



Maternal Health Network
of San Bernardino County

Movement, Magic, and the MHN

January 11, 2021

Welcome!

Self-Introductions

As we wait for everyone to join us today, please take this time to add in the **CHAT**:

- Name
- Organizational Affiliation



welcome



Karen Scott

First 5 San Bernardino Executive Director

Agenda & Objectives

The agenda is available in the chat

- Provide MHN Membership an Opportunity to Connect and Network with One Another
- Demonstrate the Magic of Collective Impact and the MHN
- Share and Utilize MHN Resources
- Offer Membership an opportunity to influence the work moving forward



MHN Member Summit

A virtual summit designed to connect, share, and collectively create a better future for families

January 11, 2022 | 9:00 am to 3:00 pm

Summit Objectives:

- Provide MHN Membership an Opportunity to Connect and Network with One Another
- Demonstrate the Magic of Collective Impact through the MHN
- Share and Encourage Utilization of MHN Resources
- Engage Membership in Efforts to Influence the Work Moving Forward

9:00 – 9:25	Welcome, Review of Agenda & Connecting with Partners
9:20 – 9:40	MHN Magic Collective Impact in Action
9:40 – 10:05	State of the County
10:05 – 10:20	MHN Hub Website Navigation & Utilization
10:20 – 10:50	Equity in Action How the MHN has Centered the Needs of Black Families
10:50 – 10:55	Break
10:55 – 10:25	Community Education Helping Providers Communicate with Families
11:25 – 11:45	Improving Systems Criminal Justice Improvement Efforts & Opportunities to Expand Support in Other Sectors
11:45 – 11:55	Coming Soon Other MHN Efforts
11:55 – 12:00	Morning Wrap-Up & Evaluation
12:00 -1:00	Lunch Break
1:00 -1:35	Networking with Peers
1:35 – 1:55	Looking Forward Mid-Term Action Planning Overview
1:55 – 2:00	Break
2:00 – 2:40	Break-out Group Exercise Setting the Stage for Mid-Year Action Planning
2:40 – 2:50	Moving the Work Forward
2:50 – 3:00	Closing Remarks and Evaluation
3:00	Adjourn

Summit Materials

Summit Agenda

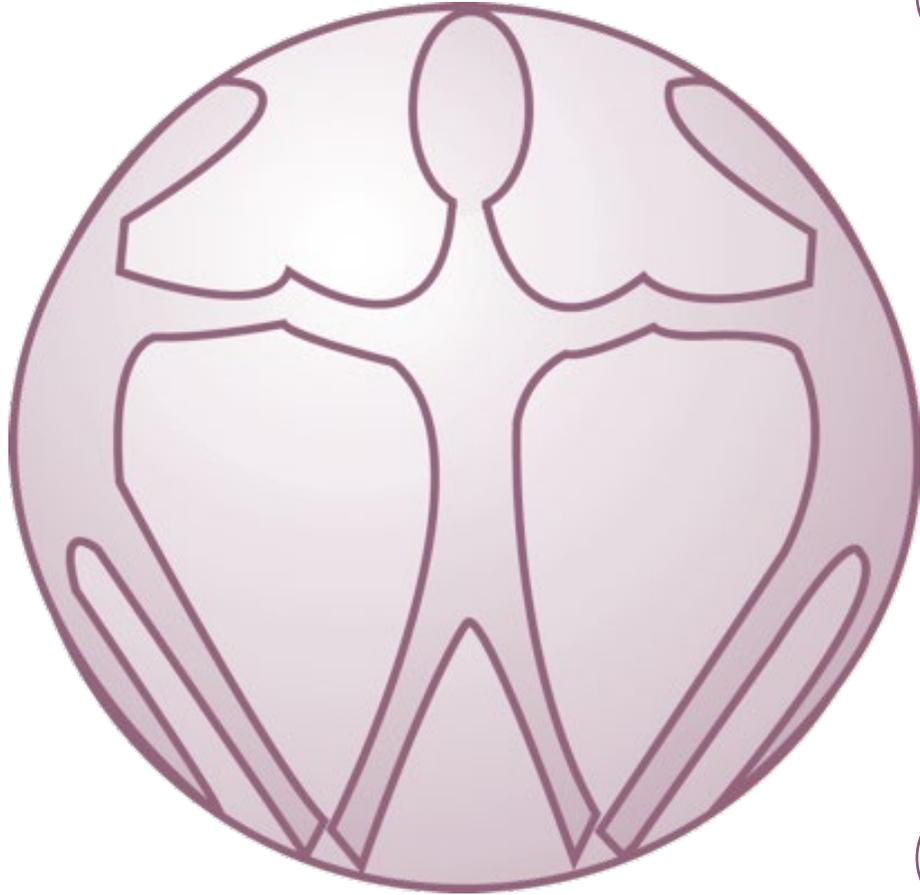
Zoom Meeting TA Guide

MHN Strategic Plan Executive Summary

Treasure Hunt Document



Summit Support



- Lisa Watson
- Kelly Marschall
- Katie Powell
- Marika Baren
- Kim Hopkinson
- Vanessa Helfrick-Paulus
- Crystal Duarte
- Sierra Rich

How We Are Going to Use Zoom

The Zoom Technical Guide will be available in the chat

Setup: We encourage you to join by computer audio. But if you are joined by phone, please merge your video and phone.

Engagement: Today will be very engaging. If possible, please turn your video on and use the chat to let folks know when you step away from your computer.

Technical Assistance: If you need any support during this webinar, please feel free to reach out to **Sierra**. You can ask Sierra for direct assistance through the chat, or you can text her if that is easier. Her number is **775-842-1077**



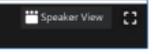
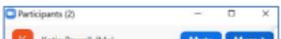
Zoom Meeting Technical Guide

Thank you so much for joining our fifth Maternal Health Community Summit. We are glad you are here with us today. To ensure we are all capable of participating to the fullest extent possible in this virtual setting, we have crafted a technical guide for you that describes how to join our meeting, how to optimize your view settings, and how to participate in our engagement activities throughout the course of the day. **If you have any issues related to Zoom, please text Megan Jones at 530-251-6115.**

Joining our Meeting:

- **Registration:** For security purposes, you will need to register in advance for this meeting: <https://zoom.us/meeting/register/Uwvc-ytpi8pE9x4a2SwKid-EDd75rnWDxWK>
After registering, you will receive a confirmation email containing information about joining the meeting.
- **The meeting will be recorded.** By registering and attending this meeting, you consent to being recorded.
- **We recommend that you join on your computer and use your computer audio.** If you are unable to join using your computer audio, please make sure that you merge your phone and computer when entering the Zoom meeting. You can do this by typing in your unique participant identification number in the Zoom invitation. If you have any difficulties, please use the chat function to message Megan Jones directly and she will link your phone and computer for you.

Setting Up Your View:

- Once you are logged into our Zoom meeting, you will be automatically muted, and your video will be turned off. If for whatever reason this does not happen automatically, we ask that you mute yourself and turn your video off by using the buttons at the bottom of your screen. 
- We recommend that you change your view to "Speaker View" so that you will only see the person who is talking throughout the day. You can do this by clicking the "Speaker View" button at the top right corner of your screen. 
- We also ask that you ensure that you are properly identified by Zoom upon entering the meeting so that we know who is participating. If your name does not appear, you can change this by clicking the "Participants" button at the bottom of your screen, finding yourself (hint: it will be at the top of the list with (me) next to it), selecting "more" and then "rename". 
We ask that you put your first and last name so that we



Maternal Health Network
of San Bernardino County

Background Information

A stylized graphic on the left side of the slide depicts two human figures. The larger figure on the left is a dark purple silhouette of an adult, with a smaller dark purple circle above its head representing a head. To its right is a smaller, lighter purple silhouette of a child, also with a smaller circle above its head. The background features a decorative purple wave at the top and a light purple rounded rectangle at the bottom.

Maternal Health Network of San Bernardino County

What is it?

The Maternal Health Network is a group of organizations and individuals who have come together to **collectively improve outcomes** for families and children before, during, and directly following pregnancy

Maternal Health Network



Prenatal and Postpartum Primary Care and Oral Health Providers



Birthing Supports



Behavioral Health & Substance Abuse Prevention, Intervention and Treatment



Prenatal and Postpartum Wellness

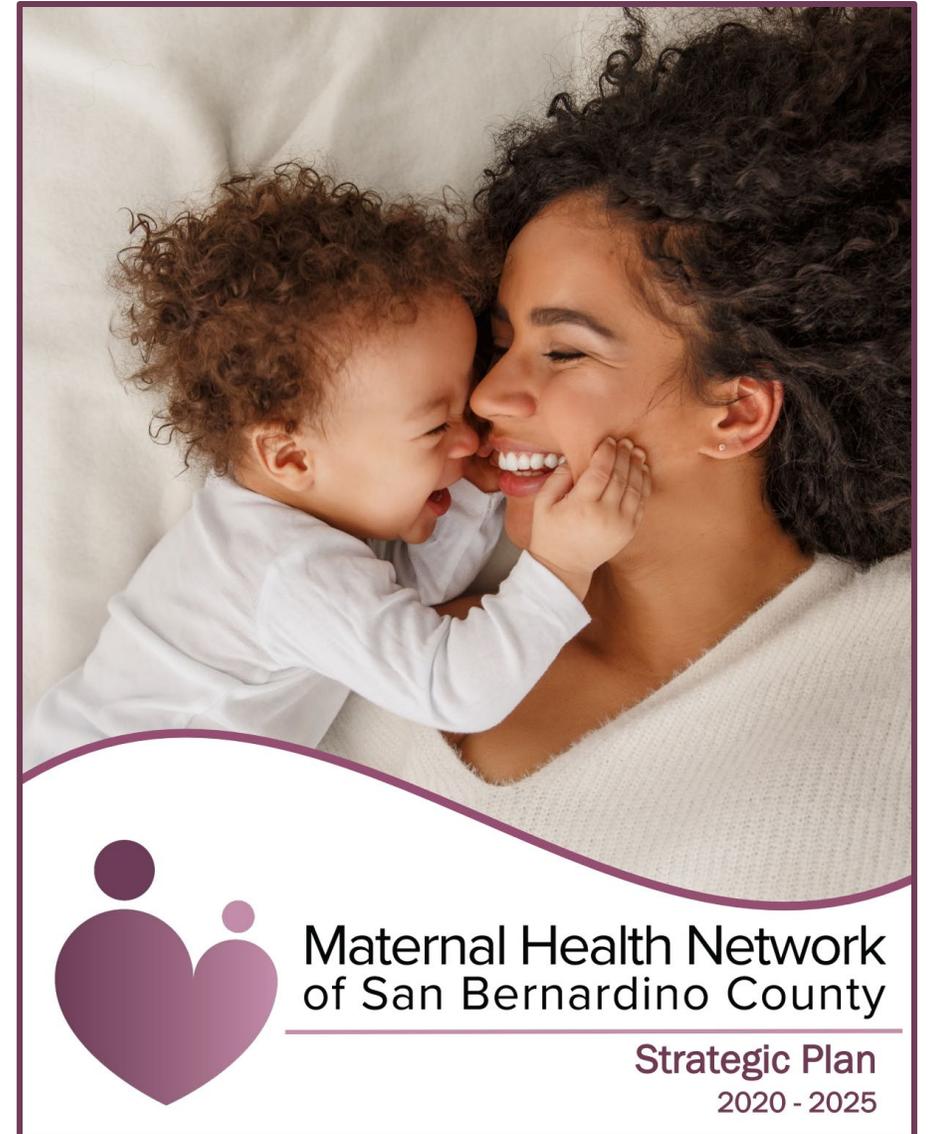


Services for Priority Populations

MHN Strategic Plan

Available on the MHN Website

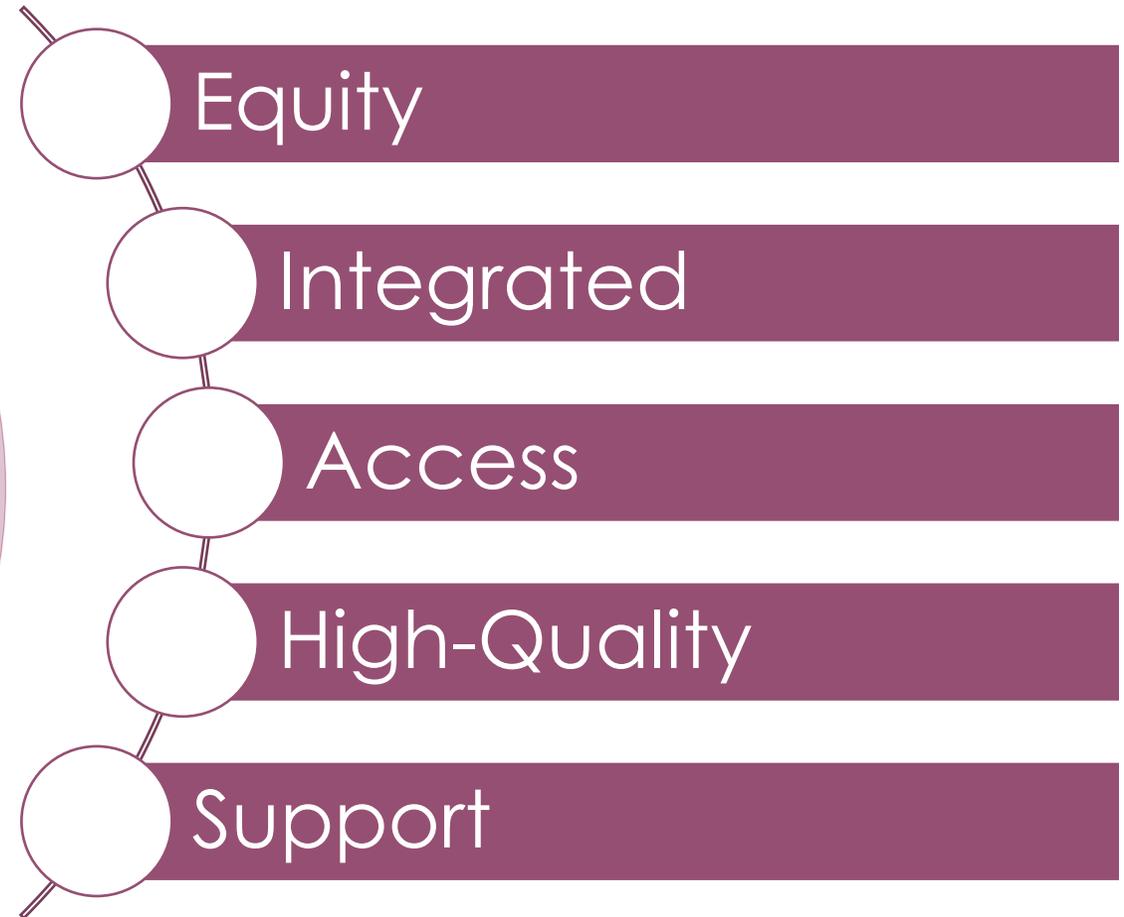
<https://www.maternalhealthnetworksb.com/>



Strategic Orientation

Vision

The Maternal Health Network of San Bernardino County empowers, respects and supports families before, during and after pregnancy to **optimize health and wellbeing** for babies and mothers



MHN Goals



Equity: Ensure there will be equity in experiences and outcomes amongst African American/Black families engaged in the maternal health system as compared to other groups.



Early Identification: Increase early screenings and connection to care for families with high-risk pregnancies and ensure they know about and engage in healthy habits before, during and directly following pregnancy.



Access to Community Resources: Improve coordination of care and cross collaboration between sector providers and county coalitions so that families will know about and will be able to access services that meet their full range of needs.



Data Sufficiency: Increase reliable, timely and comprehensive data collection efforts across the maternal health network to drive quality improvement and decision making.



Provider Capacity: Equip the Maternal Health Network with a sufficient workforce to meet community needs in a culturally competent fashion.

