



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*



Coalition Teams to Deliver a Great 2018-19

Hello,

The kick off to our new fiscal year here at Chipola Healthy Start has come with a lot of changes. Coordinated Intake and Referral (CI&R) is now in full swing. This has meant significant changes for our participants and programs.



CI&R serves as an intake service to all the home visiting programs in our area pertaining to pregnant moms, new mothers, and babies. A prenatal mother wanting to receive home visiting services can be screened at her doctor's office, walk in, or call the CI&R phone number. She will then be connected with a program that best fits her needs.

Chipola Healthy Start is experiencing a busy quarter keeping all programs updated on the changes, while participating in back-to-school events in Washington, Holmes and Calhoun counties. We look forward to seeing some of you along the way, and as we move into the fall season, we will continue to be out and about in the community.

CHSC is a proud member of the Florida Association of Healthy Start Coalitions (FAHSC) and will continue helping to implement the CI&R program statewide. If you have any questions about CI&R or would like to speak with the Coordinated Intake Referral Specialist, please call (850) 482-9895.

Theresa Harrison,
Executive Director

Also inside

Page 2: A Mother's Love Inside and Out:
A Holmes County Success Story

Page 4: August is Breastfeeding Month

Page 6: Natural Born Fighters!

Page 8: Jackson Hospital Promotes
Importance of Breastfeeding

Page 8: Calhoun/Liberty Baby Shower Spreads
Smiles and Community Care

A MOTHER'S LOVE INSIDE AND OUT: A HOLMES COUNTY SUCCESS STORY

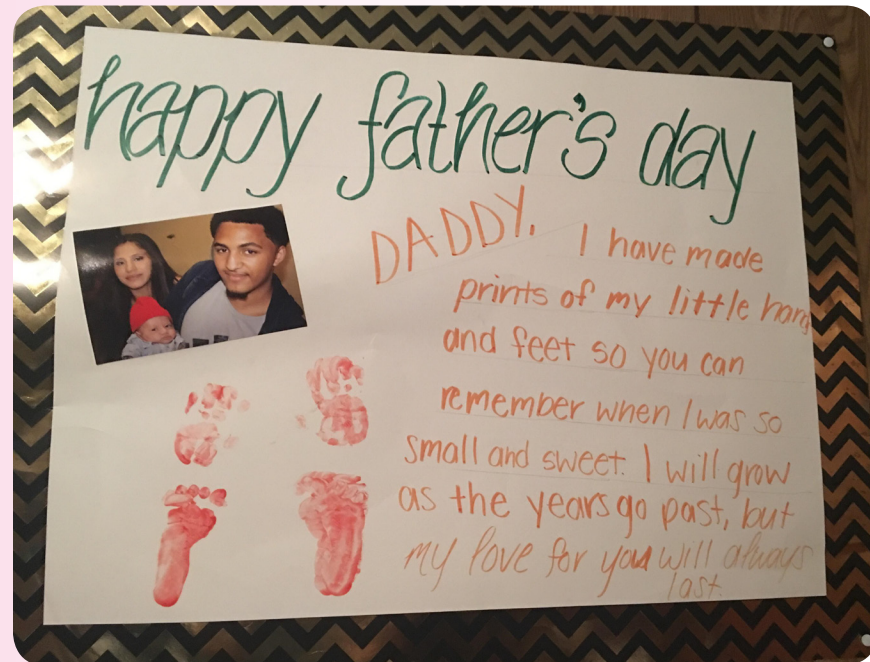
Like so many families that come into Healthy Start when they first find out about an unplanned pregnancy, they were scared. The mother of the baby said she feared being a new parent and thought it would be hard.

The unplanned pregnancy also came with unexpected stress.

The Healthy Start case worker assigned to their case was with mom from the beginning of her pregnancy and continues to be with her until today. Mom noted that when she did not have anyone else to

talk to about her pregnancy and the changes she was experiencing, she knew she could call her Healthy Start case worker for support, education, and information regarding community resources that could help her. During her pregnancy, her Healthy Start worker instilled hope and gave her ways to cope with real life problems.

