



Thrive by Five Coordinating Council

Wednesday, October 28, 2020

Webex Meeting

3:00- 5:00 pm

Agenda

- 1) Reflections from Last Meeting
 - Summit Recap, Draft Recommendations Discussion
- 2) Presentation: Lactation Commission
- 3) Annual Report Overview
- 4) Other Member Updates
- 5) Additional Comments & Next Steps

Reflections from Last Meeting

Summary:

- At our September 29th meeting, the Chair opened the meeting with a recap of the Maternal & Infant Health Summit and shared programming to come in the year.
- The Chair then moved to a discussion of the draft recommendations based on the Council's three subcommittees.
- Agency representatives shared a number of updates about programming coming online in October.
- Are there any points of discussion from our last meeting that need to be raised? What topics should we add to our parking lot?

Lactation Commission

LACTATION COMMISSION ANNUAL REPORT SUMMARY

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Public Health Expert, DC Lactation Commission

10-28-2020

OVERVIEW

- Lactation Commission background
- Annual report structure
- 2020 recommendations
- Discuss opportunities for coordination & collaboration

LACTATION COMMISSION BACKGROUND

- Breastmilk Bank and Lactation Support Act of 2013
 - Passed but not funded
- Commission Established 12-19-2016
 - To make recommendations to the Mayor of the District of Columbia and DC Health regarding legislative, programmatic, and policy ways to improve the District's strategies to reduce infant mortality and increase infant and child health outcomes through promotion, awareness, and support of breastfeeding and lactating mothers.

ANNUAL REPORT STRUCTURE

- Executive Summary
- DC Lactation Commission Structure
- Progress Updates on 2018 Recommendations
 - 5 of 8 recommendations partially to completely fulfilled
- 2019-2020 Recommendations and Supporting Evidence
- Financial Impact of DC Lactation Commission Recommendations
- Conclusion

2018 RECOMMENDATION #2 UPDATE

Recommendation 2: The DC Lactation Commission recommends that the topic of breastfeeding be included in all high-level discussions about perinatal health.

Accomplishments:

- Commissioner Sahira Long, MD, IBCLC invited to speak on panel at 2019 National Maternal & Infant Health Summit
- Dedicated breastfeeding breakout panel accepted to 2020 Summit

2019-2020 ANNUAL REPORT RECOMMENDATIONS

1. Develop a multi-year strategic breastfeeding plan
2. Improve prenatal breastfeeding education
3. Improve outpatient breastfeeding support

RECOMMENDATION 1: **DEVELOP A MULTI-YEAR STRATEGIC BREASTFEEDING PLAN FOR DC**

- Supports DC Health's framework to improve perinatal health
- Need to collect stratified baseline data
 - Currently limited data: WIC + CDC's BF Report Card
- Develop objectives & evidence-based strategies
- Community input & buy-in
- *At a minimum, DC Health & other agencies should explicitly incorporate breastfeeding in all perinatal health initiatives*

RECOMMENDATION 2: **IMPROVE PRENATAL BREASTFEEDING EDUCATION FOR FAMILIES**

A. Improve prenatal WIC enrollment

- 37% eligible DC women enrolled WIC prenatally
 - Refer to health providers
 - Improved pregnancy outcomes
- Recommend additional WIC Outreach Assistant
 - Collaborate with staff at medical clinics to refer women to WIC

B. Fund additional BF Peer Counselors

- Outpatient support of obstetric/gynecology clinics

C. Ongoing education of all WIC staff about breastfeeding

RECOMMENDATION 3: IMPROVE POSTNATAL BREASTFEEDING SUPPORT FOR FAMILIES

- A. Ensure breastfeeding is a priority in Title V funding**
 - The East of the River Lactation Support Center
 - Breastfeeding medicine physician, 3 IBCLCs and 3.0 FTE BFPCs
 - Prenatal classes and consultations, postpartum lactation consultations and support groups.
- B. Continue outpatient support through a breastfeeding hotline (e.g., Pacify)**
- C. Ensure WIC-eligible mothers have an appointment with or are enrolled in WIC prior to discharge**
- D. Improve providers' education about breastfeeding, ability manage common breastfeeding challenges**

OPPORTUNITIES

- Commissioners eager to support the Thrive by Five Council in ensuring breastfeeding is featured in the 2020 Summit report & on DCMaternalHealth.com & with 2021 summit plans
- Coordinate recommendations between Lactation Commission & Thrive by Five Council for efficiency & impact
- At a future meeting, Commissioner Sahira Long, DC Breastfeeding Coalition president, can provide an overview of current breastfeeding promotion efforts with a health equity lens & lactation supports available citywide

OTHER OPPORTUNITIES TO
COLLABORATE?