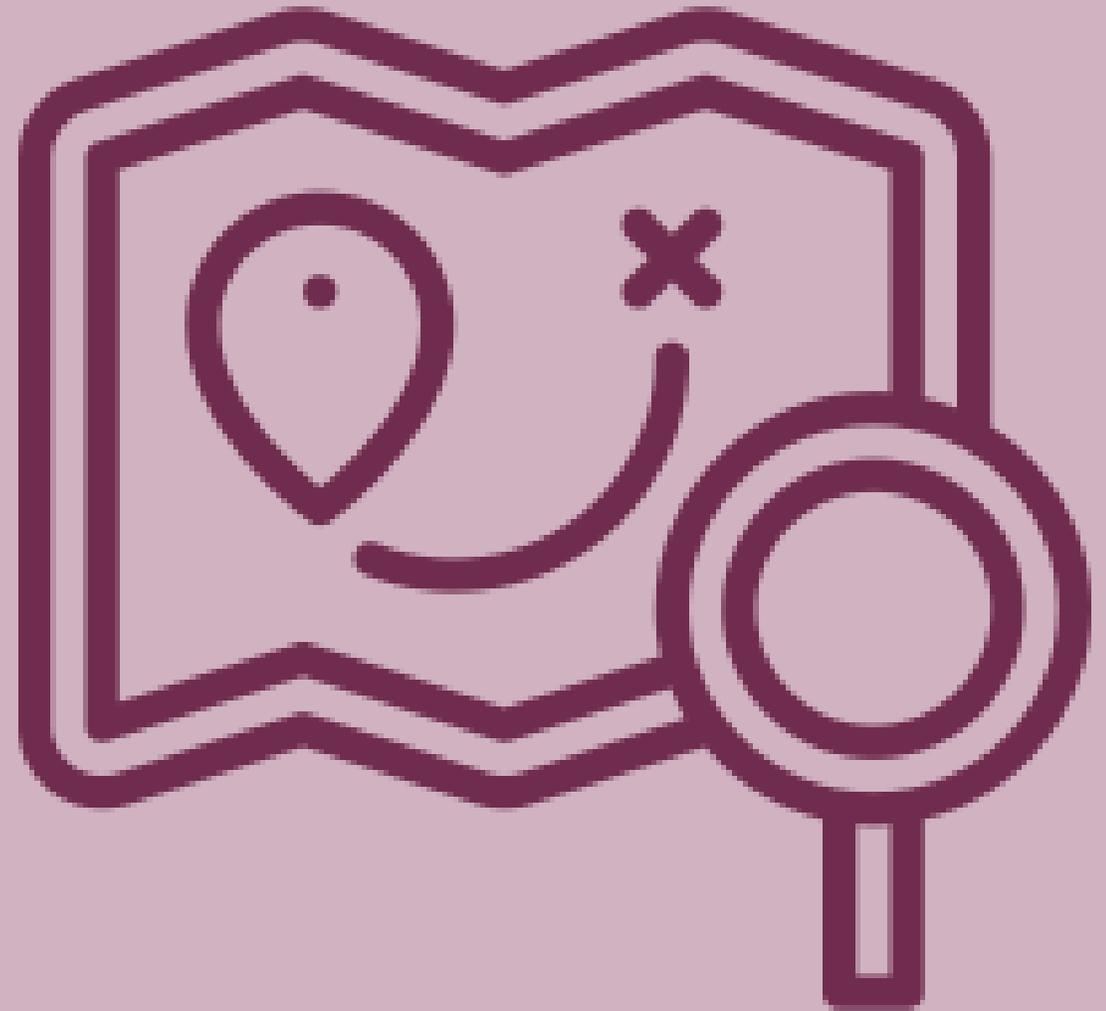
MHN Collaborative Plan of Action

Policy and Practices	  <p>Support Perinatal Equity Initiative to address maternal health disparities as it relates to our goals.</p>	   <p>Work with the criminal justice system to develop a protocol for connecting pregnant women to care upon release.</p>	   <p>Work with local school districts to connect pregnant teens to services both on and off school sites.</p>
Community Education	  <p>Implement a community education campaign to support healthy pregnancy and delivery. Topics to include healthy habits, benefits of breastfeeding, caring for yourself and your baby directly following birth, and maternal mental health.</p>	  <p>Develop and/or distribute marketing materials that support healthy pregnancy and delivery tips and resources which can be used throughout the maternal health network.</p>	
Service Expansion	   <p>Support co-location of services and team approaches to care for families accessing maternal health services.</p>	  <p>Establish proactive screening and education efforts with pregnant families.</p>	   <p>Prioritize service expansion in the following areas: Black Infant Health, pre and inter-conception care, breastfeeding, and behavioral health, midwives and doulas, as well as home visiting that specifically focuses on families who are pregnant.</p>
	   <p>Support innovative solutions that expand access to care (telehealth and virtual service provision as well as mobile clinics).</p>	  <p>Ensure the availability of a maternal health help line that provides resource information and navigational supports.</p>	
Data Collection	     <p>Establish a data collection effort that can be used throughout the Maternal Health Network.</p>	    <p>Support organizations in using data to drive discussions around issues of equity and quality of care.</p>	
Workforce Development	   <p>Partner to support workforce recruitment within the maternal health sectors, with an emphasis on reaching people of color.</p>	   <p>Increase provider capacity through targeted training to include implicit bias, culturally competent service delivery, and social determinants of health.</p>	

Engagement Activity

MHN Treasure Hunt

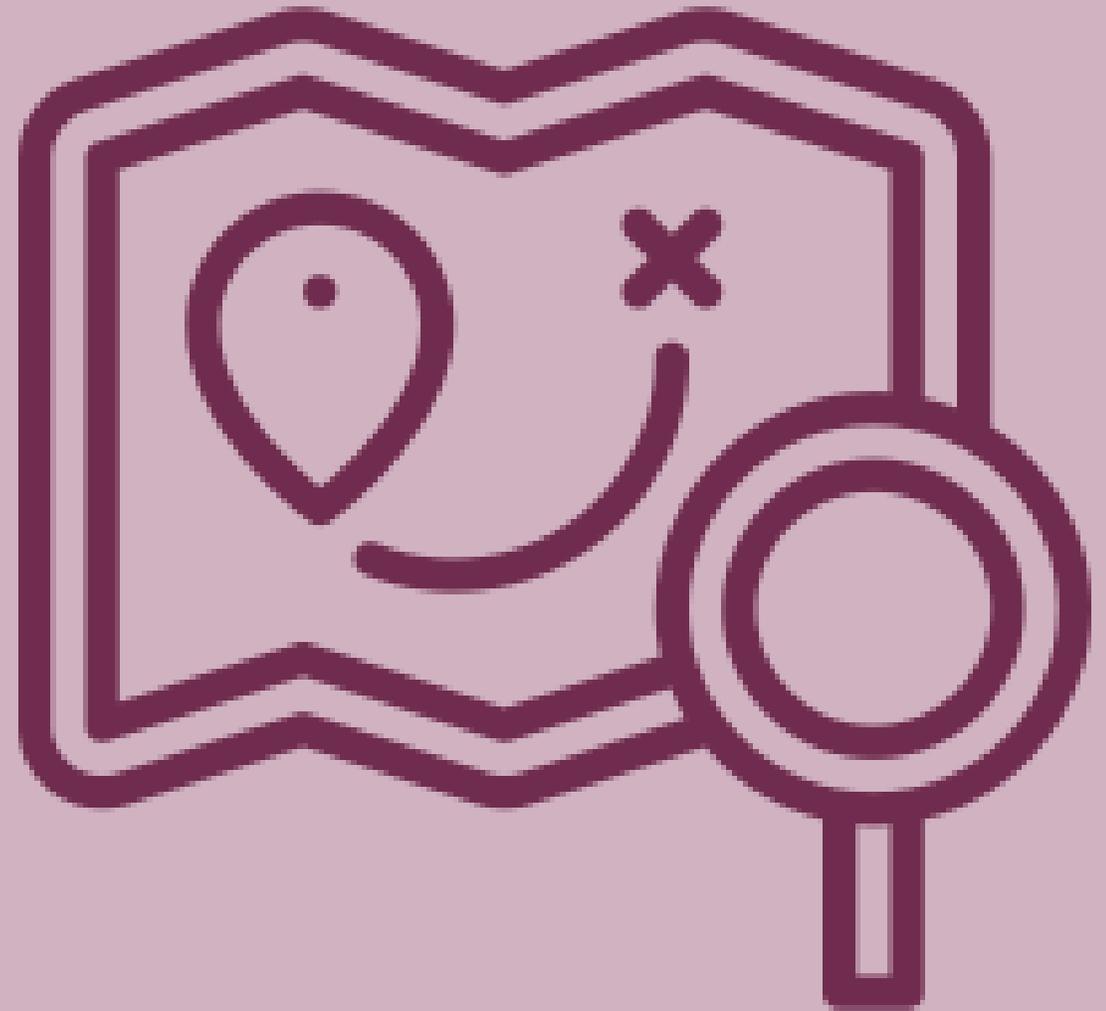
- Please complete the virtual treasure hunt document to be entered into a raffle to win a **\$25 gift card!**
- The Treasure Hunt fillable form can be found in the chat box.
- You will be using this document to find and engage in several resources that have been made available to you through the MHN website.



Engagement Activity

Treasure # 1

- You can click onto the link that is provided on the Treasure Hunt document (or you can grab it from the chat) to find the MHN Strategic Plan.
- Read the **Executive Summary** of the Strategic Plan
- Cut and paste the strategy that you are most interested in supporting for 2022 and place it into the Treasure Hunt document.



"I just wanted to write a note to say"

"We ended up on your site, and we really love the resources you have. Admittedly, there was a lot that I hadn't remembered from when Kelsey was born, so it was great to get a refresher on how to make my home as safe as possible for the baby. Truly great information for parents and doctors!"

- Mom in San Bernardino County



Maternal Health Network
of San Bernardino County

MHN Magic | Collective Impact in Action

Collective Impact in Action

Video Contributors

- **Laurie Haessley**, *Inland Empire Breastfeeding Coalition*
- **Evan Thomas**, *FAITHS Throughcare Program*
- **Elizabeth Sneed-Berrie**, *PEI*
- **Curley Palmer**, *Riverside Black Infant Health*
- **Karen Studer**, *Loma Linda*
- **Kanisha Neal**, *Geelo Wellness*
- **Gary Madden**, *Inland SoCal United Way*
- **Cindy Faulkner**, *First 5 San Bernardino*

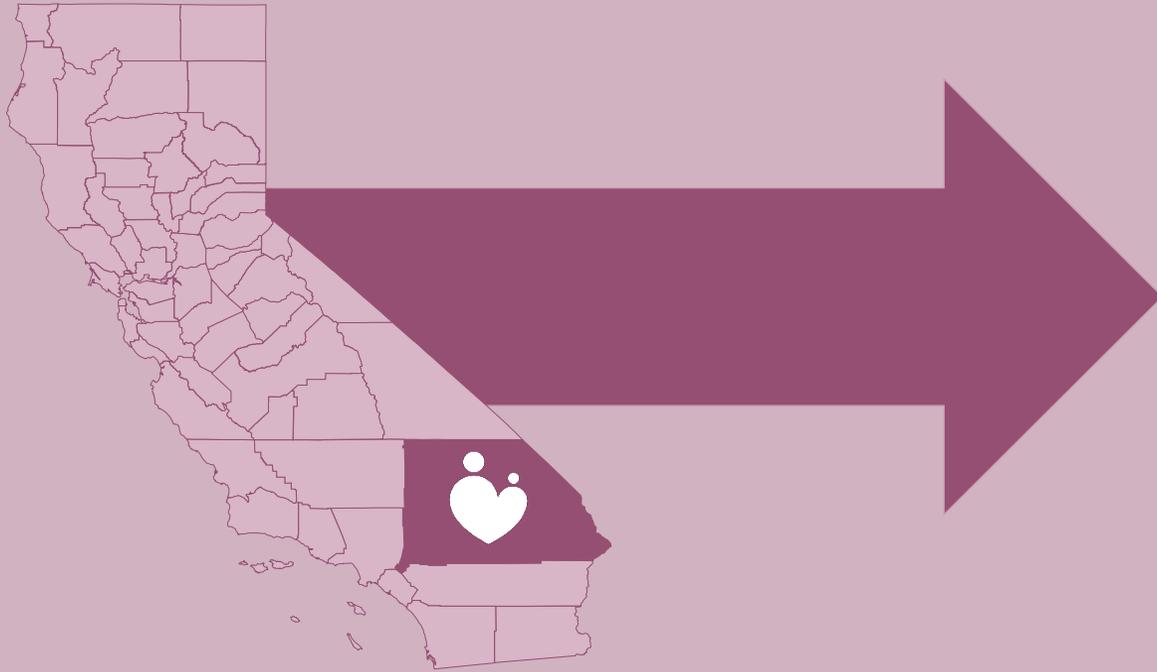


Maternal Health Network
of San Bernardino County

State of the County

Engagement Activity

State of the County



You can select which of these questions interest the group most and start there.

Discuss as many of these topics as time allows.

What do families in San Bernardino County who are planning to get pregnant, currently pregnant, or who have recently delivered a child need right now? How has this changed over the last two years?

What trends are you seeing in the maternal health and family support field? To what degree is San Bernardino implementing these trends?

What are the biggest opportunities you see for improving the maternal health sector in San Bernardino County? Is this work being done?

What is the biggest success you think San Bernardino County has achieved over the last two years? Why?

State of the County: Needs, Successes, Trends and Opportunities

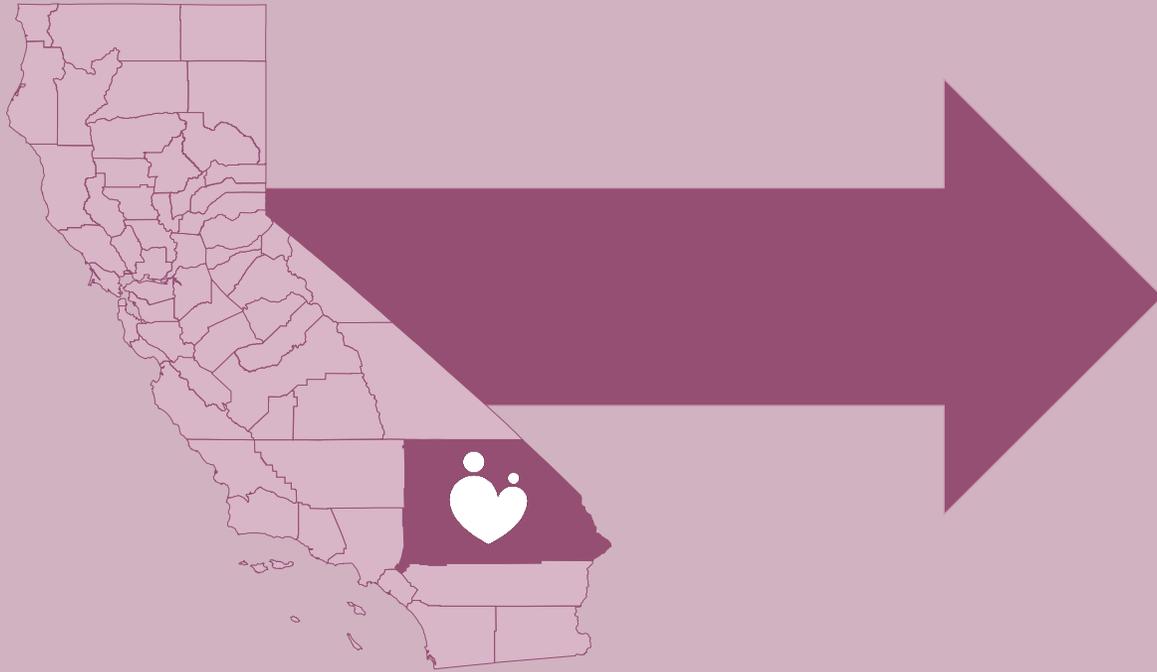
- **Breakout Rooms:** You will be placed in a break-out room with 4-5 of your colleagues. Please note the number of your breakout room as you join.
- **Identify a Guide:** someone who will lead the group through the discussion topics.
- **Identify a Scribe:** someone who will take notes in the google slide that matches your breakout #.
- **Google Slide:** The link to the google slide will be placed in the chat.
- **15 minutes:** The time you will have in your group.

Google Slide Example

Group 2	
What do families in San Bernardino County who are planning to get pregnant, currently pregnant, or who have recently delivered a child need right now? How has this changed over the last two years?	What trends are you seeing in the maternal health and family support field? To what degree is San Bernardino implementing these trends?
•	•
What are the biggest opportunities you see for improving the maternal health sector in San Bernardino County? Is this work being done?	What is the biggest success you think San Bernardino County has achieved over the last two years? Why?
•	•

Engagement Activity

State of the County



We will be using the
information you
provided to inform
our mid-term action
plan

Thank you!



Maternal Health Network
of San Bernardino County

MHN Hub | Website Navigation & Resource Utilization

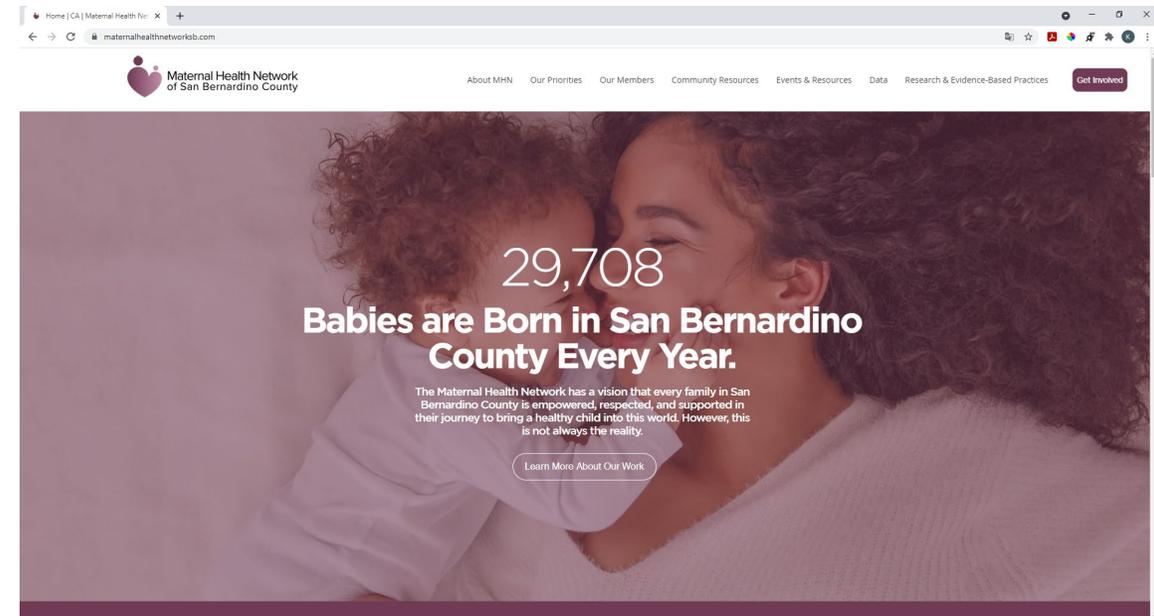
MHN Website

Launched in January 2021

Purpose: To serve as a repository for all things MHN

Let's explore this
together....

www.maternalhealthnetworksb.com





Good Information to Provide a General Understanding about the Maternal Health Network

About MHN

- Our Story
- Our Vision & Values

Our Priorities

- Our Framework
- Our Priorities
- Our Collaborative Plan

Our Members

- Leadership Team
- Membership



About MHN

Our Priorities

Our Members

Community Resources

Provider Resources

Data

Trends in the Field

MHN Summit

Membership

Maternal Health Network
of San Bernardino County

Community Events

The Maternal Health Network has compiled a list of community events that are open to the public being offered in San Bernardino County, the Inland Empire, or virtually. These are ideal for families looking to learn more about maternal health topics.

List of Community Events

Community Services

The Maternal Health Network has collected information on services available to support families before, during, and after pregnancy in San Bernardino County. These community services are filterable by service type and location, making it easy to connect you to the providers and services you need.

List of Community Services



Community Events

There are numerous community events specific to maternal health in San Bernardino County. The Maternal Health Network has compiled a list of community events being offered in San Bernardino County, the Inland Empire, or virtually. Simply click on the event you are interested in on the calendar below and a pop-up will provide more information about the event.

If your organization is hosting a community event that you would like to be included on this website, please [submit it here](#).

Time zone: GMT -05:00

Mon	Tue
27	28
3	4
10	11
17 Martin Luther ...	18
24	25
31	1 First Day of Bl.