As things progressed, she looked forward to the Mothers and Babies course and did the various exercises as homework. She was having sadness and depression and the courses helped her with that as well. Her



favorite part of the coursework was the section on Pleasant Activities. During this section, she was taught that she has a decision to make whether she would sit in the house and choose to be depressed and not get out of the bed or that she would put forth an effort to get up, dress up, and do a pleasant activity. She stated that this still

helps today; she understands that what she does and how she thinks impacts her mood.

Another important part of Healthy Start was the education she received on Shaken Baby Syndrome. When her baby cries

and she feels overwhelmed, she either gives her baby to his father or another family member, or she simply puts her baby in a safe place and steps away. She emphasized that she could never shake her baby.

This family has transitioned quite well from being without child to living

with a child. Mom now states that the best part of being a mother is the amazing joy she gets from taking care of her baby, who is so dependent on her and his father. Healthy Start taught her that she is her baby's first teacher. She also learned that in the first three years of her baby's life, the positive things she does with her baby

through play, reading, music, and the positive and nurturing words she speaks, help her baby learn so he will grow into an emotionally healthy child that knows how to relate to others. She now says that the most important thing a mom can give her baby is her love, attention and affection.

Healthy Start has helped mom and dad stay together because they learned each parent plays an important role in baby's life. Mom additionally learned to

overcome drama from her peers and many other obstacles. She and the father are now working and saving money, trying to find their own housing. She chose a family planning method that is long-acting because she does not want another baby until she has housing.

Some pleasant activities she

does with her baby are taking him to the library and reading books to him. She speaks and sings to him in Spanish.

She recalled the feeling of her baby first kicking during pregnancy. During that time, she knew he would be her everything; she loves herself as a mother first.

Every single day her baby has added something amazing to her life. She gives her baby tummy time and back massages. She is so happy that the father of the baby supports them

and is always there for her and baby. Having a baby has helped them to mature and know what a great responsibility it is to bring children into the world.

She says that no one will ever know the strength of her love for her baby, because after all, he is the one who knows what her heart sounds like from the inside.



The Chipola Team

Chipola Healthy Start Employees:

Theresa Harrison,
Executive Director
Amy Riley,
Program Director
Angela Schneckloth,
Administrative Assistant

Current Board of Directors:

Chephus Granberry, Chair
Jenny Hill, Vice Chair
Jeff McSpaddin,
Secretary/Treasurer
Judy Corbus
Kevin Neja
Cyndi Jackson
Joyce Wales
Melissa Chamberlain
Hannah Causseaux
Chuck Hudson

Healthy Start Program Staff:

Calhoun & Liberty Counties
Marissa Barfield,
Program Manager

Care Coordinators:

Yolanda Cooper
Katrina Sims
Whitney Tharp

Holmes & Washington Counties

Valery Lawton,
Program Manager

Care Coordinators:

Shelia Lewis
Amber Whitford
Gina Devin

Jackson County

David Taylor, Program Manager

Care Coordinators:

Janai Mills
Shanae Boston
Lee Ann Cox

Chipola Healthy Start Coalition
2944 Pennsylvania Ave., Suite A
Marianna, FL 32448
(850) 482-1236
Toll Free 1-866-591-2852
support@chipolahealthystart.org

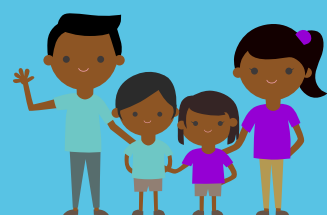
August is Breastfeeding Month



Breastfeeding

Yes, your child is worth it! It's good for your body and good for your baby.

Respected research conducted over decades shows that babies who breastfeed for six months or longer are higher achievers. Your Healthy Start lactation consultant is looking forward to speaking with you!



Expressing Breast Milk

Busy and working moms depend on family and other caregivers. Expressing breast milk for those occasions is a great option. In fact, many employers now realize the benefits of being a Breastfeeding Friendly Employer. Ask your lactation consultant or visit a local WIC office for details.



BREASTFEEDING: MYTHS DEBUNKED

Myth #1: Breastfeeding changes the size or shape of your breast

While pregnancy can affect the look and feel of your breasts, especially with significant weight gain, breastfeeding does not have any affect. In fact, breastfeeding actually protects your breasts, reducing the risk of breast cancer.

Myth #2: Breastfeeding hurts

The myth of pain being associated with breastfeeding is usually due to improper latching. Working with a breastfeeding specialist can remove this issue entirely and make things easy.

