

Orange County Perinatal Council Meeting Highlights October 10, 2023

In Attendance:

Sandy Avzaradel, Director, Start Well-Infant Early Childhood Mental Health Consultation	Megan Montrone, Supervising Public Health Nurse OCHCA-CNSD-PACT/MHRN
LeeAnn Bailey, Public Health Nurse OCHCA-CNSD/Clinical Quality Improvement Team (CQIT)	Mayra Moreno - Family Specialist CHOC Community Clinic/DULCE
Robyn Baran, MSN, RN, PHN - Supervising Public Health Nurse II OCHCA-CNSD/Nurse Family Partnership	Natalie Nguyen, LCSW - Service Chief II OCHCA-CNSD/CP/Adolescent Family Life Program and Cal Learn
Kristin Boone, Administrative Manager II - MCAH Coordinator OCHCA-CNSD/Community Programs	Sarah O'Rourke, MSW, MSPH - Chief Program Officer MOMS Orange County
Colleen Brody, HCA Program Supervisor II OCHCA- 17 th St. Testing, Treatment and Care	Arisa Palmer, MHS - Executive Director Breastfeed LA
Danielle Burns, CLEC CalOptima Health Bright Steps	Janira Perez - Director of Strategic Program Development MOMS Orange County
Michele Cheung, MD, MPH - Acting MCAH Medical Director OCHCA-CNSD	Katie Quinn, Operations Director Providence Women and Children's Institute
Regina Chinsio-Kwong, DO - OC Health Officer/Chief of Public Health Services OCHCA	Ronilyn Ricaforte, MSN, RN, PHN - Supervising Public Health Nurse OCHCA-CNSD/CP/CHDP/CPSP
Dianna Daly - Consultant First 5 Orange County	Linda Ruiz, Breastfeeding Coordinator Planned Parenthood Orange and San Bernadino Counties
Shamiesha Ebotemen, RN, CLES - Founder/Executive Director HERstory Inc	Marcia Salomon - Supervising Public Health Nurse OCHCA-CNSD/Nurse Family Partnership®
Ashley English, RN, PHN - Perinatal Care Coordinator OCHCA-CNSD-CP/Comprehensive Perinatal Services Program (CPSP)	Skarlet Segundo - Service Chief II OCHCA-Orange County Parent Wellness Program
Luisa Estanga, CalWORKs Home Visiting Director Abrazar Inc	Hoda Shawky – Independent Consultant First 5 Orange County Perinatal and Infant Mental Health (SEEDS Coalition)
Lucy Hernandez, HCA Program Supervisor II OCHCA-CNSD	Rona Tagayun - Supervising Public Health Nurse OCHCA/CNSD/PACT
Alicia Hughes, PHN OCHCA-CNSD-Calworks	Gaby Torres, HCA Program Supervisor I OCHCA/CNSD
Jewel Loff, Program Director MATCONNECT	Cecile Truong, Supervising Public Health Nurse OCHCA-CNSD/CP/CLPPP
Cynthia Lopez – Primary Care Community Health Worker/Dulce Family Specialist CHOC Community Clinic	Lucy Van Otterloo, Executive Director, Community Perinatal Network, Regional Perinatal Programs of California
Michelle Lubahn – Community Education Manager CHOC Community Clinic/DULCE	Bradley Vargas - Administrative Manager II OCHCA-CNSD-Perinatal, Infant and Adult Nursing Programs
Sara Marchese, Medical Director OCSSA	Deby Wolford – Vice President, Housing National Healthcare & Housing Advisors (NHHA)
Ann Mino, MPH – Maternal & Infant Health Manager CalOptima Health	Crystal Yelverton – Executive Director March of Dimes
Arlene E Miranda, Admin Mgr OCSSA	

Welcome, introductions and announcements:

- Dr. Michele Cheung welcomed all in attendance.
- Attendees signed in via the chat box and also provided introductions
- Dr. Michele Cheung is officially the CNSD MCAH Medical Director
- Arissa Palmer shared invite to Infant Feeding Equity Summit on October 12th and 13th virtually and in person at California Endowment. If you need a free code please use "orangecounty" to register.
<https://whova.com/web/UwKGeQRWZidwLLwVnNwrDbWX1ZrVvyfeARTJGJonlik%3D/>

Review July 11, 2023 Meeting Highlights:

- Approved. There were no suggested changes to the highlights.

