

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

TA & Support Center News & Updates

January/February Healthy Start Events & Deadlines

Deadlines:

- Jan 5 [Registration Deadline for Jan 15 NPCL Training](#)
- Jan 9 [Certified Lactation Scholarship Applications Due](#)
- Jan 15 HSMED-II Report (CSV or XML) Due
- Jan 31 Aggregate Report (Excel) Due

Events:

- Jan 6 [Beyond COVID-19 Webinar #4](#)
- Jan 12 [Fatherhood Talk Tuesday](#)
- Jan 13 HS CAN Cohort Meeting #1 — *Cohort members only*
- Jan 14 [NHSA Women's Health Webinar](#)
- Jan 15 [NPCL Training](#)
- Jan 20 HS COIN Meeting #1 — *COIN members only*
- Jan 28 [CAREWare Listening Session](#)
- Jan 29 [Building a Successful Fatherhood Program: Part 1](#)
- Feb 3 [Beyond COVID-19 Webinar #5](#)

Building a Successful Fatherhood Program: Part 1

The TASC and the National Healthy Start Association is hosting the first-ever “Building a Successful Fatherhood Program Workshop” on **Friday, January 29 from 11:30 a.m. – 5:30 p.m. EST**. This workshop is the first in a two-part series designed to support Healthy Start programs in developing, strengthening, and enhancing their fatherhood programs. The workshop will help grantees assess their fatherhood work and build from that point to ensure success in achieving the Healthy Start enrollment goals. Attendees will also create a work plan during the workshop, which they will report on during Part 2 of the series. Anyone who attends Part 1 is encouraged to attend Part 2, which will be held in March (date and time to come). **To register for the January 29 workshop (Part 1), please [click here](#).**

Beyond COVID-19 Webinar #5

The final webinar in the five-part Beyond COVID-19 Webinar Series will be held on **Wednesday, February 3 from 12-1:30 p.m. EST**. During this webinar, Wendy Davis and Jana Glass will lead grantees through a discussion around providing services virtually during the pandemic. This will provide an opportunity for grantees to share their success and challenges in staying connected with clients. **If you are interested in sharing your experience connecting with new clients or**

reengaging with existing clients during the pandemic on this webinar, please email healthystart@nichq.org. To register for this webinar, please [click here](#).

CAREWare Listening Session

Please join the Healthy Start TA & Support Center (TASC) for a CAREWare Listening Session on **Tuesday, February 2 from 3-4:30 p.m. EST**. The Listening Session will provide grantees who have begun using CAREWare an opportunity to share their experience and discuss their needs for support moving forward. Grantees who have not begun using CAREWare will also be invited to share their needs for support in adopting the data system. Your input will help TASC and the Division of Healthy Start and Perinatal Services (DHSPS) enhance CAREWare and provide support to all grantees to meet their data collection and reporting needs.

We encourage all Project Directors (or a representative) to attend the Listening Session. To register, please [click here](#).

In Case You Missed it...

COVID-19 & Breastfeeding Webinar Series

In December, the Healthy Start TA & Support Center (TASC) wrapped up its four-part COVID-19 & Breastfeeding webinar series with Cathy Carothers, IBCLC, FILCA. The series aimed to support Healthy Start grantees in providing virtual breastfeeding support and meeting the breastfeeding benchmarks in the midst of the COVID-19 pandemic. If you missed any of the webinars, all four recordings and slide decks have been posted to the EPIC website.

- Webinar 1: [The Impact of COVID-19 on Breastfeeding](#)
- Webinar 2: [Connecting with Participants During Unsettling Times](#)
- Webinar 3: [Supporting Breastfeeding Employees During COVID-19](#)
- Webinar 4: [Best Practices for Virtual Breastfeeding Support During COVID-19 and Beyond!](#)

Cathy Carothers is also available to provide 1:1 TA around breastfeeding to Healthy Start grantees. To submit a TA request, please [click here](#).