Time zone: GMT -08:00

January 2022

Today

[Show past events this month](#)

- Thu 6 | Human Trafficking Awareness Webinar | 9:15am - 12:00pm
- Fri 7 | Resilient Bubble Wrapping | 12:30pm - 1:00pm
- Thu 13 | Human Trafficking Awareness Webinar | 9:15am - 12:00pm
- Fri 14 | Resilient Bubble Wrapping | 12:30pm - 1:00pm
- Mon 17 | Martin Luther King Jr. Day
- Wed 19 | Transcending Barriers of Whiteness for Next Generation Wellbeing | 11:00am - 12:00pm
- Thu 20 | Human Trafficking Awareness Webinar | 9:15am - 12:00pm
- Historical & Racial Trauma | 10:00am - 2:30pm
- Inland Empire Mother/Birthing Person Listening Session | 6:15pm - 8:30pm



Transcending Barriers of Whiteness for Next Generation Wellbeing (Willis & Friends fro...

Wednesday, January 19, 11:00 am - 12:00 pm

Willis & Friends is a monthly live webseries from the Center for the Study of Social Policy on early relational health. About this event In July 2021, PolicyLink, in partnership with Well Being Trust, conducted an equity project that resulted in a report entitled, Advancing Wellbeing by Transcending the Barriers of Whiteness, led by Michael McAfee of PolicyLink and Tyler Norris of Well Being Trust. Their study articulated that "centering Whiteness" is a social and institutional framework... For details, click here:

[Copy to Google Calendar](#)



Community Services

There are a variety of services available in San Bernardino County to support families before, during, and after pregnancy.

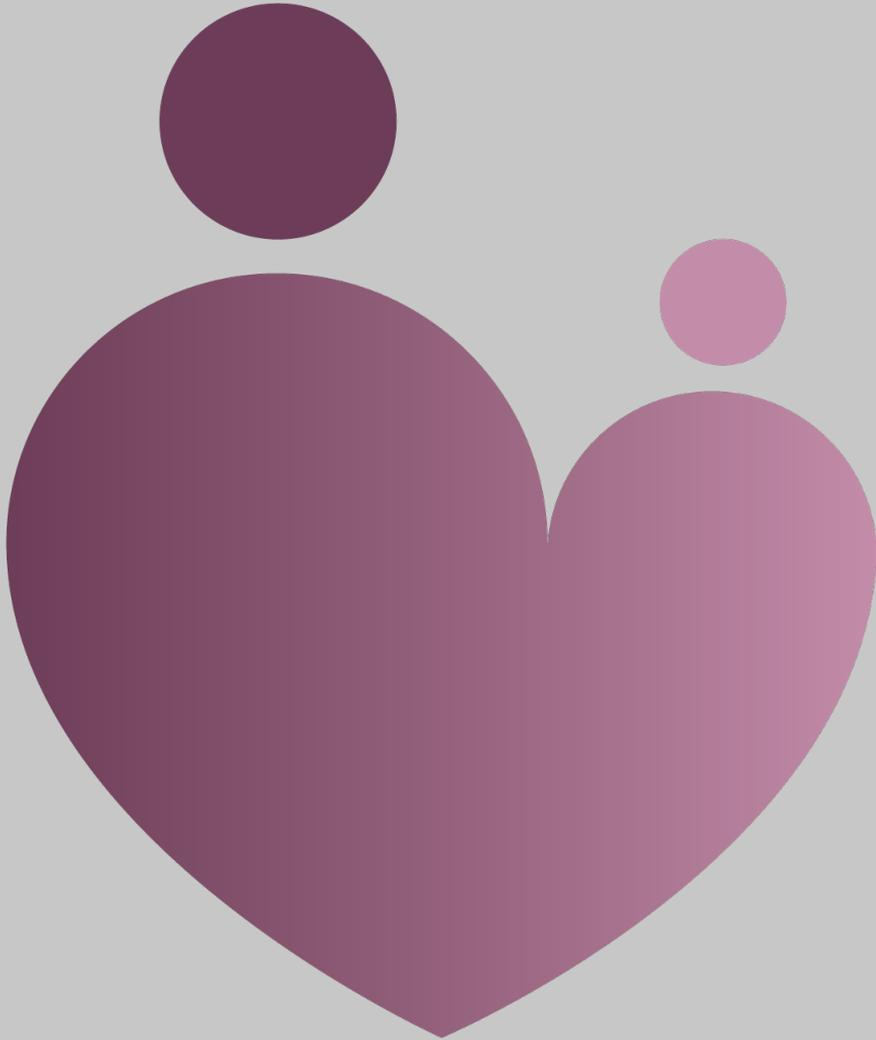
To find resources available throughout San Bernardino County, click on the service categories below.

Repository of Community Resources:

- Birthing Supports
- Oral Health
- Perinatal Mental Health
- Perinatal Primary Care
- Perinatal Substance Use Services
- Perinatal and Postpartum Wellness
- Services for our Priority Populations



Community Resources: Opportunities



Community Events:

- *Refer families to events that may support their pregnancy/delivery experience*

Community Resources:

- *Identify what services exist for families based on their need or their geographic location*

We Need Your Help:

- *Please send us any events that you are hosting or that you are aware of so we can add it to the calendar!*



About MHN

Our Priorities

Our Members

Community Resources

Provider Resources

Data

Trends in the Field

MHN Summit

Membership

Maternal Health Network
of San Bernardino County

- Birth Equity
- Grant Opportunities
- Provider Trainings
- Provider Tools
- Messaging Materials
- MHN Summit 21-22



Provider Resources

There are numerous community events, provider trainings, and available resources specific to maternal and infant health care in San Bernardino County.



Birth Equity

Providing Support for Black and African American Families and Perinatal Equity Initiative (PEI) to help reduce health disparities for Black and African American families in San Bernardino county.

Please see the sections below for a variety of provider tools that will assist in these efforts.

PEI Fatherhood/Partnership Intervention

The Fatherhood/Partnership engagement services intervention for PEI will utilize the 24/7 Dad AM model. The 24/7 Dad AM model is an evidence-based program consisting of a mixture of group sessions and home visits to teach parenting and nurturing skills to men, focusing on key fathering characteristics.

<http://www.sbfatherhood.com/>

Current PEI Fatherhood/Partnership Engagement Intervention Guidelines for Participation

- Father/partner of a pregnant/parenting African-American woman with a child under one
- Resident of San Bernardino County

For questions or referrals regarding the PEI Fatherhood/Partnership Engagement intervention

Complete the Program Referral Form and email the PEI Program Coordinator Ryan Berryman at rberryman6645@gmail.com.

Referral

Download Flyer

PEI Doula Intervention

A doula is a trained non-medical, non-licensed advocate who provides continuous physical, emotional, and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, birthing experience possible.

Current PEI Doula Intervention Guidelines for Participation

- African-American pregnant woman
- Non-Inland Empire Health Plan (IEHP) member (IEHP members will have access to pilot doula services through plan benefits.)
- Resident of San Bernardino County

For questions regarding the PEI Doula Intervention

Email the PEI Program Coordinator Elizabeth Sneed-Berrie at Sneed-Berrie@dph.sbcounty.gov.

Referral



Birth Equity

Providing Support for Black and African American Families in the Perinatal Equity Initiative help reduce health disparities for Black and African American families in San Bernardino County.

Please see the sections below for a variety of provider tools to assist in these efforts.

Breastfeeding 101: Benefits, Tips, and Tricks

Safe Sleep Practices

Healthy Relationships

Substances to Avoid During Pregnancy

Supporting Your Pregnant Family Member

Physical Prep for Pregnancy and Birth

How to Support Your Pregnant Family Member

Each year in the United States, about 700 women die during pregnancy or in the year after.
Source: CDC

SUPPORTING A PREGNANT FAMILY MEMBER

Statistic

Providing black women with support in pregnancy and postpartum increases their chances of a healthy birth for both mom and baby.

SUPPORTING A PREGNANT FAMILY MEMBER

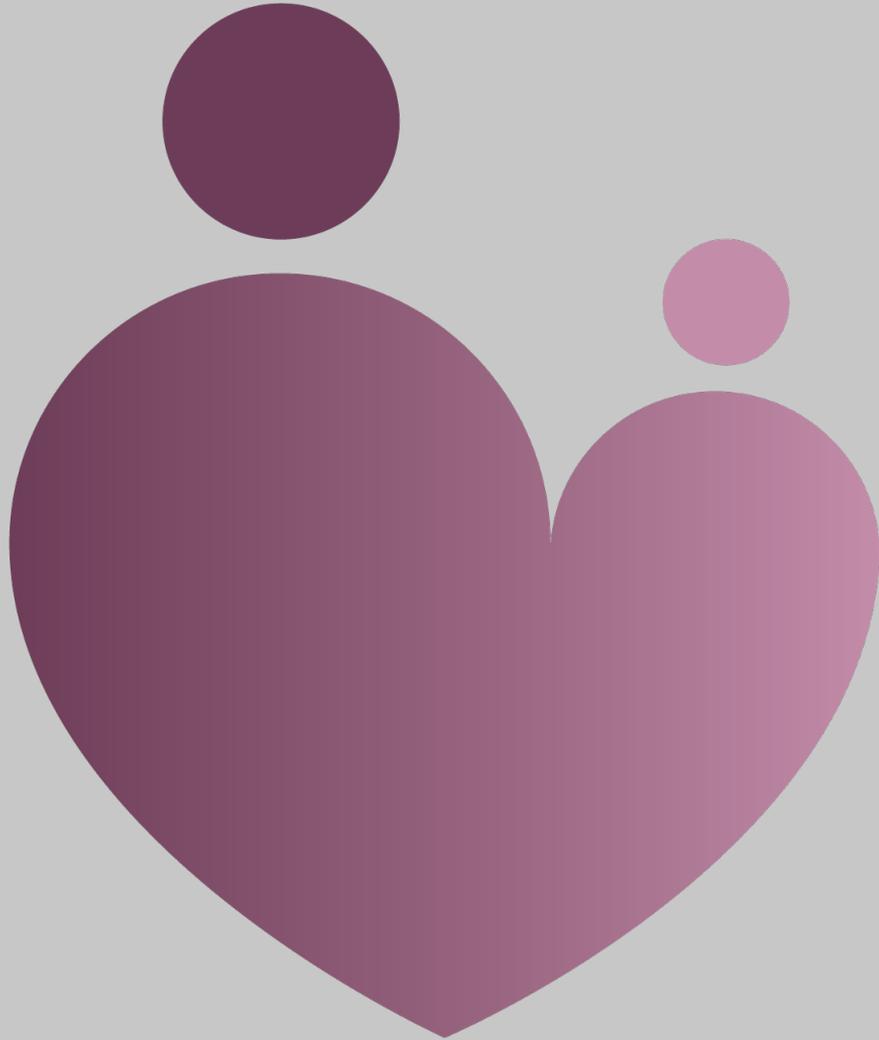
Support During Pregnancy

BLACK WOMEN ARE FOUR TO SIX TIMES MORE LIKELY TO DIE FROM CHILDBIRTH.
Source: Black Infant Health

SUPPORTING A PREGNANT FAMILY MEMBER

Statistic 2

Birth Equity: Opportunities



BIH/PEI Programming:

- *Refer families to BIH/PEI programming via email*

Tip Sheets:

- *Distribute throughout organizations to support appropriate care practices for target population*

Messaging:

- *Customize social media tiles/posts and distribute throughout network*

Grant Opportunities

Recognizing the gaps in service available to families planning to get pregnant, those that are pregnant and those that have recently delivered, the MHN has compiled a collection of grant opportunities that are available support existing services and creation of new programs.

Simply click on the grant opportunity you are interested in on the list below to be directed to the funding application.

Grant Opportunities

[HELP](#) | [REGISTER](#) | [LOGIN](#)

SEARCH: Enter Keyword... [GO](#)

[HOME](#) | [LEARN GRANTS](#) | [SEARCH GRANTS](#) | [APPLICANTS](#) | [GRANTORS](#) | [SYSTEM-TO-SYSTEM](#) | [FORMS](#) | [CONNECT](#) | [SUPPORT](#)

GRANTS.GOV > [View Opportunity](#)

VIEW GRANT OPPORTUNITY



HRSA-22-080
 Home Visiting Research and Development Platform
 Department of Health and Human Services
 Health Resources and Services Administration

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- [SYNOPSIS](#) | [VERSION HISTORY](#) | [RELATED DOCUMENTS](#) | [PACKAGE](#)

[Print Synopsis Details](#) ?

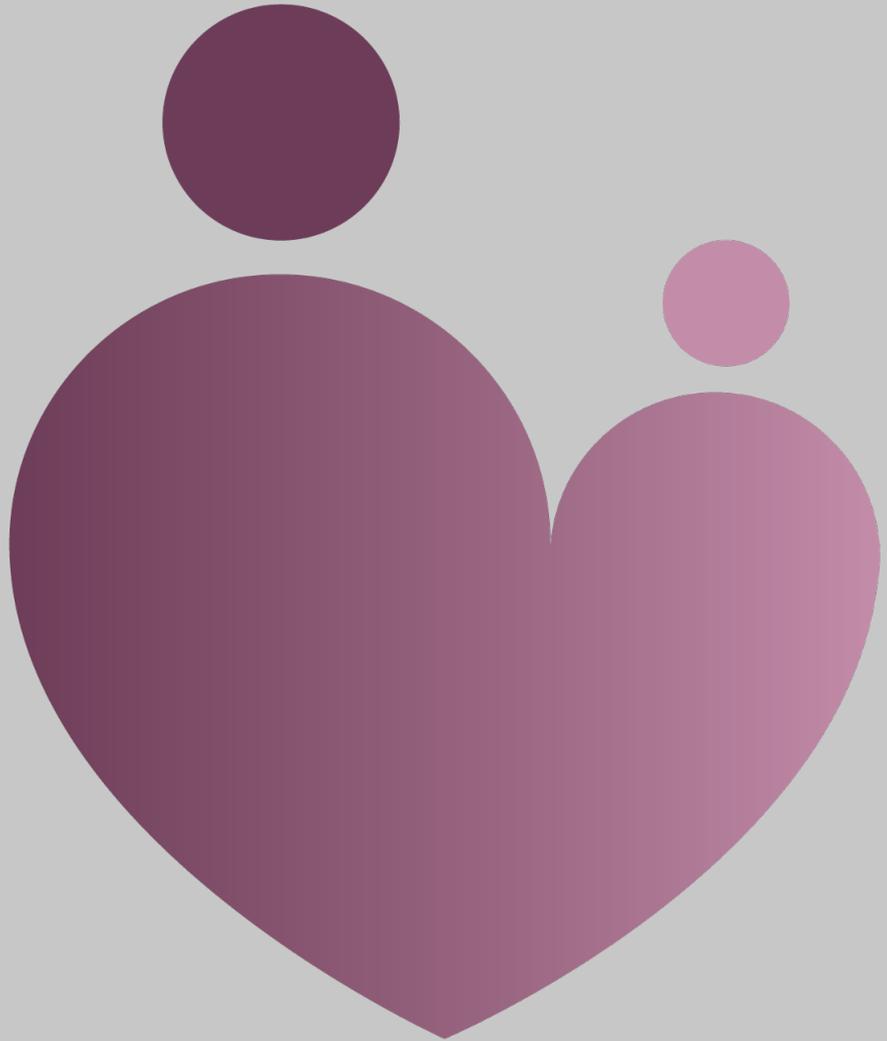
General Information

<p>Document Type: Grants Notice</p> <p>Funding Opportunity Number: HRSA-22-080</p> <p>Funding Opportunity Title: Home Visiting Research and Development Platform</p> <p>Opportunity Category: Discretionary</p> <p>Opportunity Category Explanation:</p> <p>Funding Instrument Type: Cooperative Agreement</p> <p>Category of Funding Activity: Health</p> <p>Category Explanation: https://grants.hrsa.gov/2010/Web2External/Interface/FundingCycle/ExternalView.aspx?fCycleID=aa33273f-1952-496b-9102-486d38cd3a48</p> <p>Expected Number of Awards: 1</p> <p>CFDA Number(s): 93.870 -- Maternal, Infant and Early Childhood Home Visiting Grant</p> <p>Cost Sharing or Matching Requirement: No</p>	<p>Version: Synopsis 3</p> <p>Posted Date: Nov 23, 2021</p> <p>Last Updated Date: Dec 17, 2021</p> <p>Original Closing Date for Applications: Feb 22, 2022</p> <p>Current Closing Date for Applications: Feb 22, 2022</p> <p>Archive Date:</p> <p>Estimated Total Program Funding: \$1,500,000</p> <p>Award Ceiling: \$1,500,000</p> <p>Award Floor: \$0</p>
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Eligibility

Eligible Applicants: Native American tribal governments (Federally recognized)
 Others (see text field entitled "Additional Information on Eligibility" for clarification)
 Native American tribal organizations (other than Federally recognized tribal governments)

Grant Opportunities: Opportunities



Grant Opportunities:

- *Regularly review and identify grant opportunities that are a good fit for your organization and that support MHN goals*



Provider Trainings

There are numerous provider trainings specific to maternal health care in San Bernardino County. The Maternal Health Network has compiled a list of provider trainings that are open to

If your organization is hosting a provider training that you would like to be included on this website, please [submit it here](#).

