



## Crow River Area Breastfeeding Coalition

June 26th 9am

Zoom Meeting

Present: Jayme Krauth, Jenny Crowe, Lindsay Hanson, Terri Healy, Dixie, Lois Peters, Joanne Wesley, Jill Young, Brittany Becker

Mission: Collaborate with local health departments, WIC, healthcare, businesses, and community members to protect, support, and promote breastfeeding.

Vision: Provide a clear and consistent message through the community about breastfeeding resources and support.

Topic	Discussion/Plan	Action/Do/Follow up
Welcome and Introductions	<p><a href="https://zoom.us/j/91758305846?pwd=SGVjaDcwdExtUlsQ01jZVR6Kzl3UT09">https://zoom.us/j/91758305846?pwd=SGVjaDcwdExtUlsQ01jZVR6Kzl3UT09</a></p> <p>Dial by your location +1 312 626 6799 US (Chicago) Meeting ID: 917 5830 5846 Password: 270066</p>	Have not met for a long time, good to catch up.
Approval of February Minutes	Tabled - Approve February and June meeting minutes at July Meeting	
Financial Update	\$602.25 – no money spent in 2020 so far	
Partner Sharing	<p>What is your agency/organization doing differently during this time? How is your agency/organization continuing to support breastfeeding during this time?</p> <p>Meeker PH– Haven't seen clients in person. Still doing visits over the phone/virtually. Still working on breastfeeding support.</p>	

Dixie (Nurse Family Partnership)– Clients are adapting to doing telehealth. Successes with moms during COVID. NICU success with premie baby. Worked with Joanne. Teen mom is doing amazing, still seeing her in person occasionally. Disappointment with hospitals sending moms home with formula. Doing some prenatal and postnatal with moms. Barriers of only using the phone but Zoom is helpful.

Joanne W (Meeker Memorial) – First one at hospital to go to virtual. Moms were really afraid to come in. Had some feedback from doctors that they really want her back in clinic for the hands on. Still have a lot of moms who are really nervous about that. Thinking of continuing virtual even past COVID. Works well for most. Some struggles if the do not have the appropriate technology. Hospital had not purchased a secure interface but had went to own secure interface. Working around those little pieces of it. Camera is best, but phone is doable. Cant do weights but can support, can have mom weigh, etc. So much unknown right now. Moms are going home really early – within 24 hours of a vaginal birth and within 48 hours after a c-section. Pushing more work to us.

Lois P (Nurse Family Partnership) – WIC referrals to NFP are down, hard when people can't see WIC nurses face to face. Some clients are doing well, continuing to breastfeed. One client just stopped, but Lois feels she was overwhelmed with COVID, family dynamics, etc. Did it for about a month and then said doctor told her she could quit. Did pump for a bit, mom wasn't supportive. If Lois could have been in the home weekly, could have maybe gotten her through but harder virtually. Support is crucial. Also need more doctor education – breastfeeding a protective mechanism for COVID.

Terri (Hutch Health/McLeod PH) – Hasn't been to or in the clinic since March 18<sup>th</sup>. Was told to come over to PH and work on COVID. Job has completely changed. Working from home but does have access to HH stuff now. Some work going on with HH but majority with COVID and PH. Does go to OB department every other/every third week to drop off Talking is Teaching bags, else not really allowed to go into OB appointment. Nutrition can't even go in the room currently.

Lindsay (WIC update) – Remote WIC since mid-March. Going well, but does make it a bit more challenging not seeing families in person. Numbers have been good. I attended the metro breastfeeding meeting last week and 1 challenge that many agencies are having is getting Moms to participate in breastfeeding support groups virtually. I know our Mom's Like You group is starting to offer virtual support groups but I am unsure if anyone has attended. Also state WIC is working on developing a breastfeeding message to send to all participants and ideas for world breastfeeding week. Mary Johnson will be retiring in July.

Jill – still doing daycare, not quite as many families but now starting to come back. Hoping for all families back plus one new one next week. Did have a friend who just delivered at HH last week so has been supporting her with her nursing needs. Still nursing 18 month old, yay!! Suppose to go to the virtual Moms Like You last week but forgot, but did have a couple of others she referred to go did. Mentioned the connections were good.

Moms Like You (Meg email update 6/29) -- Moms Like You had our first virtual meeting in June. 4 moms in attendance, which is comparable to in-person attendance. We are in the process of implementing a

second virtual meeting each month to help reach additional moms, most likely a week night. Should you come across any moms who want to join the virtual meetings, please give them my cell phone (320-296-8003).

The peer program numbers are down without certifiers seeing moms in clinic. It's unfortunate, but hopefully more moms enroll in the program when more in person visits resume. Despite that we are having a bit of increase in moms willing to chat with us. Perhaps the reduction in support and social outlets? We are able to do video chats with clients now, something we've only tested briefly. Seemed to work out well with positive feedback from clients.

