



Sonoma County Nurse-Family Partnership Advisory Council

Meeting Minutes

November 2, 2011

The purpose of the Sonoma County Nurse-Family Partnership Advisory Council is to provide community support and guidance promoting program quality and sustainability to improve the health of Sonoma County.

Participating:

Tracie Barrow, WIC Program
Robin Bowen, California Parenting Institute
Lorena Davalos-Gonzalez, SRMH
Rosanne Gephart, Women's Health & Birth Center
Cindy Goodale, Partnership Healthplan of California
Tracy Greenwald, Community Action Partnership
Kathy Haas, Kaiser
Jeff Miller, Pediatrician
Pamela Moore, Redwood Community Health Coalition
Guillermina Roman, Growing Together, SRMH
Karli Tedeschi, Safe Kids
Carmen Walsh, Santa Rosa Community Health Centers
NFP Program Staff:
Pauline Richardson, Home Visiting Program Manager
Rebecca Munger, MCAH Coordinator

Celebration

There have been 80 births to enrolled clients since program began in July 2010; 51 boys and 29 girls. Several of the babies have now celebrated their first birthday.

Family & Friends Domain

Nurses report that many of their clients are single and feel socially isolated. Some lack interpersonal communication skills and are uncertain how to connect with other moms, e.g. "I just don't fit into the group". While NFP program provides tools that help the nurses connect their clients develop a plan to mobilize personal resources, some women have no existing network.

Local Resources for Supporting Pregnant Women

The Doula Program, Women's Health & Birth Center: Rosanne Gephart, CNM

A *doula* is a trained and experienced woman who provides continuous physical, emotional and informational support to mothers before, during and after birth. Emergency doula services are made available free of charge to Sonoma County women in need (ordinarily doulas charge \$200 - \$1,800). This is made possible through the support of *Better Beginnings*, a local non-profit organization dedicated to helping families have positive birth experiences. For more information, call 539-1554.

Mommy and Me, Kaiser Permanente: Adrienne Davis, MPH, MCHES

Feedback from Kaiser's community advisory committees indicated that postpartum mothers wanted more interaction with pediatric staff and the support of connecting other new parents. The weekly *Mommy and Me* drop-in groups were developed covering topics like breastfeeding, sleep, safety, and



immunizations. A second group was added to specifically help mothers struggling with stress and mood disorders. These services are available to members free of charge.

Discussion:

Kaiser's health education department recognizes that the postpartum groups are poorly attended by teen moms and is exploring the possibility of creating a separate group just for teen parents. There seems to be interest in developing a program that could serve all teens in the community. Clients enrolled in the Teen Parent Connection and Comprehensive Perinatal Services Programs would benefit from a parent group specifically for teens. Some of the most at-risk are new moms are not enrolled in the continuation high schools so have little contact with other teen mothers. Some of the NFP families might be eligible to participate in *Avance*. Community Action Partnership and Petaluma Adult School are implementing *Avance*, an evidence-based program for children 0-3 years that promotes school readiness and supports family engagement.

Announcements

Karli Tedeschi- Safe Kids is sponsoring free child passenger safety fitting stations on November 12 & December 10th, 8-1pm. Bilingual services are available. Call for an appointment: 707.525.5300 x 3264.

Lorena Davalos-Gonzalez – Each year Santa Rosa Memorial Hospital holds a special memorial service for families who have had a child die. It will be held December 3rd, 4-5pm with a reception to follow. Please R.S.V.P. if child care is needed; 542.4534.

Monica Teixeira – Nurse-Family Partnership nurses just completed a three-day Nurse Child Assessment Training (NCAT) to develop their skills assessing the parent-child relationship.

Pauline Richardson – The Home visiting program has been preparing templates for their new electronic medical record system called Persimmony.

Tracie Barrow – California WIC has developed a new baby behavior campaign to help new parents care for their newborn. She distributed copies of the CD that clients receive.

Robin Bowen – Local non-profit organizations have just launched a new navigator line to make it easier for families to locate children's counseling services covered by Medi-Cal: 707.284.1500.

Next Meeting: January 25th, 2012

Meeting slides, agendas, minutes will be available at:

<http://www.sonoma-county.org/health/meetings/nfpac.asp>