

# Capital Area Healthy Start Coalition 2022-2023 Annual Report



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# Our Mission

**"A community coalition dedicated to improving the health of infants and their families."**

## Letter From the President

Since 1991, infant mortality - the death of a baby before their first birthday - has dropped significantly, and indicators like starting early prenatal care, teen pregnancy rates, and smoking during pregnancy have improved primarily in majority communities. Most important, more segments of communities are now better engaged in understanding and addressing the continuing disparity in health outcomes for Black and Brown women.

The awareness of the problem and the underlying causes have been known for quite some time. The focus of the Capital Area Healthy Start Coalition in 2022-23 has been to aggressively seek to develop the services and relationships to close the gaps that have historically contributed to the underlying causes of the disparate outcomes. The Coalition's commitment to collaboration and to addressing infant mortality within a broader community context provides the foundation for our efforts.

The Coalition's work centers on three key areas: educating families and the communities as to what it takes to bring about the desired outcomes for moms and their babies; fostering relationships and engagement with men in the community to reinforce awareness of their important roles as men, fathers, and role models for their children and the community; the village concept to close the gaps in services needed by women seeking to take on this life-altering journey to motherhood.



The Capital Area Healthy Start Coalition came through the mind-boggling daily disturbances

# Letter From the President Continued

of the pandemic without missing a beat. Adjustments had to be made to scheduling, services altered to continue to provide assistance even under the required isolation, as well as staff and the board working virtually. Every successful organization must have a lynchpin—a person vital to the smooth running of the operation. Capital Area Healthy Start has such a lynchpin.

The work of the Coalition in 2022-23 doesn't happen without the continued maturation and competency of our Executive Director. Chris Szorcsik would not be deterred. She worked tirelessly to ensure she and the staff formed a cohesive unit that talked to and worked with one another for the good of the order. She kept morale up and personnel in place during a difficult time. Twenty-twenty to two-twenty-three doesn't happen without that cohesive team.

New programs like Sister Friends, the Fatherhood Program, the Doula Program, representation in the CONNECT office, and Parents as Teachers would not have come to fruition without Chris' tireless efforts. New programs don't always replace other favorites. Therefore, Walk to Remember, the Angel Awards, not to mention meetings galore, reports, grant writing and supervising a growing staff needed to support all these efforts, continue under Chris' watchful eye.

It has been an honor and a privilege to work closely with Ms. Szorcsik and to witness her development as a consummate professional and a superb Executive Director. Our year began with a candid heart-to-heart conversation and we both, I believe, benefited from that exchange. At the year's end, I realized I was having such a good time that I wanted to continue. Transitions are like traditions; continuity is important. Change takes time. Betsy Wood, the incoming board chair is a consummate professional with years of experience working to ensure moms and babies get the very best care possible. I have no doubt that Capital Area Healthy Start, under her leadership, will continue to grow and provide important services, necessary to promote better health outcomes particularly for underserved moms and their babies.

— *Dr. Monica G. Hayes*

Monica G. Hayes, Ed.D., MSW, MAT  
Board Chair, 2022-23

## Board Officers

**Dr. Monica Hayes**  
*President*

**Betsy Wood**  
*President-Elect*

**Nikita Graham**  
*Secretary*

**Jenifer Zephyr**  
*Treasurer*

**Audrey Moore**  
*Past President*

## Board Members

|                 |                      |
|-----------------|----------------------|
| Kimberly Bryant | Chesha James         |
| Trishay Burton  | Jodi-Ann Livingstone |
| Cheron Davis    | Apryl Lynn           |
| Debra Dowds     | Lisette Mariner      |
| Libbie Stroud   |                      |

## Our Staff

**Chris Szorcsik**  
*Executive Director*

**Sandra Glazer**  
*Administrative Director*

**Symone Holliday**  
*Community Relations Director*

**Danielle W. Brown**  
*CI&R Intake & Outreach Coordinator*

**Jasmine Thornton**  
*FIMR Program Coordinator &  
Outreach Specialist*

**Vanessa Wynn**  
*Connect Family Partner*

**Asia Jarmon**  
*Connect Family Partner*

**Donnielle Ivory**  
*Sister Friends Program/Special  
Projects Coordinator*

**Angel Dameron**  
*Administrative Assistant*

**Cortney Nealy**  
*CI&R Intake Specialist*

**Kenyatta Colvin, Sr.**  
*Fatherhood Program Coordinator*

**Rebecca Kilpatrick**  
*Parents as Teachers Program Supervisor*

**Ashley Cochran**  
*Parents as Teachers Parent Educator*

**Danielle Davis**  
*Parents as Teachers Parent Educator*



# About CAHSC

*Capital Area Healthy Start Coalition (CAHSC)* is dedicated to improving the health and well-being of infants and their families in Leon and Wakulla Counties.

