



wellness

Kay Matthews

The Shades of Blue Project

*Healthy Start Consumer Convening
Hosted by the Healthy Start TA & Support Center at NICHQ*



Healthy Start Consumer Convening

Day 3: Friday, May 26
from 9:00 am-2:30 pm



Morning Community Circle

Kenn L. Harris

Healthy Start TA & Support Center (TASC)

*Healthy Start Consumer Convening
Hosted by the Healthy Start TA & Support Center at NICHQ*





Nurturing the Next Generation of Birth & Racial Equity Advocate

Brenda Reyes

HealthConnect One

*Healthy Start Consumer Convening
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 **HRSA**
Maternal & Child Health

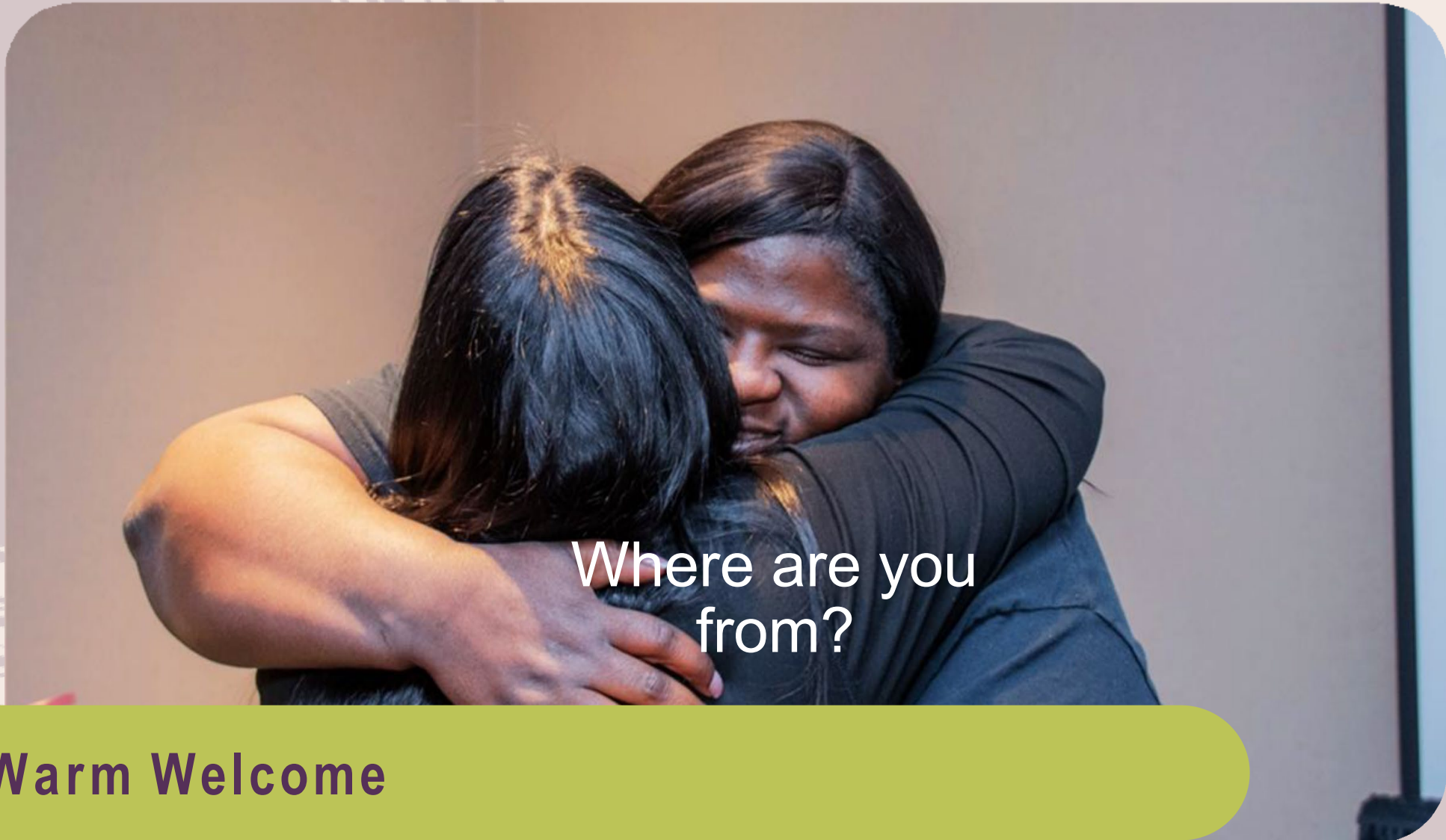
NICHQ
National Institute for
Children's Health Quality

HEALTHY
start 
TA & SUPPORT CENTER

Healthy Start Consumer Convening: Nurturing the Next Generation of Birth & Racial Equity Advocate

Date: March 26, 2023

COMMUNITY-CENTERED • EQUITY-FOCUSED • COLLABORATIVE • ACTION-ORIENTED • RESPONSIVE



Where are you
from?

