Virtual Learning Collaborative
Healthy Start Breastfeeding Workshop

9 AM - 12 PM
Friday, August 14, 2020
9:00am-9:05am Welcome
Cynthia Dean
CEO, Director of Programs, Missouri Bootheel Regional Consortium

9:05am-9:10am
Rhonda Diebold, BS, Community Outreach Specialist
Topic: Housekeeping Rules

9:10am-9:20am Presentation
Jenifer Axtell, BA, Data Manager
Topic: National, State, and Local Data

9:20am-10:10am Presentation
Cathy Carothers, BLA, IBCLC, FILCA
Topic: Supporting Breastfeeding during the COVID-19 Pandemic

10:10am-11:00am Presentation
Tom Johnston, DNP, RN, CNM, IBCLC
Topic: The Fathers Role in Breastfeeding

11:00am-11:25am Presentation
Lisa Schlientz, MPH, IBCLC
Topic: Supporting Breastfeeding Moms in the First Two Weeks

11:25am-11:50am Presentation
Adrienne Thomas, RN, IBCLC & Lindsay Agee, RN, IBCLC
Topic: Baby Friendly Hospital

11:50am-12:00pm Closing Remarks
Cynthia Dean, CEO, Director of Programs, Missouri Bootheel Regional Consortium
Rhonda Diebold, BS, Community Outreach Specialist
On behalf of our Board of Directors, Staff and Volunteers, it is our privilege and honor to personally welcome each of you to the Healthy Start Virtual Learning Collaborative Breastfeeding Workshop. Breastfeeding is a public health imperative because there is no food more nutritious, locally produced, affordable and sustainable than breastmilk that supports “Every Baby Deserves a Healthy Start”.

The workshop is a vital step toward Partnerships in improving breastfeeding outcomes in our state. Partnerships can serve as the backbone of collective impact efforts to normalize breastfeeding and to catalyze actions that improve the landscape of breastfeeding services in our communities. These efforts can bring together professionals, paraprofessionals, community members and families with combined knowledge and skills which cannot be accomplished alone. As a result, our efforts are stronger when we work together.

We recognize that protection, promotion and support of breastfeeding and optimal infant and young child feeding is a human rights issue and should be entrenched in the public policy and programs as a necessary condition needing resources.

We are honored to have a national speaker on the agenda addressing the Fathers Role in Breastfeeding. As we all know babies come in both sexes and breastfeeding should not be seen as issue that concerns only women. Research clearly shows the support of partners is vital to the success of breastfeeding.

We acknowledge the Health & Human Services Administration, Maternal Child Health Bureau, and Division of Healthy Start & Perinatal Services for allowing us to continue the Healthy Start program in the Missouri Bootheel.

We want to thank our staff, speakers and partners for making this a successful event and a benefit to each of you.

Best Regards
JENIFER AXTELL
BA, DATA MANAGER
MISSOURI BOOTHEEL REGIONAL CONSORTIUM
SIKESTON MO

RHONDA DIEBOLD
BS, COMMUNITY OUTREACH SPECIALIST
MISSOURI BOOTHEEL REGIONAL CONSORTIUM
SIKESTON, MO
Cathy Carothers is co-director of EVERY MOTHER, INC., a nonprofit organization providing counseling and lactation training for health professionals across the United States. Cathy is an International Board Certified Lactation Consultant since 1996; past president and Fellow of the International Lactation Consultant Association; and past chair of the United States Breastfeeding Committee. She has provided more than 750 training events in the field of lactation in every U.S. state and territory and many countries. She was honored in 2014 with the National Leadership Award from the National WIC Association.

She serves as the national project director for numerous USDA Women, Infants, and Children curriculum development projects, including project director for the national WIC Breastfeeding Curriculum project launching soon that will provide a comprehensive breastfeeding staff training curriculum for all levels of WIC staff. She also developed the national WIC peer counseling program training curricula and management materials, and worked with the HHS Office on Women’s Health and Maternal Child Health Bureau to develop national resources for supporting employed breastfeeding mothers. She has been a frequent presenter for Healthy Start community training events and workshops.

She serves as the Mississippi liaison and trainer for the W.K. Kellogg funded national initiative, CHAMPS, which stands for Communities and Hospitals Advancing Maternity Practices assisting Mississippi hospitals with Baby-Friendly designation. She developed breastfeeding competency training for hospitals, as well as a curriculum for “Safe Implementation of the Ten Steps,” and provides these trainings for hospitals. She also developed comprehensive Baby-Friendly training resources and patient education materials for hospitals and WIC agencies through Coffective, LLC.

