

# Starting Off Right

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

WINTER 2018



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## Renewing Commitments Designing Solutions

The Healthy Start Coalition of Jefferson, Madison & Taylor Counties invited staff and leadership to a holiday lunch-and-learn in December to review current programs and discuss future systems of care, which are being tailored to accommodate new and existing service delivery. Emphasizing referral coordination among and between local providers serving similar target populations, better time and resource utilization were core focal points.

Fun and fellowship were also themes of the day; in the end though, it was all about developing best practices for sustained positive health outcomes, particularly from pregnancy through school readiness, which would be supported by expanded family services, such as those provided by Healthy Families.



*Executive Director Donna Hagan facilitated an informative workshop to introduce and prepare staff for the changes in systems of care being formed between Healthy Start and Florida Department of Health.*



*Attendees were greeted by coalition cornerstone, Cindy Hutto, who provided a warm smile and a gift bag to each attendee.*



*Participants broke for a delicious lunch, taking a moment to thank one another for jobs well done.*

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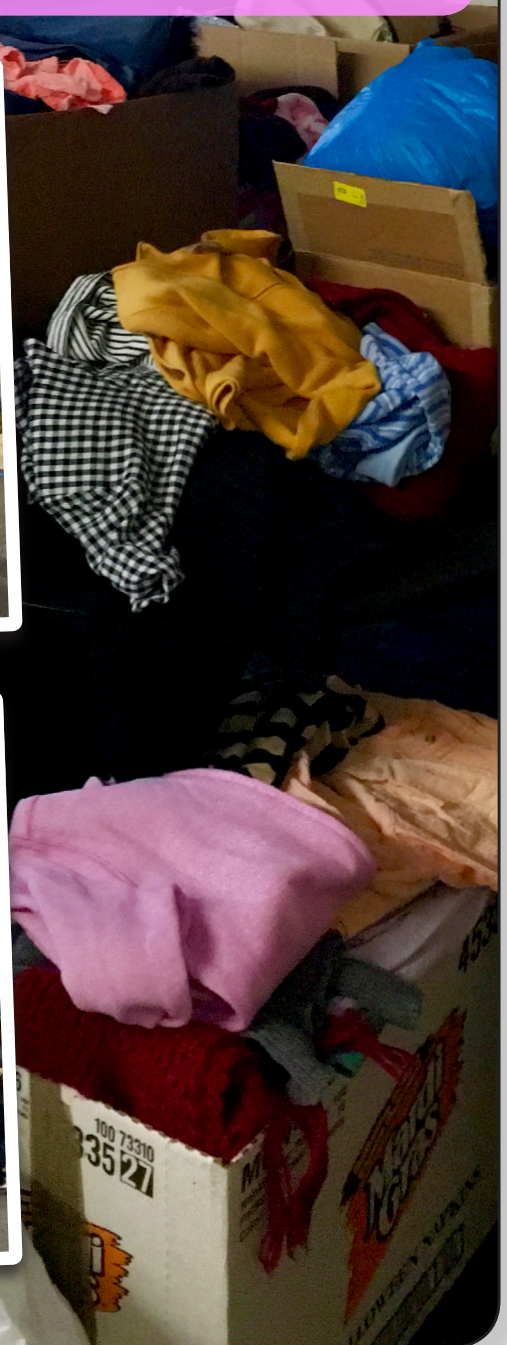


## ***Warming the Community***

Healthy Families Seven Rivers sent out huge thanks to both the Monticello and Madison Winn-Dixie stores that provided donations to purchase refreshments for the Clothing Donation Drive and Giveaway event held at the Coalition's Greenville office.

Special thanks were extended to key community partners, including Healthy

Start, Department of Juvenile Justice, Big Bend AHEC, The Sickle Cell Foundation, and Renewed Life Outreach Center for their donations and wonderful volunteers. The event was a big hit, especially considering the cold snap that hit the area. Coats, shoes, jeans, and other warm clothing were distributed to dozens of families.





## What Works Best for Me?

Certified Community Educator Tonya Bell continues to circulate the tri-county area, conducting “Tonya’s Healthy Happy Hour.” The Women’s Health Workshop is designed to educate and introduce the resources necessary to produce a personalized health routine designed to answer the important question, “What works best for me?”