Myth #3: Breastfeeding is more difficult than bottle feeding

Although some women initially struggle with breastfeeding, working with a breastfeeding specialist makes breastfeeding easy.

Myth #4: Breastfeeding is not any better than formula.

While formula has gotten better over the years, it is still not the same as breast milk. Breast milk is perfectly designed for your baby and their needs.

Momma! Aren't I Worth It?

NATURAL BORN FIGHTERS!

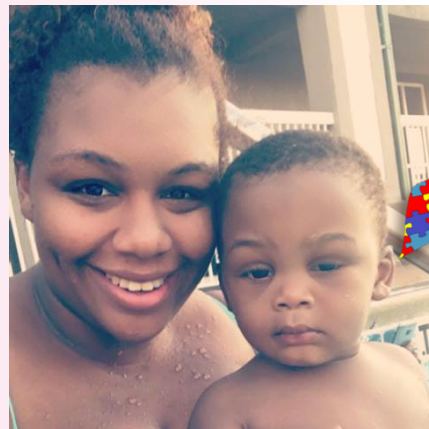
When a parent has a baby born with difficulties, it is never easy for the parents, but as the saying goes you never know how strong you can be until you have no other option. That was the case with Jazmine Hegg. She had not one, but two babies born with abnormal births, all while she was fighting her own health battles over those years. For this success story, we will take a look at the courageous efforts of Jazmine Hegg and her sons, Cayden and Samir.

Jazmine knew that being pregnant for the first time was not always easy. Your body goes through changes that it has never experienced before, and then there is childbirth. Knowing this, she knew she had to be prepared. So, when Jazmine got pregnant, she took every class that she could from Jackson County Healthy Start. She went to each of the Birth and Babies Educational Series (child birth education classes), car seat education class, safe sleep education class, Lactation and Breastfeeding class, and parenting classes.

"I wanted to be ready and give my baby a good life ... the best I could give him." Jazmine was so involved throughout her pregnancy that she became part of the family at JCHS. She frequently came to the office with new questions about her growing baby, and she spoke to every care coordinator, even the JCHS program manager, David Taylor.

Before Jazmine gave birth to her first son, Cayden, she had enjoyed some of the other wonderful benefits of being a JCHS participant. She soaked her feet, had a facial, and got over \$100 in cosmetics at the JCHS Spa Day. This was a day setup just for mothers to learn about self-esteem and managing stress.

Little did she know her son was coming sooner than she thought and all the techniques she learned from childbirth and stress management classes were going to put to the test. Jazmine's UAs showed a large amount of protein, and although she had not been diagnosed with high blood pressure or preeclampsia, she was suffering from blackouts and edema.



These complications caused her doctor to place her on bed rest in the Jackson Hospital when she was just 33 weeks.

"He wanted me to make it until 35 weeks at least. He said my baby would have a better chance of staying with me and being healthier if we could wait until then." So, for about three weeks, Jazmine made friends

with nurses at Jackson Hospital, who became like a second family to her. Her JCHS Care Coordinator, Janai, would also visit her at the hospital for appointments. At one appointment, they met at the front of the hospital entrance with Jazmine being wheeled out by a nurse. She had convinced the nurses to take her for a stroll for some fresh air that day; it seemed that no



matter where she was, she left a lasting impression on everyone.

Jazmine was induced at a little over 35 weeks and recalled the entire process of labor and delivery took only eight hours. Jazmine delivered her first baby in just one push without an epidural or pain medication. She said that she remembered what her care coordinator taught her in

childbirth class, "The key was to do breathing techniques, and you can't just lay in bed because you have to move around. I bounced on the birthing ball until I could no more. I made the baby drop down as far as he could and gave a good, low push to get him out."

Jazmine's second baby, Samir, was born in 2018. For many different reasons, Jazmine's pregnancy with Samir was more difficult than her pregnancy with Cayden. During this pregnancy, Jazmine experienced severe



preeclampsia and severe edema in her entire body. She gained a record 40 pounds in her final trimester solely from fluid retention. If the pain from the constant swelling wasn't enough, she also experienced blood pressure that reached stroke levels, and she was hospitalized on many occasions. Her physician let her know that she may need a Cesarean section to delivery

baby Samir.

