

Skagit County Prenatal to Three Network Meeting

Minutes
1/30/2020
8:30 – 10:00 am



Networking & professional support for providers who serve families of pregnant women, infants and toddlers

Welcome & Introductions – All

In attendance: Delenee Brugman, Meredith Baker, Juanita Cleek, Lucia Cantu, Diane Marx, Maria Aguado, Sydney Costello, Amy Manrique, Lucinda Ewing, Wende Dolstad, Melinda Tolar, Diana Peregrina, Amber Gregg, Lyndie Simmonds, Sarah Webb, Liz Cooksey, Hillary Boyce-Schimpff, Stacey Webb, April Gunderson, Jennifer Sass-Walton, Heidi Mitchell-Sanchez, Iris Carias, Teri Shilling, Addelle Diedesch (did I miss anyone?)

First 1,000 Days updates—Jennifer Sass-Walton

- **Referral Guides** are still under development, starting with a pregnancy referral guide. These are intended for providers to use to help assure that all families have the opportunity to be linked with programs and services that meet their needs. The documents will have 3 parts: a higher level flow chart; contact lists for services that are referenced on the flow chart; and a companion document with more descriptions of programs and services. They will be available for print and for online use. And they will be ever evolving, as programs/services and contact info is ever changing.
- **Help Me Grow/Bright Beginnings:** The Children's Council is working towards having Bright Beginnings become a local subaffiliate of [Help Me Grow Washington](#). [Help Me Grow](#) is a national model for linking families with children up to age five with health, early learning and family support services.
- **CuddleBright:** The CuddleBright Experience team is developing a new method of CuddleBright distribution. Jen Lindbeck is attending a training to become our local "CuddleBright Ambassador" and will learn how they want to support "CuddleBright Practitioners" who provide the kits to families. More info to come soon!
- [FamilyPalooza](#) will be Apr 2 and Oct 1: <https://www.facebook.com/events/195497034902722/>
- Parent Cafés Wednesdays 11-noon <https://www.facebook.com/events/1011718035859015/>
- An agency "Meet and Greet" hosted by the Children's Council and other local coalitions is scheduled for Friday, March 27 at the Mount Vernon Seventh-day Adventist Church. More details to follow.

Welcome Baby [videos](#)—Diana Peregrina

The United Way of Skagit County re-launched the [Welcome Baby](#) program this past summer, and has just hired Diana Peregrina as the Welcome Baby Assistant Coordinator. Diana also works as a local Maternity Support Services provider with Answers Counseling.

Welcome Baby was established in 1998 through the Children's Council, originally housed at SPARC and then at Public Health. Meredith Baker developed this program, offering newborn hospital visits, parent newsletters, mother-baby support groups, a warm line, home visits upon request and much more. Welcome Baby ended in 2009 due to budget cuts to Public Health. Families and the community have been asking for its return ever since!

Now the parent newsletters are offered in digital form, with a video embedded in each. Diana shared two of the Welcome Baby videos that have been developed thus far. She and Jen are seeking feedback on the videos. Spanish versions will also be available as soon as they can get them produced. You can find the videos on the [Welcome Baby website](#) or on the [United Way YouTube channel](#). Or just click on the links, below.

- [WELCOME BABY Month One Milestones](#)
- [Welcome Baby Month Two Milestones](#)
- [Welcome Baby Month Three Milestones](#)
- [Welcome Baby Month Four Milestones](#)
- [Welcome Baby Month Five Milestones](#)

Provide feedback to Diana at diana@unitedwayskagit.org or Jen at jennifer@unitedwayskagit.org or 360.755.9521 ext. 6.

