



Chipola
Healthy Start
COALITION, INC.

HEALTHbeat



Health Beat is a quarterly newsletter produced by the Chipola Healthy Start Coalition
Serving Calhoun, Holmes, Jackson, Liberty and Washington Counties

Chipola Healthy Start ... *the trusted voice*

Getting Past the Storm!

The Florida Departments of Health in Calhoun and Liberty counties have been busy recovering from the wrath of Hurricane Michael. Calhoun County took a direct hit and suffered severe home and timber destruction. The Calhoun/Liberty Healthy Start team, which serves both counties, got busy right after the roads were cleared to start checking on their clients.

All clients and families were reached by phone or house call, visited at shelters, or seen in the community so that they could be accounted for and supplied with needed diapers, formula, and basic baby-care needs.

See **Hurricane Michael** on Page 3

Referrals, Service & Thanks!

We would like to thank all involved with both referrals and services at every Healthy Start and at each sister location. Internal and external staff and professionals are serving clients well, and we're seeing those benefits.

Chipola Healthy Start and its sisters are first-touch points to mothers, along with their families, when it comes to the needs of their babies. The Coordinated Intake & Referral (CI&R) program is officially launched, creating a "one-door" entry for all mothers.

Please phone me or my Administrative Assistant Angela Schneckloth, Coordinated Intake Specialist, at (850) 482-1236 for more information, or email support@chipolahealthystart.org.

Theresa Harrison, Executive Director



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Making Sure Every Baby Thrives

"A core mission of the Healthy Start program is to reduce fetal and infant mortality, and to improve the health outcomes for women of childbearing age and children under the age of three. One of the many ways the program accomplishes this is through education on safe sleep, which includes how to perform infant CPR and infant choking techniques in our



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Scarecrow Says It All!



Chipola Healthy Start Coalition recently entered a "scarecrow" in the Chipley Garden Club contest in Washington County. The scarecrow took second place for business, and we took the great creation everywhere we went!



Car Seat Safety Priority

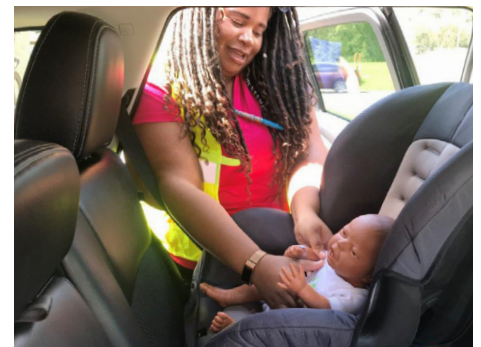
Jackson County Healthy Start held a Car Seat Safety Check event on Sept. 21. There were Certified Technicians on hand to correctly install car seats and answer questions about car seats and booster seats. Give-aways and educational materials were provided, but mostly, it was performed for the kids who would be using the car seat materials.



Left to right are Rachel Conrad, Lee Ann Cox, and Janai Grooms.



Pictured left to right are Janai Grooms, Lee Ann Cox, and Charlene Miller.



Janai Grooms shows how to properly utilize a car seat. Free or not, the key is how to use them correctly!

Hurricane Michael

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Program Manager Marissa Barfield stated, “We here at Calhoun/Liberty Healthy Start have a long way to go in the recovery process after Hurricane Michael. But our community and the people who have come far and wide have been more than generous with their time, supplies, and love to help us along the way. In this season of Thanksgiving, we are more than ever thankful to fulfill our mission to ensure that every baby has a healthy start!”



Baskets Fill Needs Until the Troops Can Arrive

Jackson County Healthy Start and Chipola Healthy Start Coalition performed a joint event to give out baby supplies. Due to the weather, it was held in front of the Jackson County Healthy Start office. Items given away were diapers, wipes, formula, baby food, PediaSure, rice cereal, baby spoons, bottles, and women's hygiene items. There were also Connect Cards for people to fill out if they were interested in services, so Care Coordinators were able to refer new clients to CI&R for services.

“The event was very successful, as we had a lot of people come by for

supplies,” Program Manager David Taylor noted.



JCHS and CHSC made these and other essential items available to storm victims and all mothers in need.

The Chipola Team

Chipola Healthy Start
Employees:

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Executive Director
Amy Riley,
Program Director
Melisa Reddick, Ph.D.,
Community Liaison and
FIMR Coordinator
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Baby Owen

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monthly Safe Sleep Makes Safe Babies, Safe Sleep Class,” noted Program Manager Valery Lawton.

This knowledge helped Mom Anna save her baby’s life, and this is her story:

Anna Pleas had just given her infant son, Owen, some medication and was holding him in her arms when she noticed he wasn’t breathing. His face turned red, then blue, and Anna couldn’t hear or physically see him taking any breaths. Anna started to panic, but then turned him over and started to give him back slaps between his shoulder blades to remove the blockage in the airway. She flipped him back over to check on him, and his face was still blue, but he was conscious, so she continued to administer back slaps. She grabbed her phone to call 911 while on speakerphone.

While she communicated with EMS, she continued to provide back slaps to the infant. After what seemed like an eternity, the infant started to breathe again on his own



Anna Pleas and baby, Owen, are thriving thanks to Healthy Start!

after another interval of back slaps. EMS services came out and were able to analyze Owen, and he was smiling and interacting with all of them. Anna then took her son to her local family doctor where they gave him a clean bill of health.

Anna took the Safe Sleep class offered by Holmes/Washington County Healthy Start when she was pregnant and thinks that it is great education for anyone that is pregnant or caring for an infant. The class consists of learning how to reduce the risk of SIDS, preventing abusive head trauma,

and learning infant CPR and choking strategies. She had taken CPR several years ago but states that her refresher course at the Healthy Start class helped her be prepared for this emergency.

Anna works at a local doctor’s office and advises all her prenatal clients to sign up for Healthy Start services. Participants who take the Healthy Start Safe Beds Makes Safe Babies, Safe Sleep Class are educated on the risks of Sudden Infant Death Syndrome. Participants are also educated on modifiable techniques that can be done to help prevent the risk of SIDS. They were also shown through demonstration what an ideal sleep arrangement looks like. Participants are given everything that is needed to provide their child a safe sleep environment.

Class participants are educated on the prevention of Shaken Baby Syndrome, and class participants are also educated on the American Heart Association Infant CPR and Infant Choking techniques. The Healthy Start class instructors are certified to teach infant CPR/ infant choking.

Ebro Health Fair Great Opportunity to Share the Coalition

“The Ebro Health Fair was a great success, especially thanks to Susie Sewell,” stated Amy Riley, who serves as the Program Director for the Chipola Healthy Start Coalition. “It was a wonderful turnout for vendors. Susie is an event planning genius,” she added.

A great time to share all the useful services provided by CHSC, Ebro and similar health fairs are regularly attended by Healthy Start staff to ensure the community is in touch with both the changes and the awesome practice.



L to R: Amy Riley, Program Director; Angela Schneckloth, Coordinated Intake Specialist; Amber Whitford, Care Coordinator, Washington County Healthy Start; and Gina Devin, Care Coordinator, Washington County Healthy Start.