Founded in 1992, our community-based organization was created to provide support to pregnant women, new mothers, fathers, and families of babies up to age 3 who are at risk for poor birth outcomes and developmental delays. Our goals are to improve maternal and infant health and to ensure that all families have access to care, healthy pregnancy education, child development education, breastfeeding education, women's health education & support, and care coordination.

During the fiscal year of 2022 to 2023, our staff consisted of 14 employees who served 4,000 pregnant women, families, and babies through our 6 direct client programs and hopefully touched countless more through our 2 indirect client programs. Our home visiting services are contracted through the Florida Department of Health, Healthy Start MomCare Network, Inc., Florida Association of Healthy Start Coalitions (FAHSC), and Community Human Services Partnership.



## Our Programs & Initiatives

Connect Program (CI&R)

Healthy Start Home Visiting

Sister Friends

T.E.A.M. Dad

Parents as Teachers  
(PAT)

Regional Connect Family  
Partner

Community Doula

Fetal & Infant Mortality  
Review (FIMR)

Breastmilk Depot

The Traveling Crib  
for Safe Sleep

# Connect/CI&R

Healthy Start's *Connect program*, also known as the *Coordinated Intake and Referral Program (CI&R)*, assists pregnant women, moms, fathers, and families with young children by providing a one-stop entry point for families to learn about community services and programs.

Our Connect staff consists of a team of social service professionals who are dedicated to serving local families and connecting them to needed community resources. This fiscal year, the CI&R Staff received a total of **3,532 referrals**, completed **1503 initial intakes** that assess risks and needs, enrolled **771 pregnant women**, infants, and their families in Healthy Start services, and referred for 114.75 hours of mental health services to perinatal women.

## CI&R Clients -- Total referred to services

|                | Prenatal | Infants (to age 3) | *ICC | TOTAL |
|----------------|----------|--------------------|------|-------|
| Leon County    | 2116     | 1073               | 17   | 3206  |
| Wakulla County | 197      | 129                | 0    | 326   |
| TOTAL          | 2313     | 1202               | 17   | 3532  |

## CI&R Clients -- Total having a completed Initial Intake

|                | Prenatal | Infants (to age 3) | *ICC | TOTAL |
|----------------|----------|--------------------|------|-------|
| Leon County    | 535      | 763                | 5    | 1303  |
| Wakulla County | 97       | 103                | 0    | 200   |
| TOTAL          | 632      | 866                | 5    | 1503  |

## Healthy Start Clients Served

|                | Prenatal | Infants (to age 3) | *ICC | TOTAL |
|----------------|----------|--------------------|------|-------|
| Leon County    | 333      | 346                | 12   | 691   |
| Wakulla County | 47       | 32                 | 1    | 80    |
| TOTAL          | 380      | 378                | 13   | 771   |

\*ICC - Interconception Care

# TMH Connect Family Partner

The *Regional Connect Family Partner* program brings our CI&R program to families at Tallahassee Memorial Healthcare's birthing facility. The goal of this program is to assess infant's risks and to increase referrals to community resources, including our home visiting programs. This program launched on March 16th, 2023. Since then, our TMH Connect Family Partner has completed *478 Initial Intakes*, and made *246 referrals* to address the Social Determinants of Health for families in Leon, Wakulla, Gadsden, Jefferson, Madison, and Taylor Counties. Next year, our Coalition plans to expand the Connect Family Partner Program to *HCA Florida Capital Hospital*.



"Tallahassee Memorial HealthCare (TMH) is proud to partner with Healthy Start to bring the Connect Program to our patients. This partnership provides essential resources for everything from prenatal education to childcare and car seat safety for moms, babies and families and allows TMH and Healthy Start to work together to invest in the future of the communities we serve."

— *Jennifer Armstrong, MSN, MBA, RN*  
Director of Perinatal Services  
Women's Pavilion - Tallahassee Memorial Healthcare



# Healthy Start

*Healthy Start* is a home visiting program that provides one-on-one support to pregnant women, infants, and their caregivers in Leon & Wakulla Counties — regardless of income, insurance, or education. The core of the Healthy Start program is our team of compassionate *Care Coordinators* who provide individualized care, support, and education.

