

## Cape & Island Maternal Depression Task Force- Minutes-3/24/21-12pm

In attendance: Mary Wilson (Barnstable and D-Y CFCE, MDTF Coordinator), Valerie Pereira-Brown (Health Imperatives/WIC), Patty Watson (Cape Cod Children's Place), Lauren Melillo (Sandwich Partnership for Families/CFCE), Barbara Prindle-Eaton (KDC/Early Intervention), Kim D'Arcy (Martha's Vineyard Community Services/CFCE)

- Welcome and Introductions

### **Report from Krista Sullivan regarding the activities of the CC Healthcare Community Benefits grant.**

Mary stated that Krista sent along a report regarding the activities being executed through the CCH grant. Mary will attach flyers for the programs again so members can distribute widely. Please contact Krista at [monumentalbeginningsdoula@gmail.com](mailto:monumentalbeginningsdoula@gmail.com) if you can help in any way she listed.

#### This is what she reported:

"Monday groups are running well, but still could use some help spreading the word from the Task Force. All of the participants who have joined us have been clients of Monumental Beginnings or referrals from Jessie. We would love to see these groups attract and support more new moms. As a reminder Falmouth Virtual Breastfeeding group run by Suzan is Mondays 10-11am, and Support & Healing for New Moms is Mondays 5-6. Both are drop in, free, and links available on the Monumental Beginnings website or the posters that Mary has circulated. Thank you to Ann for helping the posters get into folders and on the InJoy app at CCH.

The postpartum doula program is going well! We have 26 families signed up so far, with plenty of spots available still. As a reminder, the grant covers up to to 3 home visits from a postpartum doula. Visits are 3 hours each and include hands on newborn care, help with chores, referrals to local resources, and emotional support. The only qualification is that families need to live on Cape and be expecting a baby before August, or have had a baby within the last 12 months. To sign up, they need to call Krista at 508-289-1185 and complete a short intake evaluation, and sign a contract to reserve their spot. Again, most referrals have come from connections from Monumental Beginnings, or word of mouth. We would love more help from the Task Force sharing this program.

Baby bags will be assembled and distributed to families on Cape. Thank you Aimee for your assistance with them. If anyone on the task force has resources to be included, (handouts, self-care items etc.) please reach out to Krista or Aimee. Our goal is 100 bags so plan accordingly.

Ways task force can help:

Share the program's posters on social media, in particular on your town's mom group pages

Refer moms who can benefit from extra support

Coordinate materials for baby bags

Help to distribute baby bags within programs already happening i.e. children's place programs, WIC programs, parent groups, VNA etc.

Thank you!!

Krista"

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The grant can serve any resident of Barnstable County regardless of where they delivered their children. Discussion about the Baby Bags for the Community Baby Shower took place and included different suggestions for materials to include in them. Lauren said they would need to make about 35-50 bags. Barbara mentioned that there is a new brochure for Early Intervention she would be happy to include, and other members would also like some. Barbara will send it to Mary for distribution. Valerie mentioned it might be nice to include a tomato plant, perhaps from CapeAbilities or another local farm. Lauren will connect Krista with the Untied Way representative who oversees the Community Baby Shower. It was suggested that virtual learning opportunities could be connected with a raffle for prizes. It was suggested we should support local businesses when buying materials for the Baby Bags. Patty suggested a Drive Thru Baby Shower with vendors and tables for materials to be picked up safely.

