 ***DELAWARE HEALTH* AND SOCIAL SERVICES**



**Division of Public Health**

**Well Woman Committee and Black Maternal Health**

**Meeting Minutes**

**Date:** November 30,2023

**Chair/Facilitators:** Mona Liza Hamlin

**Recorder:** Hannah Savage, Erica Reaves (Health Management Associates (HMA))

**Location:** Delaware Technical Community College (Delaware Tech), Terry Campus, 100 Campus Dr, Dover, DE 19904, Del One Conference Room

**Well Women Committee’s Primary Focus**:

* Focuses on a comprehensive and evidence-based approach to reproductive health and the health of women before, during and between pregnancy.
* Focused on a women centered, and clinician engaged care.

**Black Maternal Health Workgroup’s Primary Focus:**

* The Black Maternal Health Workgroup focuses on how to address the persistent maternal health disparities gap, by bringing awareness through grassroots organizations, educating consumers so educators and Black women can have better outcomes before, during and between pregnancy.
* Focuses on maternal mental health as a current priority.

**Welcome and Introductions:** Meetingwas called to order by Mona Liza Hamlin at 9:04 am.

Ama Amponsah

Anne DeCaire

Bridget Buckaloo

Cindy Biederman

Cynthia Guy

Dara Hall

Erin Rideout

Joan Kelly

Kristen Dricken

LaToya Brathwaite-Washington

Leah Jones Woodall

Mona Liza Hamlin

Philinda Mindler

**Review of Minutes:** All minutes will be posted at the following link: <https://dethrives.com/dhmic/committees-and-workgroups/well-woman-black-woman-health-workgroup#upcoming-meetings>

The September 12, 2023, minutes were approved unanimously.

**New Business:**

**Presentation of Fourth Trimester Health and Wellness Priorities Survey Outcomes (facilitated by ]HMA)**

* Prior to the meeting, HMA launched a web-based survey to solicit members’ insights on research, funding, and advocacy priorities related to fourth trimester health and wellness.
  + A total of eight committee members responded to the survey.
  + HMA analyzed the survey results and categorized the responses to support discussion facilitation (*see Table 1 below*).
* HMA presented the survey findings to the committee and provided an overview of the group activity, i.e., reviewing the list of priorities developed through the survey and identifying missing priorities.

**Group Activity**

* HMA facilitated a group activity, presented in three prompts on a handout. The group discussed each of the prompts, and HMA requested that committee members provide individual, written input on the survey findings (i.e., priorities, categories).
  + **Prompt #1 - Additional Fourth Trimester Health and Wellness Priorities:** *Please reference the list of potential priorities, as identified via the member survey, listed below. Are there additional priorities for fourth trimester health and wellness that are not represented? If so, please list your suggestions below.* 
    - Participants noted that more policy options need to be included in the priorities list. For example, breastfeeding is important, but how can it be built into policies for businesses and employees?
    - Based on the notes provided and the group discussion, HMA will update the priorities list and send the list to committee members for final review prior to the next committee meeting.
  + **Prompt #2 - Strengths, Weaknesses, and Gaps in Delaware:** *In your opinion, what is being done well in Delaware to address fourth trimester health and wellness needs? In your opinion, what are the leading threats, if any, to improving fourth trimester health and wellness in Delaware? Where are the gaps in fourth trimester services and supports?*
    - The group discussed the need for more engagement (e.g., provider training, patient education, family engagement) across clinical and social services provider types and the barriers to establishing or maintaining continuity of care among pregnant and post-partum patients and providers. Additionally, the group discussed the need for more connection and collaboration across providers, resources, and support services.
    - The group provided many examples of resources available in Delaware for pregnant and post-partum people. For example:
      * Josie’s Grace: model of care program in Newark for post-partum stress program
      * Mother Baby Beyond: partner with DSAMH, monthly pop-up clinics
      * Help Me Grow/Delaware 2-1-1: no wrong door system
  + **Prompt #3: Opportunities for Impact:** *Where and how can the Well Women and Black Maternal Health Committees have the most meaningful, sustainable impact on fourth trimester health and wellness outcomes across Delaware and/or in specific communities?*
    - The group began to discuss opportunities for impact at the local and state level.
    - Further discussion will occur after the priorities are updated and reviewed in preparation for the next committee meeting.

**Goals for the Next Meeting:**

* In the next meeting the group will work to choose which priorities the committee can have the most meaningful, sustainable impact on.
* Pending approval from the co-chairs, the committee will have the opportunity to review a working list of entities/organizations that focus on maternal and infant health compiled by HMA.

**Announcements:**

* No announcements

**Adjournment:** Mona Liza Hamlin adjourned the meeting at 10:15 am.

**Other Business:**

* No other business

**Table 1. Fourth Trimester Health and Wellness Priorities**

**(based on survey responses, n=8)**

*Note: Respondents could submit up to ten (10) priorities*

|  |
| --- |
| **Breastfeeding (n = 3)** |
| * breastfeeding |
| * breastfeeding |
| * breastfeeding support |
| **Physical Health Status and Access to Healthcare (n = 11)** |
| * Follow-up medical care for moms |
| * increased contact with health care provider |
| * mother's blood pressure |
| * Postpartum HealthCare |
| * Preconception Care-begin in the postpartum period |
| * sharing importance of seeing their PCP after having baby |
| * sharing what changes the woman would expect to see after giving birth |
| * Standardize screening/referral for pelvic health in 4th trimester |
| * Urgent Care Pathway for PPD |
| * Promote fourth trimester as standard of care in Delaware |
| * urgent maternal health warning signs |
| **Health Insurance Coverage (n = 5)** |
| * Getting private insurance to cover the fourth trimester |
| * insurance coverage |
| * Medicaid support buy in |
| * Promote the billable nature of the comprehensive well woman visit within 1 year of   delivery-elaborate on Medicaid extended benefits in DE |
| * insurance coverage |
| **Mental Health and Behavioral Health (n = 6)** |
| * Clear Suicidal Pathway for PPD with Family Support (Child Respite) outside of DFS |
| * mental health |
| * Mental Health and Support |
| * Mental health and wellness |
| * perinatal mood disorders (postpartum depression) |
| * Substance Use Treatment |
| **Awareness and Training (n = 11)** |
| * safe sleep |
| * Birth spacing |
| * Life Planning |
| * Navigating Maternity Leave and Returning to Work for Working Women Education and   Rights (create free statewide course) |
| * Partner Infant and Maternal Support Care 101 Course/online free |
| * Safe Sleep Education  *continued on next page* |
| * spreading awareness of education and resources/services that are available |
| * Training up OBGYN/CNM on Screening aft 2, 6 and 12 weeks PP for PMADs |
| * Public Health campaign |
| * Explore opportunities to promote fourth trimester to the community/patients so they   can expect it as “normal.” |
| * OB provider education |
| **Supports (n = 8)** |
| * SDOH support |
| * 4th Trimester Food Bank Program / Pre-made meals for Postpartum with Delivery |
| * Having childcare and transportation available for fourth trimester moms |
| * Peer Support Hubs Across DE for 4th Trimester Mothers experiencing Isolation   connected to a transportation company as/if needed |
| * post partum support |
| * Postpartum Doula Funding for 4th Trimester Home Support / Night Support |
| * Respite Care For PMADs |
| * Care coordination for fourth trimester |