Warm Welcome



HC One Team



Objectives

- Know 3 ways to support community members in advocacy efforts
- Appreciate different ways of knowing and doing in advocacy
- Feel confident in supporting community members



Lived Experience



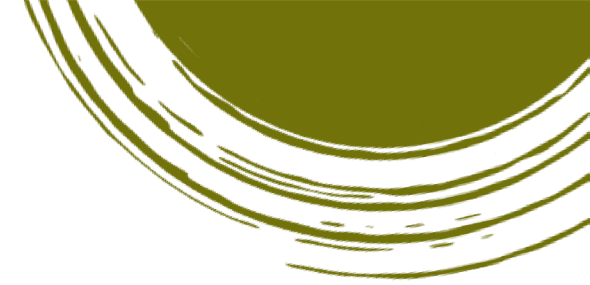
- Collective wisdom over 35 years
- Collective lived experience
- Practice
- Best practice
- Impact certain outcomes

HC One 5 Essential Components



1. Employ women who are trusted members of the community
2. Extend and intensify the peer support role from early pregnancy into the postpartum period
3. Collaborate with community stakeholders and institutions, using a diverse team approach
4. Facilitate experiential learning using popular education techniques and the HC One training curriculum
5. Value the community health workers role with salary and support

Role of a Community-Based Doula & Breast/chestfeeding Peer Counselor



- Non-clinical Do NOT Diagnose
- Work as part of a team
- Emotional & physical support
- Education & Information
- Link to referral
- Bridge to systems & resources
- Cultural relevant support in their language
- Listen, Affirm, Non-judgemental support
- Facilitate classes & Support Groups
- Offer support via home visits, clinic, or virtual



Benefits of Community-Based Doula Programs



- Peer to Peer Support
- Parenting & baby bond strengthened
- Increased breastfeeding rates
- Fewer medical interventions
- Fewer c-section deliveries
- More positive birth experiences
- Increased parenting skills
- Mentorship & community building
- Workforce development

Four Essentials for Supporting Advocacy



- Listen
- Open-Ended Question
- Validate
- Educate & Experience

1. LISTEN

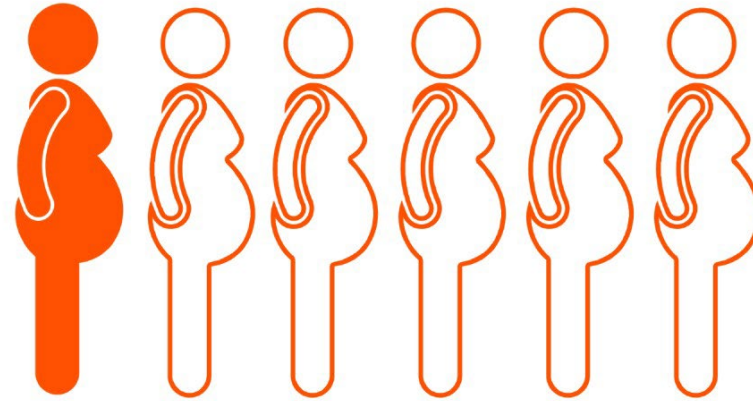
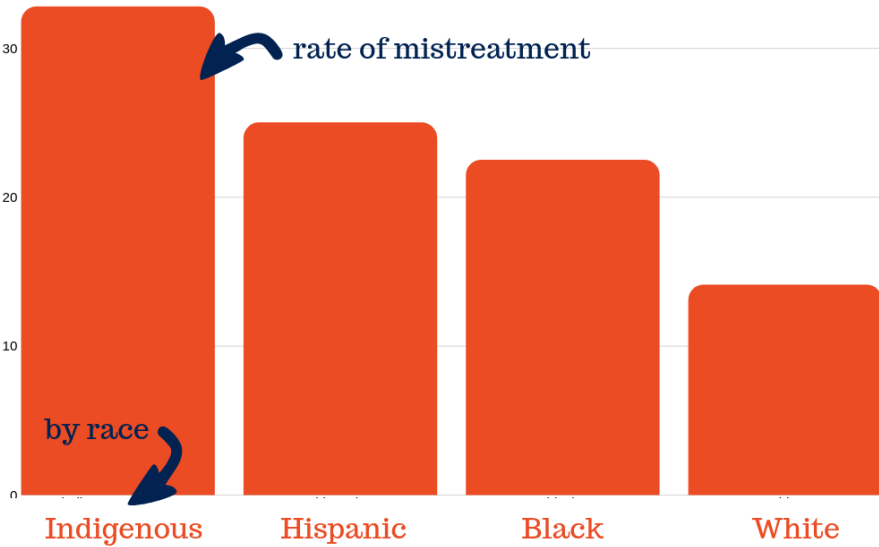


