

Orange County Perinatal Council Meeting Highlights January 10, 2023

In Attendance:

Alicia Hughes, PHN, CNSD-Calworks - OCHCA	Janira Perez, Director of Strategic Program Development, MOMS Orange County
Adriana Nieto Sayegh, COO, Clinical Director, Laguna Beach Community Clinic	Jean Millar, South Division Executive Director, Women's and Children's Clinical Institute
Amanda Lamont, MPH, CLE, CHA III, OCHCA-Nutrition Services/WIC	Jewel Loff, Program Director, MAT Connect
Amy Weir, Psychologist and Assistant Director of Training, Child Guidance Center	Lucy Hernandez, HCA Program Supervisor II, OCHCA- CNSD
Anaiah Brown, Program Officer, First 5 Orange County	Lucy Van Otterloo, Executive Director, Community Perinatal Network, Regional Perinatal Programs of California
Ann Mino, Maternal Health Manager, CalOptima Health	Marcia Salomon, Supervising Public Health Nurse, OCHCA-CNSD/Nurse Family Partnership®
Anna King, Director of Training, Maternal Mental Health NOW	Mayra Moreno, DULCE Family Specialist, CHOC Community Clinics
Anna Luciano-Acenas, Supervising Public Health Nutritionist, OC HCA-Nutrition Services	Michele Cheung, MD, MPH, Acting MCAH Medical Director, OCHCA-CNSD
April Orozco, MSN, RN, PHN, NE-BC, OCHCA Deputy Chief of Public Health Services - Operations	Michelle Lubahn, Project Lead, CHOC -DULCE Community Clinics
Arisa Palmer, Executive Director, Breastfeed LA	Monica Gallegos- Service Chief I, OCHCA, Orange County Parent Wellness Program (OCPWP)
Arlene Miranda, Administrative Manager I, Social Services Agency-Office of the Medical Director	Natalie Nguyen, LCSW, Service Chief II, OCHCA-CNSD/CP/Adolescent Family Life Program and Cal Learn
Ashley English, PHN, CNSD-CPSP, OCHCA	Pauline Bui, Director of Health Promotion and Community Planning-HCA
Bradley Vargas, Administrative Manager II, OCHCA-CNSD	Robyn Baran, MSN, RN, PHN, Supervising Public Health Nurse II, OCHCA-CNSD/Nurse Family Partnership
Colleen Brody, HCA Program Supervisor II, OCHCA, 17th St. Testing, Treatment and Care	Rona Tagayun, Supervising Public Health Nurse, OCHCA/CNSD/PACT
Cynthia Lopez - Primary Care Community Health Worker, CHOC	Ronilyn Ricaforte, MSN, RN, PHN, Supervising Public Health Nurse, OCHCA-CNSD/CP/CHDP/CPSP
Danielle Burns, BS, CLEC, Health Educator, Bright Steps CalOptima	Sandy Avzaradel, Director, Start Well-Infant Early Childhood Mental Health Consultation
Dianna Daly, Consultant, First 5 Orange County	Sarah Pace, LMFT, PMH-C – Sarah Pace Therapy
Dr. Daniel Singley, Center for Men's Excellence, Postpartum Support International, Master of All I Survey	Stevie, Merino, Sol and Roots Doula
Evan Textor, Staff Specialist, OCHCA-CNSD	Teresa Espino-DULCE Family Specialist, CHOC Children's Health Center (Garden Grove)
Hoda Shawky, First 5 Orange County	Val Brauks, Children and Families Coalition of Orange County, Project Director
Ivana Arteaga - Training Coordinator - Maternal Mental Health NOW	

Welcome, introductions and review of previous meeting highlights:

- Dr. Michele Cheung welcomed all in attendance.
- Meeting highlights from 10/22/22 approved by the council.
- Attendees signed in via the chat box

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Partner announcements (sent to OCPC on January 10, 2023):

