

Orange County Perinatal Council Meeting Highlights October 11, 2022

In Attendance:

Sandy Avzaradel, Director, Start Well-Infant Early Childhood Mental Health Consultation	Arlene Miranda, Administrative Manager I, Social Services Agency-Office of the Medical Director
Robyn Baran, MSN, RN, PHN, Supervising Public Health Nurse II, OCHCA-CNSD/Nurse Family Partnership	Natalie Nguyen, LCSW, Service Chief II, OCHCA-CNSD/CP/Adolescent Family Life Program and Cal Learn
Kristin Boone, Administrative Manager II, MCAH Coordinator, OCHCA-CNSD	Sarah O'Rourke, MSW, MSPH, Chief Program Officer, MOMS Orange County
Colleen Brody, HCA Program Supervisor II, OCHCA, 17 th St. Testing, Treatment and Care	April Orozco, MSN, RN, PHN, NE-BC, OCHCA Deputy Chief of Public Health Services - Operations
Anaiah Brown, Program Officer, First 5 Orange County	Arisa Palmer, Executive Director, Breastfeed LA
Danielle Burns, BS, CLEC, Health Educator, Bright Steps CalOptima	Megan Phillips, PsyD, PMH-C, Orange County Perinatal Advocacy Network
Michele Cheung, MD, MPH, Acting MCAH Medical Director, OCHCA-CNSD	Ronilyn Ricaforte, MSN, RN, PHN, Supervising Public Health Nurse, OCHCA-CNSD/CP/CHDP/CPSP
Erwin Cox, Program Supervisor, Human Options Newport Mesa Family Resource Center	Marcia Salomon, Supervising Public Health Nurse, OCHCA-CNSD/Nurse Family Partnership®
Dianna Daly, Consultant, First 5 Orange County	Liza Scammahorn, MPH, RD, CLE, Supv PH Nutritionist, OC WIC Regional Breastfeeding Liaison, OCHCA-Nutrition Services/WIC
Lucy Hernandez, HCA Program Supervisor II, OCHCA-CNSD	Hoda Shawky, First 5 Orange County
Alicia Hughes, PHN, CNSD-Calworks - OCHCA	Rona Tagayun, Supervising Public Health Nurse, OCHCA/CNSD/PACT
Skylar Ibarra, LCSW, PMH-C, Orange County Perinatal Advocacy Network	Gaby Torres, HCA Program Supervisor, OCHCA-CNSD-CP
Amanda Lamont, MPH, CLE, CHA III, OCHCA-Nutrition Services/WIC	Lucy Van Otterloo, Executive Director, Community Perinatal Network, Regional Perinatal Programs of California
Ann Mino, Maternal Health Manager, CalOptima Health	Bradley Vargas, Administrative Manager II, OCHCA-CNSD

Welcome, introductions and organization announcements and review of previous meeting highlights:

- Dr. Michele Cheung welcomed all in attendance.
- Introduction of Kristin Boone, new MCAH Coordinator.
- Meeting highlights from 7/12/22 approved by the council.
- Attendees signed in via the chat box.

Presentation: OC Perinatal Advocacy Network – Megan Phillips, PsyD, PMH-C (see attached slides)

- Mission is to connect Orange County (OC) residents with qualified perinatal mental health professionals in the area so they have access to the support they need. Want to have a one-stop shop for all of those resources.
- Primary Programmatic Focuses
 - Referral Network

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- Community Partnership Task Force
 - Professional Development
- Needs
 - Few statistics available
 - Support for fathers is lower than support for moms
 - Birth trauma is on the rise
 - Support post-partum PTSD
- Partnerships
 - Be Well Prenatal – Five Workgroup
 - Hoag
 - Maternal Mental Health Now
 - Mission Hospital
 - Postpartum Support International Orange County Liaison
 - Prominent clinicians in the Orange County Perinatal Mental Health Community

PMAD Collaboration Discussion – Hoda Shawky

- Need to make the process easier
- Utilize the resources that we do have in a way that we start to create this strong network.
- Strength in collaboration

Comments from chat:

- Things needed: good referral networks, bilingual services, lactation support for those who can't afford to pay and don't have WIC
- "The Newport Mesa FRC has case managers who can connect clients to Hoag's Center for Healthy Living for mental health services. The center also provides diapers, parenting and distribution of basic needs. Clients can call the Newport Mesa FRC at 949-764-8100
<https://www.factoc.org/frc/newportmesa/>
- "At Human Options we provide services for victims/survivors of Intimate Partner Violence/DV"
- "Please include OC HCA Community and Nursing Services Division
<https://ochealthinfo.com/services-programs/community-and-nursing-services> in your network as well."