CIGNAL for Maternal Mortality and Morbidity Webinar

TASC hosted the **Change Ideas to Grow, Nurture, and Lift (CIGNAL) Ideas for Maternal Mortality and Morbidity** webinar. During this webinar, we reviewed the maternal health continuum of care, discussed challenges that grantees are facing in addressing maternal mortality and morbidity (MMM), and explored potential strategies to reduce (MMM). Speakers from the Association of Maternal & Child Health Programs (AMCHP), the Maternal Health Learning and Innovation Center (MHLIC) at the University of North Carolina-Chapel Hill, and the National Healthy Start Association (NHSA) shared resources and highlighted opportunities for partnerships. **To access the recording and slides, please [click here](#).**

Harambee: Creating Context for Equity and Justice

TASC also hosted the Harambee: Creating Context for Equity and Justice webinar, the first in a series of Harambee webinars focused on equity and justice, featuring

Denise Evans MM, MA of Consult Me, LLC and Strong Beginnings Healthy Start. “Harambee” is a Swahili term meaning “synergy”. It represents the Kenyan tradition of community self-help events often connected with community development activities. In this webinar, we “pulled together” with our National Healthy Start family to level set our understanding of equity and justice. **To access the recording and slides, please [click here](#).**

Update: Questions Regarding CAREWare

As of January 2021, all questions and feedback regarding CAREWare (including requests for trainings or demonstrations) should be directed to careware@nichq.org. TASC staff will respond to your email within one to two business days.

We are #HealthyStartStrong!

As you know, the TASC has asked Healthy Start grantees to send us their #HealthyStartStrong stories. This is an opportunity for grantees to share their experiences with the broader Healthy Start community and for the TASC to lift up their grantees’ successes and perseverance during this challenging time. Keep reading to hear how two Healthy Start sites are staying #HealthyStartStrong during the pandemic.

Implementing Trauma-Informed Care at West Central Indiana Healthy Start

West Central Indiana Healthy Start (WCIHS) Coordinator, Cristina Keller, shared her project’s experience participating in the Healthy Start Trauma Informed Care Community of Practice (TIC CoP) on the December 2nd [Beyond COVID-19 Webinar](#). As part of the CoP, the WCIHS team conducted an anonymous organizational assessment with their entire staff. Through this assessment, they found that their project could benefit from more transparent and clear communication among staff. As a result, the WCIHS team created an internal plan to improve communication and reduce staff stress. The team also created a Policy Task Force, which allowed staff to anonymously raise questions or concerns about the program. Inquiries are reviewed on a bimonthly basis and are quickly addressed, helping staff feel more engaged in the program’s operations and decision-making. The WCIHS team also worked on addressing staff as people first, connecting them with resources through their health system, and encouraging work-life balance. Finally, they implemented TIC into their interviews and onboarding. Cristina expressed how incredibly effective the CoP was and how easily the WCIHS staff could apply the information they learned during the pandemic. If you are interested in learning more about WCIHS’ experience in the TIC CoP, please email healthystart@nichq.org. If you are interested in participating in the next TIC CoP, information will be shared in the TASC monthly newsletter in the coming months. To sign up to receive the newsletter, please email healthystart@nichq.org.

Promoting Breastfeeding in the Bronx

In the final months of 2020, the TASC assisted the Bronx Healthy Start in preparing and facilitating a virtual community breastfeeding event. The event aimed to bring local organizations together to strategize methods for increasing breastfeeding rates in the borough and provided a jumping off point for future collective work. The TASC connected the Bronx Healthy Start team with subject matter expert Cathy Carothers, IBCLC and Co-Director of EveryMother, Inc. Cathy consulted with the Bronx team and assisted them in creating a strategy to move this work forward. Cathy was the keynote speaker at this convening and level-set the meeting by discussing the

importance of breastfeeding for babies and mothers. After the keynote presentation, participants split into virtual breakout rooms to discuss work that could be done in partnership to increase breastfeeding rates for women residing in the Bronx. The hard work of the Bronx Healthy Start team led to a successful half-day virtual convening of more than 200 individuals, all intent on working together to raise breastfeeding rates in the Bronx. There is sure to be impactful work to come from the connections made at this event. If you are interested in learning more about Bronx Healthy Start's community breastfeeding event, please email Alma Idehen at alma.idehen@einsteinmed.org.