3. OPEN-ENDED QUESTIONS



2. VALIDATE (AFFIRM)

PEOPLE OF COLOR EXPERIENCE MORE MISTREATMENT IN BIRTH



**1 IN 6 WOMEN
EXPERIENCE MISTREATMENT
DURING
CHILDBIRTH**

MOST COMMON:

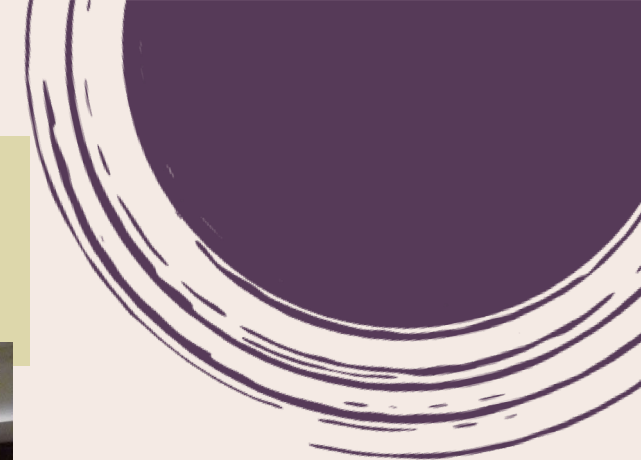
- Being shouted at or scolded by a health care provider
- Health care providers ignoring women, refusing their request for help, or failing to respond to requests for help in a reasonable amount of time





VOICES

4. EDUCATE & EXPERIENCE



5. COMPENSATE



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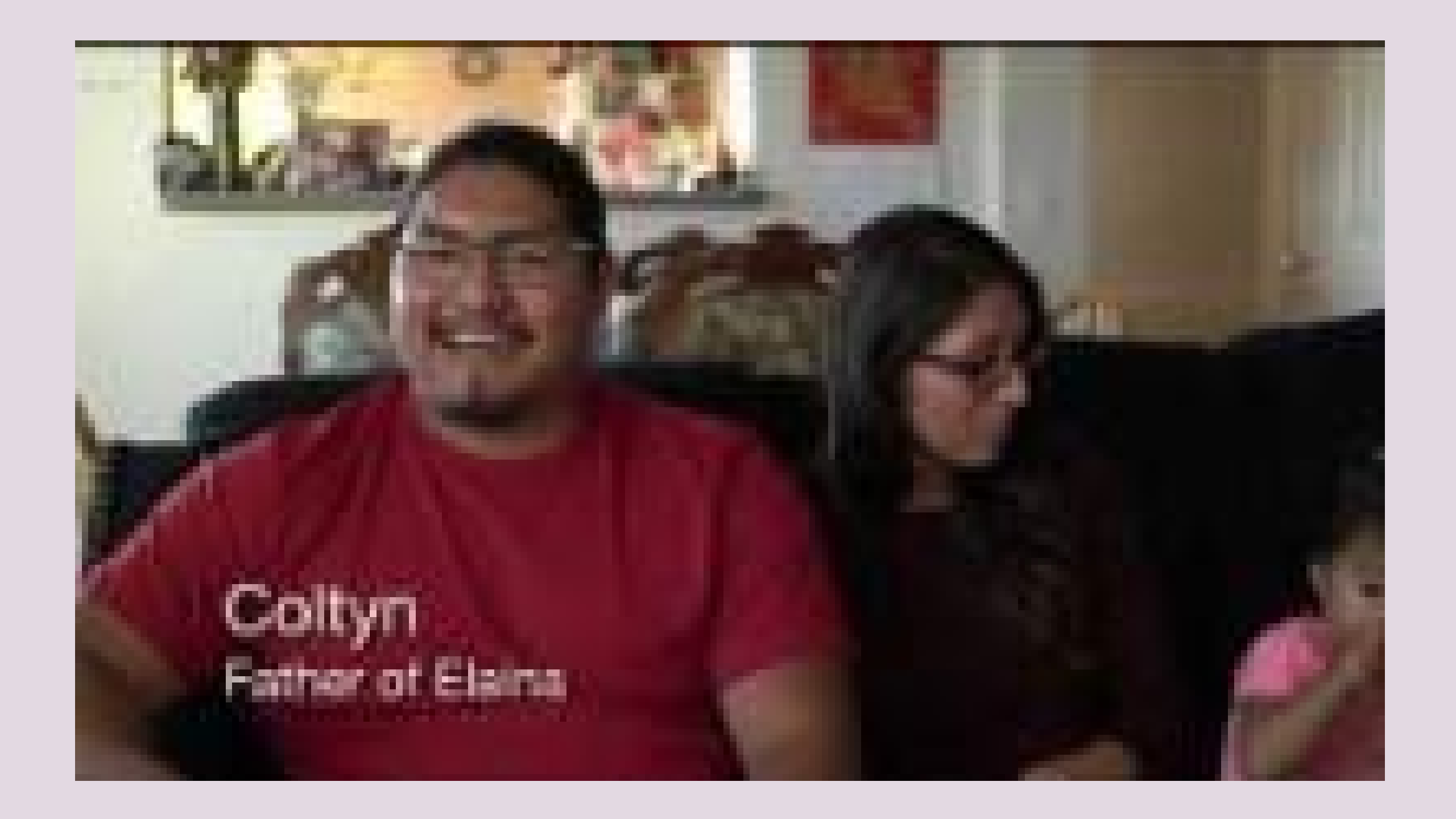
6. CELEBRATE & JOY