Plans of Safe Care (POSC) Update – Dianna Daly (First 5)

- Formal presentation about POSC provided by Dianna at the last meeting
- It is federally mandated to implement POSC with infants and their families that are affected by perinatal substance use.
- Orange County has POSC templates created by SSA and Families Together.
- August 2021 - OC Social Services Agency (SSA) released their protocols and procedures for the POSC.
- The ultimate goal is to wrap the family with enough supports as soon as possible and as comprehensive as possible so that the baby can stay with the family if it is safe.

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- About 187 babies were separated from their mothers at birth in 2021 in Orange County so our biggest outcome will be reducing that number.
- POSC currently involves the OC SSA at this point and the hospitals at delivery, but working on moving the implementation and creation of POSC as early as possible in the pregnancy. That involves this much larger community, which many of us represent.
- In August, the POSC group submitted an application to be part of the National Center on Substance Abuse and Child Welfare national policy academy and Orange County was selected to participate (most of the other participants are states). Starting the end of this month, we will be working with our own assigned, improvement advisor that will work with us on our protocols and policies to really impact the care and the outcomes for our families affected by perinatal substance use.
- A core team of 14 members was required by the policy academy that includes:
 - Social Services Agency
 - Maternal Child Health (Dr. Cheung and April Orozco)
 - Mental Health and Recovery Services
 - CalOptima
 - Courts
- One of the starting points for the academy will be to work on protocols between the county health department, county welfare departments and all public and private hospitals in the county regarding the use of an assessment of needs of, and referral for a substance exposed infant to a county welfare department, as this is a requirement from a law from 1996 that Orange County does not yet have in place.
- From when Social Services started doing the POSCs in August 2021 until the end of April 2022, there were about 125 POSC but a lot more infants in the child welfare system data that showed that substance exposure was the reason they were referred to child welfare. Therefore, big gap even then about having any kind of POSC in place. Currently 100% POSC are being initiated after the referral happens at child welfare. This is one of the big areas where we can track our outcomes and see how we are doing. If a referral is made to child welfare that there is a POSC already in place, they do not have to start one.
- We are all going to be working as part of a group to try to put procedures in place and then work out the community workflow. We need that workflow so everyone knows what is going to happen and what the hospitals are supposed to be doing and a way for them to do the required notifications and not necessarily always the report to Social Services that they are currently doing if there are no other safety concerns.
- **Email Dianna Daly at diannamdaly@gmail.com if you would like to be involved and would like more information. Anybody is welcome to come to the learning sessions or meetings.**

POSC info on Every Woman OC Website – Michele Cheung, MD (HCA CNSD)

- The Every Woman OC site <https://everywomanoc.org/> has been updated to include the POSC under the [Providers](#) tab.
 - Click on [More information on POSC and templates](#) to bring up the complete POSC page
 - It goes over what it is, whom it benefits and there are two available templates.

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- Hospitals: [Orange County Sample Hospital POSC Form](#)
- Prenatal Providers: [Orange County Sample Prenatal POSC Form](#)
- [Building a Plan of Safe Care in the Medical Setting](#): includes information about who should be initiating the POSC, what families require it, whether or not you have to report to social services, and what are some of the safety risks to think of.
 - Health care providers can refer families to Orange County Health Care Agency (OCHCA) Pregnant and Parenting Support Programs (714) 834-7747 or everywomanoc.org/referrals/CNSD to assist with the POSC by providing coordination, follow-up, and linkages.
- [5 Ways to Improve Care Using Plans of Safe Care](#): includes information about implementing universal screening, disrupting stigma and other things like that.