QUESTIONS FOR ME?

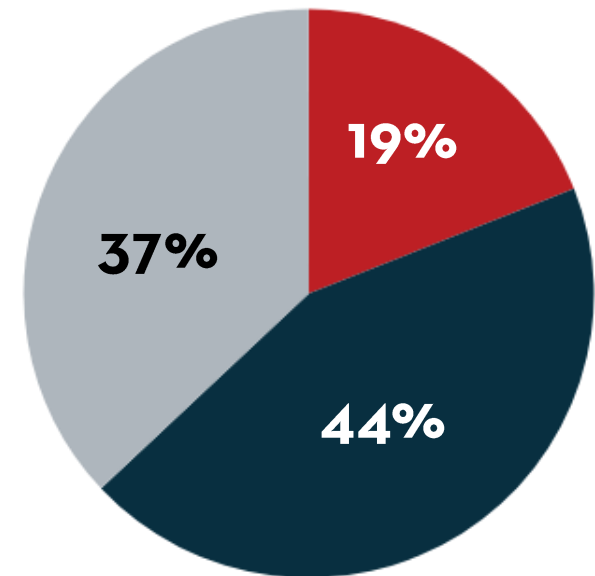
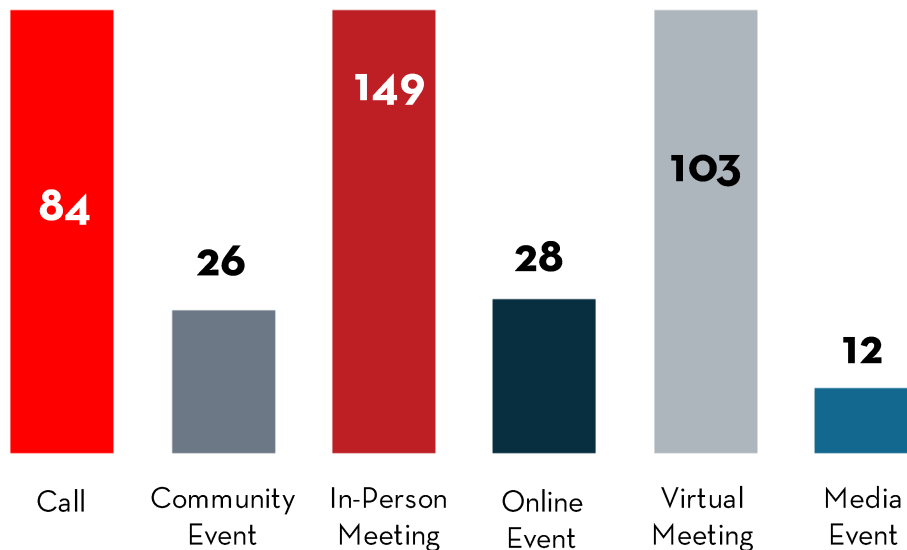
avillalobos@dcbfc.org

Annual Report Overview

Stakeholder Engagement

Since June 2019, Thrive by Five attended, participated in, and/or hosted over 400 in-person meetings, virtual meetings, media events, and community events.

Thrive by Five has made over 19,000 contacts in the following engagement modes:



- Community Engagement
- Government Stakeholder Engagement
- Organization Stakeholder Engagement

Evidence of Work



Thrive by Five's Annual Report will highlight work undertaken since the office's launch in spring 2019. Some items highlighted include:

- Thrive by Five's Resource Website
- Thrive by Five's Working Group
- Thrive by Five Coordinating Council

- Maternal & Infant Health Initiative
 - 2019 Summit
 - 2020 Summit
 - Resource Website
 - #MaternalMondays
 - Events Series

- Outreach and engagement, including membership to advisory boards like ReOpenDC and Commission on Health Care Systems Transformation

Look Ahead

Our first year of operations has been filled with a number of accomplishments for our office. In the coming year, we plan to continue to grow our work in the following ways:

- Safe sleep partnership with OCME
- Building out resources on the dcmaternalhealth.com site
- Working on inclusivity within the Maternal & Infant Health Initiative
- Partnering with DMPED to support childcare centers as small businesses

Recommendations

Systems Navigation

1. Amplify new and existing District programs and initiatives for families and their young children to increase awareness and impact.

