



## Coalition News

### September 2010

2026 SE Ocean Blvd.  
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Phone: 772-463-2888  
Fax: 772-463-2896  
[www.mchealthystart.org](http://www.mchealthystart.org)

#### Reminders and News:

- Family Law Forum meets the first Tuesday of each month at the Father & Child Resource Center from 6:30-8:30pm. Free legal advice on issues affecting families and children. Call (772) 463-2888 to reserve your place.
- Pregnant? Get Prenatal Care! Call the Prenatal Outreach Center at (772) 463-2141
- Baby Basics classes are available by appointment. Call (772) 284-5700 for more information.
- Interconception Counseling and Education services are provided at the Prenatal Outreach Center, at home, and/or at clinic visits. Call (772) 463-2141.

#### LETTER FROM THE BOARD PRESIDENT

Greetings,

It is my pleasure to announce Healthy Start's new Executive Director, Scott R. Berry.

Previously, Scott Berry was responsible for the planning and evaluation efforts of the Children's Services Council Martin County. Over an eight-year period, he helped develop the organization's strategic plan, contract monitoring system, program evaluation system, and played a role in the development of targeted funding projects such as the Belly Button Project. The Belly Button Project encompasses Healthy Start's Prenatal Outreach Center, the Baby Basics Program, the Advocacy Program, the Bellybutton Coupon Program, and the Interconception Education Program. Since the implementation of the Bellybutton Project, Martin County early entries into Prenatal Care have increased by 10%.

Prior to coming to Children's Services Council, Scott worked for DCF, the Minnesota Department of Human Services, and the US Department of Education. He completed his undergraduate and graduate work at the University of Minnesota, Minneapolis. Scott is also an adjunct faculty member of the FAU School of Social Work, teaching advanced research methods at the graduate level.

We are very pleased that Scott will be sharing his expertise with Healthy Start and look forward to continuing to improve Martin County's Maternal and Child health under his leadership.

I am also pleased to announce Healthy Start's new fundraising initiative—Dancing with the Martin Stars. Following the format of ABC's popular, "Dancing with the Stars," Healthy Start will be hosting a ballroom dance competition featuring Martin County's

local celebrities paired with dance instructors from the Treasure Coast. The event will be held at the historic Lyric Theatre on February 12th, 2011 at 7pm. All proceeds will benefit Martin County Healthy Start Coalition.

If you are interested in serving on the committee for "Dancing with the Martin Stars," or interested in one of the sponsorship packages available, please contact Kim Waser at (772) 463-2888 or by email at [kwaser@mchealthystart.org](mailto:kwaser@mchealthystart.org).

Healthy Start's Board of Directors and I look forward to being a part Healthy Start's newest endeavors, and continuing to support the Coalition's mission of ensuring that all babies in Martin County are born healthy.

Sincerely,

Kim Major  
Board President

#### Healthy Start Board of Directors 2010-2011

Kim Major  
City of Stuart Police  
*President*

Dale Martinez  
Seacoast Bank  
*Vice President*

Christina Kaiser  
United for Families  
*Secretary*

Kevin Youngblood, CPA  
Youngblood Solutions, PA  
*Treasurer*

Jim Dragseth  
Whiticar Boat Works

Elizabeth Hawn  
Martin Memorial Medical  
Center

Teena White  
Indian River State College

Rossana Gonzalez  
Hibiscus Children's Center

## Healthy Start Funders



Children's Services Council  
OF MARTIN COUNTY



United Way  
of Martin County



Allegany Franciscan Ministries, Inc.

## Postpartum Depression in Men?

Postpartum depression is a well-known problem affecting new mothers, but are new fathers affected as well? According to the Eastern Virginia Medical School, 10.4% of men suffered depression between the first trimester of their partner's pregnancy and their child's first birthday. That's more than double the rate of depression among men in general.

Many factors contribute to postpartum blues in men—the added responsibility of caring for an infant, sleep deprivation, and economic stress to name a few. Women have nine months to adjust to motherhood—waking up at all hours to use the restroom in replication of the feeding schedule of a newborn, and feeling the frequent movements and needs of her child throughout the pregnancy. For men, especially men who are inadequately engaged during the pregnancy, bringing their child home from the hospital could be the first time the reality of fatherhood hits them.

Joel Schwartzberg, author of a collection of essays on fatherhood, "The 40-Year-

Old Version," shared his story of postpartum blues in an essay titled "Post-Partum Depression in Men: One Man's Story." Schwartzberg discusses his experience of "sudden fatherhood," stating "I love my son dearly, but when he was born -- to my eyes, an oozy bundle of constant need -- it felt as if I had traded in my own life in exchange. I expected paternal pride to hit me like a recovered memory, but all I felt was loss." The reaction he faced when reveling his postpartum blues? "Man up!"

With "manning up" falling short of meeting the needs of new fathers, Schwartzberg shared his own story in the hopes of creating a starting point for discussion among men experiencing postpartum blues. "At the end of the day - - and days are never longer than when you're a new parent -- "manning up" should include expressing feelings of vulnerability, depression, and personal need, not just burying them. In my experience, that's



the only hope of truly overcoming."

Postpartum blues in men are most common when the infant is between 3 and 6 months of age. This is typically the time when sleep deprivation kicks in and paternity leave ends.

The Father and Child Resource Center encourages fathers to become involved in their partner's pregnancy early on—and health educators are available for one-on-one educational sessions with fathers and fathers-to-be. For more information on the Father and Child Resource Center, contact David Cardno at 772-463-2888 or visit our website, [www.mchealthystart.org](http://www.mchealthystart.org).

