

The Healthy Start Coalition of Brevard County is a local, non-profit, 501(c)(3) organization that works to make sure that all moms, dads, and babies have the services they need to begin healthy lives together.

The Healthy Start program provides pregnant moms, newborns and families with children up to age 3 with education, support, and resources they need to have a healthy pregnancy and a healthy baby. The goal of Healthy Start is to reduce infant mortality, reduce the number of low birth weight babies and improve health and developmental outcomes of all Florida's babies.

Healthy Start services are available to all pregnant women and mothers of newborns and is not based on income or insurance, but is based solely on risk factors that may be present during pregnancy or at the birth of the baby.



2024 Healthy Start Maternal & Infant Health Workshop



The 2024 Healthy Start Maternal & Infant Health Workshop "Holding Space for Pregnancy & Infant Loss" is a transformative & interactive workshop that will compassionately and wisely prepare participants to more confidently and clearly hold space for one of life's most painful and devastating losses.

*The workshop registration form are enclosed in the newsletter.
We hope to see you there!*

This six-hour workshop is designed for anyone who works with pregnant and/or postpartum persons, and who wants to be able to better care for women and families during any kind of pregnancy or infant loss.

The course aims to strengthen and develop knowledge and skills and inspire optimal care and intends to:

- Explore pregnancy loss/perinatal bereavement care
- Explore how essential postpartum care can be woven into bereavement care following a pregnancy loss
- Explore how to avoid bias when substances are involved during a loss
- Help you to explore how the quality of our presence can inform the way people feel when we share space
- Provide you with a nurturing space in which we can become more curious about our personal and professional experiences of grief and loss, and take a deeper look at how these can inform our interactions with others
- Provide you with an opportunity to reflect on how you can integrate this learning into your current practice
- We will practice more deeply connecting to our breath and the ways in which this can help us to stay centered during challenging times

Workshop Date: May 3, 2024

- **Workshop Cost:** \$20 (Includes light lunch)
- Must pre-register to attend, space is limited
- **Location:** Florida Department of Health, Brevard County Bill Posey Conference Center, 2555 Judge Fran Jamieson Way, Viera, FL 32940
- **Questions:** 321-634-6101

Fetal & Infant Mortality Review

FIMR



Fetal & Infant Mortality Review

Healthy Start coordinates the statewide FIMR (Fetal and Infant Mortality Review) program in collaboration with maternal and infant health community partners

Goal: Decrease infant mortality and disparities through records abstraction, family interviews, case review, findings that relate to the root causes and recommendations and initiatives to improve systems of care.

Purpose: The Fetal and Infant Mortality Review is not to find fault but to identify gaps in maternal and infant services and to promote future improvements in the system of care.

Infant mortality is a key indicator of the health of a community and its social and economic well-being. From 2019 to 2021, an average of 1,269 infants in Florida died each year before their first birthday.

At Healthy Start Coalition of Brevard, we are fighting to reduce fetal and infant mortality. One way that we do this is through the Fetal Infant Mortality Review (FIMR) project. The Healthy Start Coalition of Brevard County has been contracted by the State

of Florida to implement FIMR (Fetal and Infant Mortality Review) locally in collaboration with The Florida Department of Health and The National Center for Fatality Review and Prevention. Florida adopted the FIMR model in 1992 and FIMR in Brevard is now one of 21 FIMR projects statewide organized under Florida Statute 766.101 and funded by the State of Florida.

FIMR is a national, evidence-based model proven to reduce stillbirth and infant deaths. It is a community-driven, action-based process to review all the circumstances surrounding an infant or fetal loss and to find solutions to problems the family may have experienced accessing services. The purpose of FIMR is to reduce fetal and infant mortality by gathering and reviewing detailed information to better understand how a variety of local social, economic, cultural, public health, educational, and environmental factors contribute to the tragedy of fetal and infant loss. Additionally, FIMR teams use the findings to take action that can prevent future infant deaths and improve the systems of care and resources for infants and their families.

