

Clark County Breastfeeding Coalition Meeting Minutes

Mission The coalition works collaboratively to connect, educate, and promote breastfeeding practices in all Clark County communities.

Monday, May 18, 2020

12:00-1:30 pm

Meeting Objective:

- Engage with other breastfeeding advocates in the community to strengthen continuity of care for breastfeeding families
- Share and discuss current resources available for mothers experiencing postpartum depression
- Collectively brainstorm ideas/resources on how to serve our families experiencing postpartum depression

Topic	Person	Discussion
Welcome	Grace LaConte Yasmina Akinin	The meeting was led by Grace LaConte as host and Yasmina Akinin as co-host on Zoom.
Breakout room Networking and Resource Sharing for Postpartum Depression	All	Zoom provides a breakout room feature that allows participants to engage in smaller groups. There were 3 groups of 4-5 participants in each breakout room. Each breakout room was scheduled for 12 minutes. In the breakout rooms, participants shared their name, organization and discussed: <ul style="list-style-type: none"> • What resources or support is currently being offered to families to help with postpartum depression? • What can we do as a group to help create better outcomes in postpartum care?
Larger Group Activity	Yasmina	After the breakout sessions, participants came back together in the main meeting to share out. What resources or support is currently being offered to families to help with postpartum depression? <ul style="list-style-type: none"> • PeaceHealth-MWF (9-1pm) weight checks clinics for moms needing extra support are still going on for now but things could change in June. (These weight checks are for moms 2 days after discharge who might have been discharged early or things weren't going quite right. The check-ins provides an extra visit for them. • Legacy- 2-3 days after discharge. OB schedules them for 6 weeks out for non-high risk. It would be better if moms can come in sooner than 6 weeks. • BabyBlues Connections has a warm line you can text or call 24 hours a day. • Postpartum.net has a warm line and talks about COVID 19.

		<ul style="list-style-type: none"> • Perinatal Support Washington Perinatalsupport.org –has a warm line 1-888-404-7763 available 24 /7. Available in Spanish as well. Organizations can also order free handouts from them as well. • Postpartum support international- • Birthright has information they are sharing with clients <ul style="list-style-type: none"> ○ They received a grant to cover for diapers, baby clothes, maternity clothes • Babiesinneed.org provides baby clothes, diapers (Yasmina will confirm this service) • Doula My Soul provides support groups online • Maternity Support Services provides services to their WIC clients • Seahorses PDX – possible resources (Yasmina looked into this and they are no longer operating) <p>What's missing?</p> <ul style="list-style-type: none"> • Mom and me groups, more interaction for families. • More face to face contact • Online breastfeeding and prenatal classes • PeaceHealth used to have father support groups - Debbie Hunter will check into it • Online local postpartum support groups
CCBC website	Jennifer	<p>Jennifer has been working on creating a CCBC website.</p> <p>After much research, the preferred method of building a website based on small funding and minimal technical assistance was to use Weebly.</p> <ul style="list-style-type: none"> • Domain is www.clarkcountybreastfeedingcoalition.org • A next step is to get folks who are interested in helping out with the website • We will continue to build the website as a group • Cost: • Jennifer paid for the 1st year and use of the domain-a total of \$156.10 • Domain cost \$10.84/yr • Website builder personal level; \$12/month – • Coalition will need to figure how to continue to pay for the website in the coming years. It will be just under \$200 a year. <p>Tricia suggested getting photos of Clark County families and pictures of their babies. Have them sign a release form. Having a skillset of designing websites will speed up the process.</p>
Next Meeting		Next meeting: June 15, 2020 - 12:00-1:30 pm