### Martin County Healthy Start Coalition Staff

Scott R. Berry  
Executive Director

Lisa Wilson  
Prenatal Outreach Coordinator

Carlos Velez  
Fatherhood Educator

David Cardno  
Director  
Father and Child Resource  
Center

Alexandria Velez  
Community Health Educator

Roy Stevens  
Community Educator

Natalie Peraza  
Community Health Educator

Evette Santiago  
Fiscal Administrator

Kim Waser  
Community Liaison/QA Specialist

Dulce Angulo  
MomCare Advisor

Ellie Duell  
Receptionist

## 3 Steps to Take if You're Planning a Pregnancy

### 1. Talk to your partner.

*Talk to your partner to find out if you're both ready to have a baby. How will your day to day lives change? How will you pay for prenatal care and delivery? Who will take care of the baby?*

### 2. Get into healthy habits today.

*Eat healthy foods, including whole grains, rice and pasta, dairy, low-fat meats, and lots of fruits and vegetables. Drink lots of fluids and 64 oz. of water every day. Exercise often. Refrain from drinking, smoking, or using recreational drugs. Stay away from harmful chemicals. Be sure to take 400mcg of folic acid every day!*

### 3. Get a checkup before you get pregnant.

*Be sure you have all your shots and visit your health care provider to be sure you are in good health.*

## Pregnant? A New Mom?



There's a new FREE service to help you out! Text4baby provides totally free text messages 3 times a week with info to help you through your pregnancy and baby's first year.

[www.text4baby.org](http://www.text4baby.org)

**Text BABY (BEBE para Español) to 511411 to sign up!**

## Healthy Start Community Partners

Did you know that Healthy Start partners with many other local community agencies to provide services to families and infants in need? Healthy Start contracts with Tykes and Teens, Martin Memorial Medical Center, Helping People Succeed, WIC, and the County Health Department in order to ensure all infants and their families receive the services that our vital to their success.

Tykes and Teens provides psychosocial counseling for mothers suffering a loss or coping with post-partum depression or anxiety. Stress management services are also offered to mothers-in-need. When necessary, couple and family counseling services are available.

Martin Memorial Medical Center provides childbirth and breast feeding education to Healthy Start moms and their partners. After childbirth, Lacta-

tion Consultants see all breastfeeding mothers. Interconception Assessments are offered to all clients who may be at risk for a poor birth outcome with a subsequent pregnancy.

Helping People Succeed provides "Happiest Baby on the Block" and Infant Massage instruction to parents after they bring their newborn home.

These educational sessions encourage bonding between parents and child and increase parents' ability to relax their child during times of distress, teething, and congestion. Additionally, these programs encourage stimulation of the infant's brain and nervous system, encouraging positive development.

WIC & Nutrition Services provides nutrition counseling for pregnant women with a medical concern including diabetes, low or high Body Mass Index (BMI), weight gain issues, and ane-

mia. Breastfeeding education is provided during pregnancy and support is available after delivery.

Healthy Start Care Coordination Service are offered through the Health Department. Care Coordinators assess the needs of Healthy Start mothers and infants, refer them to appropriate care providers, and provide case management services. Care Coordinators create individual and family support plans with clients, identifying personal goals, and monitoring their progress.

In addition to these community partners, Healthy Start has established relationships with dozens of businesses and agencies serving women and children in Martin County. Thanks to all of these community providers, every baby in Martin County receives a "healthy start" in life!



## Did You Know?

Folic acid can help prevent birth defects of the brain and spinal cord. Many brain and spinal cord defects develop during the first few months of a pregnancy—often before a woman even knows she is pregnant! It is important to have enough folic acid in your body before you get pregnant in order to prevent these defects.

If you may become pregnant, be sure you are taking 400mcg of folic acid everyday! Folic acid is found in certain foods, including legumes and cereals, and can be taken as a supplement.

## Support the Healthy Start Coalition!

### Your gift can provide:

- \$30:** *Infant CPR class for 1 participant*
- \$60:** *Crib for an infant*
- \$100:** *Materials for Health Education and Literacy Classes*
- \$250:** *Prenatal Care Assistance for mothers-to-be in need*
- Other:** \$ \_\_\_\_\_ *Support for the continued operation of the Prenatal Outreach Center*

*Please make checks payable to:  
Martin County Healthy Start Coalition*

### Return this form with your donation to:

Martin County Healthy Start Coalition  
2026 SE Ocean Blvd.  
Stuart, FL 34996

Or donate online at: [www.mchealthystart.org](http://www.mchealthystart.org)

*Thank you for your support of Martin County Healthy Start Coalition*

## HEALTHY START SCREENING RATES

Prenatal and Infant Screening Rates are crucial to the success of the Healthy Start Program. Each obstetrical provider serving Martin County residents is tracked on the number of clients who accept Healthy Start services and consent to the Healthy Start screen. Each practice has developed its own way to promote the crucial Healthy Start Program. The following screening rates are for this fiscal year, from July 1, 2010—July 30, 2010.



Featured Healthy Start baby entering screens!

### *Prenatal Screening Results for Martin County Residents*

*2010-2011*

- Martin County Health Department—36/37, 97%
- Women's Health Specialists—17/20, 85%
- Physicians to Women—6/8, 75%
- Women's Health Care of Pt. St. Lucie—3/3, 100%
- St. Lucie Women and Children—1/1, 100%
- Palm Beach County—6/9, 67%
- Okeechobee County—1/1, 100%

*Thank you*

Thank you to all of our providers and those who administer screens for your continued attention to consent rates! You are truly helping every baby have a healthy start!