

Early Learning Hub of Linn, Benton & Lincoln Counties Health Care Integration Work Group Meeting Minutes

MEETING COMMENCED	9:30 am, January 22, 2022 Online via Zoom
MEETING CALLED BY	LeAnne Trask
WORK GROUP MEMBERS PRESENT	Tania Bailey, Deanna Barclay, Jessica Barker, Belit Burke, Pam Collier, Jeff Davis, Barbara Dougherty, Karol Elizondo, Mike Jerpback, Misha Mayers, Sommer McLeish, Sadie Peterson, Nef Pizano, Tina Soares, Charlene Yager
PRESENTERS	Mary Jackson, Samaritan Maternity Care Coordinator - Corvallis Rocio Badger, Samaritan Maternity Care Coordinator – Corvallis & Albany Sadie Peterson, Samaritan Community Engagement Liaison
STAFF MEMBERS PRESENT	Connie Adams, Kristi Collins, Matt Grams, Sam Rounsavell, Carmen Santacruz, Kelly Schell, LeAnne Trask
RECORDED	Yes

Agenda topics

DISCUSSION ITEM	Welcome and Introductions
Committee Members introduced themselves.	

SPECIAL PRESENTATION	Maternal Mental Health
<p>Mary Jackson shared that families are having second pandemic babies. In the beginning, families had a lot of concerns about giving birth in the hospital during the pandemic. Many hospital procedures have changed. For instance, in-person tours and birth are no longer available support people at the birth are limited, and siblings cannot come to the hospital to meet their new baby. Families have a whole new set of concerns around Covid and childcare after the baby is born. One bright spot has been the Hope for Mothers group. It has been able to keep meeting in person. There is a group for English speakers in Albany and another group for Spanish speakers. Mary asked the committee to please share information about these groups. She will include fliers for the meeting handouts.</p> <p>The committee asked about the rules around visitors at the hospital. Mary explained that one primary support person could come and go throughout the mother's entire stay. One secondary support person can be present for labor and birth but then must leave. A Doula is also able to be present only during labor and delivery. No siblings are allowed at this time.</p>	

Maternity staffing is adequate at this time.

Mary shared the Hope for Mothers group fliers with the committee.

Rocio Badger shared that she has been with Samaritan for 18 years. She started the Hope for Mothers support group almost ten years ago. Spanish-speaking families are going through the same pandemic related stressors and also face minority-specific stress such as crowded housing, multigenerational housing, and lack of transportation. The Hope for Mothers group is essential for helping these families support each other and have positive interactions with other parents. The Spanish-speaking Hope for Mothers group meets virtually on Mondays from 1-2:30 pm. They have been inviting different speakers to share resources such as painting classes, nutrition, and vocational opportunities. A grant from Samaritan has allowed a counselor to be at the Hope for Mothers group. Tina Soares from Healthy Families is co-leading the group. They are also collaborating with the Community Doula program.

The committee asked how many people are attending? Rocio said there have been about 12-15 mothers attending every Monday. The committee shared appreciation to Mary and Rocio for keeping the group open during the pandemic.

Tina Soares shared that Hope for Mothers was begun in collaboration between Healthy Families and Samaritan. She shared that the mothers get support in this group that they cannot get anywhere else. It is a safe place for mothers to come and receive support and resources. She asked the committee to consider how can this support be expanded and extended to more families? The Hope for Mothers group could be a model for what is possible in other communities.

Pam Collier works with Mary Jackson in the Corvallis Hope for Mothers group. Pam shared that they see a lot of needs, including depression and anxiety among mothers. Their in-person group is temporarily closed right now due to Covid.

DISCUSSION ITEM	Pollywog Parent Newsletter for February 2022
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Sam discussed the Pollywog newsletter for February. It will focus on Perinatal Mood and Anxiety Disorder (PMAD) & Parenting Stress.

