

LA BEST BABIES NETWORK



Healthy Babies. Our Future.

Presented by First 5 LA

Healthy Births Learning Collaborative SPA 2

November 18th, 2008
9:00 a.m. – 11:00 a.m.

Meeting Location:

Valley Presbyterian Hospital
Health Education Building
Classroom 2
15107 Vanowen St
Van Nuys, CA 91405

Meeting Notes

Agenda

Meeting Purpose:

- 1) LABBN Update
- 2) *Just4Teens* MySpace Update
- 3) Presentation: LA County DMH
- 4) Brainstorm 2008-2009 Action Plan

Co-Chair: Olga Vigdorchik

Co-Chair: Kathy Cone

Note-taker: Olga Vigdorchik

1. **Welcome** ~ Kathy Cone
 - Introductions
2. **LABBN Update** ~ Brenda Robledo
 - Preconception health quiz pamphlet, connected to web portal on LABBN, just came out. Pamphlet is designed for women and moms-to-be to self assess their health prior to pregnancy. The web portal also offers tips and information on preconception health. Partners are invited to look through the “Healthy Living” web page and distribute pamphlets to clients.
3. ***Just4Teens* MySpace Update** ~ Esmeralda Solis
 - 219 hits as of yesterday (11-17-08), blog views 224
 - no comments, mainly “applications”
 - no e-mails yet, but no outreach
 - looks great, good info on blogs
 - Esmeralda’s teen girls have been reading the blogs and commenting to her about it
 - Need to update theme for season-appropriateness, universal for boys/girls
 - Rebecca; looked at it again; comments:
 - i. who you are (female), age (99)—Rebecca thinks it should be a teen age;
 - ii. Fernanda: it’s common not to put age, 99 is used as a default; KEEP current settings
 - iii. profile photo—something more appropriate (use the idea with hands on phones); Esmeralda—iPhone pix; need more teen images

- iv. Also, Rebecca suggests having a teen group ownership (e.g. NEVHC, Frank from MCCN—Tanya contacted him, he is willing to work with HBLC members)
- Flyer suggestions
 - i. Photos look good
 - ii. Bigger font on top, put the text on top in a semi-transparent text box
- Marketing plan
 - i. Marlene: “viral marketing”—a new thing, important to get our page known and link into the existing programs, need to use it as well as the flyers
 - ii. Brenda: it’s possible to browse the demographic and send them a mass friend request
 - iii. LABBN—put out the word in the next newsletter
 - iv. Tanya: Craig’s list is free—include in the jobs, events, childcare sections
 - v. LAUSD—all schools have their own websites, can bring info to the principals’ meeting; Jackie Jaffe will send info to Brenda about the next meeting; would be good to have someone from our group present to the group, need to call ahead and set up the talk. Also address other school districts in SPA 2
 - vi. El Nido (Lisa) have a lot of contact with schools; will ask teens to review the website
 - vii. Everyone is encouraged to bring in more reviewers and contacts; also organizations could include our info in their own newsletters
- Everyone is encouraged to visit the MySpace page, as well as fill out an evaluation

4. Showcase Presentation ~ Jim Randall, DMH Outreach Coordinator SA 2

- 0-5 Collaborative—developing better services
 - i. Vivian is contact for 0-5
 - ii. The purpose is to try and increase workforce capacity to deliver better services for 0-5 age group
 - iii. Mental health Collaborative; monthly meetings, see info on flyers, meet in Reseda (Victory and Tampa)
 - iv. Problems with treating this age population: need to have a diagnosis, hard to have with babies 0-3, have more clients 4-5 years old
 - v. Treating kids with mothers with mental health disorders
- Mental Services Act (see slides):
 - i. Funded by the Millionaire’s tax- 1% of incomes above \$1M is collected; shaped how MH services are delivered.
 - ii. Changes have been cultural (hiring more consumers, i.e. clients, and relatives to understand how the system works from within)
 - iii. MHSA is broken into several parts. It’s not tied directly into Medi-Cal
 - iv. SACC: Service Area Consumer Committee; it’s an active community group with DMH employees, providers, consumers. Have very few parents with kids at the meetings; hope to do outreach and have community forums with recommendations
 - 1. Problem: underrepresented in terms of ethnic groups; also, geographically, transportation is difficult—don’t have people coming in from other areas
 - 2. See demographics represented in the provider groups, but not in the consumers. Need to have providers present to their groups to establish rapport and overcome stigma. Clergy is invited, too, it’s a part of committee’s focus to outreach to the community

