



Thrive by Five Coordinating Council

Wednesday, August 25, 2021
Webex Meeting
3:00- 5:00 pm

Agenda

1) Reflections from Last Meeting

- District-wide Investments

2) Discussion: Updates for Fall 2021

- Thrive by Five DC
- Carlie Fisherow, DME
- Sara Mead, OSSE DEL

3) Other Member Updates & Next Steps

Reflections from Last Meeting

Summary:

- At our May 26th meeting, members discussed District-wide investments.
- Jessica Smith (DMHHS) shared information about STAY DC, rent and utility assistance. Drew Hubbard (DHCD) shared information about the Mayor's \$400 million investment in affordable housing. Sara Mead (OSSE) shared information about child care, the DC Child Care and Development Fund (CCDF) State Plan and Strong Start.
- Are there any points of discussion from our last meeting that need to be raised? What topics should we add to our parking lot?

Thrive by Five

Safe Sleep Project

The goals of the DC Safe Sleep Education and Outreach Project are to provide a series of focused sleep-related events to decrease the number of sleep-related deaths occurring in the District of Columbia.

The Safe Sleep Campaign will develop and utilize an innovative telecommunication strategy to provide effective health and safe sleep education and promotion reminders to pregnant and primary care takers of newborns.

The safe sleep project is funded by the Eunice Kennedy Shriver National Institute of Child Health and Human Development.

Safe Sleep Website

Safe Sleep: Resources for Families

SAFE SLEEP RESOURCES FOR FAMILIES

ABOUT

RESOURCES FOR FAMILIES

PARTNERS

RESOURCES FOR PROVIDERS



We've worked to add information about the Safe Sleep Project and District resources for families and providers to Thrive by Five's website. Resources listed are not exhaustive so please offer recommended additions as they come to mind.

Details can be found at

<https://thrivebyfive.dc.gov/page/dc-safe-sleep-education-outreach-project>.

Survey & Focus Group Report



SAFE SLEEP RESOURCES AND AWARENESS

in Washington, DC August 2021



- Data collection for this project occurred in two phases between May and July 2021.
- The first phase included three online focus groups to explore learning about safe sleep practices, barriers to safe sleep, and preferences for receiving information about child safety.
- The second phase collected additional information via online survey.

Survey & Focus Group Report

Barriers to Safe Sleep

- The focus group moderator posed postpartum depression, needing time to plan, lack of support, and building a routine before sleep as barriers to safe sleep. Participants did not push back against these barriers.
- They also identified additional barriers to safe sleep: additional handed-down knowledge about child safety, lack of space to place a crib or bassinet, pushback from other caregivers and parents, parent and caregiver sleep deprivation, household responsibilities, bonding through in-arms/skin-to-skin contact, and disruptions to a baby's sleep routine.

Survey & Focus Group Report

Barriers to Safe Sleep (cont.)

- The surveys presented a longer list of potential barriers to safe sleep: lack of support, fatigue, lack of knowledge, tradition, and financial requirements. Respondents selected all of these barriers.
- A key difference from the focus group is that the survey respondents used the comment section to push back against the concept of safe sleep. Comments included:
 - “The American definition of safe sleep is not the only form of safe sleep.”
 - “What [about] knowledge that is handed down?”
 - “I prefer co-sleeping.”
- Survey participants also reported that sharing a room with an infant is difficult once they are sleep trained and that breastfeeding at night is a barrier to practicing safe sleep.

Survey & Focus Group Report

Recommendations for Promoting Safe Sleep

Across the focus groups, participants made the following recommendations for promoting safe sleep in the District:

- Provide free sound machines (to help babies sleep longer and avoid sleeping outside of their cribs or being placed on their stomachs) along with cribettes.
- Require a safe sleep certification for home visitors to build credibility with clients.
- Encourage parents and caregivers to reduce how long babies sleep during the day so that they can sleep longer at night.

Survey & Focus Group Report

Recommendations for Promoting Safe Sleep (cont.)