A High Percentage of Poor Birth Outcomes Have Substance Use Involvement

Of the 33 fetal/infant deaths reviewed between January 2023 and February 2024, approximately 30% of those mothers, tested positive for drugs either during pregnancy and/or at delivery. 15% tested positive for current illicit drug use at the time of delivery.

What Can Healthy Start Do?

Healthy Start screenings can help identify those with substance use problems as well as educate the client and refer them to treatment. Healthy Start also provides education and information on resources regarding substance use in the pink prenatal/postnatal Community Connect educational folders, during the initial intake calls with Community Connect, and within the home visiting programs available in our county.

Fetal & Infant Mortality Review Substance Use Survey

As Healthy Start Coalition of Brevard & the statewide FIMR Initiative continuously strive to find ways to improve our services, a brief survey is being completed at all the local OB providers and birthing hospitals in Brevard County.

This survey allows us to examine what (if any) are the practice policies in regards to women with substance use disorders both prenatally and postnatally.

Your time and assistance in completing these surveys is greatly appreciated as we rely on your feedback to ensure our Healthy Start Coalition and its initiatives such as FIMR, are able to serve the community to the best of our ability.

Treating Patients with Substance Use Disorders

Utilizing Empathy During Conversations on Substance Use Disorder

The CDC (Centers for Disease Control & Prevention) recognizes that there are challenges when engaging in conversations about substance use disorders with patients.

They also acknowledge that healthcare workers play a pivotal role in screening patients for substance use disorders and connecting them to resources for treatment. Therefore, they have developed a resource with tips on utilizing empathy when talking to patients with substance use disorders.

Tips Discussed:

- Asking permission and providing options
- Normalizing the conversation
- Being Transparent
- Working collaboratively with patients
- Addressing confidentiality concerns honestly
- Establishing trust and show empathy

For more information, see the enclosed flyer titled
“Empathy: Talking to Patients About Substance Use Disorder”

Access online: <https://www.cdc.gov/opioids/addiction-medicine/conversation-starters/talking-to-patients.html>

Conversation Starter: Clinicians

Empathy:
Talking to Patients About
Substance Use Disorder

As a clinician, you have an important role in screening patients for a substance use disorder and connecting them to treatment resources. You may also be actively involved in their treatment.

 The following tips can be helpful for engaging patients and reducing their anxiety when discussing substance use and substance use disorders:

- ▶ **Ask permission and provide options.**
 - Start by letting your patient know that you care about them and want to partner with them in getting them the help they need. For example, “Would it be alright with you if I asked you some questions about your substance use?”
 - Reassure your patient that they have the option of not answering a question if it makes them feel uncomfortable.
- ▶ **Normalize the conversation.**

Tell your patient that any discomfort they are feeling is normal and that they are not alone. For example, “This is not unusual. Many patients find it hard to talk about their substance use...” or, “Talking about substance use can be uncomfortable.”
- ▶ **Be transparent.**

Explain that it is important for you to ask specific questions because it is relevant to their treatment. For example, “I need to ask you some very specific questions about your use of [XXX] in order to better understand how we can improve your health and keep you safe.”
- ▶ **Work collaboratively with patients.**

Remind your patient that recovery is possible and that paths to recovery look different for different people.

 Centers for Disease Control and Prevention
National Center for Injury Prevention and Control



FREE Continuing Education Opportunities

Learn about the relationship between substance use disorders (SUDs) and the field of addiction medicine, levels of care within SUD treatment, communication strategies to build a collaborative patient relationship, and the role of care coordination in the treatment of SUDs.

Clinicians are eligible to earn continuing education (CE) after completing all four modules.

Training Link:

<https://www.cdc.gov/opioids/addiction-medicine/training/index.html>

1 Treatment of Substance Use Disorders: An Overview of Addiction Medicine

Learn about the relationship between SUDs and the field of addiction medicine, and how to help patients with SUDs access recovery and support services.

2 Treatment Options for Substance Use Disorders

Learn about diagnosing and assessing SUDs, levels of care within SUD treatment, and the important considerations for treatment decisions.