3. community people don't know services are there (e.g. Spanish-speaking psychiatrists)
 4. full-service partnerships: intensive, high-end services for children and adults who meet certain criteria. Problem: it's only voluntary, so need to get this person to recognize they need help.
- Mental Health Resources: see contact info on slides; also, the green guide (Mental Health Referral Directory)
 - Mental health champions:
 - i. NAMI
 - ii. MH Association—national and CA (actually drafted MHSA)
 - Locally—providers have an active lobby group; Bruce Salzer is the lobbyist. Family members and consumers are not as active advocates.
 - \$\$ are tied into the riches' finances, as well as vehicle licensing fee and sales tax; revenue streams will be decreased due to current financial situation.
- 5. Discussion: Brainstorm 2008-09 Action Plan.** Ideas previously presented included:
- Breastfeeding—already addressed last year. LABBN may have some \$\$ rolled over to next year to print Breastfeeding-Friendly Workplace Policies brochures in Spanish
 - Postpartum depression
 - i. Part of BBC project (see description below) is to get providers to assess for PPD. There are not enough mental health referrals in the Valley for mothers with PPD
 - ii. BBC is currently reviewing several tools to pick the most appropriate one to get pediatricians to assess mothers at the postpartum pediatrician's appointment at 2 weeks
 - iii. In SPA 1, BIH has been looking at a similar tool and working with UCLA
 - Male involvement
 - i. To increase male influence as a role model
 - ii. Jackie Jaffe—have classes with clients who saw Danny's presentation and it was an eye-opening experience for them
 - iii. Marlene: DPSS welfare presentation in Chicago (Family Reunification Topic)—bringing men back in the family (needed to be absent in order for families to be eligible for welfare)—will look into it more
 - iv. Rebeca: bringing dads into schools helps children to do well in school
 1. bringing this back to our level, having dads involved in prenatal care
 2. consider cultural differences in addressing family as a unit and decision-making in different groups
 3. consider educating males about PPD assessment in their wives/partners postnatally
 4. stress levels prenatally result in poor birth outcomes
 - v. Danny Molina is a presenter with Friends of the Family—great resource
 1. importance of fatherhood
 2. pros of having a male involvement
 3. past, present, future—male role modeling
 - vi. El Nido (Lisa): Real Man Can training
 1. educating own staff
 2. males are being directed into programs and drop out because of time/other conflicts

- 3. need more male case managers, as well as other workforce professionals (teachers)
 - vii. Agencies also need a cultural change (even WIC—Women, Infants and Children)
 - viii. Schools—info to be included in a health curriculum
 - ix. This will address all facets of HBLCs, increase attachment and improve parenting techniques, strengthening the family unit.
 - x. Kathy spoke with a professor whose research will be focusing on male involvement thesis; will be invited to next meeting
 - xi. Tanya: have materials available for male involvement
 - xii. LA County Dept of PUBLIC HEALTH Immunization program has been also targeting males; would like to collaborate
- Other SPAs have been addressing:
 - i. Postpartum depression; Maternal Depression workshop just took place on 11-17-08 (SPA 8)
 - ii. CPSP refresher on cultural competency (SPA 3)
 - iii. Poster contest for teen pregnancy prevention (SPA 4), exhibited in August
 - iv. Beauty shop training on preconception health among African American women(SPA 6)
 - v. Breastfeeding—creating Speaker’s Bureau general powerpoint creation (SPA 7)
- Interconception Health- Rebecca: SPA 2 just received BBC (Best Babies Collaborative) grant money (Sylmar, Pacoima, Panorama City)—case management for 2 years to reduce likelihood of poor birth outcomes in a subsequent pregnancy. Aimed to reduce premature births in SPA 2. Part of the group’s focus is to collaborate with the HBLC to promote interconception care.
 - i. Will have BBC presentation at the next meeting. The program is fully staffed (NEVHC, El Nido, Friends of the Family)
 - ii. MOD would be interested in collaborating on this

Next Steps:

- invite Danny or Paul (Friends of the Family) for a presentation
- hear from UCLA professor on progress of his research
 - o Kathy will make contact and invite to next meeting.
- group will bring info on other groups with male involvement
- find Boyscout/Eaglescout groups and get them involved
 - o Olga will contact her colleague to get info about local troop
- Also YMCA
- Existing male support groups
- Valley InterFaith Council

6. Networking/ Announcements/ Adjournment

- o Next meeting will be on January 20, 2009