PASSING THE MIC

- Be aware of your privileges
- Be aware of power dynamics in advocacy work
- Be aware positional power
- Develop shared agreement & values for advocacy work
- Developed collective shared vision with community mostly impacted by issue
- Follow the lead of the people mostly impacted by issue
- Appreciate different ways of doing and knowing
- Center a racial equity framework
- Share the MIC



A photograph of a man and a woman sitting on a dark-colored couch in a living room. The man, on the left, is wearing a red t-shirt and has a beard. The woman, on the right, is wearing a dark top. The background shows a light-colored wall with a framed picture and a window with blinds. The image is slightly blurry.

Coltyn
Father of Elana

Let's talk



QUESTIONS?



REFLECTION:

- What stood out to you?
- How do you feel?
- One action you will take?



Thank you!

Visit our website healthconnectone.org for more information on our work!

Thank you for spending time with us! We appreciate you and the work you do!
- The HealthConnect One Team

 [HEALTHCONNECTONE.ORG](https://www.healthconnectone.org)

  [@HEALTHCONNCTONE](https://www.instagram.com/healthconnectone)

Healthy Start Consumer Convening

Evaluation for Days 1 & 2





Welcome!

- **Please feel free to:**
 - View the agenda in your folder.
 - Review the nearby lunch options in your folder and place an order for delivery or pickup in advance.
 - Visa gift cards to cover meal expenses are distributed at registration.
 - Take a photo with the photographer!
- **Please also note:**
 - The bathrooms are located outside the ballroom to the left.
 - We will have the following breaks:
 - Quick break from 10:15-10:30 am
 - Lunch break from 12:00-1:00 pm
 - Coffee and tea will be available in the hall during the quick break.
 - The TASC team is here to provide support or answer any questions during the meeting.



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Skill-Building Topics



#1: Birth & Racial Equity Advocate
with Brenda Reyes



#2: Putting Your Mask on First
with Dr. Linda Henderson-Smith



**#3: Powerful Stories, More
Powerful Storytelling** *with Dr.
Magda Peck*



#4: My Story, My Way
with Stephanye Clarke

Here's the plan...

➤ **4 Topics to select from**

➤ **3 Chances to attend**

Session #1 - Thursday @ 11 am

Session #2 - Thursday @ 3:30 pm

Session #3 - Friday @ 10:30 am

➤ **20 Participants per room**

➤ **No Bad Choices**



Quick Break

We will reconvene at
10:30 am

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A photograph of a woman with long dreadlocks, wearing a blue top, smiling warmly as she holds a young child. The child is wearing a light blue button-down shirt and is also smiling. The image is split vertically down the middle, with a purple tint on the left side and a light blue tint on the right side.