Across the focus groups, participants made the following recommendations for promoting safe sleep in the District:

- Train parents and caregivers on appropriate temperatures for babies to reduce wrapping babies in blankets for sleep.
- Train adults who do not have infants or children to “saturate” safe sleep knowledge in the city.
- Use the model of COVID-19 public health messaging (e.g., commercials about handwashing, messages to stop the spread) to message to the whole public about safe sleep and infant mortality.

Safe Sleep Engagement Opportunities

October Maternal Mondays

#MaternalMondays is a series dedicated to providing information about all things maternal and infant health in the District. These segments air on the Mom Health DC Facebook page the first Monday of every month. With October being Safe Sleep and SIDS Awareness Month, we will discuss the importance of safe sleep, the DC Safe Sleep Project, and resources for District caregivers. If you'd be interested in participating, please let us know!

Safe Sleep Engagement Opportunities

Safe Sleep Podcast Series

OCME is looking to host a series of short (5-10 minute) podcasts geared toward District caregivers about safe sleep. Whether it's debunking myths about safe sleep or reinforcing the importance of the safe sleep environment, the episodes will be informative and easily digestible.

Some of the questions being considered for episode topics include:

- What is SIDS?/What is SUID?
- How do you keep babies warm without blankets?
- Why should an infant's sleep surface be firm?

Safe Sleep Engagement Opportunities

Summit Breakout Session:

September 16th 11:15 am- 12:15pm

Making Safe Sleep Accessible and Inclusive

First Candle, DC Office of the Chief Medical Examiner

Description: This session will examine implicit bias and how this impacts the way in which a provider might communicate safe sleep information to a family. We review how fathers can be empowered to take an active role in promoting safe sleep and supporting mom in breastfeeding and discuss the DC Safe Sleep Education and Outreach Project. By the end of the session, participants will be able to name three things to do to create a safe sleep environments and learn coping strategies for parent exhaustion.

Theme(s): Safe Sleep, Fatherhood

2021 Maternal & Infant Health Summit



This year's Summit will include a kickoff on Wednesday, September 15th with in-person and virtual options for attendees, followed by a series of breakout sessions Thursday, September 16th.

Pre-Summit Discussion Series



DC Public Library



Children's National



These pre-recorded conversations would be released the week of September 6th, the week before the Summit, and provide information and resources that District residents can connect with. All conversations should discuss the topic's relationship to maternal and/or infant health and promote the 2021 National Maternal & Infant Health Summit coming the following week. All information will be accessible on the dcmaternalhealth.com website.

Summit Agenda

Date	Description
Wednesday, September 15th	Welcome & Opening Remarks <ul style="list-style-type: none">• Mayor Bowser• Dr. LaQuandra Nesbitt• Dr. Faith Gibson Hubbard
	Panel 1: Maternal & Infant Health: Where We've Come From and Where We're Going
	Panel 2: How Reproductive and Birth Justice Can Guide Quality Care
	Community Spaces

Panel 1: Where We're Going

“Maternal & Infant Health: Where We've Come From and Where We're Going”

2:15-3:15pm

This panel will open this year's Summit. Leaders from the public, private, and nonprofit sector will discuss the importance of cross-sector partnerships in improving maternal health outcomes in the District. Speakers will highlight plans, priorities, and commitments on the horizon that will guide their work in the District.

Panelists include:

- Moderator: Stacey Brayboy, Senior Vice President of Public Policy and Government Affairs, March of Dimes
- The Honorable Muriel Bowser, Mayor of Washington DC
- Angelina Spicer, Comedian, Actress, and Activist
- Dr. Robyn Jones, Senior Medical Director, Women's Health, Office of the Chief Medical Officer, Johnson & Johnson

Panel 2: Reproductive Justice

“How Reproductive and Birth Justice Can Guide Quality Care”

3:30-4:30pm

Reproductive and birth justice are inclusive frameworks for community-centered maternity care, programs, and policy. These frameworks can drive systems-level change and make the individual-level impact we seek for all parents. Speakers will discuss how care providers and health systems can achieve high-quality, respectful care and services to benefit birthing people and non-birthing parents.