Time zone: GMT -05:00 | January 2022 | Today

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28 3:30pm IEBf...	29	30	31 New Year's Eve Day off for Ne...	1 New Year's Day	2
3	4	5 9:00pm Heali...	6 12:15pm Hu...	7 3:30pm Resili...	8	9
10	11 3:30pm IEBf...	12	13 12:15pm Hu... 3:00pm MHN... 4:00pm NIH T...	14 3:30pm Resili...	15	16
17 Martin Luther ...	18 3:30pm IEBf... 5:15pm IEBf...	19 2:00pm Trans...	20 12:15pm Hu... 1:00pm Histo...	21 3:30pm Resili...	22	23

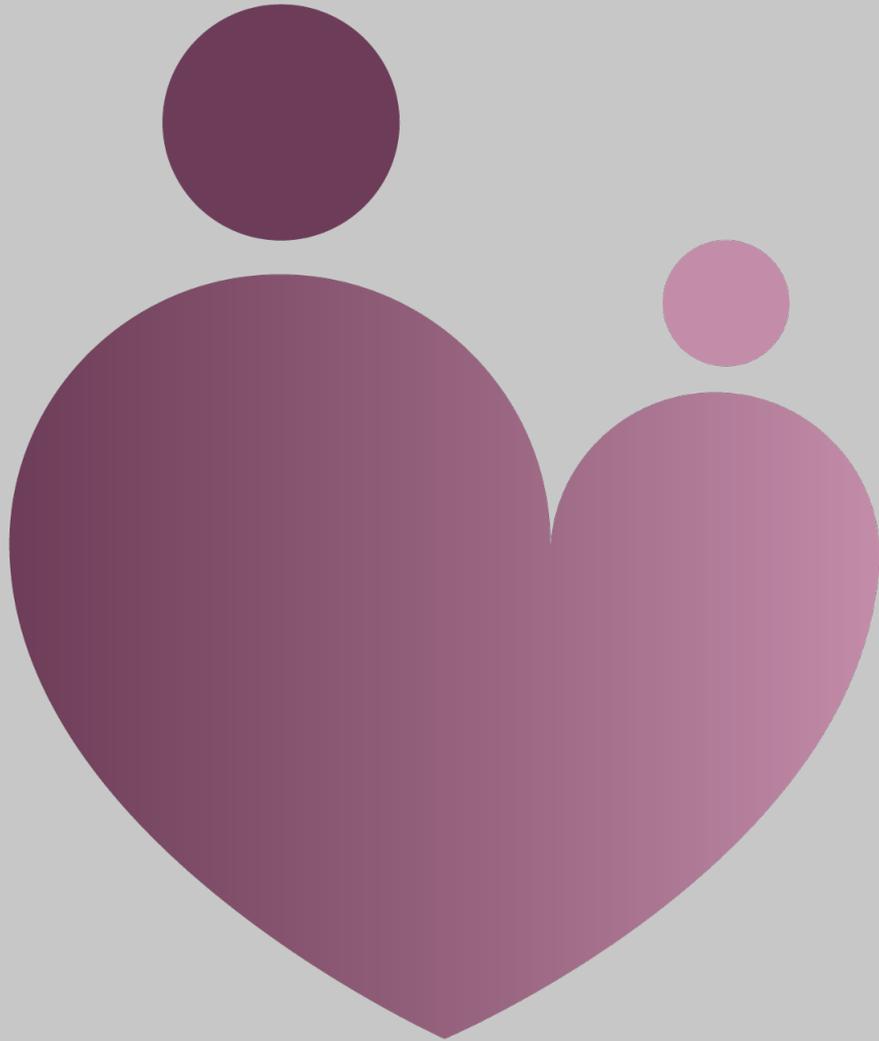
IEBfC Monthly Check-In Webinar

Tuesday, January 11, 3:30 - 4:30 pm

<https://www.iebreastfeeding.org/>

[Copy to Google Calendar](#)

Provider Trainings: Opportunities



Provider Trainings:

- *Check calendar on a regular basis to see what professional development opportunities exist for you and your colleagues*

We Need Your Help:

- *Please send us any trainings you are aware of that would benefit our Network!*

Social Media Collateral

The Maternal Health Network has established a series of social media content based on the curriculum developed in conjunction with the subject matter experts. All materials are available for download and have space for you to add your organization's logo on the materials should you desire.

-
-
-
-
-
- Social Media Collateral



Breastfeeding 101 Flyer

[Download](#)



Breastfeeding 101 Factsheet

[Download](#)



Breastfeeding Challenges

[Download](#)



Formula Challenges

[Download](#)



A template with a purple background. It features 'Your Logo Here' at the top left. The main title is 'Human Milk Storage Guidelines'. Below the title is a table with columns for 'Type of Breast Milk', 'Countertop', 'Refrigerator', and 'Freezer'. The table provides storage durations for different milk types.

Type of Breast Milk	Countertop	Refrigerator	Freezer
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months (Up to 12 months if acceptable)
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day	NEVER refreeze. Human milk after 1 hour from thawed

• *Healthy relationship with your community*



Physical Prep for Pregnancy and Birth

- *Preparing to get Pregnant*
- *During Pregnancy*
- *Preparing for Childbirth*

[Access Bundle >](#)

General MHN Social Media

WHAT IS COVID-19?



COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.



Maternal Health Network of San Bernardino County

Your Logo Here

Human Milk Storage Guidelines

Storage Locations & Temperatures

Type of Breast Milk	Countertop	Refrigerator	Freezer
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best. Up to 12 months is acceptable.
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day	NEVER refreeze human milk after it has been thawed.
Leftover from a Feeding	Up to 2 Hours after the baby is finished feeding.		

Source: CDC

TIPS TO HAVE A HEALTHY PREGNANCY

NUTRITION AND SUPPLEMENTS

- Take Prenatal Vitamins with Biotin, Folate Acid
- Eat a Healthy Diet of Fruits, Vegetables, and Whole Grains
- Track Your Weight Gain, Aim for 25-35 lbs of Weight Gain Over Pregnancy
- Avoid Raw Meat, Eggs, Fish High in Mercury, & Unpasteurized Milk
- Stay Hydrated with 8+ Cups of Water Daily

PRENATAL HEALTH CARE

- Make and Keep Your Prenatal Appointments
- Attend a Childbirth Class to Learn What to Expect
- Don't Use Alcohol to Cope and Ask Your Provider Questions

EXERCISE AND SLEEP

- Use Relaxation Techniques to Strengthen Your Pelvic Floor Muscles
- Try to Exercise for at Least 30 Minutes Daily
- Aim for at Least 7 Hours of Sleep per Night

SAFETY AND PRECAUTIONS

- Don't use Drugs or Alcohol. No Recreational Drugs
- Decrease Caffeine Intake to Under One 200mg Daily
- Stay Close to Home During Your Last Trimester
- Quit Smoking. No Bunk Beds
- Stay Away from Hot Tubs. They Are Dangerous to the Baby
- Review Your Prescriptions and Call Out as Many Drugs as Possible
- Wear Sunscreen. Because Your Skin is More Sensitive to Sunlight

THE BENEFITS OF BREASTFEEDING FOR BABIES

- SLEEP**
Breastfed babies have better sleep patterns which allows mom to sleep better as well.
- HEALTHY WEIGHT**
Breastfeeding helps babies achieve a healthy weight. Mothers milk helps to reduce the incidence of obesity.
- ANTIBODIES**
Breast milk is full of antibodies which boost the immune system and helps the baby fight off viruses and harmful bacteria.
- SUPERIOR NUTRITIONAL VALUE**
Breast milk contains cholesterol which is an important component of the brain and nervous system.
- BRAIN DEVELOPMENT**
Research has shown that breastfed babies contain more white matter in their brains than babies who don't have mothers milk.

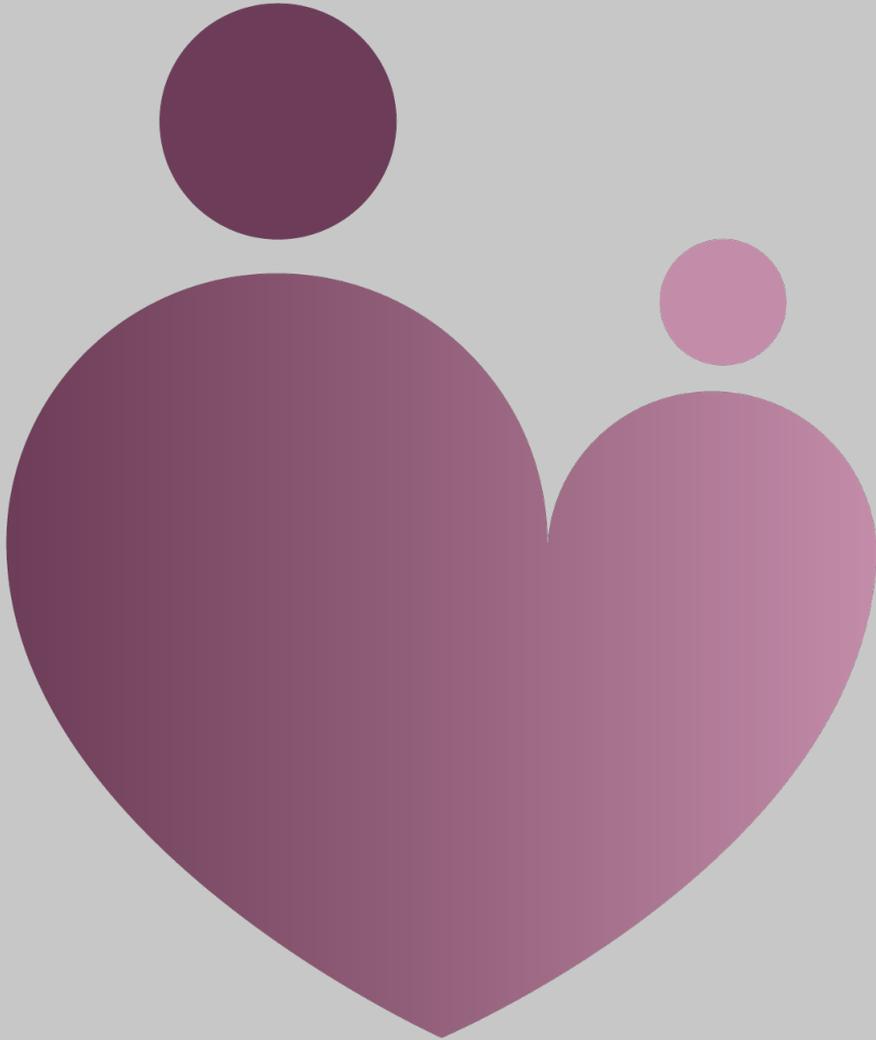
The American College of Obstetricians and Gynecologists (ACOG) recommends that pregnant women exercise at least 150 minutes per week.
Source: American College of Obstetricians and Gynecologists

Improves access to care and makes the places Black women live and work healthier, more fair and more responsive to their needs.
Source: Black Women's Health Study, a National Network for Advancing Research and Data Health Disparities

www.MATERNALHEALTHNETWORKSB.COM

for support for moms looking for resources you can access our provider toolkit linked below.
Bernardi County
<https://www.maternalhealthnetworksb.com/provider-resources>

MHN Messaging: Opportunities



Social Media:

- *Customize and distribute social media tiles to maximize our Networks reach.*

We Need Your Help:

- *Please tag us on any posts you distribute. It will help us understand how the reach of our messaging*

Data can help drive program development, continuous quality improvement efforts and evaluation activities.

Maternal Health Outcomes

- Maternal & Infant Health Data Snapshot
- SDOH Data

Maternal Health Experience

- 2019 Consumer Survey
- 2021 Consumer Survey
- 2021 Consumer Brief: Experience of Black and African American Families

SBC Maternal Health System Asset & Gaps

- Asset & Gaps Summary Report
- Sector Specific Briefs:
 - *Primary Care & Oral Health*
 - *Birthing Supports*
 - *Behavioral Health*
 - *Prenatal & Postpartum*
 - *Priority Populations*

Research

Listening to Mothers in California

Listening to Mothers in California is a statewide, population-based survey of women who gave birth in 2016. Data reports specific to the experiences of Black and Latina mothers are also available.

[Read More](#)

Articles

- Health Equity Impact Assessment Tool
- Reduce Implicit Bias
- Reduce Maternal Morbidity
- Medicaid Coverage for Doula Care
- Community-Based Doula Program
- 12-Point Plan to Close the Black-White Gap in Birth Outcomes

Evidence Based Practices



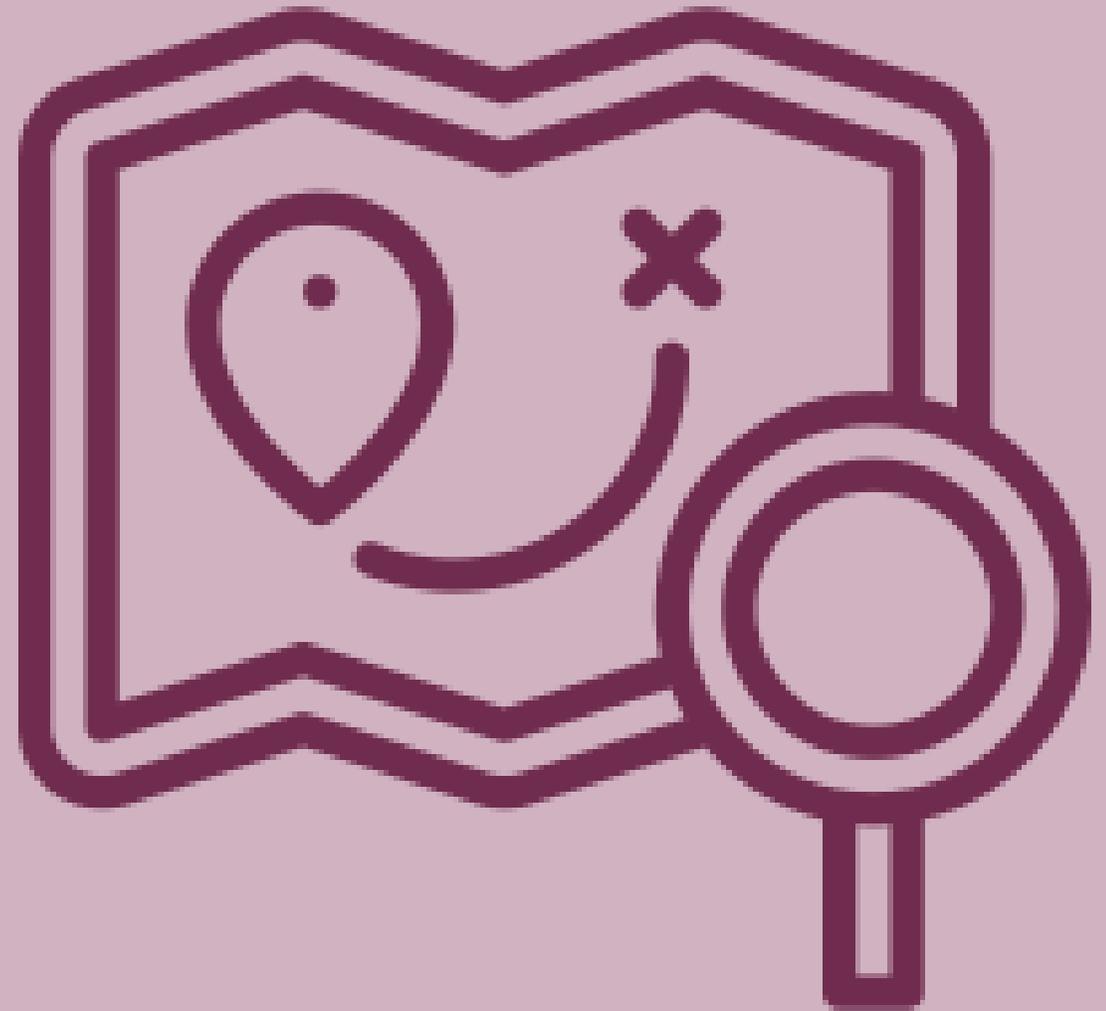
[Read More](#)

Addressing maternal and child health equity through a community health worker home visiting intervention to reduce low birth weight

Engagement Activity

MHN Treasure Hunt

- You will spend about 5 minutes on your own exploring the website
- When prompted, you will shift to finding a grant opportunity that you think would be a good fit for your organization to consider
- Insert the title of the grant opportunity into the Treasure Hunt documentation



"I just wanted to write a note to say"

"We ended up on your site, and we really love the resources you have. Admittedly, there was a lot that I hadn't remembered from when Kelsey was born, so it was great to get a refresher on how to make my home as safe as possible for the baby. Truly great information for parents and doctors!"

- Mom in San Bernardino County



Maternal Health Network
of San Bernardino County

Birth Equity in Action

Policy & Practice:

Support Perinatal Equity Initiative



Monthly Meeting to Identify Support Needs & Messaging



Perinatal Equity Initiative(PEI) Community Advisory Board



2022 Perinatal Equity Initiative Summit Planning Committee

Policy & Practice: Support Perinatal Equity Initiative



Electronic Referrals

- *Black Infant Health*
- *PEI Fatherhood Project*
- *PEI Doula Program*

PEI Fatherhood/Partnership Intervention

The Fatherhood/Partnership engagement services intervention for PEI will utilize the 24/7 Dad AM model. The 24/7 Dad AM model is an evidence-based program consisting of a mixture of group sessions and home visits to teach parenting and nurturing skills to men, focusing on key fathering characteristics.

<http://www.sbfatherhood.com/>

Current PEI Fatherhood/Partnership Engagement Intervention Guidelines for Participation

- Father/partner of a pregnant/parenting African-American woman with a child under one
- Resident of San Bernardino County

For questions or referrals regarding the PEI Fatherhood/Partnership Engagement intervention

Complete the Program Referral Form and email the PEI Program Coordinator Ryan Berryman at rberryman6645@gmail.com.

Referral

Download Flyer

PEI Doula Intervention

A doula is a trained non-medical, non-licensed advocate who provides continuous physical, emotional, and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, birthing experience possible.

