

**Healthy Births Learning Collaborative
SPA 8**

March 31, 2007

Meeting Notes

2:00 p.m. – 4:00 p.m.

Harbor UCLA Medical Center

Professional Building

Board Room

21840 South Normandie Avenue

Torrance CA 90502

Meeting Purpose:

- 1) Program Showcase:
 - a) Care1st Health Plan
 - b) Los Angeles Mommy and Baby (LAMB) Project
- 2) Resume 2008 Action plan Discussion
- 3) LA Best Babies Network Update: Wilder Inventory Survey Results

Co-Chair: Jennifer Haddad

Co-Chair: Shirley Smith

Co-Chair: Karina Reyes

Meeting Notes

1. Welcome and Introductions

Ms. Karina Reyes opened the meeting with a brief welcome and introductions.

2. Business

• **Program Showcase:**

a) **Care1st Health Plan**

Ms. Twyller Weary showcased Care1st Health Plan.

Care1st Health Plan is dedicated to working with its contracted providers to effectively deliver quality health care services to its culturally and linguistically diverse membership.

Care1st Health Plan staff can help you apply for the following programs:

Medi-Cal, Healthy Families, Medicare, and Dental

To continue their commitment of serving and ensuring access to quality care for vulnerable populations, Care1st will award grants (\$2,000 maximum per grant) to community based organizations with proven records of working to reduce health care disparities. Submissions must contain aspects related to:

- Addressing the health care needs of diverse populations; and
- Demonstrating effective use of cultural competencies.

Eligibility:

1. Community Based Organizations
2. Faith Based Organizations
3. 501(c)(3) non profit agencies

Only one grant will be awarded to an organization in a calendar year.

For additional information regarding the application procedure and other information please contact Care1st at 866-820-6009.

b) Los Angeles Mommy and Baby (LAMB) Project

Ms. Chandra Higgins from the LA County Maternal, Child and Adolescent Health Program walked us thru the 2005 LAMB survey. LAMB is a population based survey that will allow LA County to monitor trends in Los Angeles County and to evaluate which medical and behavioral factors are most significantly impacting the health of our mothers and babies.

Survey Background and Methodology

- In 2005 there were 150, 377 live births in Los Angeles County
- 15% (22,649) were in SPA 8
- LAMB is a biennial, population-based survey modeled after the Pregnancy Risk Assessment Monitoring System
- In 2005 5,211 mothers responded to the survey and 13% (697) resided in SPA 8

The following are highlights of the Depression component of the LAMB survey:

Depression in SPA 8

- Overall, 38% of women in SPA 8 reported feeling depressed during most recent pregnancy
- Women were asked about their overall moods during pregnancy:
 - 83% described it as “a happy time”
 - 17% described it as “a difficult time” or “one of the worst times in their life”.

Diagnosed Mental Health Problems

- 3% of women in SPA 8 reported being diagnosed with a mental health condition
- Of that 3%, 48% reported having been treated for that mental health condition

Depression after Pregnancy

- 50% of women reported feeling “Not at all depressed”
- 32% of women reported feeling “A little depressed”
- 14% felt “Moderately depressed” after their pregnancy
- 5% felt “Very depressed” in the months following their pregnancy

Predictor of Depression during Pregnancy

- Younger women and women with lower incomes had 2 to 2.5 times the odds of reporting depression during pregnancy when compared with older women and women with greater incomes.
- This increased risk was seen even when accounting for differences in race, education, partner support, and medical conditions during pregnancy.

3. Group Discussion

- **Continue 2008 Action Plan Discussion**

- ▶ Group members resumed the discussion regarding the direction of the 2008 action plan.

- ▶ Members of the collaborative recommended reviewing Perinatal Periods of Risk (PPOR) data prior to making a decision towards the focus of the 2008 action plan. The group decided that they had reviewed enough data to make a decision today since we only have four meetings left in order to develop and implement our action plan.

- ▶ Group members agreed to focus on depression during and after pregnancy.

- ▶ The collaborative had a rich discussion regarding potential interventions:

- ▶ They discussed the possibility of educating providers on existing screening tools to assist in addressing depression, but decided that we could be more effective educating mothers.

- ▶ Meeting attendees discussed the possibility of developing a maternal depression curriculum.

- ▶ Ms. Twyller Weary from Care1st Health Plan mentioned she conducts baby showers for pregnant women at OBGYN clinics and offered these groups as a possible connection to deliver information on maternal depression and linkage to resources.

- ▶ Ms. Weary also mentioned that there is a newsletter that goes to providers developed by Care1st in conjunction with L.A. Care and that we might be able to write a brief segment in order to promote the use of depression screening tools. Ms. Yolanda Salomon-López volunteered to write the segment for the newsletter.

- ▶ Ms. Fernanda Becerra from March of Dimes informed group members about the “*Comenzando Bien*” curriculum implemented at Community Clinics and mentioned that information on maternal depression could be delivered during the last session when participants celebrate the culmination of the series.

- ▶ A suggestion was made to research existing materials on maternal depression and bring them to the next meeting. Ms. Nancy McKee volunteered to research materials.

- ▶ Ms. Haddad informed group members that at the next meeting we will discuss: Program objectives, timeframe, possibility of a workshop facilitator, and materials Needed in order to complete our action plan.

- **LA Best Babies Network Update: Wilder Inventory Survey Results**

Ms. Radillo shared briefly the outcome of the 2008 Wilder Inventory Survey Results: We have some improvements in our ratings compare to last year, at the same time some of our ratings dropped but not significantly if we take into account that more people answer the survey in 2007.

The indicators that exhibit our strengths are:

1. History of Collaboration or Cooperation in the Community
2. Collaborative group seen as a legitimate leader in the community
3. Members see collaboration as in their self-interest
4. Established informal relationships and communication links
5. Unique Purpose

LA BEST BABIES NETWORK



Healthy Babies. Our Future.

Presented by First 5 LA

Areas of improvement are:

1. Sufficient funds, staff, materials, and time
2. Development of clear roles and policy guidelines
3. Adaptability

At the next meeting we will select one indicator and develop a plan for improvement.

4. Future Planning

- Next Meeting

Because our next meeting falls on a holiday we need to change our meeting day. Please choose the day that best works for you and let us know at your earliest convenience so we can check on room availability.

Tentative dates:

Tuesday May 20th, 2008 from 2:00-4:00 PM

Tuesday June 3rd, 2008 from 2:00-4:00 PM

Monday June 9th, 2008 from 2:00-4:00 PM

Please let Irma know your availability.

Meeting date to be determined from 2:00 pm- 4:00 pm at:

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

5. Announcements

6. Adjourn

We hope to see you there!