In 2022, our CI&R Staff and Healthy Start Care Coordinators were able to provide one-on-one support and resources to *771 enrolled clients* and distribute over two-thousand items to families that help with baby health, safety, and development. See the chart below to view the *Baby Health and Safety Essential Items Distributed in 2022*.

## Baby Health & Safety Essential Items Distributed in 2022

|                    |           |                  |      |
|--------------------|-----------|------------------|------|
| Car Seats          | 104       | Car Thermometers | 416  |
| Portable Cribs     | 69        | Gift Sets        | 97   |
| Diapers            | 272 Packs | Burp Clothes     | 107  |
| Wipers             | 160 Packs | Bibs             | 106  |
| Books              | 390       | 1st Aid Kits     | 275  |
| Strollers          | 4         | Tummy Time Mats  | 18   |
| Safe Sleep Onesies | 167       | Baby Boxes       | 71   |
| Safe Sleep Sacks   | 37        | TOTAL ITEMS      | 2293 |

# Fatherhood Program

*T.E.A.M. Dad* is our Coalition's newest program as of November 2022. The ultimate goal of this program is to improve the health and well-being of local infants and their families by empowering fathers and father figures to be knowledgeable, involved, and emotionally engaged with their children. Our T.E.A.M. Dad program helps with:

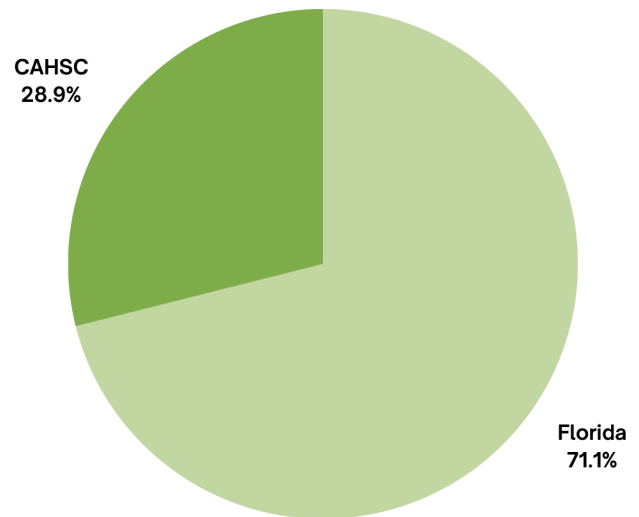
- Parenting & Co-Parenting Education
- Improving Child Development
- Building Healthy Family & Community Relationships
- Workforce Development & Economic Stability
- Personal Development



Picture of T.E.A.M. Dad Book Club Members: June 5th, 2023

## 2022-2023 T.E.A.M. Dad Enrollment

There are 32 *Healthy Start Coalitions* across the State of Florida who have enrolled 121 *fathers* in the T.E.A.M. Dad program. Since inception, CAHSC has enrolled a total of 35 *fathers* in our local community. To compare CAHSC's and Florida's 2022-2023 T.E.A.M. Dad Enrollment data, view the chart below.



# Sister Friends

*In Leon County, Black babies are dying at twice the rate of White babies...*

*Sister Friends Tallahassee was founded in 2021 as an affiliate of The Birthing Project USA. This program provides support and healthy pregnancy information to African American women during pregnancy and postpartum by using trained and dedicated female volunteers known as Sister Friends.*