- **Grant Opportunity through the Town of Falmouth.** Mary mentioned that Diane Litton, a member of the Task Force, shared a grant opportunity with CCCP with the Task Force in mind. The grant priority is to increase Mental Health prevention programs and services as well as Mental Health Recovery Services to residents of Falmouth. The grant award is \$20K (renewable after the 1<sup>st</sup> year) and the application is due 4/23/21. CCCP and Patty Watson have had an opportunity to review it and have interest in applying on behalf of the Task Force. Members present at the meeting agreed that this would be an opportunity for the Task Force to continue providing support services including support group and Postpartum Doula services while focusing on the community of Falmouth. It was also suggested that there be a focus on the vulnerable populations such as families in recovery from addiction and providing on-site support services to families in shelters (Emerson House, Carriage House). There was also discussion around training for shelter staff around Strengthening Families as well as adding a mental health component (perhaps a Mental Health Consultant) who could be included for assessment and oversight/support for Krista. It was suggested that perhaps we provide a stipend through the grant to support a Mental Health Counselor as supervision for each family. It was suggested that we reach out to Falmouth Human Services to see if someone there could act as a Mental Health Consultant under the grant (provided the individual has training and experience with PPD). Barbara mentioned that home visiting is important in reducing the isolation of Cape families and the statistics of improved outcomes such as prevention, support and treatment are good. It was suggested that if we do in person groups, that we build in childcare and healthy refreshments into the grant budget. Barbara mentioned that Falmouth is also a big recovery community and we should make sure to include families in recovery that have young children. Several programs that could provide referrals were mentioned, including: First Steps Together, Early Intervention, Moms Do Care, Falmouth Human Services, and Emerson House. Bethany mentioned she has relationships with FHS and Emerson House. She could also refer from the CFCE families she works with.
- **Discussed Community Provider News.**
- From Monumental Beginnings- We are busy with births, postpartum care, overnight Doula coverage and lactation appointments with Suzan! Our April class schedule is available at [MonumentalBeginningsDoula.com](http://MonumentalBeginningsDoula.com) and includes a variety of prenatal classes taught by Suzan, as well as a Birth Circle run by Krista. We have found that moms who engage with us prenatally feel more comfortable asking for help when things get tough after baby arrives and are generally more connected to community resources.
- Patty Watson mentioned that Cape Cod Children's Place has short term funding, being provided through a grant from Cape Cod Foundation, for families to receive grocery gift cards, early education scholarships and consultation services with Melissa Alves, OT. There is an income eligibility factor of 80% median income, with COVID-related situations being an exception. Applications can be obtained through Cape Cod Children's Place's website or by calling the main number 508-240-3310. There is a June 10<sup>th</sup> deadline.
- Kim D'Arcy mentioned that the Loss Support Group is going well on Martha's Vineyard. They are making new connections with the hospitals to refer new moms and get new parents included. They are receiving cribs, strollers, etc. and she will share the "Journeys" group information with Early Intervention.

- Mary Wilson mentioned she has a parent who wants to start a support group for families who have children with special needs, and she will share the information with Early Intervention as soon as the group is developed. Both the Dennis-Yarmouth and Barnstable CFCE programs will be doing some in-person programming.
- Barbara Prindle-Eaton mentioned that KDC/Early Intervention is hiring direct service staff. There are many position opportunities. Early Intervention is starting to get back to in-person visits.
- Lauren Melillo mentioned that the Sandwich Partnerships for Families/CFCE will be getting back to some in-person groups. She also mentioned that the FDA is extending grants for the food program in the schools to be able to offer food every day through the summer.
- Bethany Gay from the Coalition for Children (Falmouth/Mashpee CFCE) reported that both the Falmouth and Mashpee CFCE programs will be offering some in-person programming. Tones in Motion will be doing a program called “Musical Babies” that is virtual and comes with a kit. There will also be an in-person “Lap Babies” program at the Mashpee Library.
- Valerie Pereira Brown mentioned that Health Imperatives/WIC is still providing services virtually and are very busy with families, there has been an increased case load, and that virtual seems to work well for many families that have transportation and childcare challenges. They are also taking more clients at WIC

**Next meeting Date: May 19, 2021 at 12pm/Zoom-Link is forthcoming**

**Topics: Update on CCH Community Benefits Grant Activities and other grant initiatives**

See Attachments

**Post meeting notes:**

1. A member of another meeting mentioned a website: <https://thebasics.org/> as a great site for newborn development and includes free materials on its website.
2. A note from Jessie Colbert, MA PPD Fund:

Good morning, wonderful Cape folks! I'm sorry to have missed the meeting but look forward to catching up. In the meantime, I wanted to extend a special invitation to you all and the whole Task Force to our *Flourishing* event coming up – we'd be thrilled to have you, and Mary will be giving a shout-out about our work!!

We know this is a tough time, so we are pleased to have donation-optional tix, or give what you can! Our #1 priority is to get together, spread the word about supporting parents, support one another, and have fun!! Here is the link, as well as a one-pager. Mary, would you be willing to distribute with the minutes?

<https://www.eventbrite.com/e/flourishing-through-21-tickets-144454480239>

Thanks, all! Have a great day

Jessie