

Starting Off *Right*

A Quarterly Newsletter from
Healthy Start Coalition of Jefferson,
Madison & Taylor Counties, Inc.

SUMMER 2017



In this Issue

*Coalition by the
Numbers ... and the
Numbers Look Great!*

Page 2

Defeat the Heat

Page 3

*Community Health
Worker Corner*

Page 4

25th Anniversary Ushers in Referral Innovations

Coordinated Intake and Referral program highlight of new fiscal year

On April 25, 2017, the Healthy Start Coalition of Jefferson, Madison & Taylor Counties celebrated 25 years of serving pregnant women and infants in these communities. Over these decades, the Coalition, guided by dedicated Board members, has fulfilled its mission of “improving the lives of mothers and children” through various strategic projects aimed at improving birth outcomes and developmental outcomes for infants.

The most recent endeavor for the Coalition, Coordinated Intake and Referral, is the culmination of that mission-focus, in that it asserts the Healthy Start initiative as a system of care in addition to being a service provider. By coordinating client referrals among local providers that collectively offer comprehensive solutions for families, CI&R is designed to ensure babies, mothers and families thrive. And with the addition of Healthy Families home visiting services, it is our vision that “by 2020, every woman in these counties is offered evidence-based home visiting services that provide the best start in life for her baby.”

I would like to take the opportunity to thank our Board for keeping the vision of ensuring our communities have the resources necessary to create resiliency for our next generation and for the many Coalition members that value and support our system of care for pregnant women and infants.

Donna Hagan, Executive Director

Contact Us

1336 SW Grand St.
PO Box 568
Greenville, FL 32331
Phone: 850-948-2741
Fax: 850-948-3072
cjhutto@healthystartjmt.org
www.healthystartjmt.org

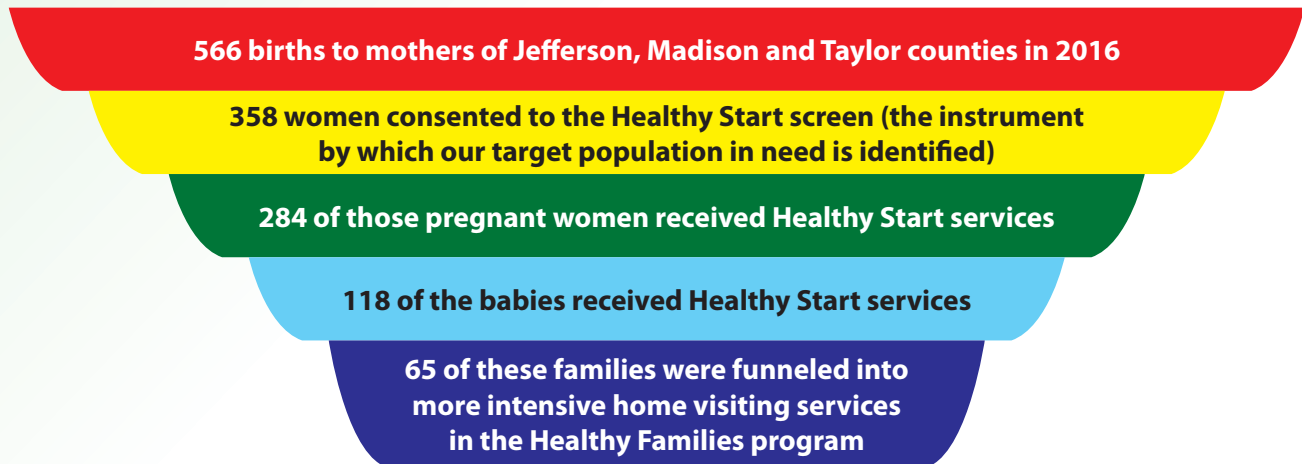
Celebrating **25**
SERVING MOMS & BABIES
years

