

COMMUNITY NEWSLETTER!



TAKING CARE OF YOUR MENTAL HEALTH DURING PREGNANCY

It is estimated that more than half of people suffering from mental illness do not get help for their conditions. This is because of the shame and bias connected with mental health. For this reason, the observance of Mental Health Awareness Month started in 1949 to educate the public about mental illness.

Many women are diagnosed with and treated for mental health issues before they become pregnant. However, others may develop mental health issues during or after pregnancy due to changes in hormone levels and/or the stress that comes with this major life event. In fact, mental illness is most common during the childbearing years and 1 in 5 women develop a maternal mental health condition such as depression, anxiety, or substance abuse during pregnancy and childbirth.

Regardless of when or how it develops, taking care of your mental health during pregnancy and while breastfeeding is important for the health of yourself and your developing baby! Consequently, take care of yourself as much as you can, eat a balanced diet, exercise, get enough sleep, and take your prenatal vitamins.

And finally, it is important for you to have honest conversations with your doctor about your mental health if you are pregnant or wanting to become pregnant. Also, if you are experiencing overwhelming worry or fear and/or if you are feeling sadness or irritability for weeks or months at a time do not be afraid to ask your doctor for help!

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Prenatal Risk Screens (#2
Will Surprise You)!

How Can a Prenatal Risk Screen Connect You to a Brighter Future?

The Florida Healthy Start Prenatal Risk Screen is a simple, short questionnaire that identifies pregnant women with greater chances of having high-risk pregnancies or poor birth outcomes.

- The prenatal risk screen is offered to every woman at their first prenatal visit.
- The prenatal risk screen is completed by a pregnant woman and the doctor, midwife, or staff member at a prenatal care facility or birthing facility.
- Once the risk screen is completed, a medical professional will add up the score based on the answers. Women who are identified as high risk are then referred to Connect, where they can be connected to community resources, education, and support based on their specific needs.

Help your baby have a healthy start in life!

Please answer the following questions to find out if anything in your life could affect your health or your baby's health. Your answers are confidential. You may qualify for free services from the Healthy Start Program or the Healthy Families Program, no matter what your income level is! (Please complete in ink.)

Today's Date: _____

1. Have you graduated from high school or received a GED? ☐ YES ☐ NO

2. Are you married now? ☐ YES ☐ NO

3. Are there any children at home younger than 5 years old? ☐ YES ☐ NO

4. Are there any children at home with medical or special needs? ☐ YES ☐ NO

5. Is this a good time for you to be pregnant? ☐ YES ☐ NO

6. In the last month, have you felt down, depressed or hopeless? ☐ YES ☐ NO

7. In the last month, have you felt alone when facing problems? ☐ YES ☐ NO

8. Have you ever received mental health services or counseling? ☐ YES ☐ NO

9. In the last year, has someone you know tried to hurt you or threaten you? ☐ YES ☐ NO

10. Do you have trouble paying your bills? ☐ YES ☐ NO

11. What race are you? Check one or more.
☐ White ☐ Black ☐ Other

12. In the last month, how many alcoholic drinks did you have per week?
drinks: ☐ did not drink

13. In the last month, how many cigarettes did you smoke a day? (a pack has 20 cigarettes)
cigarettes: ☐ did not smoke

14. Thinking back to just before you got pregnant, did you want to be:
☐ pregnant now ☐ pregnant later ☐ not pregnant

15. Is this your first pregnancy?
☐ Yes ☐ No. If no, give date your last pregnancy ended: Date: (month/year)

16. Please mark any of the following that have happened.
☐ Your baby died but was not born alive
☐ Had a baby born 3 weeks or more before due date
☐ Had a baby that weighed less than 5 pounds, 8 ounces
☐ None of the above

Name: First _____ Last _____ M.F. Social Security Number: _____ Date of Birth: (month/day/yr) 17. Age: _____

Street address (apartment complex name/number): _____ County: _____ City: _____ State: _____ Zip Code: _____

Prenatal Care covered by:
☐ Medicaid ☐ Private Insurance ☐ No Insurance ☐ Other _____

Best time to contact me: _____ Phone #1: _____ Phone #2: _____

I authorize the exchange of my health information between the Healthy Start Program, Healthy Start Providers, Healthy Start Coalitions, Healthy Families Florida, WIC, Florida Department of Health, and my health care providers for the purposes of providing services, paying for services, improving quality of services or program eligibility. This authorization remains in effect until revoked in writing by me.