In My Body, In My Experience: Implicit Bias is Making Me Sick!

Denise Evans

Consult Me, LLC

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In My Body, In My Experience – Bias is Making Me Sick

with Denise Evans

May 26, 2023 | 1:00 – 2:00 pm



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“If I do not bring all of who I am to whatever I do, then I bring nothing, or nothing of lasting worth, for I have withheld my essence.”

Audre Lorde



CONSULT ME

POLLING
STATION



POLLING
STATION





bias

Prejudice *in favor of or against* one thing, person, or group as compared to another, usually in a way considered to be unfair

implicit bias

The attitudes or internalized stereotypes that affect our understanding, perception, actions, and decisions in an unconscious manner.

implicit biases are

...associative
in nature

...a natural
function of
the brain

...activated
involuntarily

implicit bias and service providers



For providers with high implicit bias:

- They demonstrate higher verbal dominance (interrupts within 11 seconds)
- Their patients report poor satisfaction ratings and difficulty understanding treatment recommendations.

For physicians with higher implicit bias toward BIPOC patients, implicit bias is associated with:

- Lower quality care
- Provider perceptions, judgements, and actions
- Fewer patient-centered behaviors during clinical interactions

implicit bias and patients



1 in 5 Black and Hispanic women report:

- Mistreatment because of race/ethnicity
- Providers with false beliefs about pain
- Fewer epidural anesthesia

1-5 Black and Hispanic women report provider mistreatment.

Black patients who have providers with higher implicit bias towards Black people report:

- Lower levels of trust
- Lower adherence to treatment
- Being less likely to follow up

What are the some of the ways your bias may show up in your experience with Healthy Start? Hospital systems? Therapists? Community Health Worker?

pair share

Advancing Maternal Health Equity: An Interactive Series for Residency Curriculums



A Candid
Conversation on
Disparities in
Maternal Morbidity
and Mortality

Structural Racism:
Gaining Historical
Context

Implicit Bias:
Self-Awareness
is Key

Engaging in Life-
Saving Conversations

Physician Advocacy
and Team-Based
Approaches to Care

Connecting Patients
with Community
Care

Background for the Work With Medical Residents

To foster equity and reduce maternal morbidity and mortality:

- Address racism and bias
- Improve provider communication
- Assess and address social needs
- Establish partnerships with community programs

Greenberg MB, Gandhi M, Davidson C, Carter EB. Society for Maternal-Fetal Medicine (SMFM) Consult Series# 62: Best practices in equitable care delivery: Addressing systemic racism and other social determinants of health as causes of obstetric disparities. *American Journal of Obstetrics and Gynecology*. 2022.



Fostering Unique Partnerships & Engaging Experts



Curator & NICHQ Content Expert

- Maternal Infant Health
- Health Equity & Social Justice
- Implicit Bias & Cultural Intelligence (CQ)
- TRHT Racial Healing Circles