1992 - 2017

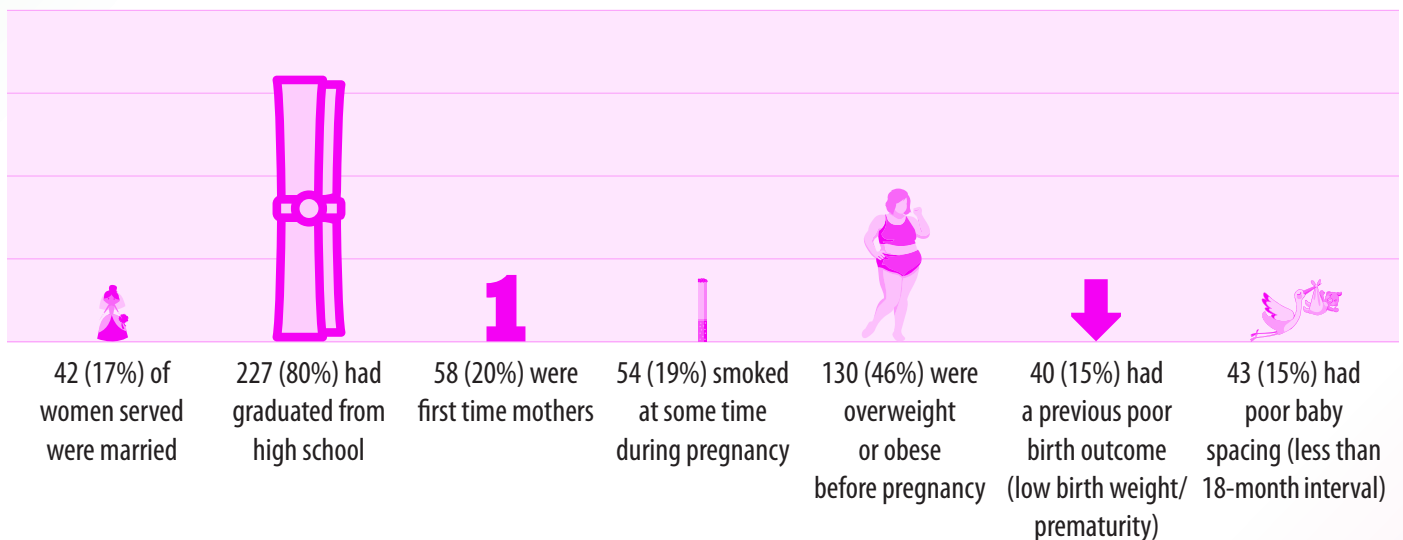


Coalition by the Numbers ... and the Numbers Look Great!

2016-17 Snapshot:

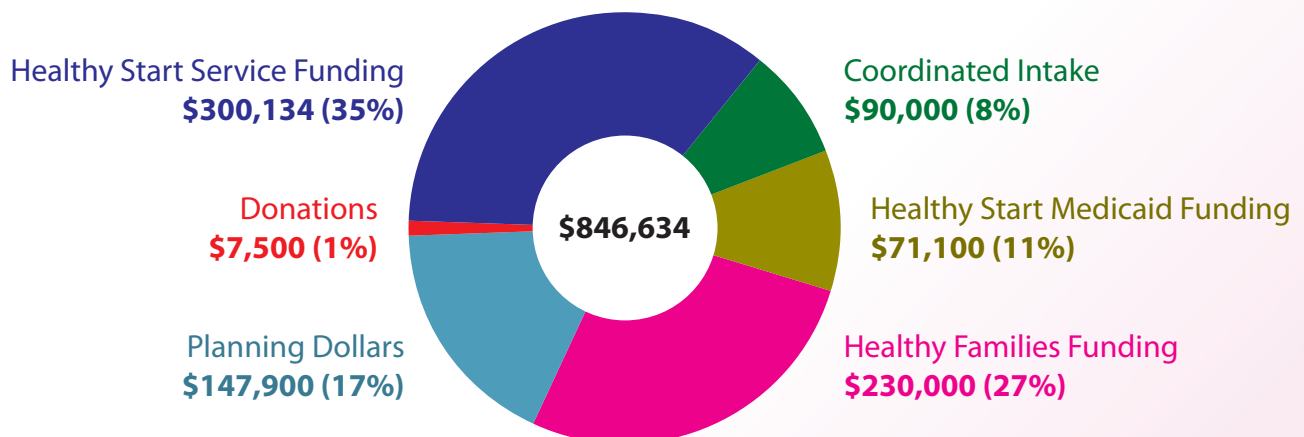


Who We Serve



Making the Most Out of Every Dollar

What resources do we leverage?