Perinatal Mental Health—Jennifer Sass-Walton

- Skagit County received a one-time, one year grant of \$10,000 last year to build capacity for addressing perinatal mental health. This grant was specifically focused on establishing Group Peer Support (GPS) groups. We were able to get a cohort of facilitators trained and started four support groups, with the hope of finding ways to sustain the groups beyond the term of the grant. The Department of Children, Youth and Families notified us last month that we could get an additional \$5,000 to extend this work through June 2020. Due to the timing of the notification and some challenges with processing contracts, we are still trying to determine which groups will continue. It looks like three of the four groups will likely continue. An updated flyer will come out soon. In the meantime, please contact the group facilitators (info available [here](#)) to inquire about what they are offering, and please refer/bring families! ALL families need community and social support, and these groups are one excellent way to create lifelong connections.
- We have the opportunity to send more people to facilitation training, which is tentatively scheduled for April 27-28, although they are considering moving this up to March. Please let Jennifer know if you are interested in this training.
- Public Health also anticipates having a local family physician working on a Capstone project to develop a sustainable perinatal mental health prevention and treatment program, partnering with local physicians and other behavioral health professionals.
- Please help spread the word about an upcoming [Pregnancy and Beyond](#) Conference targeting health care providers who serve pregnant and parenting women with opioid use disorders and their babies. April 29, Swinomish
- Addelle shared that there is a perinatal mental health consultation cohort happening in Skagit County, led by Michelle Anderson, and there are now three local mental health providers who are working with perinatal mental health. Addelle can see Apple Health clients with Molina or Coordinated Care and offers sliding scale services at her practice, [Little Mountain Counseling](#). She said that Kelsey and Rachel at Skagit Behavioral Health are also part of the consultation cohort and interested in serving women with PMADs.
- Hillary shared that she had listened to a good podcast on NPR about Perinatal Mental Health. I think this might be it: <https://www.npr.org/2020/01/27/800139124/what-is-postpartum-depression-recognizing-the-signs-and-getting-help>

Vroom – Lyndie Simmonds

The Children's Council/United General District 304 received a grant to promote Vroom with families in Skagit County. Vroom provides science-based tips and tools to inspire families to turn shared, everyday moments into Brain Building Moments®. This grant supports local outreach efforts and materials to share with families. Lyndie shared two videos, [Vroom: Everyone has what it takes to be a Brain Builder!](#) and [Brain Building Basics](#), as well as a number of materials. Please contact her at Lyndie.Simmonds@unitedgeneral.org or (360) 854-7176 if you would like materials or a presentation to your organization.

Your Beautiful Child—Meredith Baker

When the original Welcome Baby program ended in 2009, Meredith worked with the Kiwanis Club of Mount Vernon and *Friends of Welcome Baby* to compile the first year of her parent newsletters into a book, *Your Beautiful Child: Birth to One Year*. She now has a new non-profit, Beautiful Child, and has updated and reprinted the compilation for Birth to Three Years, which she would like to make available to every family in Skagit County with a baby or toddler. She also offered that the non-profit could potentially help with other local projects. Meredith can be reached by call or text at 360-941-5176.

Meredith also spoke about how singing with babies supports their development and offered to provide some consultation/training about this.

Agency Updates – All

- WIC is now using EBT cards and it seems to be going very well.
- WIC at United General is participating in “We’re Reading”, distributing books to families at WIC visits and encouraging reading at home.
- WIC at Community Action has been giving away about 3000 diapers/month through a partnership with the [Diaper Bank of Skagit County](#). People don’t have to be WIC clients to receive diapers. The Diaper Bank is looking for a new facility to store and distribute diapers, as they have outgrown their current location (the Director’s home).
- Sedro-Woolley’s Early Learning League (SWELL) is hosting an early learning resource fair on February 27. Contact Amber Gregg (agregg@swsd101.org) for more info. Flyer available here: <https://www.facebook.com/SedroWoolleySchoolDistrict/photos/pcb.10157655886466226/10157655883431226/?type=3&theater>
Spanish version: <https://www.facebook.com/SedroWoolleySchoolDistrict/photos/a.10151100581346226/10157655883471226/?type=3&theater>
- Child Care Aware has emergency child care vouchers available. View and print programs flyers in [English](#) and [Spanish](#).
- Sea Mar is in the midst of a computer system change, should be completed by February 17th.

Announcements

- Love Heals [Free Clinic](#) April 25-26
- Public Charge resources (the injunction against Public Charge has been lifted):
 - <https://protectingimmigrantfamilies.org/know-your-rights/>
 - WIC-specific resources: [Click here to view.](#)
- Guided meditations that may be of use: <https://www.mindful.org/the-top-10-guided-meditations-from-2019/>
- Legislative Bills of possible interest:
 - Medicaid extension to full year after delivery
 - SB [6106](#) and SB [6128](#) and a companion house bill [2381](#)

- Omnibus Early Learning Bills
 - [HB 2661](#) (House) Fair Start for Kids Act
 - [SB 6253](#) (Senate) Early Care and Education Act

Professional Development

- Connections, March 21, Skagit Valley College <https://www.skagitconnectionsconference.com/>
- [Pregnancy and Beyond](#), April 29, Swinomish
- CDC's "Learn the Signs. Act Early." program offers a FREE 1-hour *Watch Me!* training, available in English and Spanish, which provides tools to help you work with families to monitor children's development, share your concerns with families, and help families get connected to services and support that can make a real difference. www.cdc.gov/WatchMeTraining

2020 meeting dates: April 30 (Period of PURPLE Crying), July 30, October 29