She is the mother of five healthy breastfed children, now ages 27 to 38, and “Nana” to seven beautiful breastfed grandchildren, ages 3 months to 10.
Tom Johnston is a midwife and lactation consultant. He obtained his Bachelor’s degree in Nursing at Austin Peay State University in Clarksville, Tennessee, his Masters Degree in Midwifery at the University of Rhode Island in Kingston, and his Doctorate in Nursing Practice at Francis Payne Bolton School of Nursing at Case Western Reserve University, Cleveland OH. He served 27 years in the US Army and retired as the Chief of Midwifery Services for Womack Army Medical Center, the largest Maternal-Child service in the Department of Defense. Since retiring Tom has spent his time as an Assistant Professor of Nursing at Methodist University where he teaches undergraduate nurses, specializing in Maternal-Child Nursing and Nutrition. Tom is uniquely placed as a man in both Midwifery and Human Lactation and the father of eight breastfed children. He has spent his career advocating for the rights of fathers in the perinatal arena and has spoken on a variety of topics at conferences around the world, most recently for the GOLD Lactation and GOLD Perinatal, but also at several conferences around the country and abroad. In his written work he routinely addresses fatherhood and the role of the father in the breastfeeding relationship, has advocated for better science in the field of bedsharing and has authored a chapter on the role of the father in breastfeeding for “Breastfeeding in Combat Boots: A survival guide to breastfeeding in the military”. If you are looking for some good night time reading to help you sleep, you might also want to read his work on Self-Efficacy in the Encyclopedia of Nursing Research or the Clinical aspects of breastfeeding in the Encyclopedia of Clinical Nursing (in print, 2018).
Lisa Schlientz
MPH, IBCLC
BREASTFEEDING COORDINATOR
MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
JEFFERSON CITY, MO

Lisa has a Bachelor's degree in Dietetics and a Master's in Public Health. She worked as a Nutritionist in the WIC program, where she enjoyed helping breastfeeding mothers and infants and promoting breastfeeding in the community. Lisa became an IBCLC in 2011. After attaining her MPH, Lisa began working at the State level, where policy change can happen. Lisa came from a large family where all the babies are breastfed, and would like to see breastfeeding culture become the norm across the world.

Adrienne Thomas
RN, IBCLC
POPLAR BLUFF REGIONAL MEDICAL CENTER
POPLAR BLUFF, MO

Adrienne Thomas is a Registered Nurse and International Board Certified Lactation Consultant (IBCLC) at Poplar Bluff Regional Medical Center (PBRMC) with 13 years of women’s and children’s experience. The majority of her career has been dedicated to postpartum/gyn nursing, but she has worked in antepartum, newborn well-baby, and pediatric care also. A little over a year ago she changed roles and became one of PBRMC’s first full-time lactation consultants. Adrienne developed a passion for breastfeeding through her personal experience and the joys as well as difficulties she encountered while breastfeeding each of her two boys. While working as a bedside nurse, she loved to assist the mothers she provided nursing care for with breastfeeding and was excited when given the opportunity in 2017 to become certified as a lactation consultant. She also helped lead her hospital through their journey to Baby Friendly Designation from 2015-2018. Adrienne is passionate about breastfeeding and strives to be a strong support and advocate for mothers in her community to help them achieve their breastfeeding goals.
Lindsay Agee is a registered nurse and an international board certified lactation consultant (IBCLC) with a background in women and children's health. She is currently employed by Poplar Bluff Regional Medical Center (PBRMC) where she works full time as an IBCLC. From 2015 to 2018, Lindsay assisted with leading PBRMC in achieving their goal of becoming a Baby Friendly facility. Lindsay has an energetic passion for providing breastfeeding support and assistance to mothers and infants in need. Her passion comes from her own experience of struggling with breastfeeding and the lack of availability of support, following the birth of her first born child. She has made it her mission to be a part of the change and to provide lactation support and assistance to those in need. Lindsay is a wife and mother of two young boys and strongly values the importance of family.
Jessica Waters
Upon enrolling in Healthy Start Jessica had a history of violence. She was pregnant and smoking throughout pregnancy. She struggled with co-dependency and was living in a trailer with her grandmother. Case Manager provided referrals for housing and education regarding fetal development, child development, child literacy, and safe sleep practices. Jessica stopped smoking and has continued to sustain herself from smoking. She delivered a healthy baby girl and was able to breastfeed her baby for over 6 months. She is in counseling and is consistently keeping up with her sessions, even with the added barriers of the COVID-19 Pandemic. She has relocated to Sikeston and has her own place. She voiced that she and her counselor are working on her co-dependency and “how to be okay with being by myself and not relying on people, especially men.”

Carrie Walker
Carrie Walker has been a Healthy Start participant since June of 2017. She has successfully completed the prenatal program and interconceptional program with her first child in which she breastfed for over six months. She is currently enrolled and is in the interconceptional program with her second child. One of her goals was to successfully breastfeed her child for 9 months. Carrie is very interested in the topic of breastfeeding, has developed a plan, and has implemented breastfeeding, even after returning back to work. Carrie informed her Case Manager because of education she gained by asking questions during her visit, and research she was able to get her employer to have a designated breastfeeding area at work for breastfeeding mothers.

