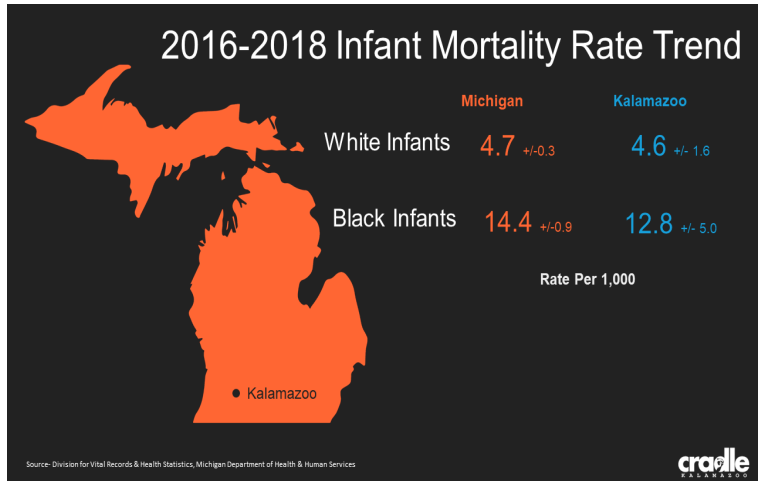


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## “Cradle Talks”

**WHEN:** Every Wednesday at 4PM!

**WHERE:** Facebook-Cradle Kalamazoo

<https://www.facebook.com/cradlekalamazoo>

**WHY:** To discuss Maternal Infant Health Issues

**DATES: Topics:**

- 10/7/20 Safe Sleep Series-Concerns & Questions
- 10/14/20 Engaging Dads in “ Safe Sleep” Conversations
- 10/21/20 Changing the Narrative/Mental Health Stigma
- 10/28/20 Reproductive Health Matters

## Inspiring Moments

History will judge us by the difference we make in the everyday lives of children— Nelson Mandela



## Client Story

**Project Name:** Seeds for Success

**Client's Name:** Te'yonna Mills

Te'yonna Mills has been an active participant in the KRESA Seeds for Success program for the last year. As a busy mother of 4 (ages 16 months to 6 years old) and a student, Te'yonna appreciates spending quality time with her children during home visits. Te'yonna feels that home visiting is beneficial because, "I get to sit with my kids and bond. I get time to be a mom and learn more about my children." Te'yonna participates in Seeds for Success, Early On and Health Baby's Healthy Start. She feels that program has been beneficial to her family for different reasons. Through the programs, she has learned about the health, child development and parenting strategies.

Family Support Specialist comments: It has been a pleasure to work with Te'yonna and her family! Te'yonna is a devoted mother and advocate for her children. She recognizes the importance of developing close relationships with her children during their formative years. Te'yonna ability to tune in to the needs of her children is phenomenal. Te'yonna takes the parent-child interaction given during home visits and elevates the experience beyond the suggested activity. She encourages her little one to try new things while encouraging him along the way.



**Frontline:** HCS programs (Healthy Babies, Healthy Start, Healthy Families America and Nurse Family Partnership) to start providing face-to-face visits starting October 1<sup>st</sup>.

Upcoming Care Coordination meeting scheduled for 10/26/20, Microsoft teams link will be sent out. Frontline meetings continue virtually every 1<sup>st</sup> and 3<sup>rd</sup> Thursdays.

Thank you to Sherry Brockaway for presenting on the YWCA shelter at our 9/17/20 meeting. HCS staff presented at the Maternal Infant Health Summit, presenting on “Home Visiting and the Use of Care Coordination to Impact Maternal, Child and Family Health.”

**Health Equity:** The Health Equity Subcommittee has been busy! Knowing that the concept of health equity can seem abstract to some, the team co-created a shared definition of "health equity" which is comprehensive for Cradle's work. This definition will be recommended for adoption through the Governance Board and disseminated widely among partners to use, adopt, and aspire to.