Women of childbearing age (14–44) are invited to the workshops, which covers the following topics:

- prevention of unplanned pregnancies;
- healthy eating and being active;
- folic acid;
- STDs;
- toxic substances;
- mental health;
- drugs, smoking and alcohol;
- partner violence;
- chronic health conditions;
- the importance of regular checkups;
- and more.

These workshops are typically conducted twice a year in each county, and the success of the workshops has been awesome.

Tonya also organizes door-to-door campaigns, joining representatives from local health organizations, and visiting neighborhoods to distribute this valuable information and resources. Tonya’s practice is simple: “You have to do whatever it takes!”

**Below, left: Pictured left to right, Tarre Stanley (Big Bend AHEC), Anthony Jones (Big Bend AHEC), Juanita Edwards (Certified ACA Navigator), Ericka Duncan (Florida Covering Kids & Families), Felicia Gilyard (Big Bend Cares) and Tonya Bell (Healthy Start Coalition of JMT) participated in a three-day, three-county, fall door-to-door campaign, providing 90 families in Jefferson, Madison and Taylor counties with an array of health information regarding healthier lifestyle choices for ladies of childbearing age, as well as information about health insurance for children and adults.**



**During the door-to-door, Tonya and Ericka Duncan take a moment and put a little fun in their work, “It makes all the difference!”**



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#### Taylor County Members:

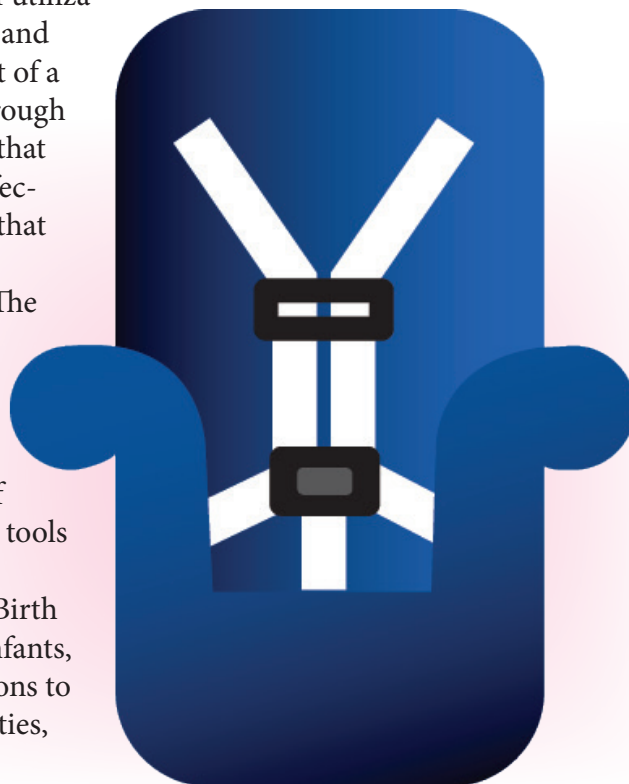
Eric Scott

## Screen to Best Health Outcomes: *Child Safety*

The Coalition remains pleased with the high rate of utilization of the Healthy Start Screen within its service area, and although introducing the screen to new mothers is part of a legislative mandate launched 25 years ago, it is only through the commitment and professional skills of its partners that Healthy Start JMT is among leaders in the state that effectively transition clients from the screen to the services that address their needs.

October was Safe Sleep (SIDS) Awareness Month. The elimination of Sudden Infant Death Syndrome was a core reason Healthy Start was founded in 1992. Now, as the Coalition facilitates implementation of the new Coordinated Intake and Referral process, outcomes will continue to improve across its broadening range of services, including the delivery of safety education and tools directed at babies, mothers and families.

January is both National Bath Safety and National Birth Defects months. Each extends beyond application to infants, so the Coalition is urging all family support organizations to promote safety in all forms throughout their communities, further wishing all involved a healthy and safe 2018!



***National Child Passenger Safety Week***



***National Bath Safety Month***

***National Birth Defects Prevention Month***



***Safe Sleep "SIDS" Awareness Month***