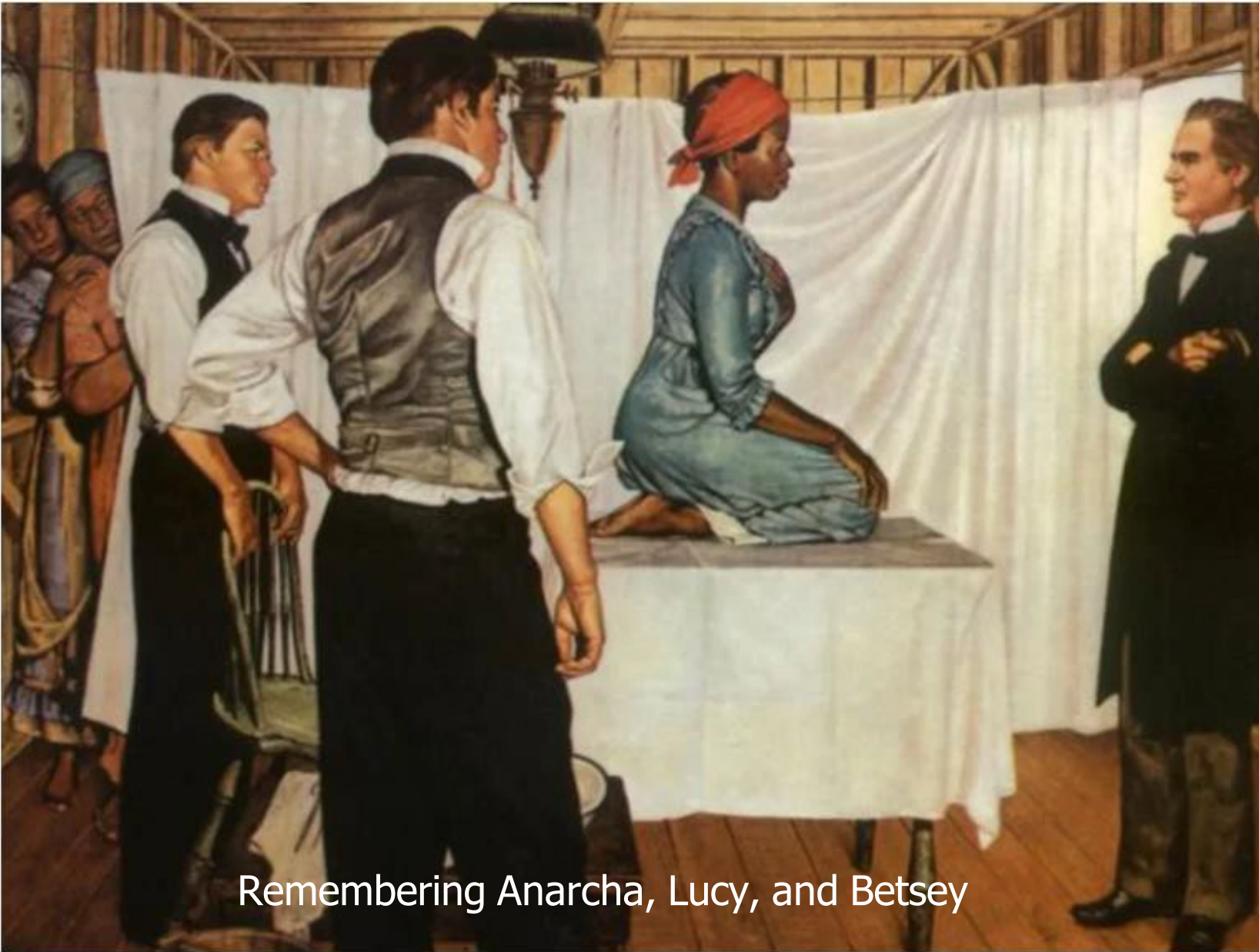


- A Federal Healthy Start Program
- 101 sites with high infant mortality
- Community Health Worker care
- AIM-Community Care Initiative Site



MICHIGAN STATE UNIVERSITY

- 4 affiliated OB/GYN Residency Programs
- Medicaid award to support MCH QI
- Funding: Michigan Dept. of Health and Human Services