Nurse-Family Partnership® Updates – Marcia Salomon, Supervising Public Health Nurse & Robyn Baran, Supervising Public Health Nurse

- Marcia provided a comprehensive overview of NFP back in July.
- Currently have over 50% capacity in our program
- Continue doing a lot of outreach and still accepting referrals from all agencies
 - Still reaching out to OB/GYN clinics who are part of the state's CPSP program and have also done some email outreach and some conversations with school nurses as well.
 - Continue receiving referrals from OB/GYN providers, health care clinics, the child welfare system through social services, and from probation as well.
 - Slight increase in referrals from schools as school has started back last month or perhaps even in August.
 - Received some referrals from MOMS Orange County in this past quarter
- Our highest number of clients have been in the ages of 15 – 17 years old, as we are still seeing the young, pregnant teenagers.
- Continuing to receive referrals with very high risk, with significant adversity.
- Priorities:
 - Continue outreach
 - Increase our referrals from the WIC programs throughout out county (any feedback that we have from this group would be really appreciated).
 - More than half of our current clients are experiencing or have experienced substance use disorder in their lives and have had some type of depression, anxiety or mental health issues. It is great to have these mental health resources on the call.
 - Looking forward to collaborate with others and get ideas for how we can make our services available to all of the high risks from first time pregnant moms.
- Which languages? We have English, Spanish and Farsi speaking nurses and we will also arrange for interpretation services if a client seeks a language other than those three mentioned.
- Open to feedback and suggestions on how they can continue to connect and improve their partnerships with the agencies and partners in the community that are also seeing moms and babies so we can get clients the services that they might need. If the client is not an appropriate client for NFP, there are other programs within their division that they will refer the clients to. If

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there are any pregnant moms that they come across that might need services from a public health nurse, refer them over and we will find the right program for them.

- Hoda Shawky commented that she would love to connect because there may be an opportunity to connect NFP with organizations serving Afghani refugees. She also thinks this would be a great resource to share with the PMAD collaborative to provide additional support to MMH clients.
 - Per Marcia, NFP does currently have a couple of afghan refugee families on their caseload and would like to make an offline connection with Hoda to make sure they are meeting the need that is out there.

OCPC Breastfeeding Sub-Working Group – Liza Matias Scammahorn (HCA WIC)

- Dr. Cheung mentioned that one of the topics that came up when we did our survey at the end of June/early July, about other ways to improve OCPC was to re-establish our OCPC sub-working breastfeeding group.
- Liza Scammahorn held the first meeting on 9/29/22 and eleven members participated. They looked at what the group did in the past and then came up with some possibilities of future projects to work on.
- Past projects:
 - Development of a prenatal guide to breastfeeding and baby behavior in conjunction with Riverside County. This guide is also available on the OC Health Info website (<https://www.ochealthinfo.com/services-programs/pregnancy-and-parenting/breastfeeding>)
 - Promoted by Liza and her colleague Amanda, as Regional Breastfeeding Liaisons (RBL), to local health care perinatal providers for them to use for their patients when providing breastfeeding education.
 - Good comprehensive guide because many offices do not have International Board Certified Lactation Consultants (IBCLC) or Certified Lactation Educators (CLE) and typically, the doctor is not the one that gives the breastfeeding education.
 - Guide is currently being re-designed.
 - Development of a document titled, Supporting Breastfeeding is as Easy as 1-2-3, for clinicians.
 - Outlines specific actions they can take in the office environment to create a supportive breastfeeding environment and to help the patients reach their breastfeeding goals.
 - Planning to review and possibly update this tool.
- Future project ideas:
 - Maybe surveying hospitals on their breastfeeding protocols and trends.
 - Liza asked Lucy Van Otterloo for her feedback on what the pulse is in the hospital environment in regards to breastfeeding.
 - Lucy replied that hospitals are short staffed and there are few IBCLCs. There are now six baby friendly hospitals out of the eleven birthing facilities in Orange County. One issue is that some may not re-up when their certification is due. Another is that it has been difficult for them to find a full-time person. She does not think breastfeeding education

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is high on the list for now. Although they are continuing to do the things that they have always done, not clear how much effort they are making in maintaining those things though.