Current PEI Doula Intervention Guidelines for Participation

- African-American pregnant woman
- Non-Inland Empire Health Plan (IEHP) member (IEHP members will have access to pilot doula services through plan benefits.)
- Resident of San Bernardino County

For questions regarding the PEI Doula Intervention

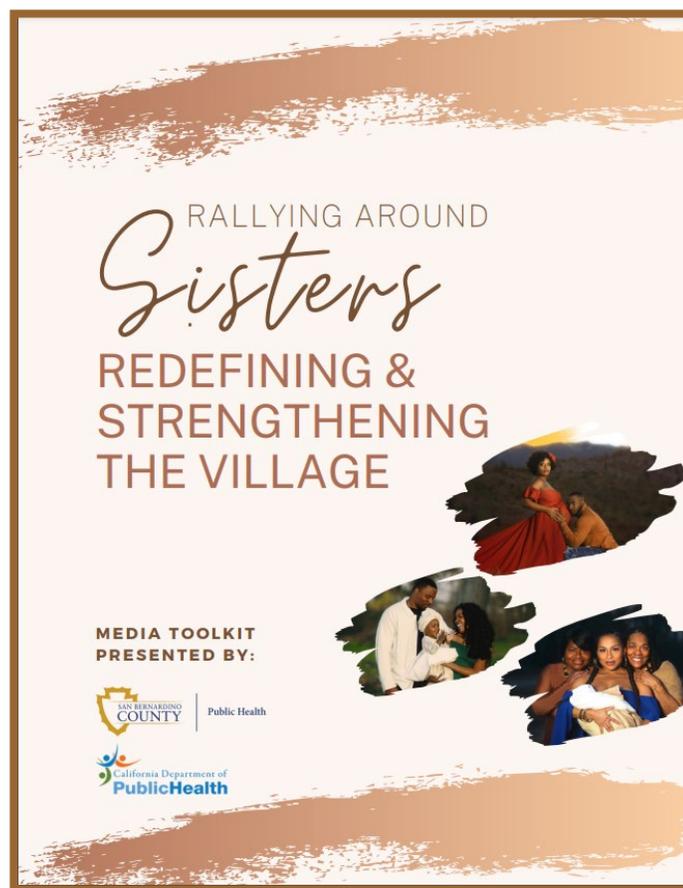
Email the PEI Program Coordinator Elizabeth Sneed-Berrie at Sneed-Berrie@dph.sbcounty.gov.

Policy & Practice: Support Perinatal Equity Initiative



Promotions of PEI Media Campaign

- Promote PEI Media Toolkit on website and through Weekly Newsletter
- Tip Sheet for Sharing Social Media Posts



Sharing to Social Media

DOWNLOAD MATERIALS (Visit <https://www.maternalhealthnetworksb.com/provider-resources>)

Scroll down to the "Black Maternal Health Equity Campaign Social Media Toolkit" section → **Click on the image** you would like to share to open it → Select and **copy the caption** → **Download and save the image** to your computer or mobile device.

POST TO FACEBOOK (Via Computer)

Open Facebook → Create a **new post** → **Paste the caption** → **Select and upload the image** → **Post**

POST TO INSTAGRAM (Mobile Only)

Open Instagram → Create **new post** using the plus icon in the top right → **Select the image** from your library → **Paste the caption** into the body → **Tag @MaternalHealthNetworkSB** → **Share**

Maternal Health Network of San Bernardino County

Community Education: Education Campaign & Info Dissemination



Support for a Pregnant Family Member

- *San Bernardino Fatherhood*
- *Perinatal Advisory Council: Leadership, Advocacy, and Consultation (PAC/LAC)*

3 Things to Know about Supporting Your Pregnant Family Member

- #### 1 Importance of Support

 - ✓ Ongoing support from fathers or other primary support individuals is essential to healthy pregnancies, mothers, and babies.
 - ✓ There are many ways you can support your pregnant family member, but consistency is key.
- #### 2 Practical Support

You can support your pregnant family member by:

 - ✓ Writing down questions that can be explored during appointments.
 - ✓ Attending appointments with your loved one.
 - ✓ Encouraging and participating in healthy habits.
 - ✓ Learning about newborn care, breastfeeding, and contraception.
- #### 3 Emotional Support

You can support your pregnant family member by:

 - ✓ Encouraging and practicing self-care.
 - ✓ Identifying others who can be available to help you and your pregnant family member.
 - ✓ Be aware of the signs of postpartum depression and anxiety.

Maternal Health Network of San Bernardino County

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To learn more about the MHN, please visit our website at www.maternalhealthnetworksbc.com

INSERT PARTNER LOGO

Providing black women with support in pregnancy and postpartum increases their chances of a healthy birth for both mom and baby.

BLACK WOMEN ARE FOUR TO SIX TIMES MORE LIKELY TO DIE FROM CHILDBIRTH.

Source: Black Infant Health

SUPPORTING A PREGNANT FAMILY MEMBER

Maternal Health Network of San Bernardino County

Community Education: Education Campaign & Info Dissemination



Tip Sheets

Maternal Health Network
of San Bernardino County

PEI Tip Sheet

SUPPORTING YOUR
PREGNANT FAMILY MEMBER

What You Need to Know

BLACK WOMEN ARE **FOUR TO SIX TIMES**
MORE LIKELY TO DIE FROM CHILDBIRTH

For more information, access the Maternal Health Data Snapshot [here](#).

Maternal mortality disproportionately affects Black/African American women in the United States. Support from family members and culturally competent services providers is critical to increasing positive outcomes for moms and babies. Listening to the mother when she expresses discomfort or concern and advocating for her needs during and after pregnancy can help identify issues early.

Additional Resources on the Topic

For more information on this topic, please follow these resource links:

California Black Women's Health Project
The CA Black Women's Health Project provides training for health advocates, and other supports to improve black women's health. Follow this link to find out more!

Black Women for Wellness
Black Women for Wellness works to address health disparities in order to improve overall health status and wellbeing of Black mothers and babies. Follow this link to find out more!

Referring to Programs

Click onto the following links to refer families to these programs

Black Infant Health
Group-based services where Black/African American women can connect, learn and prepare for the birth of their child.

Home Visiting
Home visiting services are offered to Black/African American families.

Fatherhood Partnership
The 24/7 Dad program offers Black/African American fathers the opportunity to learn and grow together.

Doulas Supports
Doulas are available to Black/African American families in their birthing experience.

Sharing Our Message

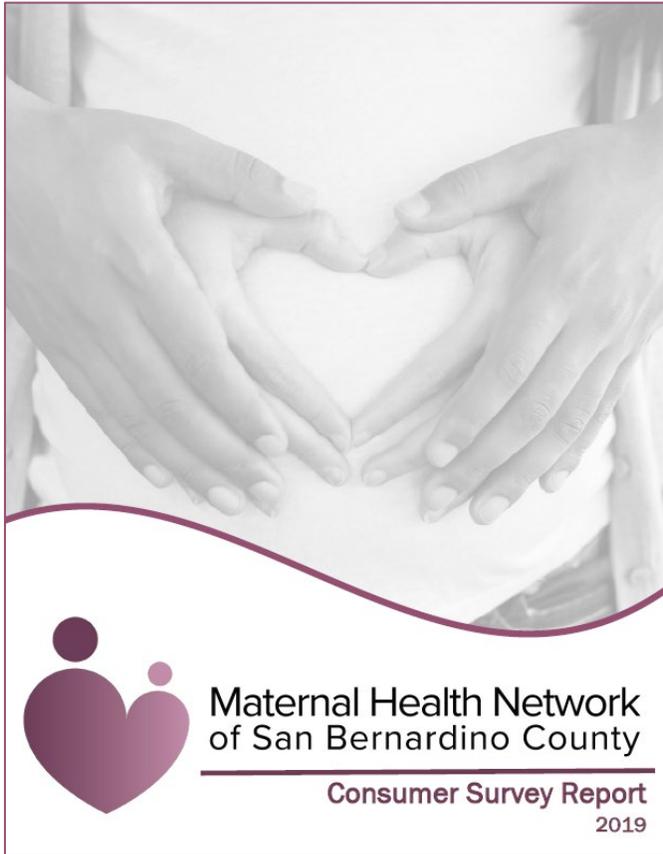
Download and customize the following messages from our website:
www.maternalhealthnetwork.com

Instructions for social media sharing can be found [here](#).

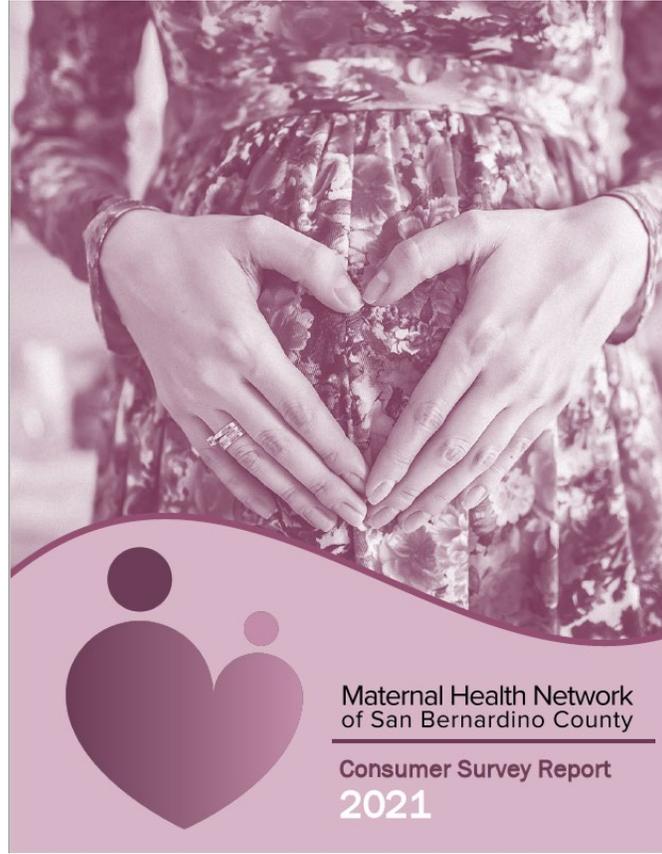
Tip Sheets provide information on importance of monthly topic specific to Black/African American Families

- *Key Statistic/fact*
- *Additional Resources on the Topic*
- *Social Media Content*
- *Referral to Black Infant Health & PEI Programs*

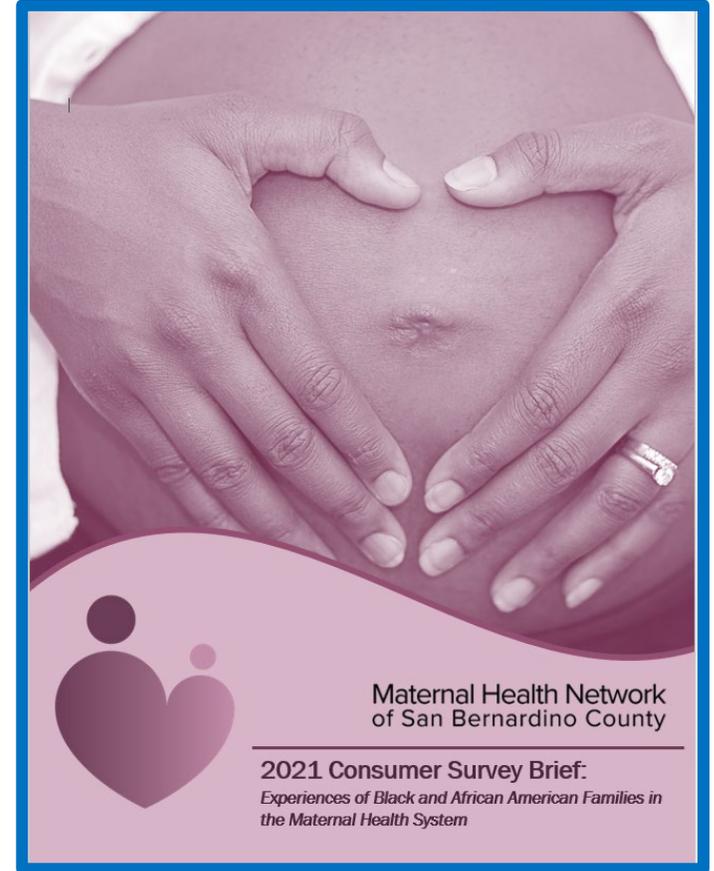
Data Collection: Consumer Survey



2019



2020-2021



2021

Other Efforts Focusing on Equity: Targeted Social Media Content



Why Black Breastfeeding Matters

According to the CDC, increasing breastfeeding among Black women could decrease infant mortality rates by up to 50 percent. If you're a provider seeking to support for moms looking for resources you can access our provider toolkit linked below.

Maternal Health Network of San Bernardino County

<https://www.maternalhealthnetworksb.com/provider-resources>

INFANTS SHOULD BE SLEEPING IN THEIR OWN CRIBS AWAY FROM SOFT OBJECTS AND LOOSE BEDDING.

KEEP THE CRIB

Maternal Health Network of San Bernardino County



THE LACK OF CRIBS IS MORE COMMON IN BIPOC COMMUNITIES, AND THE INFANT MORTALITY RATE IN THE AFRICAN AMERICAN FAMILIES IS TWO TIMES THE RATE IN WHITE FAMILIES.

Intimate Partner Violence

Based on CDC reports, Black women are 40% more likely to report experiencing intimate partner violence than White women

45.1% of Black women report experiencing intimate partner violence in their lifetime. It is important to remember that this figure only covers the documented cases.

Source: CDC

Maternal Health Network of San Bernardino County



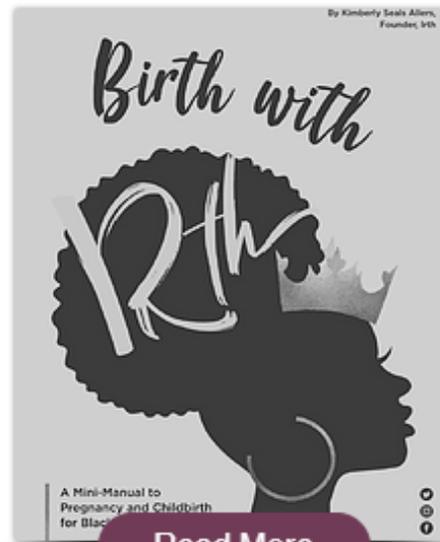
Other Efforts Focusing on Equity: Provider Tools and Resources



[Read More](#)

Perceived discrimination during the childbirth hospitalization and postpartum visit attendance and content

Researchers analyzed information from the Listening to Mothers in California Survey and found that perceived discrimination was related to lower postpartum visit attendance and a lower probability of discussing birth control, depression, and breastfeeding.



[Read More](#)

Birth with Irth

Irth - Birth without the Bias: A Mini-Manual to Pregnancy and Childbirth for Black People

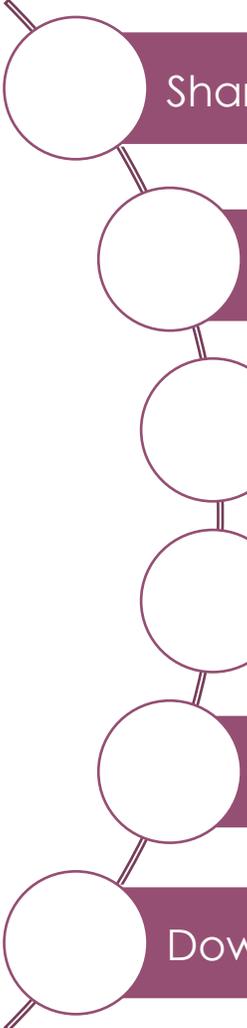


[Read More](#)

Birthing care without racism: five minutes with . . . Kimberly Seals Allers

Kimberly Seals Allers explains why she's determined to tackle the racism and bias that evidence shows is inherent in birth and breastfeeding care

Birth Equity in Action: Opportunities



Share the **Consumer Survey Report** with your team and use it to **discuss the issues**

Distribute the **Tips sheets** to colleagues to **increase awareness** of issues impacting Black families

Customize the **PEI social media tiles** to **distribute messaging** through existing networks

Download the **PEI social media toolkit** and support the **PEI health equity campaign**

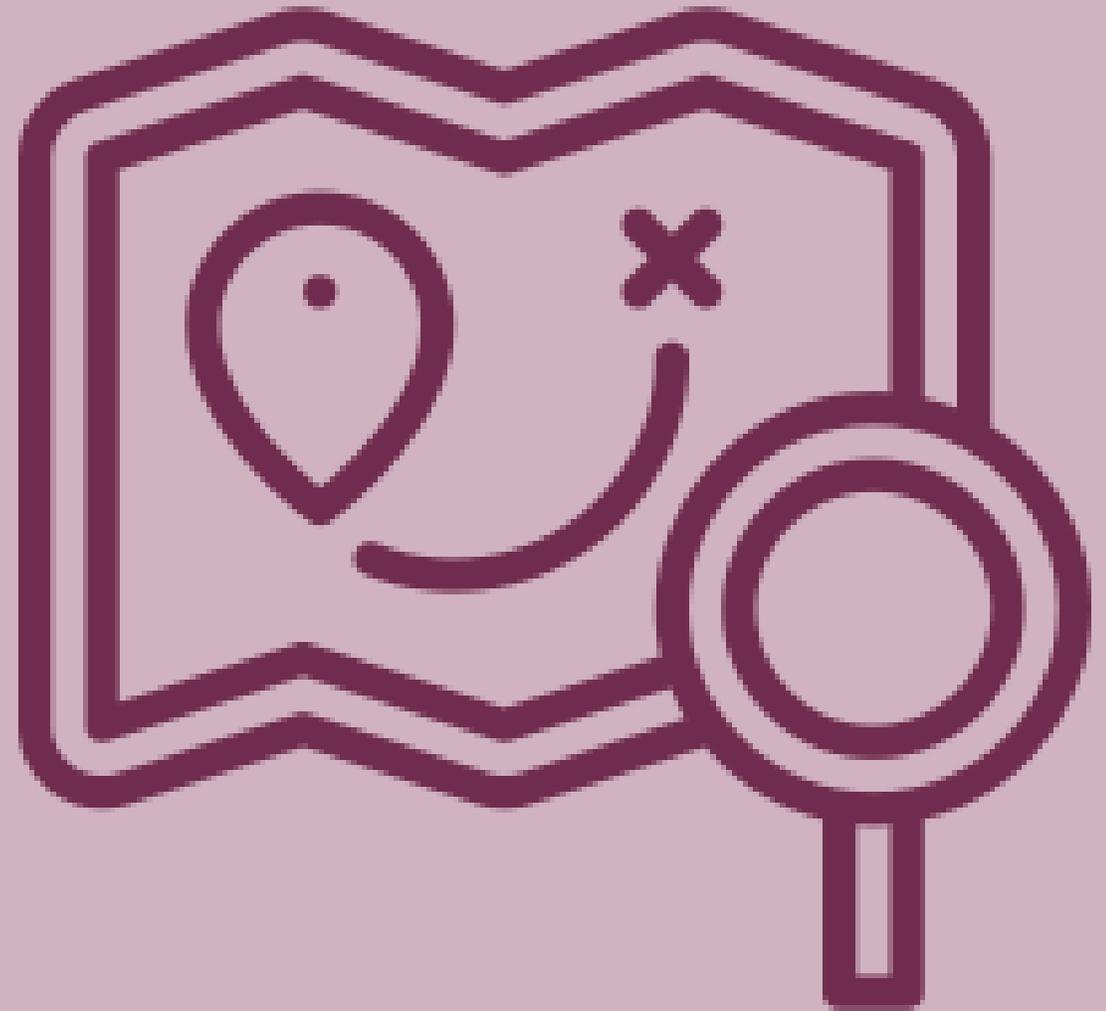
Participate in the **provider trainings** in support of **culturally safe care**

Download and review **tools and resources** to support **improved services** for Black families

Engagement Activity

MHN Treasure Hunt

- You will be placed in a small group with 1-2 of your colleagues
- Discuss how you intend to **promote birth equity** in your organization over the next 30 days
- When you have identified at least one way you can promote birth equity, record it on the Treasure Hunt document and get ready to share your thoughts with a colleague



Workforce Development: Targeted Trainings



2/17/22

- Implicit Bias/Cultural Humility 101

4/12/22

- Implicit Bias/Cultural Humility 102

5/24/22

- SDOH and its Impact on Maternal Health

Tell Us Something...