Panelists include:

- Moderator: Dr. Jamila Perritt, MPH, FACOG, President and CEO of Physicians for Reproductive Health
- Aza Nedhari, LM, CPM, MS, Executive Director of Mamatoto Village
- Rafat Abbasi, MD, FACOG- OBGYN, Columbia Fertility Associates
- Noelene Jeffers, PhD, CNM, IBCLC, Co-chair of The National Association to Advance Black Birth
- Ebony Marcelle, CNM, MS FACNM, Director of Midwifery at Community of Hope

Community Spaces

Given the desire for connectivity in years past (and stay at home orders being in place during last year's event), this year we are working to create spaces for those with common identities and experiences in partnership with the Mayor's Office of Community Affairs offices and community-based organizations. We will have affinity spaces for those identifying with any of the following groups: those who've experienced perinatal loss, LGBTQ+, teen/young parents, grandparents and older caregivers, families, individuals and families with disabilities, and fathers.

Partner Offices include:

- Perinatal Loss: Mayor's Office on Women's Policy and Initiatives
- LGBTQ+: Mayor's Office of LGBTQ Affairs
- Teen & Young Parents: DC NEXT! (DC Primary Care Association)
- Grandparents and Older Caregivers: Age Friendly
- Individuals and Families with Disabilities: Department of Disability Services
- Fathers: Mayor's Office on Fathers, Men, and Boys

Breakout Sessions

Time	Session A	Session B
10:00 am- 11:00 am	Delivering Respectful and Anti-Racist Maternal Care: A Multi-Disciplinary Discussion	Before pregnancy, during, and beyond: The Role of Continuous Reproductive Health Care
11:15 am- 12:15 pm	Supporting Breastfeeding in the Capital—The Roles of Identity, Norms, Systemic Racism, and Resistance	Making Safe Sleep Accessible and Inclusive
12:30 pm- 1:30 pm	More Than Safe Sleep: Children's National Hospital Primary Care Infant Mortality Risk Identification	Family Building Options for the LGBTQ+ Community
1:45 pm- 2:45 pm	Improving Maternal and Infant Health through the DC Perinatal Quality Collaborative	Which Comes First? Why Is It So Hard for Housing and Health Care to Work Together During Pregnancy?
3:00 pm- 4:00pm	We Aim to Rectify: Self- Advocacy as a Solution to Maternal Health Crises	Infant and Maternal Wellness

DME: 2021 School Year

OSSE DEL: Child Care

BACK TO SCHOOL UPDATE

We know that by working together as an entire community, we can make this school year a success

With **layered safety protocols**, we can successfully reunite our students with their teachers, classmates, coaches, counselors, mentors, and friends.

We expect that throughout the school year, **a range of health and safety protocols will be activated**, and that will mean our systems to protect students, educators, and families are working.

**UPDATED
HEALTH
GUIDANCE**

Updated DC Health Guidance for Schools

Revised **DC Health guidance for school facilities** released August 20, 2021.

The guidance was **updated and clarified**, to include:

- a. Clarification that masks* are not required during eating, drinking, and napping;
- b. Updates to exception to close contact definition to also apply to pre-K and adult education students;
- c. Clarified requirements for school exclusion;
- d. Addition of fever as a red flag symptom;
- e. Clarification around exclusion and return for symptoms other than red flag symptoms.

Updated DC Health Guidance for **Child Care**

Revised **DC Health guidance for child care facilities** released August 11, 2021

The guidance continues to anchor in the **key prevention strategies** recommended by the Centers for Disease Control and Prevention (CDC):

- a. Universal and correct mask protocols; masks must be worn by for all people aged 2 and older regardless of vaccination status (including staff, teachers, children, and visitors);
- b. Promoting COVID-19 vaccination for staff;
- c. Staying home when sick;
- d. Physical distancing;
- e. Hand hygiene and respiratory etiquette;
- f. Quarantine and isolation;
- g. Cleaning and disinfection; and
- h. Ventilation.