Victoria Dixon
Upon enrolling into the Healthy Start Program Victoria’s goal was to have a healthy baby and to successfully breastfeed her child for 3 months. She asked questions about breastfeeding, developed a plan, and implemented breastfeeding education to obtain her goal. Case Manager provided education regarding breastfeeding, fetal development, child development, child literacy, and safe sleep practices. Victoria delivered a healthy baby boy and is now on month 4 of breastfeeding. She hopes to continue breastfeeding and has made a new goal to reach 6 months of breastfeeding.

Saquella Boatman
Saquella Boatman has been a Healthy Start participant since March of 2019. Her goal was to have a healthy baby and to breastfeed her child. Saquella shared that she attempted breastfeeding with her last child but “it was too painful, so I stopped.” During visits, Case Manager provided education regarding breastfeeding as well as stress management, fetal, mental health, development, child development, child literacy, and safe sleep practices. Saquella asks questions about breastfeeding and implemented breastfeeding education to obtain her goal. Saquella delivered a healthy baby boy and is now on month 9 of breastfeeding. She “hope to continue providing my little fatty breastmilk for as long as I can.”

Jessica Waters
Upon enrolling in Healthy Start Jessica had Partner with a history of violence. She was pregnant and smoking throughout pregnancy. She struggled with co-dependency and was living in a trailer with her grandmother. Case Manager provided referrals for housing and education regarding fetal development, child development, child literacy, safe sleep practices, and the effect of smoking. Jessica stopped smoking and has continued to sustain herself from smoking. She delivered a healthy baby girl and was able to breastfeed her baby for over 6 months. She is in counseling and is consistently keeping up with her sessions, even with the added barriers of the COVID-19 Pandemic. She has relocated to Sikeston and has her own place. She voiced that she and her counselor are working on her co-dependency and “how to be okay with being by myself and not relying on people, especially men.”

Breastfeeding Success Stories
ANNOUNCEMENTS

BREASTFEEDING EQUITY PARTNERSHIP
We are excited to announce that we have partnered with The National Institute for Children’s Health Quality (NICHQ) and the subcontractor, the National Healthy Start Association, The Department of Health and Senior Services (DHSS), Bureaus of Community Health and Wellness (CHW) and Women, Infants and Children (WIC) & Nutrition Services, for the Breastfeeding Equity Partnership. These partnership have provided us with the opportunity to prepare MBRC Staff to receive their Certified Lactation Councilor certification.

ANNUAL LOW BIRTH WEIGHT CONFERENCE
MBRC, Inc. will be hosting the Annual Low Birthweight Conference virtually this year and is scheduled for September 18th from 9am-12pm.

   To register: visit www.mbrcinc.org/events/ or click here REGISTER NOW!

FATHERHOOD WEBINAR
On August 28th from 11am-12pm we will be hosting a Fatherhood Webinar. Lynne Chambers, ESQ, MSW, will be presenting on "Approaches to Navigation in the Criminal Justice System."

   To register: visit www.mbrcinc.org/events/ or click here REGISTER NOW!

MISSOURI BOOTHEEL HEALTHY START IS ENROLLING NEW CLIENTS
For more information visit our website at www.mbrcinc.org, follow us on facebook @mbrcorg, or call us at 573-471-9400

   To enroll now follow the link below!
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Office of Minority Health, Region VII
Office of Minority Health Southeastern Alliance
Parents As Teachers
Pemiscot County Health Department
Pemiscot County Memorial Health System
Pemiscot Initiative Network Program
Poplar Bluff Regional Medical Center
Safe House for Women, Inc.
Scott County Health Department
Scott County Interagency Council
SEMO Health Network
Sikeston First Assembly of God
Southeast Hospital
Southeast Missouri Food Bank
Southeast Missouri State University
Stapleton Center
Stoddard County Health Department
St. Francis Medical Center
Susanna Wesley Learning Center
Teen Pregnancy Partnership, St. Louis, MO
Three Rivers College
University of Columbia, Missouri
Women, Infants and Children (WIC) & Nutrition Services
Workforce Development Center
YMCA
ACKNOWLEDGMENTS

HRSA-Maternal and Child Health Division of Healthy Start and Perinatal Services

MBRC, Inc. Board of Directors

Missouri Bootheel Regional Consortium Staff

Missouri Bootheel Healthy Start Volunteers and Program Participants

Missouri Bootheel Healthy Community Action Network (CAN)

Missouri Delta Medical Center

Poplar Bluff Regional Medical Center

Missouri Department of Health and Senior Services

Title V Division of Community and Public Health

Breastfeeding Clients

Victoria Dixon

Carrie Walker

Saquella Boatman

Jessica Waters