**Healthy Start Staff**

Donna Hagan, MBA
Executive Director
850-948-2741
dhagan@healthystartjmt.org

Cindy Hutto
Business Manager
850-948-2741
cjhutto@healthystartjmt.org

Tonya Bell, CCHW
Community Health Educator
850-253-5355
tbell@healthystartjmt.org

Direct Service Staff

Supervisor - Jefferson & Madison
Shanetha "Nita" Mitchell
850-973-5000 (Ext. 2131)

Care Coordination - Madison
Tangela Knight
Tammy Hinson
850-973-5000

Care Coordination - Jefferson
Cumi Allen
850-342-0170 (Ext. 107)

Supervisor - Taylor
Kristie Lutz
850-223-5117

Care Coordinators - Taylor
Sarah Bayes & Linda Murphy

**Healthy Families Seven
Rivers Staff**

Program Manager
Rebecca Severin, MPH

Parent Educators
Elizabeth Gooden, Tonya Cason
& Cynthia Monroe-Harris

Board Members

Lynn Elliott *President*
Nichole Wilder *Vice-President*
Bonnie Webb *Secretary/Treasurer*

Jefferson County Members:

Tomica King
Gladys Roann-Watson

Madison County Members:

Ernest Bruton
Lucile Day

Taylor County Members:

Eric Scott



As the summer heat increases, it is best that we take every opportunity to educate caregivers about the dangers associated with the rising temperatures. All children are susceptible to overheating and no child — infants to teenagers — should be left in a hot car. Here are some facts to share:

- In 2016, 39 children died due to being left in a hot car.
- 70% of heat stroke deaths occur in children younger than age 2.
- Cars heat up quickly. A vehicle can heat up 20 degrees in 10 minutes.
- Cracking a window or not parking in direct sunlight does not make a car significantly cooler. Heat stroke deaths have occurred even when the vehicle was parked in the shade.
- The body temperature of children can increase 3–5 times faster than adults.

Heat stroke and heat exhaustion can happen during any outside recreational activity: playing at the park, at the beach, poolside, or while playing catch.

Encourage parents to pay attention to the signs:

- | | |
|-----------------------|------------------------------------|
| ⚠ Flushed skin | ⚠ Altered mental state or behavior |
| ⚠ Rapid breathing | ⚠ Weakness |
| ⚠ Racing heart | ⚠ Dizziness |
| ⚠ Nausea and vomiting | ⚠ No sweating |

Encourage caregivers to do the following when planning outside activities:

- ☑ Swap children's juice and fruit drinks with water. Allow them to drink water every 15 minutes.
- ☑ Have children take regular breaks in the shade to allow for cool down time.
- ☑ Dress children in a hat and light-colored clothing.
- ☑ Keep a watchful eye on children's behavior as they play.
- ☑ Learn the signs of heat illness.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		CALL 9-1-1 <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives

Data sources: KidsAndCars.org database as of January 2017 and USA Today's "Child deaths in hot cars: 10 key facts"

Community Health Worker Corner

Supporting Healthy Start initiatives as member of Florida Community Health Workers Coalition

Tonya Bell, CCHW

FL Community Health Workers Coalition (FLCHWC) Board of Directors, Co-Chair Curriculum Sub-Committee, and North Central Regional Representative

FCHWC highlights, achievements, and upcoming events:

- CHW Certification Implementation Team set high standards for CHW certification.
- Certification requires rigorous examination
- Three letters of recommendation; one supervisory, two personal/character
- 500 hours of related paid and/or volunteer experience
- 30 hours of training in specified content areas
- Successful 2016 FCHWC 6th Annual Summit with over 150 in attendance
- Upcoming Event: People's Scientific Conference to Promote Minority Health through Community-Based Participatory Research: Community Health Workers Lead the Way & 7th Annual Florida Community Health Worker (FCHW) Coalition Summit on Sept. 22–23, 2017



Above: The North Central Patient-Centered Outcomes Research Training (PCOR) for Community Health Workers held in Gainesville, FL, was organized by Tonya Bell (foreground).



Above two photos and inset certificate photo: Tonya Bell was recognized for providing health education to youth at Bethel A.M.E. Church in Monticello.



Left two photos: The Women's Health/Show Your Love presentations held throughout the year in Madison, Jefferson and Taylor Counties were well-attended, featuring innovative Healthy Start education and promotional tools.