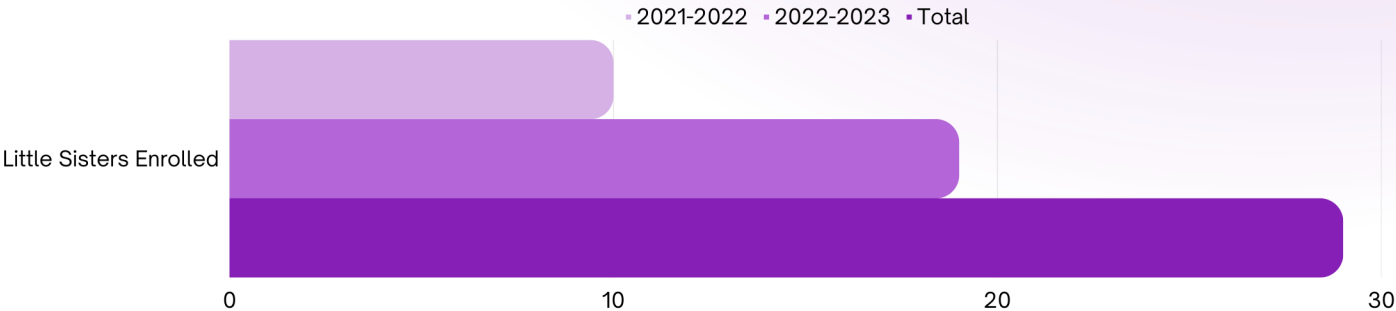
Since its inception, our program has trained 32 *Sister Friend Volunteers* and has welcomed 15 *healthy births with zero losses!* This year, we were also able to serve a total of 29 pregnant *Little Sisters* over the course of the program. To compare *Sister Friends Program Growth Between 2021-2023*, view the chart below.



"The Sister Friends program is changing lives in our community and giving more African American pregnant moms a village-like support system. The program gives little sisters more one on one support and guidance."

— *Donnielle Ivory*  
Sister Friends Coordinator & Outreach Specialist

## Sister Friends Program Growth Between 2021-2023





# Parents as Teachers

Parents As Teachers is Capital Area Healthy Start Coalition's second newest program. Parents as Teachers was developed in response to Leon County's kindergarten readiness scores. In 2021, 49% of children in Leon County who were entering kindergarten did not demonstrate kindergarten readiness skills. PAT began enrolling clients in April 2023, and will continue to grow enrollment this upcoming year.



Our Parents as Teacher staff have *completed over 1,300 combined training and education hours* on program model implementation, health equity and accreditation. "Our goal is to promote optimal growth and development in all skill areas of children ages 0-3 by engaging and supporting their caregivers and families," said Rebecca Kilpatrick, Parents as Teachers Supervisor. "The PAT model is a unique combination of research, education, and empowerment. [The] methods are proven to help caregivers connect with their child's early development and build a lifetime foundation for academic success!"

**PAT Staff Training Hours  $\approx$  1,300**

# FIMR

As an indirect client program, the *Fetal Infant Mortality Review (FIMR)* aims to reduce fetal and infant mortality by gathering and reviewing detailed information to better understand how a variety of systematic health determinants contribute to the tragedy of fetal and infant loss.

Additionally, our FIMR team uses the findings to create initiatives that can prevent future fetal/infant deaths and improve the systems of care and resources for infants and their families. To learn more about how the FIMR program works, view *Figure 1: FIMR Process Model for Improved Community Health*.

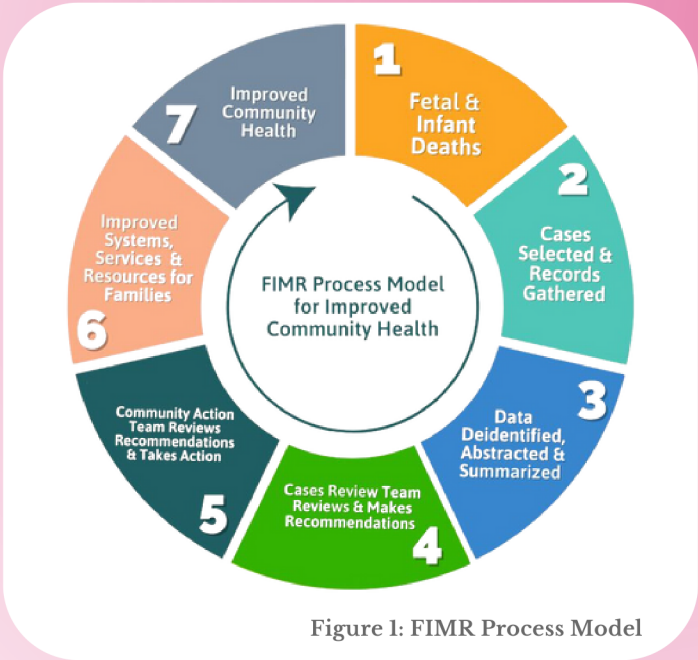
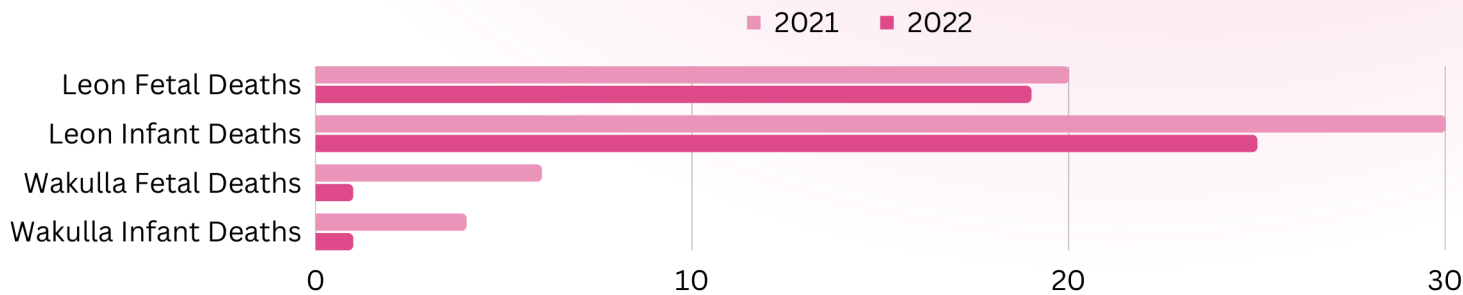


