

# Supporting Healthy Start Performance Project NEWSLETTER



*Strengthening Healthy Start to support family health and well-being*

## TA & Support Center News & Updates

### **Revised Healthy Start Data Collection Forms**

As the Division of Healthy Start and Perinatal Services (DHSPS) announced at the Virtual Grantees' Meeting, minor revisions have been made to the Healthy Start Data Collection Forms based on your feedback and questions. The revised forms were posted to the EPIC website on July 1, 2020, and fillable PDF versions were posted on July 21, 2020. To access the fillable PDFs, [please click here](#). The Spanish translations of the revised Data Collection Forms can also be found on that webpage. Please send any questions about the Data Collection Forms to [HealthyStartData@hrsa.gov](mailto:HealthyStartData@hrsa.gov).

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### **Healthy Start Grantees' Meeting Recordings and Slides**

The recordings and slides from the Virtual Healthy Start Grantees' Meeting will be posted to the EPIC website by the end of this week. Additional resources for some sessions, including handouts and articles, will also be posted.

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### **Mentoring Program Application Deadline**

As a reminder, the deadline to apply to become a mentor or mentee in the Healthy Start Mentoring Program is Wednesday, July 30. To complete the mentor application, [please click here](#). If you are interested in becoming a mentee, please contact your HRSA Project Officer.

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### **August Fatherhood Talk Tuesday**

Please join us on Tuesday, August 11 from 3-4:30 p.m. EST for the August Fatherhood Talk Tuesday. To register for the webinar, [please click here](#). Once you register, you will receive instructions for joining the meeting via Zoom.

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## Resources

### **Black, Indigenous, and People of Color (BIPOC) Mental Health Month**

July is Black, Indigenous, and People of Color (BIPOC) Mental Health Month, which in the past has been recognized as Minority Mental Health Month. This health

observance was established to bring awareness to the unique stressors, struggles, and needs of BIPOC, and the impact of these challenges on mental health. [Mental Health America's \(MHA\) BIPOC Mental Health Hub](#) provides a wealth of information about the mental health challenges facing BIPOC and uses a racial equity and intersectional lens when discussing these complex and unique experiences.



#### *Black and African Americans Communities*

For African American and Black people, these stressors include socioeconomic disparities; [historical and intergenerational trauma](#); and [ongoing racism](#), all of which stem from the United States' history of oppression, dehumanization, and violence against Black and African American people. Examples include slavery, sharecropping, and race-based exclusion from health, educational, housing, social, and economic resources. The resulting mistrust of the medical system impacts many Black and African American people's help-seeking behaviors for mental health issues. To access MHA's Overview of Mental Health Issues in Black and African American Communities, [click here](#).

#### *Native and Indigenous Communities*

For Native and Indigenous communities, [generations of colonization, violence, assimilation policies](#) have resulted in changes to traditional ways of child rearing, family structure, and relationships. This collective loss has contributed to and compounded mental health issues among this community, including depression, anxiety, suicide, and alcohol and other drug use and misuse. Access to mental health services –especially services that are sensitive to Native and Indigenous culture –is severely limited due to poverty, unemployment, and the rural and isolated locations of many Native and Indigenous people. To access MHA's Overview of Mental Health Issues in Native and Indigenous Communities, [click here](#).

#### *Latinx/Hispanic Communities*

For the Latinx/Hispanic community, a range of issues perpetuate or compound mental health conditions, including immigration, language barriers, acculturation, [racial trauma](#), and systemic barriers to accessing health care, including mental health care. Cultural attitudes and stigma around mental health issues and seeking help may prevent many Latinx/Hispanic people from accessing treatment. To access MHA's Overview of Mental Health Issues in Latinx/Hispanic Communities, [click here](#). To access this information in Spanish, [please click here](#).

### *Asian American/Pacific Islander Communities*

The term AAPI encompasses a variety of countries, ethnicities, nationalities, and identities, and as a result, a variety of raced-based issues that impact mental health. For example, although trauma may be a shared experience among the AAPI community, it is different for those who survived wars in Laos, Cambodia, and Vietnam compared to Japanese Americans who lived in internment camps during World War II. Similarly, many Native Hawaiians experience generational trauma from the colonization of the islands of Hawaii, while many children of first-generation immigrants experience anxiety around reconciling their cultural heritage with American life. To access MHA's Overview of Mental Health Issues in AAPI Communities, [click here](#).



Below are some additional resources regarding BIPOC mental health. We hope you find these resources helpful and will share them with your Healthy Start participants, CAN partners, and colleagues:

#### **Upcoming Webinar**

On Thursday, July 30 at 3 p.m. EST, the National Center on Parent, Family, and Community Engagement (NCPFCE) and the Office of Head Start's AIAN Collaboration Office is hosting a webinar on [Stories of Healing and Resilience from Native Communities During Challenging Times](#). To register for the webinar, [click here](#).

#### **Tips for Managing Anxiety Webinar**

March of Dimes hosts a weekly COVID-19 webinar series on [Facebook Live](#), featuring top maternal and infant health experts discussing the latest information on COVID-19. A recent webinar, [Tips for Black Moms: Managing Stress and Anxiety](#), focuses on the issues that Black women and Black mothers face in respect to mental health.

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#### **Voices in Minority Mental Health Video Series**

This video series from the American Foundation for Suicide Prevention features BIPOC experts in mental health and touches on topics such as stigma, advocacy, and meeting people where they are. To access the video series, [click here](#).

### **Brother, You're on My Mind Initiative**

This program was created by the National Institute on Minority Health and Disparities in partnership with the Omega Psi Phi Fraternity. The initiative aims to raise awareness of the mental health challenges associated with depression and stress that affect African American men and their families. For more information, [click here](#).

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### **Postpartum Support International's Virtual Support Groups**

PSI offers virtual support groups for pregnant and postpartum women and their families, including a pregnancy and perinatal mood support group and a “black mamas matter” support group. To learn more and to sign up for a session, [click here](#).

### **Mental Health Resources for BIPOC**

Massachusetts General Hospital compiled a list of resources about BIPOC mental health, including mental health provider directories, online support groups, self-guided virtual resources, and more. To access these resources, [click here](#).

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### **Hosting or attending an exciting event or webinar?**

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to [healthystart@nichq.org](mailto:healthystart@nichq.org).

Have questions? Either respond to this email or contact the sender on [healthystart@nichq.org](mailto:healthystart@nichq.org)

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