



fatherhood



FATHERHOOD CONNECTIONS DIGITAL E-BLAST

In this newsletter:

- Page 01
* MBHS Fatherhood Program
- Page 02
* MEN'S Health Month
- Page 03
* Helping Families During COVID-19
*Protecting Yourself During COVID
- Page 04
*MBHS Social Media Event
- Page 05
*MBHS Fatherhood Coordinator
- Page 06
* Upcoming Events
* Coming Soon
- Page 07
* Benefits of the MBHS Fatherhood Program
- Page 08
* Acknowledgements
* Sources



<https://www.facebook.com/Bootheefathers/>

MISSOURI BOOTHEEL HEALTHY START FATHERHOOD PROGRAM

Missouri Bootheel Healthy Start (MBHS) has a rich history of actively serving families in Missouri since 1997. A key component of serving families is to also reserve a safe space for fathers to be inspired, acknowledged, served, respected and encouraged. What may be considered as the backbone of the family structure, the man, can easily, but unintentionally be overlooked. This is one of the many reasons we want to have fathers engaged in MBHS Fatherhood Program. Our fatherhood Program offers one-on-one education tailored to an individual's specific needs (case management), including the use of 24/7 DADS curriculum. Rap sessions provide an open form for our dad's to discuss topics that they value as important. Can you imagine a circle of men, various ages and backgrounds, gaining and sharing from their wealth of personal experiences? With trained facilitators, these types of rap sessions will cultivate a balance of truth, professionalism, and evidence base education. MBHS Fatherhood Program is also fortunate enough to have the ability to refer dads to our Male Empowerment Now (MEN) Program, MEN Adult Re-Entry Program or Community Action Network (CAN) group, which are all located at Missouri Bootheel Regional Consortium Inc., Sikeston, Missouri. One conversation that may be difficult to have with Healthy Start parents is Breastfeeding. In particular, we are inviting fathers to learn along with our mothers the health benefits of natural feeding. Dads are a vital key in this area. Creating a safe space for fathers to engage in the entire process of breastfeeding will be offered to our male participants with our male staff who will be trained as Certified Lactation Counselors. Dads can be incredibly supportive to their partners, especially when the mother may be experiencing a tumultuous moment with the difficulty of producing milk. Fathers, just as mothers should be able to create or recreate a bond with their child. That fatherly bond only nurtures the opportunity for a lasting presence in his children's life. That bond is fatherhood.

MEN'S HEALTH MONTH

June is Men's Health Month. Physical, mental and emotional health are all key components of a healthy being. Men are considered high risk, when compared to their female counterpart. American men live sicker and die sooner than woman based on not having annual examinations and preventive services. Maintaining a healthy diet, exercising, and researching family medical history are some ways of taking control of your health.

Mental health should be approached with the same tenacity as any physical health regimen. Men suffer from depression and commit suicide more often than woman. Talking to a trusted source about your feelings and seeking professional care can allow for positive mental habits to replace feelings of anxiety or depression. Down time to relax and unwind from daily stressors can reduce the heart rate, pulse and oxygen used during stressful moments. Physical activities, such as walking, jogging and cycling are also beneficial for lowering stress.

MO Leading Causes of Death, 2017	Deaths	Rate***	State Rank*	U.S. Rate**
1. Heart Disease	14,820	191.1	11th	165.0
2. Cancer	12,971	167.2	12th	152.5
3. Chronic Lower Respiratory Disease	3,940	50.7	13th	40.9
4. Accidents	3,776	58.8	14th (tie)	49.4
5. Stroke	3,159	41.0	14th	37.6
6. Alzheimer's disease	2,545	32.3	28th	31.0
7. Diabetes	1,605	21.0	27th (tie)	21.5
8. Kidney Disease	1,515	19.6	4th	13.0
9. Flu/Pneumonia	1,281	16.7	13th	14.3
10. Suicide	1,151	18.5	18th	14.0

Studies show that while men are more likely to be diagnosed with certain types of cancer, heart disease, diabetes, and high cholesterol, women are far more likely to get preventative care from their doctor and undergo routine medical visits. Preventative care is crucial to lowering these numbers because it allows for early detection of warning signs for diseases. Preventative care also increases a patient's survival rate by stopping curable illnesses before they become life-threatening.