Hutch Health (email update 7/7)—Still seeing patients as previously. Patients are screened upon entering before they get to OB. Don't have virtual capabilities at this time but can do phone advice as needed.

No updates from GRH

What are organizations/agencies doing for post partum depression screenings? On the rise since it is really critical right now.

WIC – has been doing the screening at every post partum visit. Have noticed that some moms are already on medication at that point.

Lois – noticed the same with medication. Doing the PHQ9. Lots of unknowns for these moms and it is stressful. A lot more anxiety and depression. Lois does screening right away, as soon as possible on visits now.

If you have capacity to do prenatal and postnatal screening, please do. Overwhelming for everyone and not the “normal”.

	<p>Dixie – 36 week prenatal and up to 6/8 weeks postpartum screenings. Increasing visits and just being there for support.</p> <p>Can do PHQ9 quite a few times during the first year with home visiting. Often times doing it even way more.</p> <p>Nurses/WIC sees these clients and can see the symptoms, can push visiting nurses their way.</p> <p>Postpartum New Born visits – hearing more from clients that “if you cant come out and do the visit physically, I will pass”. NFP is doing some hybrid visits.</p> <p>Lois – has had 1 mom deliver during COVID (April). Lois didn't get to see the baby in person till it was 3 weeks old since they were seeing the doctor. Lois was able to go in after the 3 weeks to see mom and baby with proper PPE. Could see that mom was critical, she was sliding down the cracks with postpartum depression. Did a virtual visit between and then did another in person visit closer to that 2 month time. NFP is not encouraging in home visit unless you have a real good reason.</p> <p>Dixie – if moms are spiraling, she has met a couple of moms outdoors at a park. Has also done drop offs of scales. Is really case by case. Asks questions ahead of time. If seeing in person, following CDC guidance with questions, PPE, distance and shorter visits.</p>	
<p>MN Breastfeeding Coalition</p>	<p>Update--SEED Money project: establishing local outpatient lactation clinics</p> <p>Has felt unfocused, little scattered. Haven't done a lot with the toolkit piece of it. Have connected with Naomi at Renville. Does not have dedicated space anymore, but still very much on board with doing it. Will continue to work forward with project. Will get back on board with</p>	

	<p>doing the toolkit as we can. MBC said it is ok to delay projects. New ideas to incorporate into toolkit as COVID has brought up different discussions.</p>	
<p>Upcoming Trainings</p>	<p><b>Gold Lactation Online Conference</b> March 30-June 29  <a href="https://www.goldlactation.com/">https://www.goldlactation.com/</a></p> <p><b>Community Health Training Center</b> Multiple upcoming trainings  <a href="http://www.springfieldul.org/page.aspx?item=13">http://www.springfieldul.org/page.aspx?item=13</a></p> <p><b>Great Lakes Breastfeeding Webinars</b> 3<sup>rd</sup> Tuesday every month, 7-8am  <a href="https://www.mibreastfeeding.org/webinars/">https://www.mibreastfeeding.org/webinars/</a></p> <p>Other good options to add to agendas:</p> <p>California Breastfeeding Coalition</p> <p>Wisconsin Breastfeeding Coalition</p>	
<p>Outreach</p>	<p>Virtual Big Latch On celebrating World Breastfeeding Week  <a href="https://biglatchon.org/">https://biglatchon.org/</a></p> <p>Just started coming out with some new info, Jayme and Jill on Facebook page with information.</p> <p><b>Discussion about possibly hosting our own event in August</b>  We have been given the direction to not hold an in person event. Need to “practice what we preach” and keep COVID strong in mind. No other in person events happening this summer. Different ideas coming in on how to make virtual events a little more appealing in a time where we are pretty “over” virtual.  Will be discussing more after CRABC Meeting as a BLO sub-committee.</p>	

	<p>See attachment: A Guide to Minnesota's Laws About Pregnancy Leave and Nursing Mothers</p> <p>T-Shirt orders 2 members had given money for t shirt orders. The orders have been on hold and members have been reimbursed.</p>	
<p>Future Meeting Dates</p>	<p>July 24th, 2020—Sibley County Service Center August 28th, 2020—Meeker Memorial September 25th, 2020—Hutchinson Health (conf. A) October 23rd, 2020—GRH (conf. A)</p> <p>Discussion about location/Zoom meeting, slowing down on meetings during this time, gauging how much we are able to do at this time, etc.</p> <p>Good to connect, stay connected, especially during this time. <b>Keep meetings as scheduled but virtually.</b></p> <p>Get info from CDC on CRABC website, print and send materials as well.</p>	
<p>Respectfully Submitted:</p>	<p>Jayme Krauth</p>	