quick Test Idea:
  
- Who:
  
- When:
  
- How small is this quick test?
  
- What we hope will happen:

## **Topic: Virtual Engagement**

### *Quick Test Ideas*

1. Use HIPAA compliant platforms
2. Ask clients what social media platforms they prefer or if they simply have phone
3. Offer virtual sessions (e.g., prenatal classes, mental health counseling, home visits, lactation support, postpartum outreach, case management, clinical visits, fatherhood programming)
4. Form social support groups
5. Offer after hours support groups
6. Find donors or funding for tablets and mobile devices
7. Connect with other virtual support groups in your community that already function
8. Use electronic reminders
9. Develop online routines for groups, (e.g., check in question that elicits strengths – what are you proudest of?; and use a closing routine- “What is one next step you will take?”)
10. Share links with clients during virtual connections

## **Topic: Healthy Start Participant Mental Health**

### *Quick Test Ideas*

1. Reach out and connect with clients who have had a baby. Sample questions “How are you? What have you enjoyed since you came home with your baby? Tell me about your holiday and how the New Year is going?” “What are you facing now that you are settling in with your baby?”
2. Show empathy and caring: “I saw this and thought about you.” “I was thinking about you and wondered . . . .”
3. Take good notes so you can and other team members can easily refer to them and show you remember her
4. Keep documentation up to date so all team members can refer to the notes and women feel they belong
5. Listen closely for depression, signs of abuse, extreme isolation.
6. Ask women to use a hand signal if they are under surveillance by person who might harm them
7. As usual, refer, refer, refer.

## **Topic: Healthy Start Staff Mental Health**

### *Quick Test Ideas*

1. Lead relaxation exercises at start of staff meetings, e.g., simple breathing awareness
2. Create space for inner quiet at start of virtual staff meetings
3. Ask, "how are you doing? Really doing?"
4. Ask staff to share what is surprising during these times
5. Show empathy for competing family demands
6. Foster resilience, build on strengths of your staff, remind them of their strengths and successes
7. Continually solicit ideas from staff how to improve work processes. Feedback to staff how their good ideas work, what you are learning by trying their ideas.

## **Topic: Breastfeeding**

### *Quick Test Ideas*

1. Invite partners to virtual coaching or lactation support
2. Offer after hours lactation support
3. Ask Mom to use her camera to check on latching and other challenges
4. Lactation coaching with dolls (simulation)
5. Form support groups
6. Connect women to online resources like
7. Connect women to existing online portals and support groups and gatherings, social media groups, WIC groups including faith-based support groups
8. In first trimester set up groups of women to discuss breastfeeding and problem solving
9. Connect women returning to work to resources on what to expect, how to manage it; their rights
10. Use proactive text reminders