Having an annual physical and health screening with a Primary Care Provider is one of the simplest types of preventative care. Due to COVID-19, many health care providers are providing telehealth services, which will bring the physician right into the comforts of your home. The first step is to identify a Primary Care Provider and designate or choose that facility as your Medical Home. By simply requesting a screening for cholesterol, blood pressure, blood sugar, as well as prostate, lung and colon cancer screenings, you can take control of your health. Early and yearly routine health exams can help find health issues before they start. Again, early detection increases the chance of survival. For more information, resources, tools, and tips you can visit Men's Health Network at <http://www.menshealthmonth.org/mediacenter.html>

HELPING FAMILIES DURING COVID-19

Missouri Bootheel Healthy Start pushed forward to continue providing services and resources to participants during the State of Missouri, COVID-19 Stay-at-Home order. As we are practicing social distancing, we're limiting physical interactions with co-workers and participants. To eliminate any interruption of services, MBHS begin providing telehealth home visits, while also utilizing social media as a means of staying connected to our participants and the communities we serve.

A social media presence allows for continued connectivity with Healthy Start parents, providing information regarding COVID-19 testing sites, program(s) incentives, upcoming virtual events, workshops, and meetings hosted by Missouri Bootheel Regional Consortium or its community partners. Transportation services for our participants have expanded to cover Pediatric, WIC, Six Week Check-Up, Immunizations, Prenatal and Well-Woman visits.

FRESH START Self Improvement Center Inc., Charleston, Mo, is partnering with Missouri Bootheel Regional Consortium, Missouri State Senator Roy Blunt Office, Lincoln University, members of Phi Beta Sigma, City of Charleston, and Charleston Housing Authority all in an effort to provide supplies to the citizens of Mississippi County. In total, volunteers will be handing out 4,000 masks, 2,000 bars of hand soap, seasonal clothing, and individual hand sanitizer to the community.

PROTECTING YOURSELF AND OTHERS DURING COVID-19

Historically, long-standing systemic health and social inequities have put some members of racial and ethnic minority groups at increased risk of getting COVID-19 or experiencing severe illness, regardless of age. The CDC has issued helpful tips and cleaning guidelines to help reduce the risk of contracting or spreading COVID-19. Such measures as, covering the nose & mouth with a mask, frequently washing hands, avoiding close contact with others if you're sick or experiencing symptoms and monitoring your health for warning signs or possible symptoms. You can find more information at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html.



Local Public Health Departments

Dunklin County Health Center
Phone: (573) 888-9008

Scott County Health Department
Phone: (573) 471-4044

Mississippi County Health Department
Phone: (573) 683-2191

New Madrid County Health Department
Phone: (573) 748-5541

Pemiscot County Health Center
Phone: (573) 359-1656

MBHS “CELEBRATING OUR FATHERS” SOCIAL MEDIA EVENT

On June 21, Father’s Day, MBHS Fatherhood Program hosted a “Celebrating Our Fathers” social media event. We asked MBHS Fatherhood Program Facebook page visitors as well as our healthy start mothers to post a positive story of what makes the father of their child such a great dad. Although all post were welcomed, we encouraged Healthy Start moms to share their story. Once the story was received, the fatherhood coordinator would then contact the dad for permission to post the photo and story on Facebook. This was a great way to introduce fathers to our fatherhood coordinator.



Pictured is Dameon in the delivery room

Mrs. Tehya Williams nominated her husband, Dameon. This is her story:

“Our little boy was Dameon and I’s answered prayer. Dameon and I were so excited when we got the news we were growing our little miracle in July of 2019. He has always wanted a little boy to guide, protect, and love. God gave us just that.

Dameon works long hours to provide for our family no matter what it takes. But, still comes home and helps mommy when she needs it. He’s a team player through it all. Dirty diaper changing, bottle making, bath time, and tons more. He’s even showed me a thing or two along the way, because I definitely didn’t know it all. We’ve learned together as we go during parenting.

Dameon is the best dad I could’ve ever given my son. He will guide Jaleel to be a man that every man should be. He will teach him to be kind, smart, a gentlemen, protective, love, and to never give up. Dameon grew up with out a dad, but had a lot of men to fulfill the place and help him grow into the man he is today. He wants and will be everything he never got while growing up for Jaleel.”

Mrs. Williams received a \$100 gift card and Mr. Williams received a Father’s Day BBQ Utensils Basket.

MBHS “CELEBRATING OUR FATHERS” SOCIAL MEDIA EVENT, CONT.

Dameon’s goal was to balance being a provider for his family, while still being able to spend quality time with his wife and son. “My goal is to provide for them”. Dameon recently was able to achieve that goal of having more time to spend with his family by being employed from home.

MBHS Fatherhood Program would like to salute Mr. Williams for being a “Spot Light” for his family.

In observance of Father’s Day, we interviewed a few of our staff (MBRC) about their perspective on fatherhood and those interviews can be heard on MBHS Fatherhood Program Facebook page.