The Health Equity Subcommittee is also working to secure racial equity trainings for the collaborative through national organizations: Race Forward and the Center for Urban and Racial Equity. Topics will include: Building Racial Equity, Skills for Inclusive Leadership, Anti-Racism in Human Resources, and Leading with Race. Please note that these virtual training sessions will be at least 4 hours in length allowing for in-depth analysis and will be free of charge. More information will be shared soon!

**Reproductive Health:** The Reproductive Health Committee joined the Cradle Talks live on Facebook on September 30, 2020. Check out our face book for a recording of the section. If anyone would like to join the Reproductive Health Committee, please contact Barbara Allen-allenba@bronsonhg.org. for more information

**Safe Sleep:** Safe Sleep will be offering more Train the Trainer classes in October. Dates will be announced shortly. Check on Cradle’s Facebook or Website event page. Remember October is *Safe Sleep Awareness* month. Let us know what your organization is planning so we can share it on our social media.



## **Postpartum Support International**

You are not alone and you are not to blame. PSI is here to help. With help you will get better. If you are a mom, partner or family member struggling with your mental health during the perinatal period (before, during and after pregnancy), our helpline is here for you. If you are a friend or a family member concerned for someone else, we can assist you as well. You will be asked to leave a confidential message and a trained and caring volunteer will return your call or text. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

Call 1-800-944-4773 (4PPD)

#1 Spanish or #2 English

Text a Message

503-894-9453(English)

971-420-0294 (Spanish)

Please note that the PSI Helpline is not a crisis line. If you are in crisis, please call 911 or go to the nearest emergency room or 24-hour urgent care. You can also call the National Crisis Hotline at 1-800-273-TALK (8255).

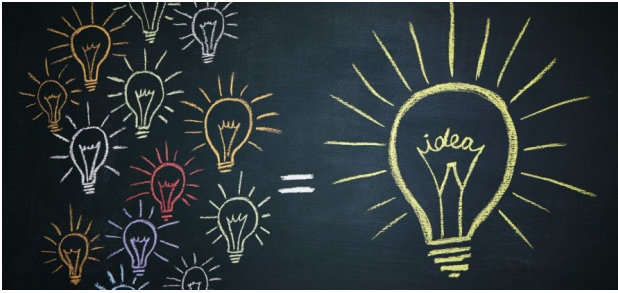
## **Drugs and Lactation Database (LactMed)**

The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced. A peer review panel reviews the <https://www.ncbi.nlm.nih.gov/books/NBK501922/>

## **How Black Doulas are Fighting the Maternal Mortality Crisis**

For Bailey Rollins, the owner of a Brooklyn-based doula service, the maternal mortality crisis informs every aspect of her work. Rollins is a doula, a non-clinical birth worker who guides and supports women through pregnancy, labor and postpartum. Like every doula, she's acutely aware of our current crisis — Black moms are 3 to 4 times more likely to die from pregnancy or childbirth-related causes than white mothers, and roughly two-thirds of maternal deaths in the U.S. are preventable. See more of the story: [https://www.cbsnews.com/news/doulas-black-maternal-mortality-rate-crisis/?](https://www.cbsnews.com/news/doulas-black-maternal-mortality-rate-crisis/?fbclid=IwAR1nT4_Mrzd_LvS9wAe_jTMRDadPRqnFFbA_WKHkog_ZAZ6jvuvVfAGmgifc)

[fbclid=IwAR1nT4\\_Mrzd\\_LvS9wAe\\_jTMRDadPRqnFFbA\\_WKHkog\\_ZAZ6jvuvVfAGmgifc](https://www.cbsnews.com/news/doulas-black-maternal-mortality-rate-crisis/?fbclid=IwAR1nT4_Mrzd_LvS9wAe_jTMRDadPRqnFFbA_WKHkog_ZAZ6jvuvVfAGmgifc)



