

# Supporting Healthy Start Performance Project NEWSLETTER



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

## SHSPP News & Updates

### **Update: Healthy Start Grantees' Meeting**

We appreciate the feedback many of you provided regarding the proposed dates for the Healthy Start All-Grantee meeting. In light of current circumstances, we have decided not to hold the meeting this June.

We have been exploring alternative ways to provide you with any critical content that would have been covered at the meeting, and there are a number of options available to us for providing technical assistance, support, and answers to your important questions. We look forward to connecting with each of you over the coming days, weeks, and months, and we will keep you posted on our next steps.

If you have any questions or concerns, please contact the Division's Healthy Start mailbox ([MCHBHealthyStart@hrsa.gov](mailto:MCHBHealthyStart@hrsa.gov)). Thank you for your patience and flexibility in these uncertain times, and for your continued service to families across the country.

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

The Healthy Start data collection forms (formerly called screening tools) received official OMB approval in February 2020. HRSA has given the Healthy Start TA & Support Center permission to post the forms on the EPIC website. [Click here to access the new, OMB-approved, 508-compliant data collection forms.](#)

The Healthy Start TA & Support Center, in coordination with DHSPS staff and leadership, is creating opportunities to assist you with training to use them, to help you with implementing them, and to provide ongoing TA regarding their use.

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### **Wellness Coaching Webinar**

Please join the Healthy Start TA & Support Center for the *Wellness Coaching* webinar on **Thursday, March 19 from 2- 3:30 p.m. EST**. [Click to register for the webinar.](#)

We will hear from Dr. Deborah Teplow, the CEO and co-founder of the Institute for Wellness Education (IWE). Dr. Teplow will describe wellness coaching, including its distinction from mentoring and teaching, and how it can help support Healthy Start staff and participants. Dr. Teplow will also share an overview of IWE's Wellness Coaching Certificate program along with data from a group of Healthy Start grantees

with whom she has worked with in the past that demonstrate how this course helped improve outcomes for those Healthy Start projects.

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## Introduction to Quality Improvement Webinar

Please join the Healthy Start TA & Support Center for the *Introduction to Quality Improvement* webinar on **Wednesday, April 8 from 2-3:30 p.m. EST**. [Click to register for the webinar.](#)

We will hear from Jane Taylor, Ed.D, a quality improvement (QI) advisor, learning advisor, and program evaluator. Jane is one the the subject matter experts working with the Healthy Start TA and Support Center and will be supporting grantees in this area. Dr. Taylor has advised over 70 learning collaborative, improvement and innovation projects for clients, including NICHQ. The webinar will provide an overview of and introduction to QI tools and discuss how QI can be harnessed to help grantees enhance and strengthen their overall projects' performance.

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## Fatherhood Talk Tuesday Webinar

Please join the Healthy Start TA & Support Center for the next *Fatherhood Talk Tuesday* webinar on **Tuesday, April 14 from 3-4:30 p.m. EST**. [Click to register for the webinar.](#)

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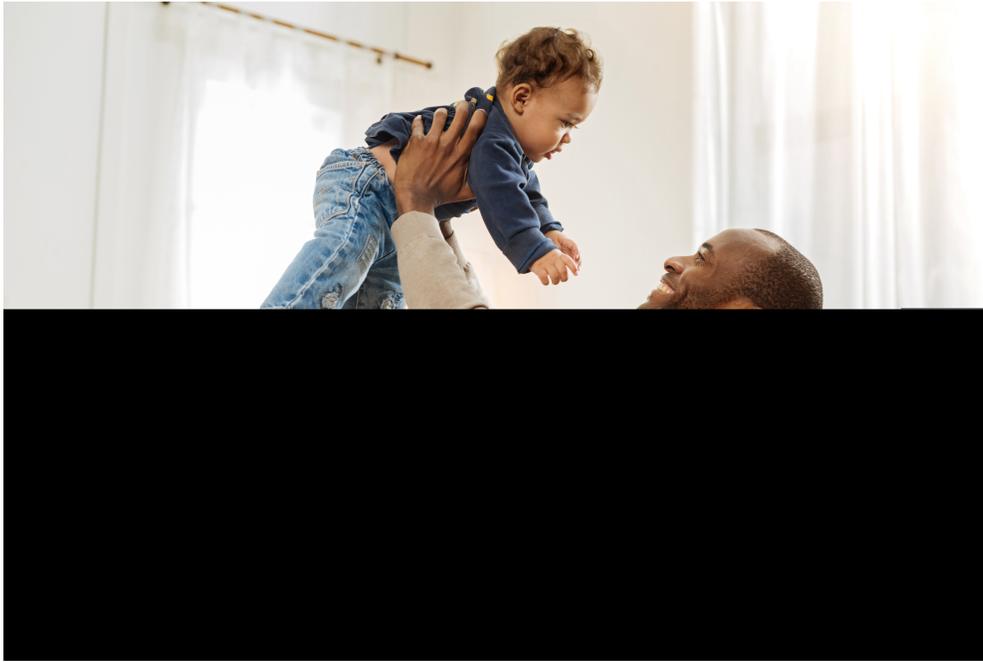
## Introduction to Perinatal Periods of Risk (PPOR) Webinar

Please join the Healthy Start Support Center for the *Introduction to Perinatal Periods of Risk (PPOR)* webinar on **Thursday, April 23 from 2-3:30 p.m. EST**. [Click to register for the webinar.](#)

Perinatal Periods of Risk is a comprehensive approach to help communities use data to reduce infant mortality. Designed for use in U.S. cities with high infant mortality rates, PPOR brings community stakeholders together to build consensus and partnership based on local data. The Healthy Start TA and Support Center is excited to introduce this approach some Healthy Start communities and reintroduce it to others.

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## Resources



The February 11<sup>th</sup> *Fatherhood Talk Tuesday* webinar featured Dr. Daniel Singley, a San Diego-based psychologist, Director of The Center for Men's Excellence, and Board Member of Postpartum Support International. If you were unable to attend the webinar or would like a refresher, you can review webinar recording and slides [here](#). During the webinar, Dr. Singley discussed how the transition to fatherhood can impact men's mental health and shared strategies for supporting men's mental health before, during, and after pregnancy. To assist Healthy Start projects in establishing these supports for their father participants, Dr. Singley has shared a number of handouts with the TA & Support Center. These handouts are now posted to the Healthy Start EPIC website.

- **[Anger Management](#)**: This handout discusses the importance of connecting with and managing the difficult feelings and thoughts that accompany anger.
- **[Assertive Communication](#)**: This handout shares how making an effort to see the other person's point of view is key to assertive communication.
- **[Family Logistics Meeting](#)**: This handout encourages readers to implement a weekly Family Logistics Meeting, which gives couples a structured way to feel like a team.
- **[The Fatherhood Role](#)**: This handout breaks down the components of healthy father involvement and attunement and discusses how high levels of involvement can benefit children's health.
- **[Parents' Postpartum Partnering Game Plan](#)**: This handout outlines the steps to making a Postpartum Partnering Game Plan, which can help parents work to keep their partnership strong after the birth of a child.
- **[Social Support](#)**: This handout describes the barriers men face when accessing social support and the importance of having at least four supportive people other than a romantic partner or family.
- **[State of the Union Meeting](#)**: This handout discusses how a weekly State of the Union Meeting can help partners better understand each other's experience of their relationship.
- **[New Dads Groups on Facebook](#)**: This handout includes a list of Facebook groups that may be helpful to new or expecting fathers.



### **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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