

**Healthy Births Learning Collaborative
 SPA 8**

May 11, 2009

2:00 p.m. – 4:00 p.m.

Harbor UCLA Medical Center
 21840 South Normandie Avenue
 Torrance CA 90502
 Professional Building
 Board Room

Meeting Objectives:

1. Long Beach/Wilmington Best Babies Collaborative Update
- 2) Maternal Depression Workshops Report

Co-Chair: Shirley Smith
Co-Chair: Karina Reyes

Co-Chair: Jennifer Haddad
Note-Taker: Brenda Robledo

Meeting Notes

Welcome and Introductions

Business

- Long Beach/Wilmington Best Babies Collaborative Update
 Ms. Yolanda Salomon-Lopez gave us an update on the Long Beach/Wilmington BBC.
- Background:
 Long Beach is the fifth largest city in population in California. The City covers approximately 50 square miles on the southern tip of Los Angeles County. The City of Long Beach Department of Health and Human Services (DHHS) was established in 1906 to address public health and human service needs in the City of Long Beach. These services focus on the promotion of wellness and the prevention of communicable disease.
- Clients: High risk categories:
 - * Women of Childbearing age
 - * Gestational Diabetes
 - * History of depression (postpartum, current and maternal)
 - * African American
 - * Tobacco Use
 - * History of Domestic Violence &/or Current Abuse:
 Self, Child/Children, other family members
 Previous poor birth outcome: (categories)
 - * Low birth weight
 - * Fetal/infant death
 - * Type II Diabetes
 - * Hypertension
 - * 300% FPL
 - * Substance Abuse (drugs/alcohol)
 - * Very low birth weight
 - * Pre-term birth

Core Approaches:

	Proposed Client Numbers	Current Client Numbers	To Date Numbers
Case Management	310	441	441
Outreach	3,000	1,575	6,784
Health Education	3,000	1,300	8, 191
Social Support	310	125	605
Interconception Care	230	216	216

- All pregnancies will lead to a healthy birth outcome through improved community awareness and utilization of perinatal support services.
- Medical management of Type II Diabetes during interconception care and health education/social support classes.
- Case management for high-risk women through Nurse Family Partnership Program and Public Health Nurses
- The High Risk Obstetrics Clinic and the Sweet Success Program at Long Beach Memorial Medical Center provide prenatal health care and diabetes management services to more than 400 pregnant women each year who have pre-existing diabetes (15%) or gestational diabetes (85%).

● **Unpaid Collaborative Partners:**

- * African American Infant Health Program (AAIH)
- * Public Health Nurses
- * Women, Infant and Children Program
- * Medical Outreach Collaborative
- * Long Beach Diabetes Collaborative
- * Role of Men
- * CSULB Nursing Program
- * Foster Care Program
- * Long Beach Public Library
- * Department of Public Social Services
- * Comprehensive Perinatal Services Program

For additional information on the LB-W BBC Please contact:

Yolanda Salomon-Lopez, MSW, LB-W BBC Program Coordinator at (562) 570-429 or Yolanda_Salomon@longbeach.gov.

● **Maternal Depression Workshops Report, HBLC Interns**

- Claire Cruz, Suzanne Graff, and Amber Poe

There were 13 workshops conducted, 5 to groups of pregnant/parenting teens, 7 to groups of women attending “Hora de Chisme” through the Long Beach/Wilmington Best Babies Collaborative and one pilot workshop with clinic staff at the Harbor-UCLA prenatal clinic.

The interns developed brochures and handed out resources in addition to providing the workshops. The brochures for the teen workshops focused on participants’ knowledge of postpartum depression, what is postpartum depression and what is normal v. abnormal feelings. Also discussed who to go

to for help support and resources available. “Hora de Chisme” groups had 20-30 participants at each workshop and was focused on the NURSE model. N- nourishment & needs, U- understanding & sharing feelings, R- rest & relax, S- spirituality and E- exercise. The brochure for this group was also translated into Spanish by a friend of the intern, who used the brochure translation as a project to obtain a minor degree in Spanish for Healthcare Providers. The last intern focused on providing information on what is a doula and how doulas help reduce depression in the postpartum period. She was present at all 13 workshops and provided information on finding a low-cost or free student doula.

What worked well and recommendations for improving workshops:

- All brochures available in Spanish
- Information to be delivered in Spanish, when applicable
- Continue to promote 211 and the WARMLINE (many participants were unaware of the helplines)
- Awareness of postpartum depression should be directed to other people such as providers and family not just the woman
- Pre & Post tests necessary
- Use of visuals, such as the poster board, also needed in Spanish
- Goodies and Snack Packs
- other items ie. Baby clippers, growth charts (provided by LB Health Dept)
- Identify and recommend specific and local resources, support and other community services

Future Planning

- Next Meeting
July 27, 2009

Announcements

- National Women’s Health Week May “Do Something Special for Yourself”
- 16th Bi-Annual School Readiness Conference- May 30th, 2009
- Save-the-Date Postpartum Support International Conference August 4-7, 2009

Adjourn