Poll: You will now answer a poll that will appear on your screen about **provider trainings...**

1. Are you interested in receiving Continuing Education Units/Credits for participation in these workforce trainings?
2. If you are interested, for which licensing boards or entities would you require CEU's?
3. After participation in the workforce trainings, what activities would be of greatest value to deepen your learning?





BREAK

Please be back at your
computer in **5** minutes



Maternal Health Network
of San Bernardino County

Community Ed & Info Dissemination

Community Education:

Education Campaign & Info Dissemination



- Presentation Toolkit (flyer, agenda, PPT, facilitation guide)
- Subject Matter Expert Videos
- Social Media Collateral
- Black and African American-Specific Resources

Community Education: Education Campaign & Info Dissemination



Community Education Bundles

Topic			
July	Accessing Your Support System	Jan	Physical Preparation for Pregnancy and Birth
Aug	Breastfeeding 101: Benefits, Tips, and Tricks	Feb	Why Birth Spacing Matters
Sept	Preparing a Safe Home for Baby	March	Nutrition Tips for You and Baby
Oct	Maintaining Healthy Relationships	April	What to Expect After Delivery
Nov	What to Avoid During and After Pregnancy	May	Mental Preparation for Pregnancy and Birth
Dec	How to Support Your Pregnant Family Member	June	Preparing Your Ideal Birth Plan



3

Things to Know about Supporting Your Pregnant Family Member

1

Importance of Support

- ✓ Ongoing support from fathers or other primary support individuals is essential to healthy pregnancies, mothers, and babies.
- ✓ There are many ways you can support your pregnant family member but being present is key.

2

Practical Support

You can support your pregnant family member by:

- ✓ Writing down questions that can be explored during appointments.
- ✓ Attending appointments with your loved one.
- ✓ Encouraging and participating in healthy habits.
- ✓ Learning about newborn care, breastfeeding, and contraception.

3

Emotional Support

You can support your pregnant family member by:

- ✓ Encouraging and practicing self-care.
- ✓ Identifying others who can be available to help you and your pregnant family member.
- ✓ Be in tune and empathetic.
- ✓ Be aware of the signs of postpartum



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To learn more about the MHN, please visit our website at www.maternalhealthnetworksbc.com

INSERT PARTNER LOGO

Community Ed Handout

SUPPORTING YOUR PREGNANT FAMILY MEMBER

December Ed Bundle



Supporting Your Pregnant Family Member

Insert Logo and/or
Picture of Presenter

Presented by [name],
[organization]

Insert two sentence
biography of subject matter
expert.

[Insert Date and Time]

Please join us to learn a little bit about how to support your pregnant family member. The gathering will provide useful information and an opportunity to discuss the following topics:

- Why it is important to provide support to your pregnant family member
- How to support your family member throughout pregnancy
- Opportunities to provide emotional support

If you or someone you know would like information about supporting your pregnant family member, please contact [organization].



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Community Ed Gathering Flyer

SUPPORTING YOUR PREGNANT FAMILY MEMBER

December Ed Bundle

How to Support Your Pregnant Family Member

Community Education Presentation

Presenter's Agenda

Insert Date of Presentation
Insert Time of Presentation
Insert Location Information

Timing	Topic	Description
5 minutes	Welcome, Introduction & Overview of Agenda	<ul style="list-style-type: none">- Introduce self, organization, and experience with topic- Review the three key ideas that attendees will know at the end of the presentation- Briefly review the agenda or timing
12 minutes	Presentation of Information	<ul style="list-style-type: none">- Provide information focusing on the three key ideas:<ul style="list-style-type: none">o The importance of supporto Practical supporto Emotional support
5 minutes	Engagement Activity	<ul style="list-style-type: none">- Think-Pair-Share: Participants turn to a partner and reflect on a key question - What type of support do you feel the most prepared to provide to your pregnant family member?- Group Discussion: Participants engage in a large group discussion about ways that folks intend to provide support to their pregnant family members?- Reflection: Participants briefly consider what is one thing they will do today to support their pregnant family member.
5 minutes	Questions	<ul style="list-style-type: none">- Participants pose questions and the presenter responds
3 minutes	Closing	<ul style="list-style-type: none">- Presenter thanks the attendees and provides additional resources regarding the topic



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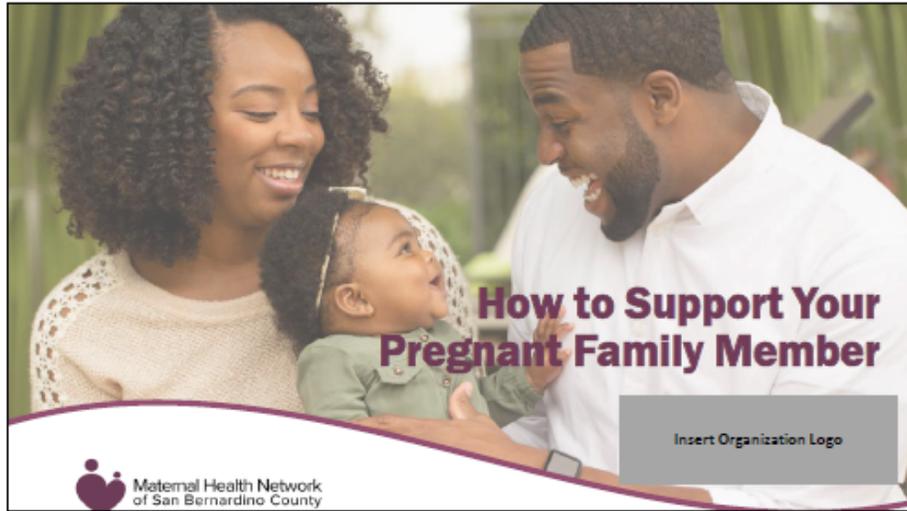
This information is made available in part by support from the Maternal Health Network of San Bernardino County.
Published in 2021. To learn more about the MHN, please visit our website at www.maternalhealthnetworksbc.com.

Community Ed Presenter's Agenda

SUPPORTING YOUR PREGNANT FAMILY MEMBER

December Ed Bundle

Community Ed Curriculum



Welcome! We are gathered here today for a brief amount of time to discuss information about how to support your pregnant family member. Whether you or someone you know is pregnant, it becomes clear there is a lot of information surrounding this topic and can often be more challenging of a process than what is expected. As such, the Maternal Health Network of San Bernardino County worked together with Subject Matter Experts in San Bernardino County to discuss the three most important things families need to know about supporting pregnant family members. This information was used to inform this presentation today.

SUPPORTING YOUR PREGNANT FAMILY MEMBER

December Ed Bundle

(upbeat music)

Community Education: Education Campaign & Info Dissemination



Social Media Collateral

3 Things to Know About How to Support Your Pregnant Family Member

Your Logo Here



1	2	3
IMPORTANCE OF SUPPORT <ul style="list-style-type: none">Ongoing support from fathers or other primary support individuals is essential to healthy pregnancies, mothers, and babies.There are many ways you can support your pregnant family member, but consistency is key.	PRACTICAL SUPPORT <p>You can support your pregnant family member by:</p> <ul style="list-style-type: none">Writing down questions that can be explored during appointments.Attending appointments with your loved one.Encouraging and participating in healthy habits.Learning about newborn care, breastfeeding, and contraception.	EMOTIONAL SUPPORT <p>You can support your pregnant family member by:</p> <ul style="list-style-type: none">Encouraging and practicing self-care.Identifying others who can be available to help you and your pregnant family member.Be aware of the signs of postpartum depression and anxiety.



Each year in the United States, about 700 women die during pregnancy or in the year after.

Source: CDC



SUPPORTING A PREGNANT FAMILY MEMBER

Your Logo Here

[INSERT DATE & TIME]

How to Support Your Pregnant Family Member

Importance of Support, Practical Support, and Emotional Support

Presented by [Name], [Organization]

Insert two sentence biography of subject matter expert.



Maternal Health Network
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Community Education: Education Campaign & Info Dissemination



Evan Thomas

FAITHS Throughcare Program



Engagement Activity

Promoting Birth Equity

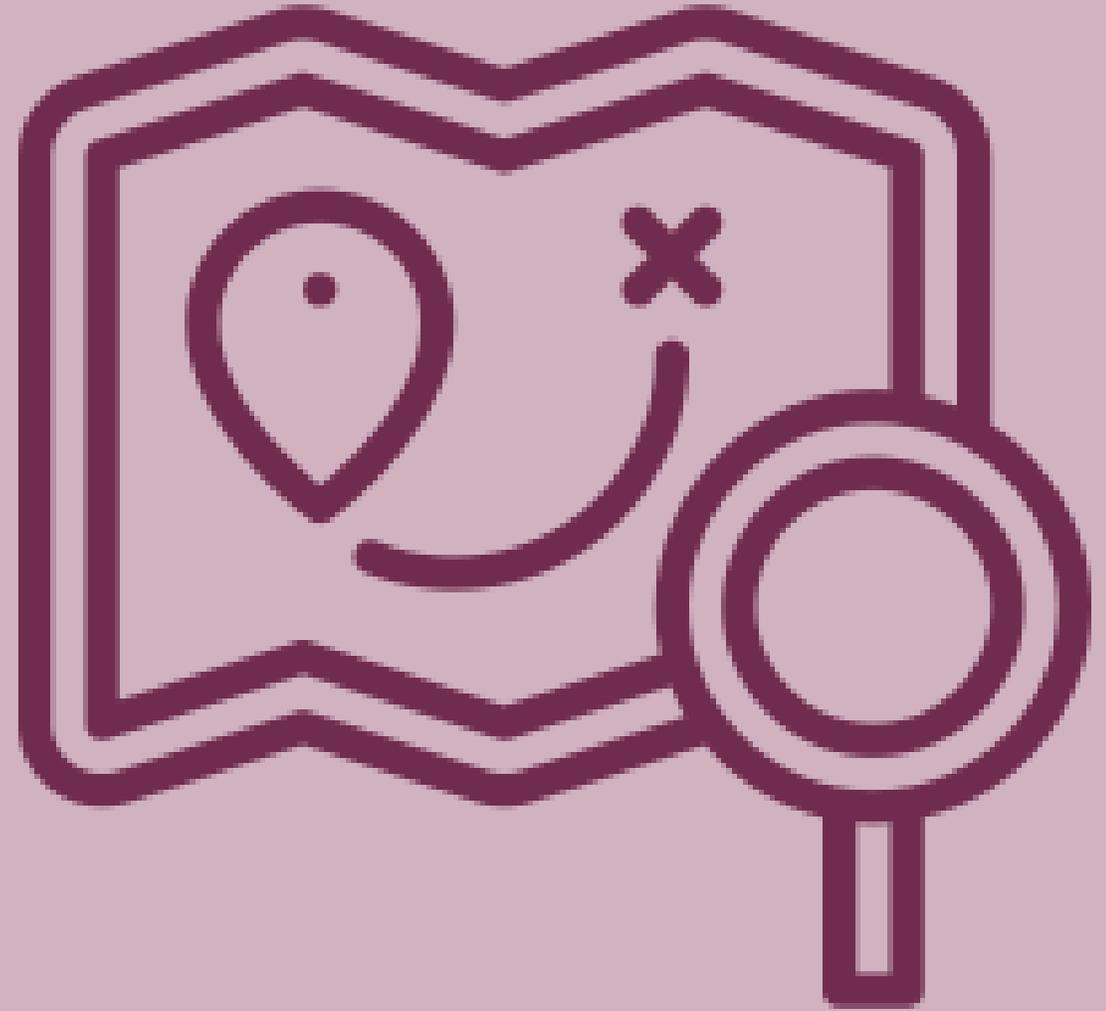
- You will be placed in a small group with 1-2 of your colleagues
- Discuss the various ways that the education bundles could be used in your organization



Engagement Activity

MHN Treasure Hunt

- **Identify who else in your organization should know about these resources and insert their name and email in the Treasure Hunt document**



"I just wanted to write a note to say"

"We ended up on your site, and we really love the resources you have. Admittedly, there was a lot that I hadn't remembered from when Kelsey was born, so it was great to get a refresher on how to make my home as safe as possible for the baby. Truly great information for parents and doctors!"

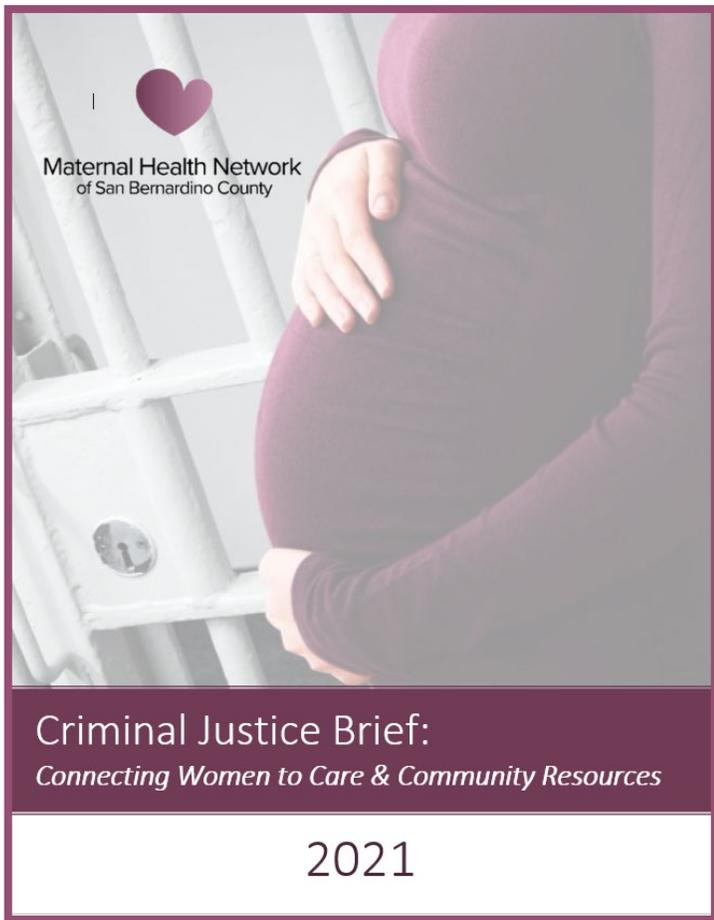
- Mom in San Bernardino County



Maternal Health Network
of San Bernardino County

Improving Systems

Improving Systems: Criminal Justice Core Team



- Convened Multi-Disciplinary Team
- Completed Protocol
- Created Pregnancy Pamphlet
- Developed Pregnancy Supplemental
- Support Groups launched for women in custody by FAITHS
- Will be developing data collection efforts

Improving Systems:

Criminal Justice Core Team



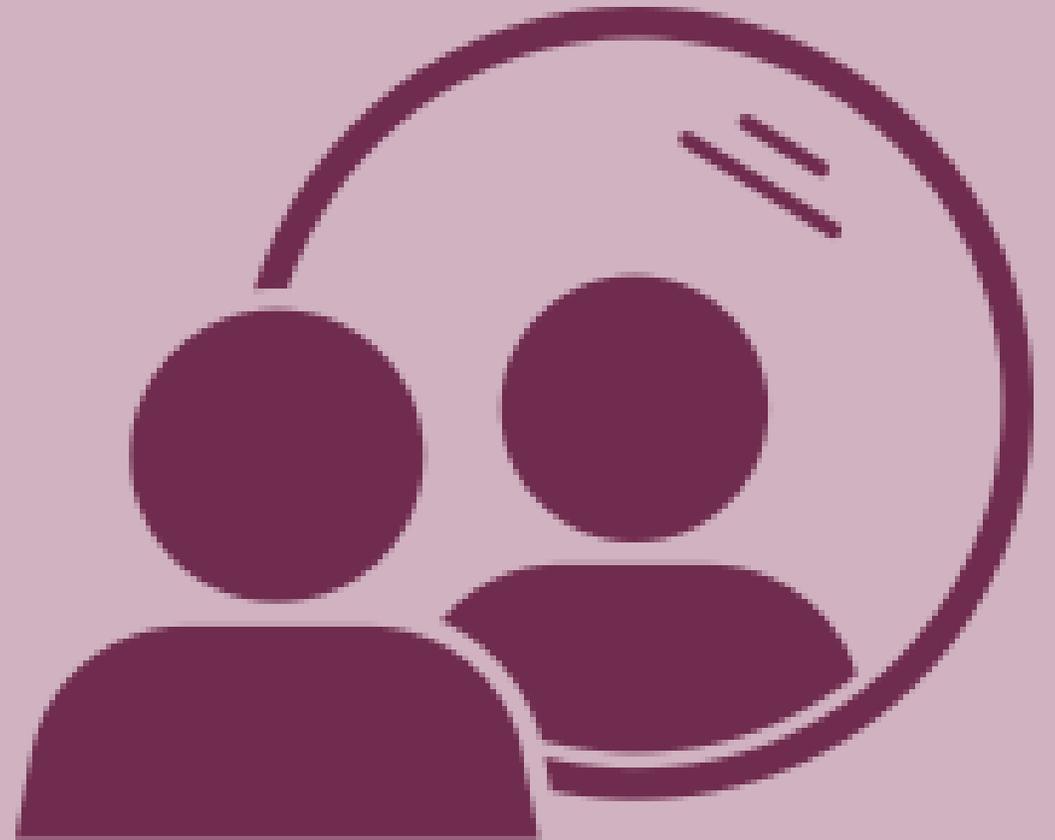
- What worked well?
- What were the challenges?
- Where other opportunities exist?