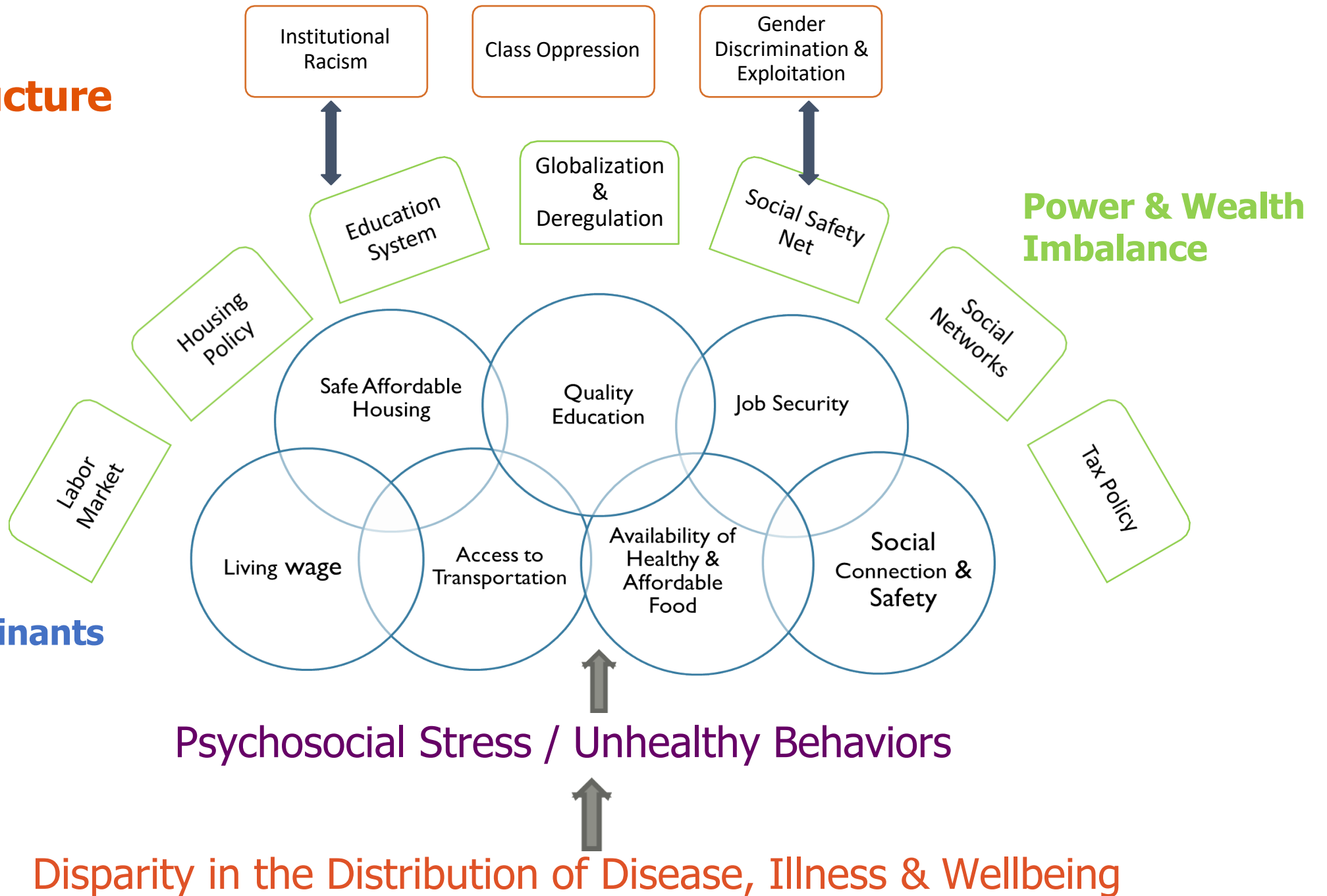


Remembering Anarcha, Lucy, and Betsey

Historical
Perspective
Matters
Impact Bias

Robert Thom's rendering of Anarcha with Dr. J. Marion Sims. Anarcha was subjected to 30 experimental surgeries.

Social Structure



Social Determinants of Health

its in my body

The Nervous System

Guides almost everything we do, think, say, or feel. It controls movement, thought and memory, and plays a role in the automatic things we do like breathing and blinking.

Three important functions are:

monitoring
the body

integrate
sensory
information

direct &
coordinate
responses

Social stressors that impact our body & nervous system

- Health inequities
- Structural/Institutional Racism
- Implicit bias within healthcare
- Unhealthy environments

The Sympathetic Nervous System

"The Gas Pedal"

Helps to prepare our body for **threats and action** -

- Increases the heart rate
- Increases the breathing rate
- Increases blood pressure
- Increases stress hormones
- Dilates our pupils
- Inhibits or decreases digestion



The Parasympathetic Nervous System

"The Brakes"

Helps to prepare our body for **rest** -

- Decreases the heart rate
- Decreases the breathing rate
- Decreases blood pressure
- Decreases stress hormones
- Pupils constrict
- Increases digestion



Th k w h ...

Did you experience
responses in your body to
your thoughts?

reflect

strategies to manage stressors

A large, irregular pink brushstroke graphic with a textured, hand-painted appearance. The text 'Ancestral Mathematics' is centered within this graphic in a white, sans-serif font.

Ancestral Mathematics

In order to be born, you needed:

- parents
- grand parents
- great-grandparents
- second great-grandparents
- third great-grandparents
- fourth great-grandparents
- fifth great-grandparents
- sixth great-grandparents
- seventh great-grandparents
- eighth great-grandparents
- ninth great-grandparents

A large, irregular pink brushstroke graphic with a textured, hand-painted appearance. The text 'Ancestral Mathematics' is centered within this graphic in a white, sans-serif font.

Ancestral Mathematics

For you to be born today from 12 previous generations, you needed a total of 4,094 ancestors over the last 400 years.

Think about...

- How many struggles your ancestors overcame
- How many victories they won
- How much happiness and joy they experienced
- How many love stories there were
- How much hope they had for the future

What is one thing that is holding you and bringing you joy in these sometimes challenging days?