- Raise awareness and knowledge of centralized resource supports, like DC Health's Help Me Grow and DC Child & Family Services Agency's Family Success Centers.
- Ensure that existing District programming is included on Thrive by Five DC's website.
- Through our outreach efforts, work to create awareness of and access to these programs. This work will require working alongside government agencies and non-governmental entities.
- Continue to regularly engage the Thrive by Five working group to stay informed about work being done or expanded in the early care sector.

Do these recommendations sound right?

Recommendations

Systems Navigation

2. Create a systems-level map of resources and supports for families and providers.

- Use existing needs assessments conducted within government agencies and non-government organizations to understand what work has been done based on Thrive by Five's focus areas (health, education, development, family support, and community). Examples of this include CFSA's Families First needs assessment and OSSE's PDG needs assessment.
- Determine target populations and areas of need based on information and data highlighted in District-wide needs assessments.
- Work with District agencies represented on the Thrive by Five Coordinating Council to include the most relevant programs for families and providers.

Recommendations

Systems Navigation

3. Work with government and non-government organizations to increase language access and programming for families who cannot or have a limited capacity to speak, read, and/or write in English.

- Partner with other community affairs offices to expand programs and content available in languages detailed in the District's Language Access Act, similar to Thrive by Five's work with the Mayor's Office on Latino Affairs.

Recommendations

Maternal Health

1. Push for an expansion of centering programs to improve health care for pregnant persons and their babies.
2. Work with the Department of Health Care Finance, providers, and managed care organizations (MCOs) to increase awareness of telehealth supports for pregnant and parenting persons.
3. Utilize the Mayor's Maternal & Infant Health Initiative to highlight programming, identify issues and opportunities, and garner support for additional funding in the perinatal health space.

Recommendations

Maternal Health

4. Work with birthing hospitals throughout the District to include information about developmental milestones and early intervention in discharge packets for parents (like information about birth certificates and DCPL's Books from Birth program).
5. Identify the range of strategies available to support the unique needs of families at various times, with examples including transportation for prenatal visits, doula care, and homevisiting.

Recommendations

Maternal Health

6. Work with the Department of Behavioral Health and other systems-level providers to increase awareness and identification of maternal mental health problems during the perinatal period (such as Perinatal Mood and Anxiety Disorders and Postpartum Depression).

Recommendations

Early Learning & Development

1. Partner with direct service agencies to increase awareness of services and number of referrals of children suspected of having a delay or disability.
2. Advocate for increased access to behavioral and mental health services for young children, their parents, and caregivers.

Recommendations

Early Learning & Development

3. Work with childcare centers, homes, and associations to share information about Thrive by Five and other agencies supporting maternal health and early learning to families they serve.
 - Partner with providers to bring awareness to programs currently available for families.

Recommendations

Early Learning & Development

4. Continue to work in partnership with OSSE around efforts to support childcare quality, access, and affordability.
 - Increase community and family awareness of and involvement with the State Early Childhood Development Coordinating Council (SECDCC).
 - Explore ways to increase dialogue and feedback loops with childcare stakeholders, which could include additional advisory roles for families and providers.
 - Continue to convene advisory groups of childcare providers to offer thought partnership and guidance in the space of childcare and early learning, similar to the Child Care Recovery Workgroup convened specifically to address COVID-19.
 - Explore ways to increase childcare providers' knowledge of existing supports and to connect childcare providers to those supports and to each other.

Do these recommendations sound right?

Discussion

December Meeting Prep

Systems Map

Per our systems navigation recommendations, we would like to start creating a systems level map of resources and supports. We ask that agency members submit the programs, initiatives, and offices most relevant to Thrive by Five's work for us to review during our December meeting.

Operationalizing Recommendations

We will also work on ways to operationalize some of the recommendations that we will have published in our report. We ask that you come ready to discuss who needs to be involved in this conversation and what a realistic timeline for implementation should be.

Other Member Updates

Additional Comments?

Meeting Materials



Thrive by Five Coordinating Council meeting materials are available via OneDrive.

Included, you will find:

- Thrive by Five Coordinating Council’s Establishment Order
- Council Meetings folder
 - Contains meeting agendas, minutes, presentations, and other relevant one-pagers
- DC Government Reports
- Other Reference Materials
 - Currently contains DCPCA’s Human-Centered Approach to Improve Reproductive and Maternal Health Outcomes in Washington, D.C.

2021 Meeting Dates

Thrive by Five Coordinating Council meeting dates usually fall on **Wednesdays**.

- January 20, 2021
- March 24, 2021
- May 26, 2021
- July 21, 2021
- September 29, 2021
- November 10, 2021
- December 15, 2021

Time: 3-5 pm

Location: TBD, likely virtual at the beginning of the year

Thank you!

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