- Another topic raised was to address systemic barriers to breastfeeding. These barriers would include things like promoting lactation accommodation, providing mental health resources (that goes in line with what we were talking about earlier) and what community support is out there.
- Liza stated the group will be meeting again to decide which one they want to work on first and how they are going to do that and will provide an update.
- The other action items that we are working on right now is we are working on creating a communications stream about Orange County breastfeeding activities and we're going to be doing this with our contact with the AAP Orange County chapter which is Dr. Pellman. We are going to see if we can link our breastfeeding newsletter to their newsletter and if they can distribute that for us. Also, we are thinking about adding a breastfeeding page to the Every Woman OC website. So that is all I have on our meeting update.
- If anyone is interested in joining the group, please email Gaby Torres.
- Liza read a comment from the chat from Lucy Van Otterloo. She said St. Joseph is also developing a program to include in their Providence Circle app that is similar to the breastfeeding booklet to do outreach to their St. Joseph Heritage providers so that's great.

OCPC Updates - Dr. Cheung

- Expanding OCPC - we did invite people since the last meeting from the Coalition of OC Community Health Centers, all the CPSP providers. Thank you to our members who gave us names for lactation consultants, doula associations and maternal shelters. We also reached out to the UCI Family Health Center, OB/GYN department and their residency. So hopefully more people from these groups will join us in the near future.
- Every Woman OC website –
 - According to the website and what we understand, although the Every Woman OC website is administered by the HCA. It is part of the Orange County Perinatal Council efforts so we do want to get more feedback as to how to update it.
 - Group was asked if they had actually ever looked at the Every Woman OC website and a few had. Lucy Van Otterloo commented she has looked at the webpages and thinks it is a great site because it is simple. You can go on there and look at many different types of resources that are available and it connects you to whatever that resource is.
 - Every Woman OC analytics from January to June 2022 showed that aside from the page about the formula shortage received the most hits. However, the others, not as much. Therefore, we would like to update the content to make it more useful and direct people to it.
 - Suggested updates: current content, referrals, breastfeeding, embellish PMAD area, doulas/midwifery.

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- Plan is because it is easier to use, we are trying to direct a lot of the MCAH information here. It also will link back to our HCA webpage, but most people find this easier to look at and find things right now that are to do with MCH.
- Sandy A asked if we could use some of the same resources from the PM5 website on this website. Dr. Cheung agreed.
- Request for volunteers for workgroup to help guide content inclusion and updates since it is supposed to be an OCPC function and not just an HCA function. Anyone who is interested in participating email Gaby so it is not just HCA designing the OCPC information here.

Conditions of Children Preliminary Data – Michele Cheung, MD (HCA CNSD)

- We are on our 28th annual report of the Conditions of Children. It is not out yet. Therefore, this presentation will not be mailed out. Preliminary data is set to be published in the next couple of months. It will be available on the website once approved by the Board of Supervisors.
- Dr. Cheung mentioned that this data is from 2020 and before due to the length of time to compile all the birth data and wait time for it to be finalized and cleaned, etc.
- Dr. Cheung presented on the following:
 - Early Prenatal Care (prenatal care in the first trimester)
 - Preterm births
 - Low birth weight
 - Infant mortality
 - Teen Births
 - Breastfeeding

Wrap up – Michele Cheung, MD (HCA CNSD)

- Next meeting to be held on January 10, 2023
- Dr. Cheung announced that Dan Singley, a psychologist from San Diego, presented at the National American Academy of Pediatrics conference on the forgotten parent (he father) and he is going to be talking about that and provide us with more information about different resources available for fathers through the Post-partum Support International.
- Dianna Daly asked if we could invite guests to hear the speaker for that January 10th meeting. She mentioned that David at First 5 has a workgroup and he has a fatherhood engagement collaborative in which a lot of people are involved in who would probably like to hear what he has to say and what any resources are that he shares. Dr. Cheung agreed.