



South Shore Community Partners in Prevention

South Shore Community Partners in Prevention (CHNA 23)
Wednesday, April 10, 2019
8:45 A.M. to 10:15 A.M.
BID-Plymouth Patient Accounts Department
36 Cordage Park, Suite 325
Plymouth, MA 02360

Minutes

In attendance:

| <u>First Name</u> | <u>Last Name</u> | <u>Organization</u> | <u>E-mail</u> |
|-------------------|------------------|---|--|
| Kim | Allen | SSCPP Coordinator/United Way of Greater Plymouth County | chna23@gmail.com |
| Shannon | Barry | South Shore Community Action | sebarry@sscac.org |
| Betsy | Botsch | South Shore Early Education Head Start | ebotsch@sscac.org |
| Kathleen | Considine | NAMI | |
| Stephanie | Cully | Harbor Medical | scully@bwh-harbor.edu |
| Nancy | DeLuca | Health Imperatives | ndeluca@healthimperatives.org |
| Kara | Doherty | Arc of Greater Plymouth | karad@thearcofpgp.org |
| Maureen | Doherty | BID Plymouth | mdoherty@bidplymouth.org |
| Theresa | Harmon | To the Moon and Back | theresaharmonlicsw@gmail.com |
| Mike | Jackman | Congressman Keating | Michael.Jackman@mail.house.gov |
| Malissa | Kenney | Healthy Ply. /New Heights | |
| Shelly | Kenyon | RN Plymouth Pediatric Assoc. | |
| Karen | Kintz | DTA- DV Unit | Karen.E.Kintz@state.ma.us |

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Serving the communities of Carver, Duxbury, Halifax, Hanover, Hanson, Kingston, Marshfield, Pembroke, Plymouth, Plympton, and Rockland

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www.chna23.org

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|----------|------------|------------------------------|--|
| Barbara | Leahy | Plymouth Pediatrics | |
| Kati | Mapa | United Way Family Center | kati.mapa@ccbrockton.org |
| Siobhan | McKay | Plymouth DDS | siobhan.mckay@state.ma.us |
| Merielle | Paul | HPTC | mpaul@hptc.org |
| Jessica | Rolls | Father Bills and Main Spring | jrolls@helpfbms.org |
| Deb | Schopperle | BID Plymouth | dschopperle@bidplymouth.org |
| Amy | Sylvia | SSRAC – Road to Healing | amy.sswrc@hptc.org |
| Liz | Weiner | OCES | Eweiner@ocesma.org |
| Susan | West | BID Plymouth | SM.West@verizon.net |
| Lauren | White | WIC | lwhite@healthimperatives.org |
| Cristina | Wilson | Old Colony YMCA Plymouth | cwilson@oldcoloniymca.org |

Meeting called to order by Mike Jackman, SSCPP Chair at 8:55 a.m. All were welcomed and gave self-introductions. Minutes from our March meeting were approved and accepted as is.

Mike shared that our **2019 SSCPP Health Literacy Awards** event will be on June 14th at the American Legion in Plymouth at 9:00AM. Nominations forms have gone out to our e-mail list. We will be recognizing folks improving health literacy in our community. Nominations must be submitted by the end of April. For more information and to download the nomination form, visit <http://chna23.org/latest-news>.

Steering Committee Openings: Our SSCPP Annual meeting will be on May 8th. At this meeting, we elect our officers and steering committee members. We have several open seats should anyone be interested in joining!

Mini Grant Outcomes Report: To The Moon & Back, Inc.

Theresa Harmon, Founder & President

- Shared new “Caregiver’s Guide to NAS & Beyond” with all. The guide was developed by and for the families on the South Shore (MA) caring for children born substance exposed. Intended to help other parents with recommended providers.
- Serve kids that are opioid dependent and offer a caregiver support group.
- Shared some of the effects of Neonatal Abstinence Syndrome (NAS)- fine gross motor skills delays, cognitive issues, vision and hearing issues.

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- Have seen a higher number of grandparents raising grandkids- this is included in the guide.
- Are hosting a day long Beyond NAS Conference on May 10, 2019 at Hotel 1620 in Plymouth.
- For more information, visit www.2themoonandback.org – electronic version of guide accessible here as well.

Postpartum Depression Presentation

Deborah Issokson, Psy.D., Reproheart

- Deborah’s private practice (locations in Wellesley and Pembroke), Reproheart offers counseling for reproductive health & healing. Check out her website here: <http://www.reproheart.com/>
- Provided an overview of perinatal anxiety disorders (include postpartum depression). It is important to look at the whole cycle from pre-conception to a year post partum.
- Suggests screening at the start and throughout pregnancy to look for risk factors, changes in behavior, etc.
- Shared signs to look out for. It is normal to have “baby blues”. Many women have adjustment issues and this is normal. Blues are self-correcting and do not impair function.
- Red flags include: withdrawing from social engagements, cannot function, panic attacks, OCD, and many more.
- Issues do not always come up in childbirth classes. Need to look at backdrop to not miss any background context.
- Shared two great websites to use as resources: womensmentalhealth.org and postpartum.net
- Post partum period: as mentioned above, it is important to differentiate between normal things and a clinical picture.
- All of this is treatable- if we know someone is at risk, we can plan ahead.
- Recommended programs- day program at Women & Infants in Providence, RI; support group at South Shore Health; support group at BID Plymouth; Cape Cod Maternal Task Force; Over the Moon in Norwell.
- Deb can be reached at 617-314-9571.
- The floor was opened for Q&A.

All welcomed to share agency announcements. The next meeting is scheduled for **May 8th**.

Meeting adjourned at 10:15am.

Respectfully submitted by Kimberly Allen
 CHNA 23 Coordinator
 United Way of Greater Plymouth County
 934 West Chestnut Street

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