Patient Signature: _____ Date: _____

Please Initial: _____ Yes _____ No I also authorize specific health information to be exchanged as described above, which includes any of my mental health, TB, alcohol/drug abuse, STD, or HIV/AIDS information.

Connect today, give your baby a healthy start!

For More Information Call:

Leon County Residents (850) 488-0288 ext. 109
Wakulla County Residents (850) 888-6083
Gadsden County Residents (850) 662-1061 ext. 303
Jefferson County Residents (850) 948-2741
Franklin County Residents (850) 872-4130
Madison County Residents (850) 948-2741
Taylor County Residents (850) 948-2741



I filled out the prenatal risk screen... Now How Do I Connect?

Not all connections are created equal!

Connect is a one-stop entry point for various home visiting, care coordination, education, and support services for pregnant women, caregivers, and families with children under the age of 3.

Connect can link you with community resources and programs, like Healthy Start & Healthy Families that can best serve your needs.

Connect helps pregnant women, caregivers and families with young children access needed services such as education and support in childbirth, newborn care, parenting, child development, food and nutrition, mental health and financial self-sufficiency.

Connect Services:

- Pregnancy education & support
- Childbirth education
- Newborn care instruction
- Breastfeeding education & support
- Parenting education
- Counseling services
- Help to quit smoking
- Nutritional education
- School readiness
- Child development education & support
- Family planning education
- Car seat safety
- Infant safety
- Home visiting programs
- Other community resources



The Top **4** REASONS TO SAY **YES** TO PRENATAL RISK SCREENS!



1

Healthy Start's Prenatal Risk Screens are proven to be predictive of preterm birth (babies born too early) and low birth weight (babies born too small).

2

Women with positive scores are 70% more likely to experience preterm birth or to have an infant with low birth weight.

3

By initialing "Yes" to being screened, women/legal guardians will know within minutes if they or their baby have any health risks.

4

If you or your baby are considered high risk, Connect can link you with community resources and programs, like Healthy Start & Healthy Families to best serve your needs.

DID YOU KNOW:

Approximately 3,500 babies in the US are lost to sleep-related deaths each year!

This alarming statistic is scary, but true!

So remember to follow the ABC's of Safe Sleep: Babies should be ALONE, on their BACKS, in a CRIB!

Capital Area Healthy Start would like to wish you a...

HAPPY MOTHERS DAY!

In honor of Mother's Day we are giving away a portable crib!

We are excited to announce our Family Photo Contest! Using the form on this page, please submit your best family or baby photo to be entered to win a brand new portable crib. All photo submissions will be posted to Facebook and at the end of the voting period the photo with the most likes will be the winner!

A purple and pink graphic for a photo contest. It features a smiling woman holding a baby. The text 'PHOTO CONTEST' is in large pink letters. Below it, 'Win a Crib Courtesy of Healthy Start!' is written. A list of three steps is provided: 1. Visit our contest webpage, 2. Submit your best family & baby photos, 3. Enter by May 15. A QR code with 'SCAN ME' is in the bottom right corner. The Florida Healthy Start logo is at the bottom left.

PHOTO CONTEST

Win a Crib Courtesy of Healthy Start!

Follow These Steps:

- 1 Visit our contest webpage
- 2 Submit your best family & baby photos
- 3 Enter by May 15

Florida Healthy Start
Capital Area Healthy Start Coalition

SCAN ME

www.capitalareahealthystart.org/photo-contest/

By participating in the contest and submitting a photo, you grant Capital Area Healthy Start Coalition permission to use said photos for future marketing and promotional purposes.

A B C's of Safe Sleep
ALONE
on their BACKS
in a safe CRIB



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Upcoming Events

MAY 6th 12:00pm - 1:00pm
Preconception Health
Lunch & Learn: Mental Health



To attend this monthly webinar series please email Symone Holliday, CAHSC Communications & Administrative Assistant for the registration link at symone@capitalareahealthystart.org



What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education,



breastfeeding education, women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



Please click [HERE](https://www.capitalareahealthystart.org/connect-program/) to learn more or visit our website at www.capitalareahealthystart.org/connect-program/