Figure 1: FIMR Process Model

This fiscal year, our FIMR team reviewed 31 fetal and infant mortality cases and conducted 3 maternal interviews. Through the cases reviewed, our FIMR team was able to make recommendations to healthcare providers, local partners, and our community in the hopes of improving the care and resources for pregnant women, infants and their families. To compare *FIMR data* between 2021 and 2022, view the charts below.

## Fetal & Infant Deaths in Leon & Wakulla Counties 2021 vs. 2022



# FIMR Continued

In November 2022, the CAHSC FIMR project expanded beyond Leon and Wakulla counties to include Gadsden, Jefferson, Madison, and Taylor counties. To compare the 2022 provisional FIMR fetal and infant mortality rates by county, view the charts below.

## 2022 Provisional FIMR Fetal & Infant Mortality Rates by County

| County           | Fetal Mortality Rates | Infant Mortality Rates |
|------------------|-----------------------|------------------------|
| Leon             | 6.829                 | 9.048                  |
| Wakulla          | 2.932                 | 2.941                  |
| Gadsden          | 12.738                | 17.204                 |
| Jefferson        | 14.705                | 14.925                 |
| Madison          | 5.405                 | 16.304                 |
| Taylor           | 13.636                | 9.216                  |
| State of Florida | 6.675                 | 5.945                  |



"The FIMR Program is important because it shines a light on issues that are kept hidden or overlooked and seeks to provide solutions to combat fetal and infant mortality. Although fetal and infant loss is common, it is not something that we should accept as a norm and we do have the ability to make a difference by improving the services and resources available to families and helping them to access quality care."

— Jasmine Thornton  
FIMR Program Coordinator & Outreach Specialist



# FIMR Continued

The *Healthy Start Risk Screen* is a simple one-page questionnaire completed by pregnant mothers and their healthcare providers to identify high-risk pregnancies or the possibility of poor birthing outcomes. Subsequently, these screens are then used to refer high-risk pregnant women to needed community services and resources — regardless of their age, race, or income.

Due to the predictive nature of these screenings, our FIMR team emphasizes the importance of educating healthcare providers, as well as our community, about the importance of prenatal risk screening for all pregnancies. Consequently, we have seen a *22% increase* in our Coalition's screening rates between *2021* and *2022*. The *total percentage* for *2022* was *85%*.

Correspondingly, our Coalition's 2022 screening rates surpassed the entire State of Florida's. To compare *CAHSC's and Florida's 2022 Prenatal Risk Screening data*, view the chart below.