3 Effective Communication in Treating Substance Use Disorders

Learn strategies to help you communicate effectively with patients.

4 Care Coordination in Treatment of Substance Use Disorders

Learn about care coordination and interprofessional collaboration to treat SUDs.

Helping Brevard's Babies Sleep Safely

Healthy Start Coalition of Brevard County strives to encourage safe sleep practices by educating the community on how to create a safe sleep environment.

Thanks to the Florida Department of Health, Healthy Start of Brevard was able to obtain over 5,000 safe sleep bags to provide to every mom who gives birth at a local birthing hospital in Brevard County, for the next year. Healthy Start of Brevard will work closely with all Brevard birthing hospitals and nursing staff to distribute the safe sleep bags and provide safe sleep education during the mother's stay during delivery. ***In the coming weeks, Healthy Start Coalition of Brevard will be distributing these bags to all the local birthing hospitals.***

These "Sleep Baby Safely Bags" were designed and procured through the efforts of the Child Abuse Death Review (CADR) Unit in the Division of Children's Medical Services at the Florida Department of Health.

The Sleep Baby Safely Bags Include:

- This Side Up! Onesie
- ABCs of Safe Sleep Sack
- ABCs of Safe Sleep Nightlight
- ABCs of Safe Sleep Outlet Covers
- Printed Materials with Safe Sleep Education

Please contact the Healthy Start Coalition's office if you have any questions. (321) 634-6101



Healthy Start's Community Connect Program

Community Connect
Connecting families with the resources they need



We connect pregnant women and families to community resources and local home visiting programs (Healthy Families and Healthy Start) that help ensure a healthy start in life.

Community Connect
321-634-6101

Community Connect is a Healthy Start program that provides a one-stop entry point for needed services. Community Connect contacts, assesses, provides information, and makes referrals to home visiting programs and other community services. Eligibility for Community Connect begins when a pregnant woman or infant is screened and referred by their health care provider or hospital through the prenatal and infant risk screens.

Services and Resources may include:

- Childbirth education
- Newborn care instruction
- Breastfeeding education and support
- Child development education and support
- Parenting education and support
- Help to quit smoking
- Nutritional education
- School readiness
- Family planning education
- Car seat safety
- Infant safety
- Counseling services
- Home visiting programs:

Healthy Families, Healthy Start, T.E.A.M. Dad, SAM/SEN



Empathy: Talking to Patients About Substance Use Disorder

As a clinician, you have an important role in screening patients for a substance use disorder and connecting them to treatment resources. You may also be actively involved in their treatment.



The following tips can be helpful for engaging patients and reducing their anxiety when discussing substance use and substance use disorders:¹

► **Ask permission and provide options.**

- Start by letting your patient know that you care about them and want to partner with them in getting them the help they need. For example, ***“Would it be alright with you if I asked you some questions about your substance use?”***
- Reassure your patient that they have the option of not answering a question if it makes them feel uncomfortable.

► **Normalize the conversation.**

Tell your patient that any discomfort they are feeling is normal and that they are not alone. For example, ***“This is not unusual. Many patients find it hard to talk about their substance use...”*** or, ***“Talking about substance use can be uncomfortable.”***

► **Be transparent.**

Explain that it is important for you to ask specific questions because it is relevant to their treatment. For example, ***“I need to ask you some very specific questions about your use of [XXX] in order to better understand how we can improve your health and keep you safe.”***

► **Work collaboratively with patients.**

Remind your patient that recovery is possible and that paths to recovery look different for different people.

Conversation Starter: Empathy

► Address confidentiality concerns honestly.

- Let patients know that you respect their confidentiality and will comply with the protections provided by law for patients. Patients have a right to be informed about any limitations you may face in providing 100% confidentiality.
- Tell patients of any limited instances when you are required by law to report a threat of harm to self or others.

I want you to know that everything you share with me and that we discuss today is confidential. However, there are some limited exceptions under the [state] law I want to make sure you know and understand. [State's] policy that requires me to report threats of harm to self or others.