## Announcements:

### ERACCE

#### *Online Workshop Introduction to Systemic Racism*

October 21 & 22, 2020

November 18 & 19, 2020

December 2 & 3, 2020

January 13 & 14, 2021

Via Zoom Register [www.eracce.org/event-registration/](http://www.eracce.org/event-registration/)

### ISAAC

ISAAC would like to invite Cradle Kalamazoo and all partners to attend their virtual Public Meeting on October 22<sup>nd</sup>. Important policy “asks” will be made to public officials and community leaders to address systemic racism, gun violence, and housing needs in Kalamazoo County, Partners are needed to demonstrate strong community support. Registration is greatly appreciated

<https://docs.google.com/forms/d/e/1FAIpQLSfSF4OdPwf1JJDUOZBSR7fzcwXcjCSAVmoh9mtUyJ-gXo4kXA/viewform>

### YWCA

YWCA WISH has added new staff to their team!



#### **Amy Moore**

- She/Her/Hers
- Outreach Specialist & Recruiter
- [amoore@ywcakalamazoo.org](mailto:amoore@ywcakalamazoo.org)
- Ext. 350
- **Contact:** Referrals & Outreach



#### **Briana Wolverton**

- She/Her/Hers
- Outreach & Care Coordinator
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#### **Nicollette Alston**

- She/Her/Hers
- Outreach & Care Coordinator
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#### **Shanika Lucas**

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- Outreach & Care Manager
- [slucas@ywcakalamazoo.org](mailto:slucas@ywcakalamazoo.org)
- Ext. 313 & 269-290-6559
- **Contact:** Care Coordination & Curriculum

As a reminder, [you can find the referral form on the YWCA website by following this link](#) To follow-up with referrals, you can email [wish@ywcakalamazoo.org](mailto:wish@ywcakalamazoo.org) or call 269-345-5595 ext. 313.

## Announcements Cont.

### KRESA

Virtual Parent Cafés

Tuesday at 7:30 pm Oct 27th and December 1st

Thursday at 1:30 pm October 22nd and November 19th

These community-wide Parent Cafés are spaces for parents and caregivers to talk about the challenges and victories of raising a family. \$50 Gift Card Raffle at each café!

Questions? Contact Ashley Drenth (Parent Liaison)

[ashley.drenth@kresa.org](mailto:ashley.drenth@kresa.org)

### Rootead

Red Birth Green is offering virtual childbirth preparation classes beginning in November! November 14th from 1pm-5pm is open to all expectant parents and support people and December 12th from 1pm-5pm is open to the BIPOC community only. Registration is coming soon, but please email [aaliyah@rootead.org](mailto:aaliyah@rootead.org) to be placed on the contact list for when it is open.

### Family Health Center

Mark your calendars and make plans to join Family Health Center (FHC), on October 20, 4 – 5 pm, for a virtual event, **We Rise 2020!** Hosted by Von Washington Jr. and Family Health Center CEO, Denise Crawford, **We Rise 2020** will celebrate 50 years of FHC's work in Kalamazoo as well as highlight the meaningful ways FHC is helping our community today.

**We Rise 2020** will also showcase the first annual **FHC 2020 Healthcare Hero Award** winners and guests will enjoy an opening concert from Yolonda and Kandace Lavender and listen to new readings from local authors and activists Denise Miller and Bonnie Jo Campbell. Register now! The first 300 guests will receive complimentary event boxes with their registration (free) prior to the event. Each box is filled with goodies from local businesses and organizations who have risen to the challenges of this unprecedented year.

To attend **We Rise 2020**, register with the link below *or* visit the FHC Facebook page at [facebook.com/fhckzoo](https://facebook.com/fhckzoo).

### Metro Service

Kalamazoo, MI – Starting Wednesday, October 7, Metro will be reducing service to the Kalamazoo community due to precautions as a result of COVID-19 and a shortage of Metro staff for the fixed route system. These reductions are necessary to provide safe and consistent service to the community. Route updates available at [www.kmetro.com](http://www.kmetro.com)

*Ending Infant Mortality Together*