## CAHSC's and the State of Florida's 2022 Prenatal Risk Screen Rates

| Screening Month | Estimated # of Pregnant Women | Total CAHSC Screens Processed | Percentage of CAHSC Women Screened | Percentage of Florida Women Screened |
|-----------------|-------------------------------|-------------------------------|------------------------------------|--------------------------------------|
| January         | 280                           | 211                           | 75.36%                             | 74.33%                               |
| Feburary        | 237                           | 248                           | 104.64%                            | 79.56%                               |
| March           | 274                           | 226                           | 82.48%                             | 76.72%                               |
| April           | 236                           | 240                           | 101.69%                            | 75.56%                               |
| May             | 242                           | 240                           | 99.17%                             | 73.76%                               |
| June            | 237                           | 224                           | 94.51%                             | 74.14%                               |
| July            | 252                           | 207                           | 82.14%                             | 60.96%                               |
| August          | 311                           | 268                           | 86.17%                             | 67.00%                               |
| September       | 247                           | 188                           | 76.11%                             | 57.44%                               |
| October         | 254                           | 218                           | 85.83%                             | 63.79%                               |
| November        | 279                           | 170                           | 78.43%                             | 57.03%                               |
| December        | 255                           | 200                           | 85.05%                             | 50.15%                               |

# Safe Sleep Traveling Crib

Based on recommendations from our FIMR Community Action Team, the *Traveling Crib* Initiative was launched in 2017 to educate the community on the fact that babies are safest when they sleep **A**lone, on their **B**acks, and in a safe **C**rib. This fiscal year, the Traveling Crib has made its way to *13 locations!*



Picture of The Traveling Crib at Jane G. Saul's Fort Braden Branch Library: June 5th, 2023

## Thank You to Our Traveling Crib Hosts!

*All About Me Childcare Center, Inc.*

*Brandon's Place At Lincoln*

*Children's Services Council*

*Eastside Branch - Leon County Library*

*Fort Braden Branch - Leon County Library*

*Hickory Hills Apartments*

*Leon County Health Department*

*Making Miracles Group Home*

*Northside Branch - Leon County Library*

*Sunrise Place Apartments*

*The Salvation Army*

*Women's Pavilion - Labor & Delivery*

*Woodville Branch - Leon County Library*

# Community Doula Initiative



In 2021, Simply Healthcare awarded funding to Capital Area Healthy Start and our sister Coalitions in the Panhandle to train Doulas. This doula workforce development project was also in collaboration with the Doula Network, Indian River Healthy Start Coalition, and Birth, Education, Advocacy & Mentorship (BEAM).

The goal of this partnership is to increase the number of doulas in our local community because of their many health benefits for both mother and baby. In 2023, Simply Healthcare awarded additional funding to our Coalition. Through these grants, we have been able to train 17 *local Doulas*. By 2024, we hope to expand the *Community Doula* program to connect pregnant women — FREE of charge — to specially trained doulas that can provide support during pregnancy, childbirth, and after delivery.



# Breastmilk Bank Depot

*Established in August 2022, our CAHSC's Milk Depot was launched in partnership with Mother's Milk Bank of Florida.*

A milk depot is a convenient location where local moms can drop off their excess breastmilk. The milk depot facilitates the donation process by receiving milk, packing milk, and sending it to the main milk bank, which is responsible for screening all donors and distributing the donor milk to babies in local Neonatal Intensive Care Units (NICU). Together, we have been able to distribute *approximately 15,663 ounces (or 122 gallons) of milk!*



**15,663 Ounces of Life-Saving Breastmilk Collected!**



# Community Outreach



Picture of Angel Awards Reception:  
August 18th, 2022.



Picture of Local Family at CAHSC's Infant  
CPR Class: January 7th, 2023.



Picture of local Fathers at the Inaugural  
Father's Bowl: February 11th, 2023.



Picture of Family Creating a  
Remembrance Square at Walk to  
Remember: October 13th, 2022.



Picture of Donations from our Make-a-  
Mother's Day Diaper Drive:  
May 22nd, 2023.



Picture of the Attendees & Staff at  
CAHSC's Inaugural Dads & Strollers:  
June 10th, 2023.

Over the past year, Capital Area Healthy Start's staff has participated in nearly 1000 community development activities to spread awareness about our services and build relationships with local partners. Our team was able to attend a total of *41 community outreach events*, such as health fairs and children's festivals. We have also hosted *eight* community events, *nine* Lunch & Learns on various health topics, and an online Mother's Day Diaper Drive where we raised approximately *250 cases of diapers!*

# Client Testimonials



"I went to TCC at first and then I transferred to Florida State University. I found out I was pregnant. Honestly, it was a shocker to me, and I was so scared because I had six months of school left and I'm like how am I going to do this with a baby and school? I'm not going to be able to do this..."