- Maternal Mental Health Now Webinar this Thursday 1/12/23 12-1 pm: World Building with Reproductive Justice with Dr. Bianca Laureano, <https://www.maternalmentalhealthnow.org/event/world-building-with-reproductive-justice/>
- 2023 California Breastfeeding Summit – Virtual Advocacy Day 1/26/23 1-3:30 pm (REGISTRATION CLOSES TODAY 1/10/23):
 - Lactation Advocates, if you are not attending the Summit, we would still love to see you at Advocacy Day - January 26th, 1:00pm - 3:30pm! Registration closes today (Jan 10th)! To register: <https://californiabreastfeeding.regfox.com/advocacyday2023?fbclid=IwAR3AhSmRCX7HseXQrM05M4Te5HNfZfyoNxb45EqKgmveDUB8t7plKp7VYk>.
 - This is an awesome opportunity to educate your state legislators about the importance of breastfeeding/chestfeeding and lactation support in our state and in your community. It is also a time to discuss policy that impact parents' ability to provide first food - human milk.
 - A Pre-Summit Virtual State Legislative Training will be provided on January 18, 2023 from noon to 2 PM, so that you feel confident educating your legislators. You will be sent an email regarding further details for the legislative training. If you have any questions, please contact summit@californiabreastfeeding.org
- BreastfeedLA Lactation Educator Course starting 1/27/23: <https://breastfeedla.thinkific.com/courses/january-2023-lactation-education-specialist-course>
- BreastfeedLA Webinar 2/16/23: Supporting Queer & Trans Parents in their Lactation Goals. For information and registration: <https://www.breastfeedla.org/events/>
- SAVE THE DATE – Maternal Mental Health Now 2023 Conference on Legal and Ethical Dilemmas in Perinatal Mental Health - 5/12/23, 8-4:30pm PT in Los Angeles, CA at California Endowment, for more information <https://www.maternalmentalhealthnow.org/events/>
- PMAD Collaborative: If anyone is interested in learning more or joining a workgroup, the committee, etc, you can reach me at HodaShawkyPN3@gmail.com
- HCA's Breastfeeding Program coverage:
 - Ana Luciano: Aluciano@ochca.com
 - Amanda Lamont: Alamont@ochca.com
- Every Woman OC website is now Every Parent OC: <https://everyparentoc.org/>
 - 28th Annual Report on the Conditions of Children in Orange County is now available: <https://ssa.ocgov.com/about-us/news-publications/COCR>
- NPR article on the Nurse Family Partnership (NFP) program: <https://www.npr.org/2022/12/27/1144151215/maternal-deaths-iu-s-are-common-personal-nurses-help>

Presentation: The Changing Face of New Fatherhood – Daniel Singley, Ph.D., ABPP, PMH-C

- Dr. Daniel Singley: clinical psychologist in San Diego with an emphasis on men's issues and masculinity; clinical work, research, presentations and trainings
- Presentation on fatherhood, mood disorders, and changing the face of new fatherhood
 - Fathers in contact with infants experience dysregulation of any hormonal concentration
 - Research shows gender differences overlap
 - 1 in 10 dads have depression; 2-18 % have anxiety
- Need to provide support and get your own support; need to normalize both parents and need to provide support and get support

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- Recommended resources: Postpartum Supports International (PSI) Hotline (1-800-944-4773) will connect to local person
- Dad involvement = better emotional and behavioral regulation
- Maternal postpartum depression (PPD) is the strongest predictor of paternal PPD
- Father engagement and overlap
- Needs
 - Few statistics available
 - Support for fathers is lower than support for moms
 - Birth trauma is on the rise
 - Support post-partum PTSD