If your Healthy Start project is interested in being connected with a subject matter expert or needs support around hosting a webinar or other virtual event, the TASC can help. Please submit a 1:1 TA request [by clicking here](#).

We would like to hear from you! If you would like to share your story, please send a brief email (under 200 words) to healthystart@nichq.org or click the button below. TASC may highlight your submission in an upcoming newsletter or webinar. The *heart* of Healthy Start is *community*. Let's show the nation *Healthy Start Strong!*

Resources

National Prematurity Awareness Month: November 2020

January is National Birth Defects Prevention Month, an opportunity to raise awareness of [birth defects](#) (i.e., structural changes present at birth that can affect almost any part or parts of the body) and their impacts on families. [Every 4.5 minutes](#), a baby is born with a birth defect in the United States. That equates to nearly 120,000 babies each year. While not all birth defects can be prevented, many can, including those caused by prenatal alcohol exposure.

FASD are a [group of conditions](#) that can affect children of mothers who drank alcohol during their pregnancies. Alcohol consumption (including beer, wine, or hard liquor) is the [leading cause of preventable birth defects](#) and developmental disabilities in the U.S. Effects of prenatal alcohol exposure may include intellectual disability, difficulty with learning, poor reasoning and judgment skills, low attention span, and hyperactive behavior, among other lifelong complications. These challenges can make it difficult for individuals to navigate day-to-day situations.

According to [a recent study by the RAND Corporation](#), there has been a 41% increase in heavy drinking (i.e., 4 or more drinks for women within a couple of hours) among women during the COVID-19 pandemic. Now more than ever, it is essential to support women and families in addressing alcohol abuse and preventing FASD. To guide Healthy Start programs in their efforts to prevent FASD among the families you serve, the TASC has gathered the below resources. If you are interested in receiving 1:1 TA related to FASD and prenatal alcohol use, please [submit a TA request](#).

The Basics of Fetal Alcohol Spectrum Disorders: Information for Families

This fact sheet from the American Academy of Pediatrics and the Collaborative for Alcohol-Free Pregnancy discusses basics of FASD, including information about caring for a child who may have one of these disorders. To access the fact sheet, please [click here](#).

Diagnosing Fetal Alcohol Spectrum Disorders: What Families Need to Know

This fact sheet from the American Academy of Pediatrics and the Collaborative for Alcohol-Free Pregnancy answers common questions parents may have about FASD, including “How do I know if my child needs to be evaluated?” and “What steps do I need to take?” To access the fact sheet, please [click here](#).

Interviews with Individuals Living with FASD

The National Organization on Fetal Alcohol Syndrome (NOFAS) produced 20 interviews with individuals who have been diagnosed with FASD. To watch the videos and learn more about their experiences living with this condition, please [click here](#).

Circle of Hope Network

NOFAS created the Circle of Hope Network for women who consumed alcohol during pregnancy and may have a child or children with FASD. The network is a place for parents to receive support around alcohol abuse and grief related to drinking during pregnancy. For more information, please [click here](#).

Free FASD Trainings and Resources

In partnership with the Collaborative for Alcohol-Free Pregnancy, the Centers for Disease Control and Prevention (CDC) offers free, online trainings for health care providers who care for women at risk for an alcohol-exposed pregnancy, and for those who work with individuals living with FASD. For more information and to access the trainings, please [click here](#).

CHOICES Intervention

CHOICES is a program created by the CDC for women who are not pregnant (but could become pregnant) and who are drinking alcohol at risky levels. It is an evidence-based intervention that helps women to reduce or stop drinking, use contraception effectively, or both. If you are interested in implementing CHOICES at your Healthy Start site, [click here](#) to learn more.