***Scan the QR Code to Hear  
Lusanda Pierre's Full Story***



"Healthy Start is a wonderful program for a young parent like me. Before my daughter was born, I felt an immense amount of anxiety about how she would be raised. I knew I wanted the best for her, but with so many uncertainties surrounding parenting and child development, I knew that I would need help. Through Healthy Start, not only is my daughter thriving, but I am as well. I am definitely less anxious when it comes to things like doctor's appointments, her progression, and how to manage difficult situations. I am eternally grateful for the multitude of services Healthy Start provides, but most of all, I am thankful to have such a caring and devoted mentor and friend."

-- *Brianna*  
Healthy Start Mom

# Service Delivery Plan

Between 2019 and 2022, a needs assessment was conducted by the Capital Area Healthy Start Coalition and a 23-member team made up of community partners. This assessment laid the groundwork for a comprehensive evaluation of gaps in services that impact birth outcomes, infant health, and children's well-being in Leon and Wakulla counties.

Additionally, we identified the unmet needs that could be addressed through our Coalition, as well as researched and compiled a directory of local programs, resources, and services that are available to moms, babies, and families in our community.

Through this rigorous process, our coalition developed a service delivery plan that identified three key priority areas to address over a 5-year period beginning July 2021. The 3 key priority areas are:

- 1) Access to Care
- 2) Racial Disparities in Health Outcomes
- 3) Maternal Mental Health and Substance Exposed Newborns

Our Coalition has created a workgroup for each key priority area. Each workgroup meets eight times a year, with meetings being held in the first two months of each quarter. During the meetings, workgroup members provide input and collaboration to meet selected goals, objectives, and action steps for the priority area being addressed.

The CAHSC also formed a Community Partnership Alliance (CPA) work group that meets quarterly. All workgroup members are invited to participate in the CPA, which provides participants with updates on actions and advancements being made by each individual workgroup. They also helped create and implement community-wide strategies to address the issues in the three key priority areas as selected by the CAHSC.

Because of this, we held an inaugural meeting for our Substance Exposed Newborn Taskforce on February 22, 2022, after identifying this issue in the local community. Our Coalition is working to identify community organizations, agencies, and members that also have a mission of improving the health and well-being of mothers, babies, and families affected by substance dependency. If you would like to get involved in one of our workgroups, please call CAHSC at (850) 488-0288, or email us at [info@CapitalAreaHealthyStart.org](mailto:info@CapitalAreaHealthyStart.org).

# Service Delivery Plan



# Thank you for supporting Capital Area Healthy Start!

## Our funders, partners & event sponsors:

Agency for Health Care Administration

Benson's Heating & Air

Capital Area Breastfeeding Coalition

Carroll & Company CPAs

Community Foundation of North Florida

Early Learning Coalition

Finacious

Florida Department of Children and Families

Florida Department of Health - Wakulla

HCA Florida Capital Hospital

Humana Health

Leon County Emergency Medical Services

Leon County Schools

March of Dimes

Saint Paul's United Methodist Church

Southside Rotary

Sweets and Treats by Monta

Vince Brown Photography

WIC

Audrey Moore

Brehon Family Services

Capital Health Plan

Catering Capers

Children's Home Society

FBMC Benefits Management

Florida A&M University (FAMU)

Florida Department of Health

Florida Guardian ad Litem

Healthy Families

Kathy & Richard Zorn

Les Mclean

Leon County Sheriff's Office

Massey Services, Inc.

Simply Healthcare

The Stork's Nest of Tallahassee

Tallahassee Memorial Healthcare

Wakulla Pregnancy Center

Zeta Phi Beta Sorority

Auto Owner's Insurance

BodyWorks Therapeutic Massage

CareSource

Chi Theta Zeta Sorority

Community Human Service Partnership

Epta Swimwear

FL. Assoc. of Healthy Start (FAHSC)

Florida Department of Health - Leon

Florida State University (FSU)

Healthy Start Momcare Network

Kiwanis Club

Leon County Government

LifeStance Health

Maternal Child Health Equity Collab. (MCHE)

Sonny's BBQ

Sunshine Health

United Way of the Big Bend

Whole Child Leon

# Every Baby Deserves a Healthy Start



Sponsored by Capital Area Healthy Start Coalition, the Florida Department of Health, the Healthy Start MomCare Network, Inc. and the State of Florida, Agency for Health Care Administration.

For more information on Capital Area Healthy Start Coalition,  
please scan the QR Code or visit our website at

***[www.CapitalAreaHealthyStart.org](http://www.CapitalAreaHealthyStart.org)***



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