PMAD Discussion – Hoda Shawky, First 5

- Update on the PMAD Collaborative – how can PMAD expand to include and be collaborative –
 - Purpose: To enhance Orange County’s ability to address Perinatal Mental Health (including perinatal substance use) by supporting **primary care providers** and **community-based organizations** to provide education, screening and interventions that are informed by parent voice.
 - 2023 PMAD Collaborative Goals:
 1. To increase awareness and resources sharing on perinatal mental health (PMH) and early relationships.
 2. To include **clients/parents** in PMH systems improvement.
 3. To increase the number of **healthcare practices** incorporating PMH in their processes
 4. To increase the number of **community-based organizations** addressing PMH in their services
 5. To improve systems coordination around services relevant to parent and infant/toddler well-being
 - There are 3 workgroups focusing on addressing the goal/need:
 - Parents
 - Healthcare -training, resource sharing
 - Community-Based Organizations
 - Committee Meetings are held:
 - 11am-12pm, 4th Monday of every other month (2/27, 4/24, 6/26, 8/28, 10/23)
 - General discussion and resource sharing and bring back resources to your program
 - A flyer is also available
 - Reach out to Hoda if interested to join any of the workgroups and committee meetings; bring along sectors that you feel will be beneficial to join
- Discussion/Comments from Chat re: Mental Health resources:
 - Partnerships
 - Be Well Prenatal – Five Workgroup
 - Hoag
 - Maternal Mental Health Now
 - Mission Hospital
 - Postpartum Support International Orange County Liaison
 - Orange County Perinatal Advocacy Network: Prominent clinicians in the Orange County perinatal mental health Community
 - Please include OC HCA Community and Nursing Services Division_

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<https://ochealthinfo.com/services-programs/community-and-nursing-services>

- Need to make the process easier
- Utilize the resources that we do have in a way that we start to create this strong network.
- Strength in collaboration
- Things needed: good referral networks, bilingual services, lactation support for those who can't afford to pay and don't have WIC
- The Newport Mesa FRC has case managers who can connect clients to Hoag's Center for Healthy Living for mental health services. The center also provides diapers, parenting and distribution of basic needs. Clients can call the Newport Mesa FRC at 949-764-8100_
- <https://www.factoc.org/frc/newportmesa/>
- At Human Options we provide services for victims/survivors of Intimate Partner Violence/DV"

Breastfeeding Workgroup – Pauline Bui – OCHCA

- Amanda la Monte and Anna Luciano will be the point of contacts for HCA Breastfeeding Program
- Amanda:
 - Prenatal Guide is being updated and should be reprinted soon. It is for provider use with the clients
 - Hospitals should be working on becoming baby friendly; how can we help them start
 - Currently working with Orange Coast Global Medical Center - identified as needing support
 - Systematic barriers to breastfeeding
 - Looking at lactation accommodation, community colleges, community centers, schools that have parenting programs on campus
 - Please reach if any questions or collaboration ideas
- Arissa also shared she is presenting at the 2023 California Breastfeeding Summit

Plans of Safe Care (POSC) Update – Dianna Daly (First 5)

- Orange County was accepted into the National Center on Substance Abuse and Child Welfare Policy Academy. There will be a 2-day convening 1/24 to 1/26. Prenatal care providers, public defender's office, have big overarching goals, for this group. Developing protocols required by State but not put in place by partners. Hoping to formalize soon.
- Looking to establish trust with providers and community; collect data on what is going on in OC
- Community workgroup taskforce; reach out to Dianna Daly at diannamdaly@gmail.com

Nurse-Family Partnership (NFP) – Marcia Salomon, Supervising Public Health Nurse & Robyn Baran, Supervising Public Health Nurse – OCHCA

- Capacity: 10 nurses/250 clients
- Current Caseload: 98 clients; Current availability: 152 clients
- 32 referrals received October – December 2022; plenty of availability and looking for referrals
- Specific to first-time parents; need to enroll prior to 28th week pregnancy
- CNSD has a centralized referral system and intake:
 - Options for other pregnant and/or parenting programs in CNSD or in community
 - People can self-refer and can be found on EveryParentOC: <https://everyparentoc.org/referrals/>

Wrap up – Michele Cheung, MD (HCA CNSD)

- Next meeting to be held on April 11, 2023.