Doula-led birthing -- Shamiesha Ebotemen, HerStory Inc

- HERstory, INC has partnered with MOMs Orange County to co-create Orange County's first community doula pilot program, Birth Initiative for Reproductive Rights, Transforming and Healing Womxn of Color (BIRTH Womxn OC)

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- The American College of Obstetricians and Gynecologists (ACOG) and the Society for Maternal-Fetal Medicine reported that the continuous presence of a doula during pregnancy is one of the most effective tools to improve labor and delivery outcomes.
- Doulas are a member of the birth team and are there to provide support
- Orange County only has one doula program
 - What can we do to close the gap?
 - Interested in partnering with hospitals
- Five Types of Doulas:
 - Miscarriage Doula – Helps people cope with the emotional and physical aftermath of pregnancy loss and often provide ongoing support for future “rainbow” pregnancies and births.
 - Postpartum Doula – Focuses on a very important aspect of pregnancy: the aftermath. Parents and newborns are supported through the “fourth trimester” and all the changes to their lives, bodies, and families.
 - Birth Doula – Provides comprehensive non-medical support to birthing people (and often their partners and families) before, during and immediately following childbirth.
 - Bereavement Doula – Supports families dealing with grief and loss due to a miscarriage, stillbirth, adoption loss, surrogacy loss, terminal diagnosis, or other pregnancy-related bereavement. They also often provide support during subsequent “rainbow” pregnancies.
 - Abortion Doula – Specializes in providing emotional, physical and informational support to those considering, seeking, or undergoing an abortion.

Lead Poisoning Prevention Week – Cecile Truong, Supervising Public Health Nurse (SPHN), HCA CNSD

- Cecile provided an overview of lead poisoning signs and symptoms, the sources of lead and how to keep your family lead-safe.
- Videos are available on the CLPPP website.
- October 22 – 28 is Lead Poisoning Prevention Awareness Week
 - Webinars available on the CDPH website
- Blog also available on <https://everyparentoc.org/blog/>

SIDS/SUID Awareness Month – Rona Tagayun, SPHN

- Rona provided an overview of Sudden Unexpected Infant Death (SUID) – includes Sudden Infant Death Syndrome (SIDS), accidental suffocation in a sleeping environment, and other deaths from unknown causes.
- “Safe Sleep for your Baby” blog on Every Parent OC webpage <https://everyparentoc.org/blog/>
- Sarah O’Rourke commented that the American Academy of Pediatrics (AAP) updated the safe sleep guidelines recently (see <https://www.aap.org/en/patient-care/safe-sleep/>).
- Lucy Van Otterloo commented that we have to come up with a different way to educate patients as they get overwhelmed with lots of information in a short period of time.
- Mayra Moreno commented that Project DULCE is actively implementing safe sleep discussions and education with newborns-6 months of age during their well child visits. They received a grant that

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provides sleep sacs and cribettes for parents in need. Many parents have shared that they have learned from the education and they have expressed that they will be implementing changes for better sleep practices.

- **Previously had an OCPC SIDS/Safe Sleep sub-working group: Contact mcheung@ochca.com if you are interested**

Updates

- **PMAD updates – (SEEDS (Services, Education, Emotional & Developmental Support) for Thriving Families Coalition)) Hoda Shawky, First 5 Consultant**
 - Workgroup meets every month
 - Will be meeting in person at Hoag Center for Healthy Living on October 23rd – *Reach out to Hoda if interested in attending*
 - Working to update the toolkit and PMAD algorithm
 - There is still open access to May 2023 webinar, “Pharmacologic Management of Perinatal Mental Health Disorders by Primary Care and OB Providers: What to Know and How to Help Link to webinar: [OC Perinatal Mood& Anxiety Disorders Collaborative \(talentlms.com\)](https://www.talentlms.com)

Plans of Safe Care updates – Dianna Daly, First 5 Consultant

- There will be a two day summit on October 16 – 17 held at the OC Behavioral Health Training Center for families affected by substance use. The second day will be devoted to meeting in the various workgroups.

- **Breastfeeding – Riwa Ghalayini, RD, Interim OC WIC Regional Breastfeeding Liaison - Absent**

- **Nurse-Family Partnership®: Marcia Salomon, SPHN & Robyn Baran, SPHN- OCHCA**
 - Provided info about NFP client risk factors
 - Data on the Prevalence of Complexities Stratified by types of Criteria was presented
 - Orange County clients have significantly higher complexity than State and National
 - Quarter 3 highlights
 - Actively offering and initiating POSC with clients
 - Attended National Office Symposium
 - Continue serving refugees, Spanish speaking clients
 - Staff completed additional training on Reflective Practice (Facilitating Attuned Interactions)

- **Wrap-up**
 - **Group divided on whether to go back to meeting in-person; will alternate and stay virtual through winter respiratory season**
 - **Next meeting – virtual, Tuesday, January 9, 2023, 1-2:30 pm**
 - **2024 Meeting schedule (Tuesdays, 1-2:30 pm):**
 - 1/9/24 Virtual
 - 4/9/24 In-person
 - 7/9/24 TBD
 - 10/8/24 TBD