Wanting to delivery naturally once again, Jazmine did all she could to reduce her chances of a C-section. Along with her care coordinator, Janai, she tried to advocate for the health and safety of herself and her unborn baby. Her care coordinator encouraged her to speak up for herself when she felt like things weren't right, and Jazmine quickly found her voice. At 33 weeks, Jazmine was hospitalized because she was on the verge of a stroke. She delivered Samir at 34 weeks, weighing just a little over a pound. Samir was sent to Gulf Coast Hospital's NICU, while Jazmine, still in critical condition, had to stay at Jackson Hospital. She assigned everyone in her family to certain duties to make sure her children were taken care of. Her sister and brother helped with Cayden, and her mother stayed with Samir. And while she should have only been focused on healing from the trauma of her birth, she was busy pumping breast milk to send to her newborn in the NICU.

"I knew that breast milk was the only way that Samir could get out of the NICU, so I pumped what I could and sent it through my mom." A week later, Jazmine was able to hold Samir in her arms, and she quickly asked if she could latch him on. She started skin-to-skin and breastfeeding immediately, and within a day he was off the feeding tube. Samir was discharged from the hospital months before doctors thought he would be, and Jazmine believes it's from the miracle of breast milk.

While Jazmine was pregnant, she still did all she could to make sure Cayden was developing properly, too. She played with him and sung special songs with him, and she enjoyed watching him smile. She and her care coordinator reviewed using Ages and Stages Questionnaires (ASQs)

before he was two months old. It was around 10–12 months that Jazmine and her care coordinator noticed some changes. Not ready to yet discuss it fully, Jazmine took some more time to observe Cayden.

"I was worried when he stopped eating things he used to and got really picky. Then when he didn't know how to walk when he was 14 months old, I felt like he could have some learning delays." Although she learned the signs of delays, it was still hard to accept at first. She came forward and asked for resources from her JCHS care coordinator for Cayden, who was the first client of JCHS to be referred to and accepted for screening by the First Words Project, an advance Autism Awareness organization in Tallahassee, Fla. At that time, Cayden had already been assessed by Early Steps and was receiving services for speech therapy. His Early Steps worker believed that his lack of eating was from a sensory issue and a speech pathologist could help him learn to eat. Later, Jazmine reported that after two months of therapy, Cayden was learning to drink milk from an adult cup and was eating more options.

"I still make smoothies for him to drink with veggies and fruits, but sometimes he will eat KIX and Dora cereal, which is better than junk food. I just want my son to be healthy and not have other health issues."

Samir is now trying to crawl at four months old, and Cayden is progressing with his therapies through Play Big and Early Steps. He is on the waiting list for Play Big's Autism school. Jazmine has also taken steps towards reaching her goals. She said that she is determined more now than ever.

"I love my boys no matter what, and they will know that I never gave up on them," says Jazmine. With support, she now realizes that she had the strength inside of her all along!

Jackson Hospital Promotes Importance of Breastfeeding

August is National Breastfeeding Month, so Jackson Hospital hosted a promotion in their cafeteria to celebrate the associated recognition, **World Breastfeeding Awareness Week**. The importance of breastfeeding is actively taught by the Maternal Care staff of Jackson Hospital who joined Chipola Healthy Start and the Department of Health in Jackson County for the celebration.

Dr. Muniz (CHSC's local OBGYN) and his wonderful staff made sure all visitors were welcomed and well informed. CHSC Administrative Assistant Angela Schneckloth represented the Coalition, noting that breastfeeding services are a key feature of Healthy Start as they support new mothers to ensure all babies thrive.



Calhoun/Liberty Baby Shower Spreads Smiles and Community Care

The Calhoun/Liberty Healthy Start program hosted their Community Baby Shower in June in conjunction with the Florida Department of Health's Annual Women's Seminar. There was a booth set up with a focus on breastfeeding, smoking cessation during pregnancy, and safe sleep benefits. Diaper vouchers were given to participants, who could bring them to the Department of Health to exchange, and the door prize winner was given a basket full of newborn essentials. There was a lovely luncheon for all guests to enjoy, and a wide variety of women of all ages and backgrounds gathered information to take back to their corner of the community to spread the message, "Every baby deserves a Healthy Start!"