Engagement Activity

Self Reflection

Take some time to think and jot down ideas about the following:

- **What partnership(s) do you wish you had that you don't currently?**
- **How would this partnership or collaboration improve services for families?**
- **Are there any barriers to establishing this partnership? If so, please explain.**



"I just wanted to write a note to say"

"We ended up on your site, and we really love the resources you have. Admittedly, there was a lot that I hadn't remembered from when Kelsey was born, so it was great to get a refresher on how to make my home as safe as possible for the baby. Truly great information for parents and doctors!"

- Mom in San Bernardino County



Maternal Health Network
of San Bernardino County

Coming Soon!

MHN Strategic Plan Short Term Priorities: Coming Soon...

PEI	Criminal Justice Protocol	Community Education	Proactive Screening	Workforce Development
<ul style="list-style-type: none"> • Continue to Promote Messaging • Continue to Support Service Connection • Serve on PEI CAB and Support 2022 Summit 	<ul style="list-style-type: none"> • Advocate for Protocol with Community Partners • Seek Out Funding to Support Implementation 	<ul style="list-style-type: none"> • Establish and Implement a Digital Ed Campaign • Complete Remaining Educational Bundles • Promote Regular Messaging on Social Media Sites 	<ul style="list-style-type: none"> • Complete Best Practices Brief to Include Establishment of Protocols • Advocate for Protocols with Community Partners • Motivational Interviewing Training 	<ul style="list-style-type: none"> • Provide Annual Trainings • Establish a Learning Community Centered on Culturally Appropriate Practices

MHN Backbone Identification: Identifying a Sustainable Structure

A **Backbone Subcommittee** has been established to identify and secure a **long-term, local backbone support agency** that will support the **success** and **sustainability** of our collaborative.

Confirmed Members

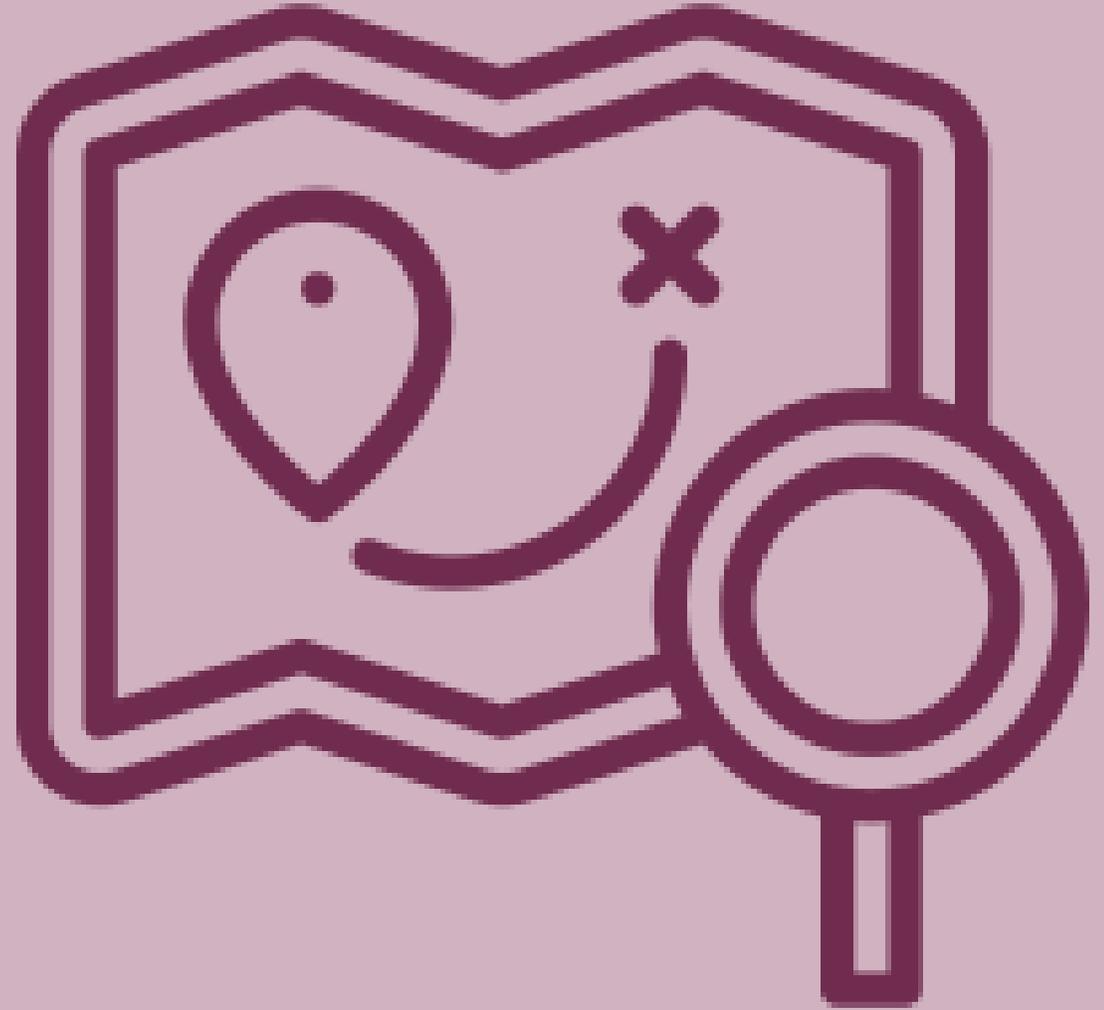
- **Curley Palmer**, Riverside University Health System, PEI
- **Elizabeth Sneed-Berrie**, PEI
- **Laurie Haessly**, Inland Empire Breastfeeding Coalition
- **Hillary Steenson-Ray**, Children's Network
- **Juan Solis**, Inland Empire Fatherhood Involvement Coalition
- **Kassandra Harding**, Cal State University San Bernardino
- **Dr. Kendra Flores-Carter**, California Baptist University
- **Pat Spier**, PACLAC
- **Ronnie Robinson**, First 5 San Bernardino
- **Danielle Kilchenstein**, Inland So Cal United Way

Complete and Email for a Chance to Win!

MHN Treasure Hunt

Please email your completed treasure hunt document by 12:30 to be entered to win a **\$25 gift card!**

maternalhealthnetworksb@gmail.com



Please Give Us Feedback...

Before we end our morning session, we would like to hear from you.

SurveyMonkey: Using the link provided in the chat, please complete a brief survey to tell us about your experience.



"I just wanted to write a note to say

"We ended up on your site, and we really love the resources you have. Admittedly, there was a lot that I hadn't remembered from when Kelsey was born, so it was great to get a refresher on how to make my home as safe as possible for the baby. Truly great information for parents and doctors!"

- Mom in San Bernardino County



LUNCH

Please be back at your
computer in **1** hour

Welcome Back!

Please refer to your Zoom technical guide

*If you need any support during this webinar, please feel free to reach out to Sierra through the chat, or you can text her at **775-842-1077***

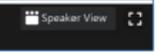
Zoom Meeting Technical Guide

Thank you so much for joining our fifth Maternal Health Community Summit. We are glad you are here with us today. To ensure we are all capable of participating to the fullest extent possible in this virtual setting, we have crafted a technical guide for you that describes how to join our meeting, how to optimize your view settings, and how to participate in our engagement activities throughout the course of the day. **If you have any issues related to Zoom, please text Megan Jones at 530-251-6115.**

Joining our Meeting:

- **Registration:** For security purposes, you will need to register in advance for this meeting: <https://zoom.us/meeting/register/tjwvc-ytpj8pE9x4a2SwKid-EDd75rnWDxWK>
After registering, you will receive a confirmation email containing information about joining the meeting.
- **The meeting will be recorded.** By registering and attending this meeting, you consent to being recorded.
- **We recommend that you join on your computer and use your computer audio.** If you are unable to join using your computer audio, please make sure that you merge your phone and computer when entering the Zoom meeting. You can do this by typing in your unique participant identification number in the Zoom invitation. If you have any difficulties, please use the chat function to message Megan Jones directly and she will link your phone and computer for you.

Setting Up Your View:

- Once you are logged into our Zoom meeting, you will be automatically muted, and your video will be turned off. If for whatever reason this does not happen automatically, we ask that you mute yourself and turn your video off by using the buttons at the bottom of your screen. 
- We recommend that you change your view to "Speaker View" so that you will only see the person who is talking throughout the day. You can do this by clicking the "Speaker View" button at the top right corner of your screen. 
- We also ask that you ensure that you are properly identified by Zoom upon entering the meeting so that we know who is participating. If your name does not appear, you can change this by clicking the "Participants" button at the bottom of your screen, finding yourself (hint: it will be at the top of the list with (me) next to it), selecting "more" and then "rename". 
We ask that you put your first and last name so that we

Treasure Hunt Raffle Winner



And the winner is...

**INSERT
NAME**





Maternal Health Network
of San Bernardino County

Networking with Peers

Let's Talk...

Connecting with Peers

2

breakouts

7

minutes each

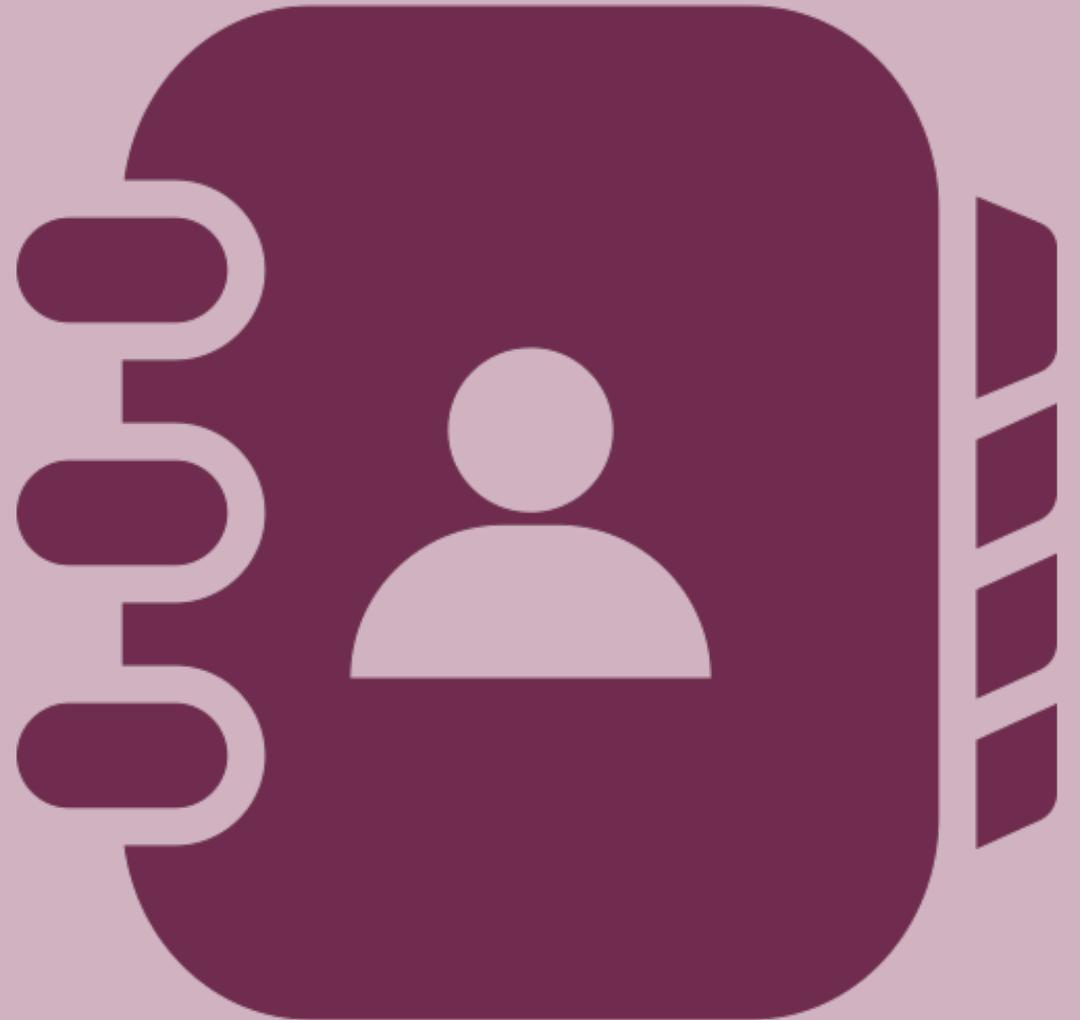
You will now have an opportunity to connect with multiple peers here today. In your breakout room, consider answering one or more of the prompts:

- What is something that happened in the last year (professionally or otherwise) that gave you hope?
- What is one thing you think you need to fight harder for in 2022?
- What is one accomplishment in maternal health you feel proud of? Why?
- What is one mistake you have made from which you learned a valuable lesson?

Engagement Activity

The MHN Network

- Would you like to have a network directory with contact information available for all network members?
- Would you feel comfortable having your contact information shared?

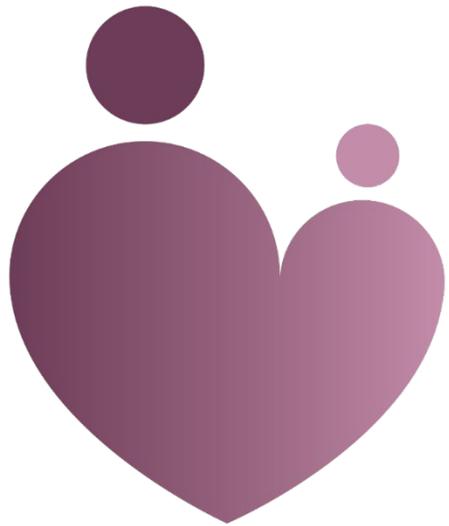




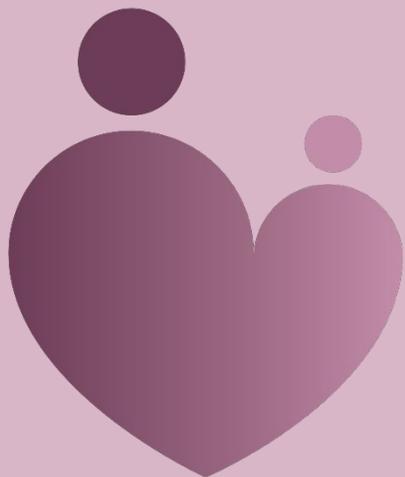
Maternal Health Network
of San Bernardino County

Mid-Year Action Planning

MHN Strategic Plan Mid-Term Priorities: 2022-2025



- Connecting Pregnant Teens to Services
- Support Co-location and Team Approaches to Care
- Prioritize Specific Areas of Service Expansion
- Establish a Maternal Health Help Line
- Expand Access and Utilization of Data
- Workforce Recruitment with a Focus on BIPOC



Looking Ahead: Connecting Pregnant Teens to Services

Policy & Practice:

Connecting Pregnant Teens to Services



WHAT THE DATA TELLS US:

- San Bernardino has met the national standard (43.3 per 1,000 females aged 15-19) in regard to the rate of births to teenage mothers. That said, the county has a higher rate (25.2) than the state average.
- San Bernardino has a higher short birthing interval (68.5) than the state (66%)

Policy & Practice:

Connecting Pregnant Teens to Services



WHAT WE HEARD:

- Teens are at an increased risk of suffering from multiple social determinants of health
- Providers are not always knowledgeable about the rights or services available for teens
- School system doesn't always provide appropriate sex education or access to contraception. Additionally, when teens who are pregnant are pulled out of school, it can create barriers to accessing resources

Policy & Practice:

Connecting Pregnant Teens to Services



WHAT RESOURCES EXIST:

- Rialto Unified School District
- Redlands Unified School District
- Chino Valley Unified School District
- San Bernardino City Unified School District

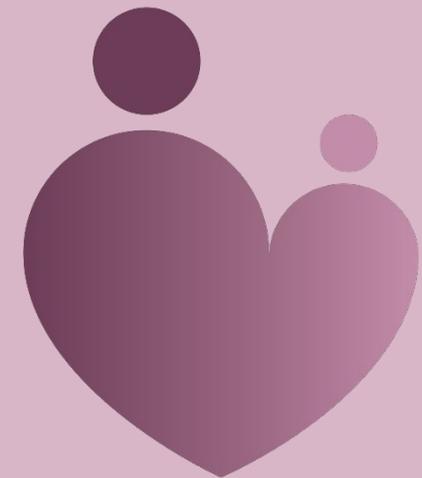
Policy & Practice:

Connecting Pregnant Teens to Services



MID-TERM STRATEGY:

Work with local school districts to connect pregnant teens to services both on and off school sites.



Looking Ahead:

Co-location of Services and Team Approaches to Care

Service Expansion:



Co-Location & Team Approaches to Care

WHAT WE HEARD:

- Stakeholders identified that there is no structure in place to provide comprehensive prenatal/post-partum support, often leaving families to their own device to understand what resources exist and how to access them.
- Stakeholders described a maternal health system that doesn't provide wellness services early enough in pregnancy or have a referral mechanism to connect families to the variety of resources that are available.

Service Expansion:

Co-Location & Team Approaches to Care



WHAT WE HEARD:

- Stakeholders identified a lack of coordination amongst service providers making continuity of care difficult and duplication of efforts likely.
- Stakeholders described a system in which hospitals, midwives and doulas do not work in concert with one another to comprehensively serve families throughout the birthing process.

Service Expansion:



Co-Location & Team Approaches to Care

WHAT CAN WE LEVERAGE:

- Primary care and oral health providers should work together to address the whole health needs of pregnant people. Opportunities include utilizing a team approach to care, offering co located services and supporting a system navigator, and/or a better referral process.

