



Office of the Deputy Mayor for Health and Human Services

MAYOR'S THRIVE BY FIVE COORDINATING COUNCIL

May 27, 2020

Webex

3:30 pm – 5:00 pm

Coordinating Council Members

DC Agency Representatives

Name	Affiliation/Designation	Attendance	Designee	Attendance
Dr. Faith Gibson Hubbard	Thrive by Five Coordinating Council	present		
Ellen Riordan	District of Columbia Public Library	present		
Rayna Smith	Office of the Deputy Mayor for Health and Human Services	not present		
Carlie Fisherow	Office of the Deputy Mayor for Education	present		
Dr. Erica McClaskey	DC Health	present		
Erin Kupferberg	Public Charter School Board	not present		
Dr. Cheryl Ohlson	DC Public Schools	present		
Brenda Donald	Child and Family Services Agency	not present	Rachel Joseph	present
Dr. Barbara Bazron	Department of Behavioral Health	not present	Barbara Parks	present
Theresa Early	Department of Human Services	present		
Vanessa Weatherington	Department of Employment Services	present		
Superintendent Hanseul Kang	Office of the State Superintendent of Education	not present		



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Public Members

Name	Affiliation/Designation	Attendance
Yael Meirovich	Community Member Ward 1	present
Michelle Parrish	Community Member Ward 5	present
Ramin Taheri	Community Member Ward 6	present
LaJoy Johnson-Law	Community Member Ward 8	present
Dr. Margareth Legaspi	State Early Childhood Development Coordinating Council	present
Brenda Rhodes Miller	DC Campaign to Prevent Teen Pregnancy	present
Kellie Somerville	DC Action for Children	present
Ruqiyyah Abu-Anbar	Home Visiting Council	present
Dominique Spencer	Jubilee Jumpstart	present
Dr. Marla Dean	Bright Beginnings	present
Dr. Lenore Jarvis	DC Chapter of American Academy of Pediatrics	present
Dr. Dea Sloan	DC Academy of Family Physicians	present
(unfilled)	American College of Obstetrics and Gynecology	
(unfilled)	Community Member Ward 2	
(unfilled)	Community Member Ward 3	
(unfilled)	Community Member Ward 4	
(unfilled)	Community Member Ward 7	

Other Attendees: Michelle Price (OSSE), Ana Van Balen (DHCD), Colleen Sonosky (DHCF), Tiffany Wilson (Thrive by Five DC), Dr. Lee Beers, Iyabode Faparusi, Jarred Bowman, Tracy Bryant



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Agenda

1. **Call to Order** **Council Chair**

- Chair Dr. Faith Gibson Hubbard (Chair) called the meeting to order at 3:32 pm.
- Chair shared DC census self-reporting data and information on how to access the census.
- Chair shared the agenda for the meeting.
- Chair introduced three subcommittees to the Council: systems navigation (systems governance, resource supports); maternal health (the District's responsiveness to maternal and infant health, along with the Mayor's Maternal and Infant Health Initiative); and early learning and development (child care, child health, and child development).

2. **Reflections from March Meeting** **Council Chair**

- Chair provided a summary of March 24th meeting, with no additional points of discussion needing to be raised.

3. **Context Setting** **Council Chair**

- Chair provided an overview of the work that prompted behavioral health as the meeting's main point of discussion. Thrive by Five heard significant input and feedback from the early childhood community regarding the need for mental health supports.
- Chair reviewed terms associated directly with behavioral health (ex.: stress, self-regulation, and social and emotional learning), as well as ones impacted by behavioral health (food access, educational opportunities, and relationship skills).
- Chair also reviewed Maslow's theory on human motivation, or hierarchy of needs, noting that behavioral health spans each of the levels.

4. **Discussion: Behavioral Health** **Council Members**

- Dr. Lenore Jarvis opened discussion with information on perinatal mood and anxiety disorders, which are the most common complication of childbirth in the U.S. Jarvis noted that fathers and/or other partners helping to raise a baby could also experience perinatal depression.
- Jarvis moved to a discussion on COVID considerations for individuals and contextual considerations, including food insecurity, housing instability, and childcare concerns. Jarvis stressed the importance of prenatal and postnatal screenings for early detection and treatment and offered universal and routine screenings to help decrease stigma.



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- Dr. Lee Beers then presented information on community approaches to address mental health integration, as well as policy approaches (Medicaid reimbursement for screening, federal and local advocacy, etc.)
- Beers offered a number of resources for Council members to review regarding perinatal mental health before shifting to two-generational approaches to early childhood mental health. Beers noted the long-term and generational impacts of trauma and adverse experiences on health and development.
- Barbara Parks, Deputy Director of Children & Youth Services at the DC Department of Behavioral Health, provided information on the potential stressors for young children and families during the COVID-19 crisis. Parks offered ways to support young children and early childhood professionals with the DC Healthy Futures model.
- Parks moved to a discussion on ways to support adults and caregivers during COVID-19 as well. Parks identified challenges and strengths that families have reported experiencing and offered various resources for families and early childhood providers.
- Members were moved to briefly moved to breakout sessions to discuss guiding questions based on the afternoon's presentations. Members were asked to consider the following questions:
 1. How has COVID-19 impacted each of you?
 2. How has the impact of mental health shown up in your work? How does it affect the decisions you make professionally?
 3. What are the barriers to access or knowledge of resources for mental health services and supports? Are they systemic barriers? Structural?
 4. Do you feel your agency is ready to fully support young children and families in "the new normal"?
 5. What information do you feel you are missing as an organization?
 6. What resources does your agency/organization provide for early childhood providers and families?
 7. While serving families during COVID-19, how has your agency/organization shifted or adjusted your actions based on the mental health needs of the stakeholders you serve?
 8. What can you or your agency do individually to help families address these challenges? What would a coordinated effort between agencies look like to address these challenges?
 9. What are some "low hanging fruit" changes/recommendations that can be made to support the mental health needs of families?

5. Other Member Updates

Council Members



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- None raised.

6. Additional Comments & Next Steps

Council Members

- Chair reminded members that meeting materials are available via OneDrive.
- Chair presented future full Coordinating Council meeting dates with a tentative location: July 29, September 9, October 28, and December 16, 2020. In addition to these meeting dates, Chair proposed two additional meeting dates for subcommittees to meet: one date in June and one date in August. Council members will vote on both subcommittee preference and meeting dates via poll.

7. Adjournment

Council Chair

- Meeting adjourned at 5:05pm.

Any comments regarding these meeting minutes may be sent to Tiffany Wilson at tiffany.wilson@dc.gov.