► Establish trust and show empathy.

- Actively listen to your patient.
- Engage with your patient in a non-judgmental way.
- Treat your patient with respect and address their substance use disorder as the medical disease that it is.
- Help your patient understand that you intend to connect them to the comprehensive treatment services they might need, and that recovery is possible.



Want to Know More?

Check out the following links for more information on related topics.

- [Obtaining a waiver](#) to administer buprenorphine for opioid use disorder
- [Diagnosing and treating opioid use disorder](#)
- [Resources for addiction medicine](#)
- [Information and resources on drug overdose prevention](#)

¹ <https://www.drugabuse.gov/sites/default/files/sensitive-topics-lecture.pdf>



2024 Healthy Start Workshop MATERNAL AND INFANT HEALTH



**6 CEU Credits are being applied for the following:
Nurses (RNs, LPNs, CNAs, ARNPs, Midwives), Nutritionists,
Social Workers, Mental Health Counselors, and Teachers*

May 3, 2024
9:15 AM - 4:00 PM

Holding Space for Pregnancy & Infant Loss is a transformative and interactive workshop that will compassionately and wisely prepare participants to more confidently and clearly hold space for one of life's most painful and devastating losses.

Workshop Cost: \$20 (Includes light lunch)

Must pre-register to attend, space is limited

**Workshop is partially funded by Centerstone of Florida, Inc., Central Florida Behavioral Health Network, Inc., and the State of Florida, Department of Children and Families*

Location: Florida Department of Health, Brevard County
Bill Posey Conference Center, 2555 Judge Fran Jamieson Way, Viera, FL 32940

Keynote Speaker:

• Holding Space for Pregnancy and Infant Loss

Amy Wright Glenn, MA, Founder and Director of the Institute for the Study of Birth, Breath, and Death

This six-hour workshop is designed for anyone who works with pregnant and/or postpartum persons, and who wants to be able to better care for women and families during any kind of pregnancy or infant loss.

Register By Filling Out The Form On Back and For More Information:

Call 321.634.6101 or Email LHaferkamp@healthystartbrevard.com



2024 Healthy Start Workshop: Maternal and Infant Health Registration

Registration deadline is 5:00 PM on April 15, 2024. Registrations post-marked after April 15, 2024 will be assessed a \$20.00 late fee. Registrations will only be permitted on a space-available basis.

Please fill registration form out completely.

Name (for name tag): _____

Title: _____ Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____ County: _____

Daytime Phone: (____) _____ Fax: (____) _____

E-mail: _____

LUNCH PREFERENCE: *Food allergies, please call when registering (321) 634-6101

☐ Turkey Sandwich ☐ Chicken Caesar Salad ☐ Strawberry Glazed Pecan Salad

WORKSHOP FEE: \$20, Includes Lunch

Registrations post-marked after April 15, 2024 will be assessed a \$20.00 late fee.

PAYMENT: We cannot accept purchase requisitions.

- ☐ **Check** Payable to **Healthy Start Coalition of Brevard County**
- ☐ **Valid Purchase Order** Attach PO with valid number to registration form
- ☐ **Credit Card** (MasterCard, Visa, AMEX, and Discover)

Credit Card # : _____ Exp. Date _____ CVV _____

Name on Credit Card: _____

Credit Card Billing Address: _____

Signature: _____ Amount \$ _____

Please complete this form & send with payment to:

Healthy Start Coalition of Brevard County, c/o Workshop Registration, P.O. Box 560868, Rockledge, FL 32956-0868
or Fax to: 321-634-6108 or email to LHaferkamp@healthystartbrevard.com
Questions: (321) 634-6101

Cancellation Policy: Cancellations must be received in writing. All cancellations postmarked/fax-dated by 5:00 PM, April 26, 2024 will receive refunds minus a \$5.00 per person administrative fee. Substitutions are always permitted. Please note that after April 26, 2024, canceled registrations are no longer eligible for refunds or credits.

FOR OFFICE USE ONLY: Date Received: ____/____/24 Staff Initials: _____