The first page defines and discusses PMAD and parenting stress while encouraging parents to seek support if they feel overwhelmed. The rest of the newsletter lists available contacts and resources for that support, including:

- Parenting Support – Local resources and support groups
- Family Resources – Local relief nurseries and other child advocacy agencies
- Crisis Resources – Crisis contact information for immediate help

She asked the committee for feedback and suggestions for more resources to include.

The committee suggested adding the Maternal Child Health programs from each county, the Triple P programs, and the IHN Care Coordination team.

DISCUSSION ITEM	NBC News report on development delays found in babies born in the pandemic.
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Sam shared an NBC News report on development delays found in babies born in the pandemic. <https://www.nbcnews.com/news/us-news/babies-born-pandemic-slight-developmental-lag-study-finds-rcna10872>

Important takeaways:

- Babies born during the early months of the pandemic scored slightly lower on a screening of their developmental skills than those born before the pandemic, regardless of whether their mothers had Covid-19 during pregnancy
- The infants were screened for social, communication, and motor skills at six months of age using the ASQ
- The researchers speculated that **stress pregnant women experienced** due to the pandemic could explain the drop in babies' motor and social skills. It was likely due to several factors. The effects of being born into an environment of lockdowns and other **pandemic-related stressors on families that interrupted childhood, such as job loss or unstable housing, probably contributed.**
- If things continue as they are, there will be a set of children entering into daycares, preschool, and school that may have greater needs than we are used to
- Families are not powerless. Infants' brains are resilient, and the most important action parents can take is to be involved in their children's day-to-day lives. If your parents are being very interactive with you, if they're talking to you, playing with you, engaging with you, getting on the floor, it's going to pay dividends.

The committee discussed the related issue of how the difficulties of finding childcare and the uncertainties of childcare and school closures during the pandemic are also causing family stress.

DISCUSSION ITEM	IHN-CCO/Samaritan Update
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Sadie gave an overview of the IHN-CCO Delivery System Transformation Pilots. There will be 13 new pilots starting in 2022 in Linn, Benton, and Lincoln counties. Many of these projects focus on increasing behavioral health services through nontraditional ways, like using community health workers or screenings for depression. A summary of the programs can be found in the presentation slides in the handouts.

For the Regional Health Needs Assessment, the IHN-CCO is taking a collaborative approach to data collection this year. They will be working with the counties, the Samaritan hospitals, and other community agencies. A brief initial survey will be sent out around the end of January asking, “how do you see your community? How do you see your health? What impact your health based on your community?”. At the bottom of that survey will be a sign-up for receiving more information and additional more robust surveys. The robust follow-up surveys will be sent out in about February or March or incorporate open-ended, storytelling questions. This will generate more that doesn't put people in boxes giving the power back to the community to have a say in what is done with this data. The data is then taken and put into the Community Health Improvement Plan (CHIP). The final Regional Health Needs Assessment is due in Summer 2022.

Sadie shared that the Delivery System Transformation committee has a Traditional Health Worker Workgroup. The traditional healthcare workers and managers come together to discover where challenges and opportunities in their work lie. We have heard that there are billing and reimbursement issues, so the workgroup is looking to see if more value-based payments can be made. They are also looking into continuing education opportunities and starting a community training collaborative.

The Sustainability Workgroup is focused on creating more sustainability for the pilot projects.

DISCUSSION ITEM	OHA Covid Update
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LeAnne presented the information we received from Oregon Health Authority about our region. This presentation is included in the handouts.

We have a new IHN innovator agent, Kristi Zamora-Polanco. She comes to our three counties regularly and reports out about what is happening around the state and with Oregon Health Authority.

Information from the most recent OHA Covid report was shared.

DISCUSSION ITEM	Committee Chair & Co-Chair
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This committee does not have a chair, and we would like some volunteers. A co-chair for shared responsibilities is also an option.

No one stepped forward during the meeting, so LeAnne will follow up after the meeting by phone.

NEXT MEETING	9:30 am, February 8, 2022 Online via Zoom
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**MEETING
ADJOURNED**

10:39 am