Pictured from left to right: Joey Hayes, MEN Project Director, Mark Bartlett, MEN Adult Re-Entry Coordinator, Kyland Gross, Youth Outreach Specialist, & Zachariah Green, MBHS Fatherhood Coordinator. Not pictured: Terrico Johnson, Bootheel Health Alliance, Project Director

MBHS FATHERHOOD COORDINATOR



Zachariah Green

zgreen@mbrinc.org

573-471-9400 ext. 320

In February, Missouri Bootheel Healthy Start welcomed Zachariah Green in his new role as MBHS Fatherhood Program Coordinator. His past experience as a community organizer and studies in psychology are seen as assets for the fatherhood program. “I believe in the old proverb which says it takes a village to raise a child. It still takes a village when that child becomes an adult.” Through training, community outreach, and strong leadership and stewardship there’s no doubt that MBHS Fatherhood Program will reach its goal of serving 100 men and changing their lives for the better while doing so.

UPCOMING EVENTS

National Healthy Start

Virtual Fatherhood Talk Tuesday Meeting (2nd Tuesday)
<https://www.healthystartepic.org/event/fatherhood-talk-tuesday/>

Missouri Bootheel Regional Consortium

Community Action Network Meeting
July 23, 2020 | 6pm-7:30pm
MBRC Office-VIRTUAL
(Every 4th Thursday)

Missouri Bootheel Regional Consortium - Healthy Start

Virtual Breastfeeding Learning Collaborative Workshop
Aug 14, 2020 | 9am-12pm
MBRC Office-VIRTUAL
tentatively
<https://www.mbrcinc.org/>

Missouri Bootheel Regional Consortium- Healthy Start

Annual Low Birth Weight Conference (Virtual)
(Infant & Maternal Mortality)
Sept 18, 2020 | 9am-12pm
MBRC Office-VIRTUAL
tentatively

Missouri Bootheel Regional Consortium- Healthy Start

Fatherhood Program Workshop
MBRC Office-VIRTUAL
October 2020
tentatively

COMING SOON

- MBHS Fatherhood Spotlight (client recognition)
- Fatherhood Learning Workshops
- Advisory Committee
- Leadership Academy
- MBHS Fatherhood Podcast
- Virtual Café
- Fatherhood Incentive Program
- *Convo with Dads- Rap Sessions*

**Sign up for Fatherhood Connections E-Blast
at zgreen@mbrcinc.org**

MISSOURI BOOTHEEL HEALTHY START FATHERHOOD PROGRAM



Serving Dunklin, Mississippi, New Madrid, Pemiscot, & Scott counties

*The quality of a father can be seen in the goals, dreams, and aspirations he sets not only for himself, but for his family.
Enroll in the Missouri Bootheel Healthy Start Fatherhood Program!*

Benefits of the MBHS Fatherhood Program

- Leadership Academy
- Substance Misuse Referrals
- Fatherhood Incentive Program
- Workforce Development Referrals
- Parenting Skills Education
- One-On-One Goal Planning
- Fatherhood Advisory Board
- Healthy Relationship Education
- Professional Training's & Workshops

24/7 DAD Program (National Fatherhood Initiative) Classes

Childcare Reimbursement for MBRC Events & Program Classes

Transportation or Mileage Reimbursement for MBRC Events & Program Classes

| ENROLLMENT REQUIREMENTS |

- Child or mother of child **MUST** be enrolled in the Missouri Bootheel Healthy Start Program (Biological Father, Step Father, or Partner)
- All ages are welcome but if you are under the age of 18 you **MUST** have parental consent
- Must reside in the counties served
- No income restrictions

YOU ARE ELIGIBLE FOR SERVICES EVEN IF YOU ARE ENROLLED IN OTHER PROGRAMS

Changing families, changing lives!

If you or a father you know qualify for this program please contact us at:

Missouri Bootheel Regional Consortium, Inc
903 S Kingshighway Suite A | Sikeston, MO 63801
573-471-9400 | www.mbrinc.org | Like us on FB



Missouri Bootheel Healthy Start

ACKNOWLEDGEMENTS

Mr. & Mrs. Williams

Missouri Bootheel Regional Consortium

Bootheel Health Alliance

Missouri Bootheel Healthy Start

Male Empowerment Now (MEN)

MEN Adult Re-Entry Program

SOURCES

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/racial-ethnic-minorities.html>

<https://health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/men-take-charge-your-health>

<https://www.cdc.gov/nchs/pressroom/states/missouri/missouri.htm>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.mbrcinc.org/june-is-mens-health-month/>



MBHS Fatherhood Program is currently accepting new enrollees.

If you would like more information about our Fatherhood Program or Missouri Bootheel Regional Consortium please contact us at:

Missouri Bootheel Regional Consortium Inc.
903 S. Kingshighway Suite A, Sikeston, MO 63801 / 573-471-4000 / www.mbrcinc.org