FASD Among Native Americans

Native Americans have some of the highest rates of FASD in the nation. The Indian Health Service has hosted several webinars on FASD among Native Americans, such as “Children With Fetal Alcohol Spectrum Disorders: Why Can’t We Find Them?” and “FASD Solutions: Education and Behavior Strategies.” To access the webinars, [click here](#) and search “FASD.”

Parenting with FASD: Home Visiting Strategies

This video produced by the Inter-Tribal Health Authority (ITHA) describes home visiting strategies for working with First Nations mothers and fathers who are living with FASD. To access the video, please [click here](#).

Alcohol and Substance-Exposed Pregnancy Prevention Initiative (AStEPP)

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. To learn more, and to access staff development resources, self-study resources, resources for tribal communities, and quick-start list of behavioral and mental health tools, [please click here](#).

Support to Stop Drinking

If any of your clients are pregnant or trying to get pregnant and can't stop drinking, you can refer them to the below resources:

[*SAMHSA Treatment Locator*](#)

This tool from Substance Abuse and Mental Health Services Administration (SAMHSA) helps people find drug and alcohol treatment programs in their area.

[*Alcoholics Anonymous \(AA\)*](#)

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Healthy Start Fatherhood Corner

The Healthy Start TA & Support Center is excited to support Healthy Start staff in their efforts to engage fathers. To that end, we will share resources and information for Healthy Start programs and fatherhood coordinators related to fathers/partners in this "Fatherhood Corner" of the SHSPP monthly newsletter.

If you are doing work that specifically demonstrates successful inclusion of fathers in your MCH program, you are invited to share your story with us so that it can possibly be featured in the Fatherhood Corner! Please email your stories to healthystart@nichq.org.

Alcohol, Pregnancy, and Prevention of FASD: What Men Can Do

This fact sheet created by the Canada FASD Research Network's Action Team discusses the role of fathers and partners in preventing FASD. For example, men can take a break from drinking as a show of support, provide compassion for pregnant women struggling with alcohol use, and help advocate for treatment options for women in their communities. To access the fact sheet, please [click here](#).

Moynihan Institute Webinars

The Moynihan Institute for Research and Policy conducts research and provides policy positions on issues that impact Black families from the perspective of fathers. Each month, the institute hosts a webinar for fathers. Future topics include "Exploring the Research Gaps of Black Fatherhood" and "The Case For Fatherlessness as an Adverse Childhood Experience (ACE)." To learn more and to register for a webinar, please [click here](#).

Virtual Fatherhood Summit

The Child and Family Research Partnership (CFRP) at the University of Texas at Austin is hosting its sixth annual Fatherhood Summit on June 17-18, 2021. Additional details about this virtual summit will be shared in February. For more information, please [click here](#).

Resilient Fathers Webinar Series

As part of its sixth annual Fatherhood Forum, Michigan State University is hosting a webinar series entitled “Resilient Fathers: Thriving in the Midst of a Pandemic.” Topics include “Difficult Conversations about Race” and “Being an Emotionally Responsive Dad.” To watch the recording of previous webinars or sign up for an upcoming webinar, please [click here](#).

Other Resources

Support After the Storming of the U.S. Capitol

The recent storming of the U.S. Capitol has impacted Americans across the country, evoking a range of emotions. In response to this event, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together.

Resources include:

- [Supporting Children After the U.S. Capitol Attack](#)
- [Coping After Mass Violence](#)
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing](#)
- [Parent Guidelines for Helping Youth After Mass Violence](#)
- [Helping Youth after Community Trauma: Tips for Educators](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)



Hosting or attending an exciting event or webinar?

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to healthystart@nichq.org.

Have questions? Either respond to this email or contact the sender on healthystart@nichq.org

National Institute for Children's Health Quality (NICHQ), 308 Congress Street, 5th Floor, Boston, Massachusetts 02210, United States, 617-391-2700

[Unsubscribe](#) [Manage preferences](#)