REVISED MASK POLICY

Revised Mask Requirements*

- **Indoors:** Masks must be worn by for all people aged 2 and older **regardless of vaccination status** (including staff, teachers, children, and visitors).
- **Outdoors:** In general, people do not need to wear masks when outdoors.
 - However, particularly in areas of substantial to high transmission, CDC recommends that people who are not fully vaccinated wear a mask in crowded outdoor settings or during activities that involve sustained close contact with other people who are not fully vaccinated.
 - For information on the current level of community spread, please visit <https://coronavirus.dc.gov/page/reopening-metrics>.
 - Substantial community spread is indicated by a daily case OR positive rate in red in the chart.
- **On public transportation:** Masks must be worn on school buses or other forms of shared transportation vehicles used by child care facilities.

TESTING & CONTACT TRACING

Testing

Asymptomatic Testing

- This school year, testing at DCPS and participating public charter schools will be done through a **saliva-based PCR test**.
 - 1 – 1.5 mL of saliva is collected in a small test tube
 - Supervised by trained staff deployed by testing vendor OR trained staff at the school
- Universe:
 - 10-20% random sample of students weekly, targeting unvaccinated students
 - All unvaccinated staff weekly
 - All students and staff must provide active consent to be tested

Symptomatic Testing

- Available to all students and staff, regardless of vaccination status, who exhibit symptoms of COVID-19 while in school and have signed consent on file

OSSE Contact Tracing Support

OSSE and DC Health are establishing quicker, more consistent support for **in-school contact tracing**, to identify and follow-up with students and staff who must quarantine.

To support LEAs with contact tracing, OSSE is offering two optional resources for charter LEAs:

- Centralized contact identification support from vendor, or
- \$2,000 stipend for charter staff (up to 2/school) that:
 1. Complete online, free Contact Tracing course from Johns Hopkins
 2. Conduct contact identification for school
 3. Participate in monthly professional development with OSSE

Dismissal of Close Contacts

- Based on the latest guidance from DC Health, a student in a school setting is considered a close contact if they are **within 6 feet of an infected person for more than 15 minutes within a 24-hour window within 2 days prior to illness** onset or positive test result.
 - Students are NOT considered close contacts if they are within 3-6 feet of a fellow infected student if:
 - Both students are consistently wearing well-fitting masks, and
 - Other mitigating factors are in place (physical distancing, increased ventilation, etc.)
 - If a school identifies a student or staff member with COVID-19 who is in the building, the school should dismiss that person as well as any individuals who the school identifies as potential close contacts.
 - **It is not necessary to dismiss the entire cohort.**
 - Preliminary contact identification should be carried out **by school staff** to identify and dismiss potential close contacts until DC Health is able to complete the case investigation.

DCPS VISITOR POLICY

DCPS will continue to limit visitors and family entrance into schools

- All visitors must be pre-approved, confirm completion of a health assessment, and **wear a mask at all times** on school grounds.
- Families are not allowed to enter the building for student drop-off and pick up, **except** for students with a parent/guardian escort as a component of a **written safety plan**.



**WELCOME BACK
TO SCHOOL, DC!**

For more information, visit:

<https://backtoschool.dc.gov/>

WELCOME BACK TO SCHOOL

School is more than just a building. It's where friends, memories, and a love of learning thrive in the classroom. That's why DC schools have prepared for safe, in-person learning back to school.

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

Meeting presentations and minutes are also available to the public at

<https://thrivebyfive.dc.gov/page/archived-meetings>.

The folder is password-protected. For assistance, please email Tiffany Wilson at tiffany.wilson@dc.gov.

Quarterly Meeting Schedule

Our whole group Thrive by Five Coordinating Council meetings will continue to be held on **Wednesdays**.

✓ February 17, 2021

✓ May 26, 2021

✓ August 25, 2021

○ November 10, 2021

Time: 3-5 pm

Location: Virtual (Webex)

Thank you!

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Twitter/Instagram: [@thrivebyfiveDC](https://twitter.com/thrivebyfiveDC)