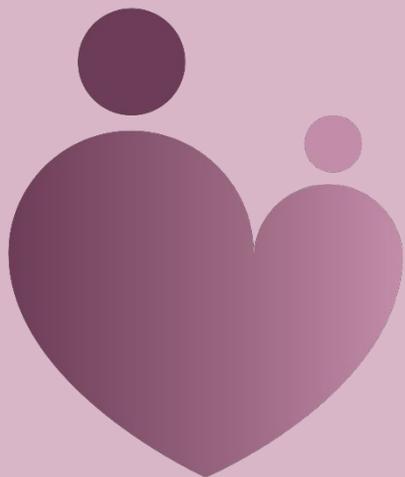
Service Expansion:



Co-Location & Team Approaches to Care

MID-TERM STRATEGY:

Support co-location of services and team approaches to care for families accessing maternal health services.



Looking Ahead: Targeted Service Expansion

Service Expansion:

Targeted Service Expansion



WHAT WE HEARD:

- System stakeholders identified that the entire county suffers from a lack of sufficient services to meet community need, with the issue being exacerbated in rural areas.
- Specific services identified as insufficient included breastfeeding supports, nutrition assistance, support groups, access to contraception and family planning services.
- Home Visiting was identified as a model that could support optimal service delivery, allowing programs to build trust, reduce stigma, and provide culturally competent care in a comfortable setting.

Service Expansion:

Targeted Service Expansion



WHAT THE DATA TELLS US:

- **Breastfeeding**: Women in San Bernardino are not breastfeeding exclusively for long durations. Whereas the national standard is that 46.2% of women breastfeed three months after delivery, in San Bernardino, that rate is only 22.6%.
- **Behavioral Health**: In San Bernardino County, the rate for prenatal depressive symptoms is 15.3%, higher than the state rate of 14.1%.

Service Expansion:

Targeted Service Expansion



WHAT THE DATA TELLS US:

- **Services Targeting Black/African American Families:** African American families fare worse than other race/ethnicity groups in many maternal health indicators, including early and adequate prenatal care, rates of cesarean births, and vaginal births after cesareans (VBACs).
- **Midwives and Doula Supports:** Very few women access the support of midwives or doulas for prenatal or postpartum support.

Service Expansion: Maternal Health Help-Line



MID-TERM STRATEGY:

*Prioritize service expansion in the following areas:
Black Infant Health, pre- and inter-conception
care, breastfeeding, behavioral health, midwives
and doulas, as well as home visiting that
specifically focuses on families who are pregnant.*



Looking Ahead: Maternal Health Help-Line

Service Expansion: Maternal Health Help-Line



MHN Ambassador	MHN Backbone Support
Danielle Kilchenstein, Inland SoCal United Way	Marika Baren, Social Entrepreneurs, Inc.

Service Expansion: Maternal Health Help-Line



WHAT WE HEARD:

- System stakeholders identified that there is a general lack of knowledge by consumers about the supporting resources that are available
- System stakeholders describe a system that doesn't adequately support individuals as they enter the maternal health system, often leaving families to their own devices to understand what resources exist and how to access them.
- They described a system that doesn't sufficiently listen to women regarding their concerns and desires or have a referral mechanism to connect families to the variety of resources that are available

Service Expansion: Maternal Health Help-Line



WHAT WE CAN LEVERAGE:

There are local resources that exist which provide complementary services:

- 211+
- Help Me Grow

Service Expansion: Maternal Health Help-Line



MID-TERM STRATEGY:

Ensure the availability of a maternal health help line that provides resource information and navigational supports.



Looking Ahead: Data Collection Efforts

Data Collection:

MHN Data Collection Efforts



WHAT WE HEARD:

- System stakeholders identified significant data deficiencies that make it difficult to understand issues facing families in San Bernardino County, specifically within the priority populations.
- The data currently available is outdated and may not reflect the current status of families within the maternal health system.

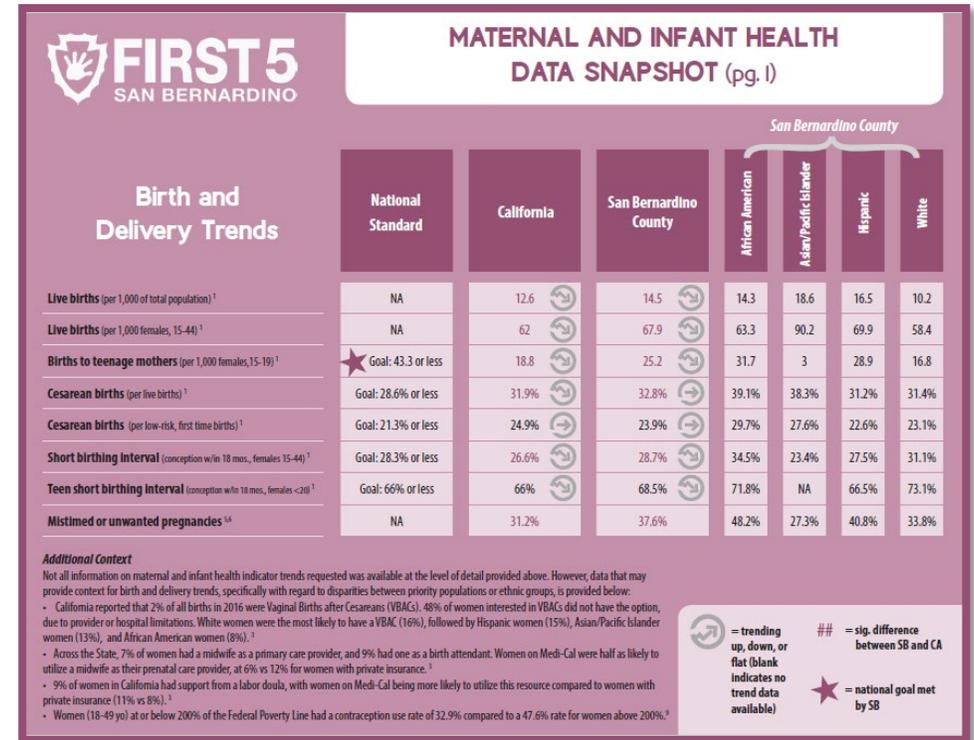
Data Collection: MHN Data Collection Efforts



WHAT WE CAN LEVERAGE:

Data Snapshot

- Birth & Delivery Trends
- Insurance & Prenatal Care
- Infant Health
- Maternal Health
- Social Determinants of Maternal and Infant Health



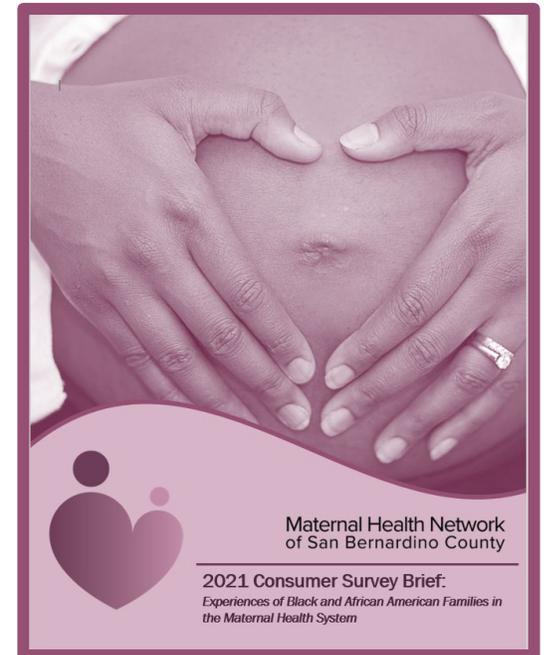
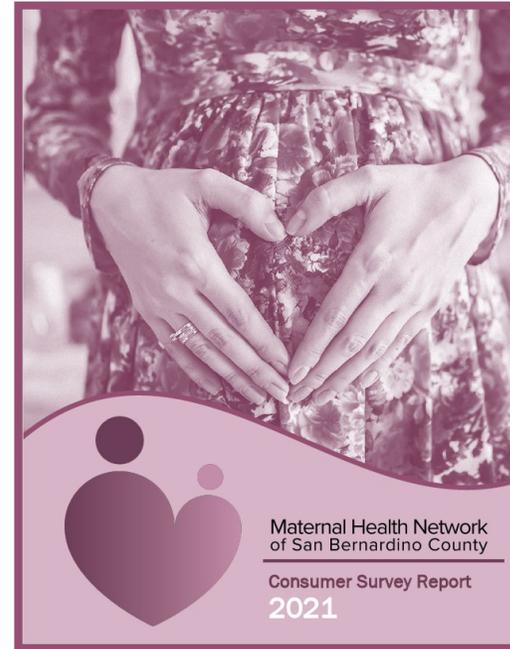
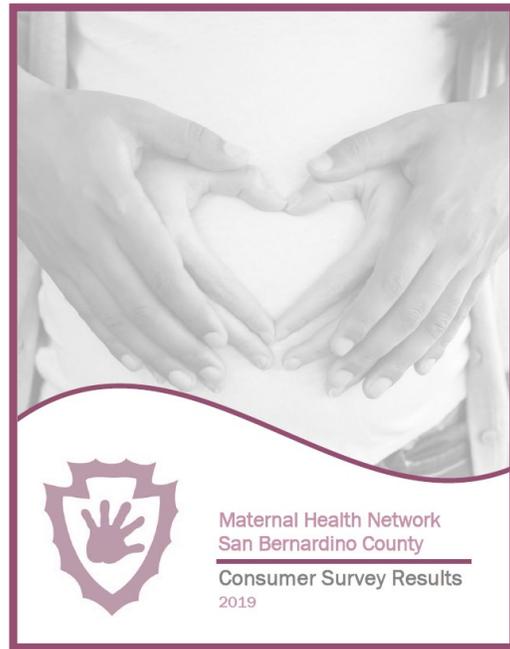
Data Collection:

MHN Data Collection Efforts



WHAT WE CAN LEVERAGE:

Consumer
Survey



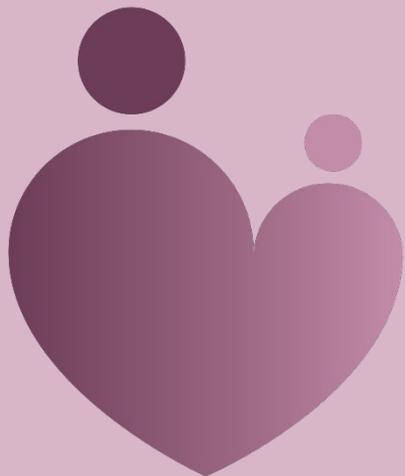
Data Collection:

MHN Data Collection Efforts



MID-TERM STRATEGY:

Establish a data collection effort that can be used throughout the Maternal Health Network.



Looking Ahead: Workforce Recruitment

Workforce Development:



Partner to Support Workforce Recruitment

WHAT WE HEARD:

- There are not enough providers to meet the growing needs of families within the maternal health system. Specific emphasis was placed on primary and behavioral health care providers.
- Stakeholders describe a workforce that does not always have the information, knowledge and/or resources to customize their service approach to targeted populations.

Workforce Development:



Partner to Support Workforce Recruitment

WHAT THE DATA TELLS US:

- Black, Latino and Native American people are severely underrepresented in the health care workforce.
 - Black/African Americans: 13% of the workforce, and only represent 5% of physicians.
 - *Hispanic/Latino: 19% of the workforce, and only represent 6% of physicians.*
- Improved cultural competence and ethnic/racial diversity can help to alleviate healthcare disparities and improve healthcare outcomes in diverse patient populations

Workforce Development:



Partner to Support Workforce Recruitment

MID-TERM STRATEGY:

Partner to support workforce recruitment within the maternal health sectors, with an emphasis on reaching people of color.

Tell Us Something...

Poll: You will now answer a poll that will appear on your screen about the **upcoming short-term activities...**

1. Which mid-term priority are you most excited about?





BREAK

Please be back at your
computer in **5** minutes



Maternal Health Network
of San Bernardino County

Setting the Stage

Let's Talk...

Breakout Groups

You will now have an opportunity to support action planning preparation for two mid-term priorities.

Select the topic you are most interested in supporting, and you will be placed in a breakout room for 15 minutes. We will do this twice, so you can support two different priorities.

MHN Mid-Term Priorities

- ✓ Co-Location of Services and Team Approaches to Care
- ✓ Service Expansion Efforts
- ✓ Maternal Health Help-Line
- ✓ Data Collection Efforts
- ✓ Workforce Recruitment Efforts
- ✓ School Site Supports for Pregnant Teens

MHN Strategic Plan Mid-Term Priorities: 2022-2025



Connecting Pregnant Teens to Services	Break-out Room #1
Support Co-location and Team Approaches to Care	Break-out Room #2
Prioritize Specific Areas of Service Expansion	Break-out Room #3
Establish a Maternal Health Help Line	Break-out Room #4
Expand Access and Utilization of Data	Break-out Room #5
Workforce Recruitment with a Focus on BIPOC	Break-out Room #6

Let's Come Back Together...

**Breakout Room Facilitators will now share
what was discussed...**

MHN Mid-Term Priorities

- ✓ School Site Supports for Pregnant Teens
- ✓ Co-Location of Services and Team Approaches to Care
- ✓ Service Expansion Efforts
- ✓ Maternal Health Help-Line
- ✓ Data Collection Efforts
- ✓ Workforce Recruitment Efforts



Maternal Health Network
of San Bernardino County

Moving the Work Forward

Moving the Work Forward

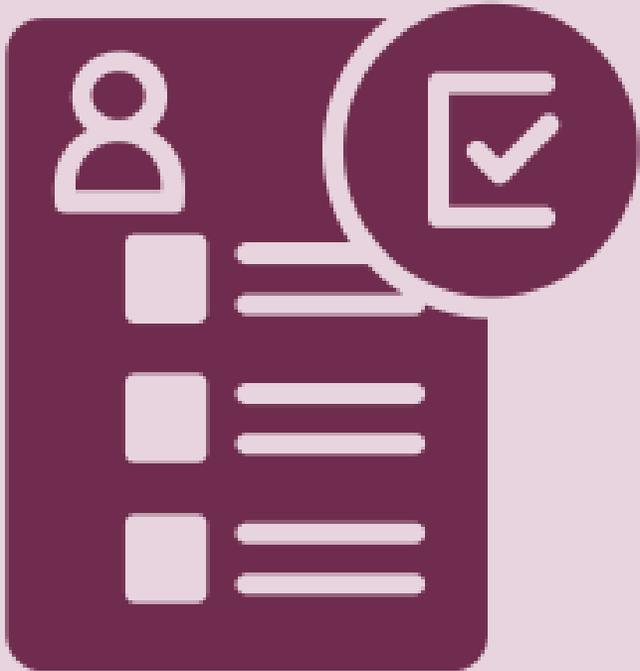
Mid-Term Action Plan Development

We will be hosting six action planning workshops to finalize a Mid-Term Action Plan

Date	Time	Strategy
February 1, 2022	10:30 am – 12 pm	Co-Location of Services and Team Approaches to Care
February 8, 2022	10:30 am – 12 pm	Service Expansion Efforts
February 15, 2022	10:30 am – 12 pm	Maternal Health Help-Line
February 22, 2022	10:30 am – 12 pm	Data Collection Efforts
March 1, 2022	10:30 am – 12 pm	Workforce Recruitment Efforts
March 8, 2022	10:30 am – 12 pm	School Site Supports for Pregnant Teens

Action Planning Workshops

Register Now!



MHN Mid-Term Action Planning Workshops

The MHN will be hosting six Action Planning Workshops (APW) to collaboratively establish the Mid-Term Action Plan for six priorities. One APW will be hosted each week over the course of six weeks, between January 18th and February 22nd. Please fill out the information below to register for one or more of the APWs specific to the strategic plan priority that you are most interested in.

OK

Individuals who register for a workshop in the next five minutes will be entered into a raffle!

"I just wanted to write a note to say"

"We ended up on your site, and we really love the resources you have. Admittedly, there was a lot that I hadn't remembered from when Kelsey was born, so it was great to get a refresher on how to make my home as safe as possible for the baby. Truly great information for parents and doctors!"

- Mom in San Bernardino County

Moving the Work Forward

Mid-Term Action Plan Development

We need your help with promoting these workshops!

We rely on our membership to promote the work of the MHN, and support getting the **right people** in the **right conversations** to help us develop the **right strategies**.

Please help us ensure our mid-term action plan is an inclusive development process by promoting the events.

Action Planning Workshops

Promote Participation!



We have developed template emails for your use. Please copy and paste this information and send to your colleagues.



Mid-Term Action Plan Workshops Outreach

The MHN is requesting your support in promoting our action planning workshops that will take place every Tuesday between February 1st and March 8th. We have drafted template language for each of the specific workshops that you can cut and paste into your email and send to colleagues you think would be interested in supporting the development of an action plan to address the specific topic. Simply copy and paste the template email language for the specific action planning workshop and send.

For every email you send and copy maternalhealthnetworksb@gmail.com, you will be entered to win a \$50 gift card!

Workshop 1 | Support co-location of services and team approaches to care for families accessing maternal health services.

Subject: Invitation to Register for Workshop

Hello:

As you may know, I am a member of the Maternal Health Network of San Bernardino County. The MHN is currently working to develop a mid-term action plan for several strategic plan priorities. One of the workshops will be convening various stakeholders to address the following strategic plan priority:

Support co-location of services and team approaches to care for families accessing maternal health services.

I think your participation in this workshop would be greatly beneficial! The workshop will be held on Tuesday, February 1st from 10:30 – 11:00 am. To register for this workshop, you can click on the following link: https://www.surveymonkey.com/r/MHN_APWs

I would also invite you to visit the MHN website at maternalhealthnetworksb.com to learn more about this exciting work. I hope to (virtually) see you at the action planning workshop!

Individuals who send promotional emails & copy MHN by the end of tomorrow will be entered to win a \$50 gift card!



Maternal Health Network
of San Bernardino County

Closing Remarks & Evaluation

Time to Share...

As we wrap up our day together, please reflect on one '**Aha!**' moment you had during today's event.

Please share your answer in the chat.



AP Workshop Registration Raffle



And the winner is...

**INSERT
NAME**



Time to Share...

Before we end today's summit, we would like to hear from you.

SurveyMonkey: Using the link provided in the chat, please complete a brief survey to tell us about your experience.



"I just wanted to write a note to say"

"We ended up on your site, and we really love the resources you have. Admittedly, there was a lot that I hadn't remembered from when Kelsey was born, so it was great to get a refresher on how to make my home as safe as possible for the baby. Truly great information for parents and doctors!"

- Mom in San Bernardino County

Thank
you