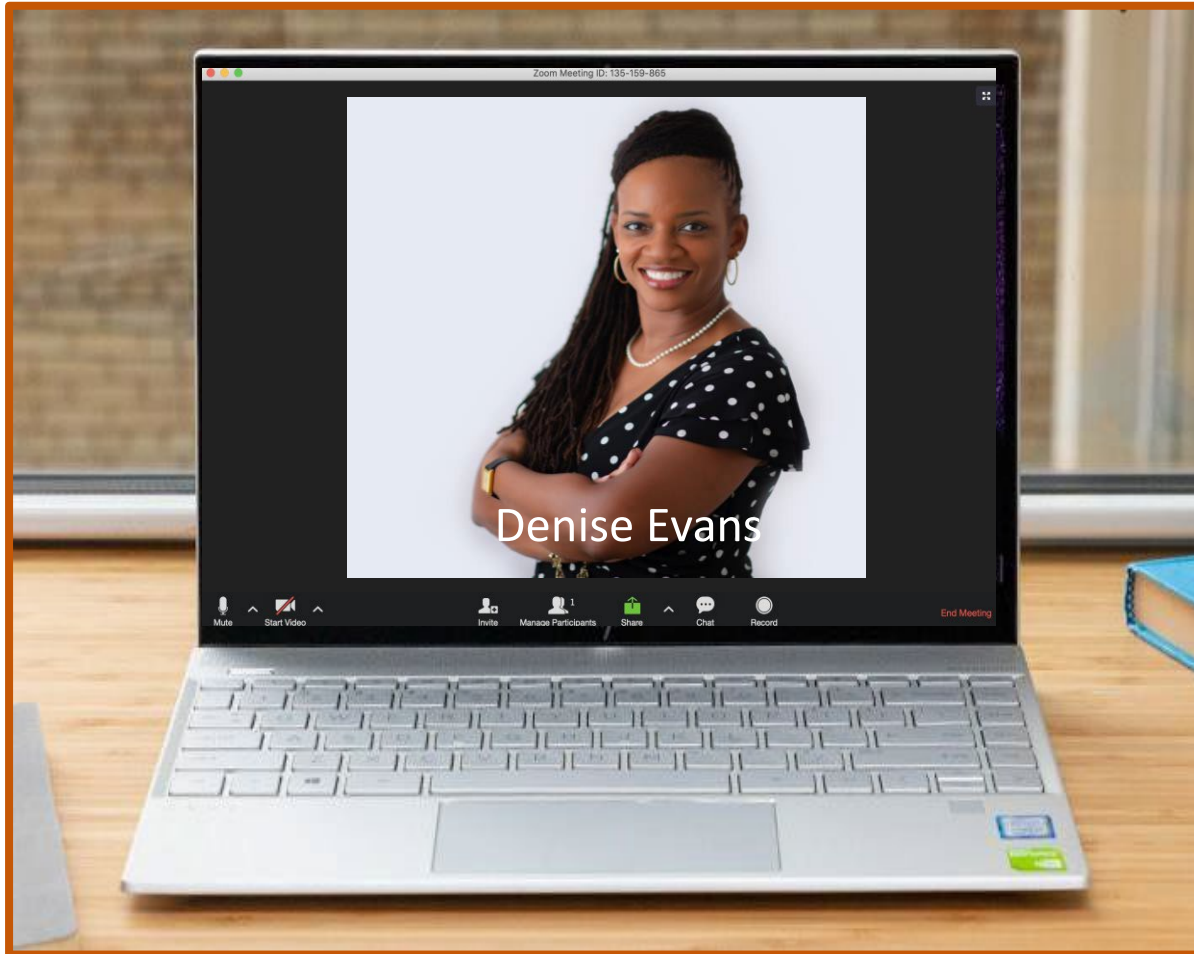
pair share



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We must have an unconditional commitment to try to keep track of the humanity of each and every person to give us the courage to love, serve, and sacrifice.

Cornel West, philosopher, political/civil rights activist



Thank You!

Denise@ConsultMeLLC.com



**...or you can reach out to the
Healthy Start TA Center**

Closing Community Circle

Kenn L. Harris

TASC

Tamela Milan-Alexander

TASC Faculty Planning Committee

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We are so grateful for these
two days of learning,
connection, and celebration.

Thank you for your
participation!

Healthy Start Regions 1, 2 & 3 Regional Meeting

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Healthy Start Regions 1, 2 & 3 Regional Meeting

**Please take a moment to
complete the evaluation for
Day 3!**

Scan QR code below:

