

CARING FOR 2

Helping through every step of pregnancy...and beyond!

COLUMBUS, OHIO

WHO WE ARE

Caring for 2 (CF2) is a federally funded Healthy Start Project to improve birth outcomes for African American women, and help build a coordinated local health system for maternal and infant health.

Caring for 2 uses an interdisciplinary team model of public health nurses, social workers and care coordinators to provide in-home family centered services including health education, referral, psychosocial risk and health assessments, infant assessment and linkages.

WHAT WE DO

- Visit pregnant women at high risk for poor birth outcomes in their homes.
- Promote better living conditions, such as long-term housing.
- Reduce risks associated with maternal depression, tobacco use, drug/alcohol use, late prenatal care, and unsafe sleep environments.
- Empower residents to be an active part of the health care system.
- Improve access to health care and health insurance.



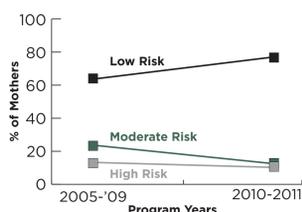
PROGRAM HIGHLIGHTS

DEPRESSION IN PREGNANCY

Caring for 2 (CF2) conducts screening for women prenatally and postnatally using the Antepartum Questionnaire (APQ), Life Stress Events Survey and Edinburgh Postnatal Depression Scale (EPDS).

There has been a decrease among mothers who rate high for depression. Rate decreased from 23.2% (2005-2009) to 12.7% (2010-2011).

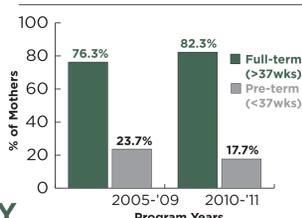
EDINBURGH POSTNATAL DEPRESSION SCALE RESULTS



PREMATURE BIRTH

Premature births among Caring for 2 mothers have declined since last grant period, dropping to 17.7% (2010-2011) from 23.7% (2005-2009).

GESTATIONAL AGE



PERCEPTIONS OF PROGRAM QUALITY

Three out of four participants are very satisfied with the program (grade of A) and that expands to nine out of ten participants who graded the program as either an A or a B. Program staff have addressed the perception of some participants who are not as satisfied with the program (grade C or D/F) by examining possible ways to address relationships and service delivery styles that are tailored to each participants needs and personalities.

QUESTION	GRADE			
	A	B	C	D/F
Listening and understanding your needs	74.2%	16.1%	9.7%	0.0%
Accessibility of your staff	75.0%	15.6%	6.3%	3.1%
Overall perception of the program	75.0%	15.6%	6.3%	3.1%

CASE MANAGEMENT AND LOCAL HEALTH SYSTEM ACTION PLAN (LHSAP)

Caring for 2 has developed a Local Health System Action Plan (LHSAP). This plan is being implemented with committed partners. The work of the LHSAP is accomplished through the community partnerships and ongoing work groups that have formed to achieve these results. This includes:

- Prenatal care capacity roundtables
- Infant Safe Sleep & SIDS Risk Reduction Task Force
- Maternal Depression Task Force
- Preconception Health Collaborative
- Family Planning Waiver Committee
- Partnership to Eliminate Disparities in Infant Mortality Action Learning Collaborative
- Peer Mentors, past participants employed by the project
- Faith-based health and wellness events
- Healthy Weight Prenatal Care Group

MEET THE WOMEN WE SERVE

TANIKKA, 36 YEARS OLD

Tanikka is a college graduate with a law degree. She enrolled in Caring for 2 in her first trimester. Tanikka was experiencing many stressors in her life, including a recent divorce, unemployment, and being pregnant with twins. Tanikka reports "I looked forward to home visits because they always taught me something new about my pregnancy and self care." Starting labor at 21 weeks, the prognosis for the babies' survival was poor. Tanikka delivered at 26 weeks, with the twins weighing just over 2lbs each. Although premature, they had no medical complications. They are now 4 years old and developing normally. Tanikka reports that with the support of Caring for 2, she was able to boost her self confidence, eventually passing her bar exam. She remarried in 2008, giving birth to a full-term, 8lbs 3oz baby boy in 2010. Tanikka later became a motivational speaker, presented at Caring for 2 conferences and is a representative on the Governor's Task Force on Infant Mortality. Tanikka is now a practicing attorney and a Caring for 2 Peer Mentor.



SHA'YONNA, 17 YEARS OLD

Sha'Yonna enrolled in the program during her second trimester of her first pregnancy. She faced many challenges, such as conflicts with family, unemployment, and housing. The team provides encouragement, education, and resources that help her through her pregnancy. The team is also working with her to obtain independent housing. As a pregnant teen with limited parental support, she had been uncertain of her future before the program. Sha'Yonna says "Caring for 2 came at the right time for me because I am able to learn a lot about my pregnancy." Sha'Yonna was hired as a Peer Mentor, conducting neighborhood outreach. She expresses a sense of pride at earning an income which she says is, "a gateway to establishing her independence."



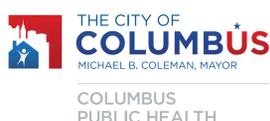
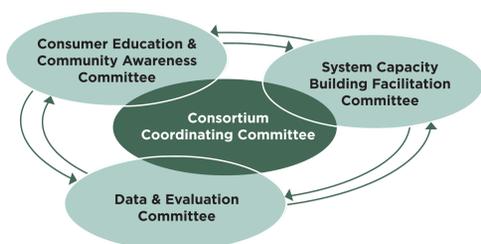
WHO WE SERVE

African American women who are pregnant or parenting young children living in Columbus neighborhoods with the highest rate of poor birth outcomes. We served 134 women in 2011, totaling 640 women and 402 babies since 2005.

CONSORTIUM MODEL

Our consortium model is a formal mechanism for sustaining a community group to impact infant mortality through planning, implementation, and evaluation of a coordinated and integrated system of service delivery.

Caring for 2's work to eliminate the disparities is accomplished through direct services to enhance the system of care, coordinate consortium activities, and build partnerships with project contractors and the community.



KEY ACCOMPLISHMENTS

- Helped create and fund Pregnancy Care Connection (PCC), a centralized system for scheduling first prenatal care appointments. Over 21,978 appointments have been scheduled through the system since August, 2003.
- Formed the Franklin County Maternal Depression Task Force, a collaboration of medical, mental health and social services agencies.
- Created "A Mother's Guide": Maternal Depression Care Providers directory, referral posters, training toolkit. Distributed over 1,500 directories and trained over 400 providers.
- Initiated in-home clinical counseling. This work has been presented nationally at CityMatCH and March of Dimes.
- Spearheaded the work of the Partnership to Eliminate Disparities in Infant Mortality Action Learning Collaborative (ALC), which is funded by Kellogg, and co-sponsored by CityMatCH, AMCHP, and the National Healthy Start Association. Through ALC's advocacy on the State's Infant Mortality Task Force, a recommendation around racism has been included in the final report "Preventing Infant Mortality in Ohio: Task Force Report" (November 2009).
- The project continues to participate in the Ohio Collaborative to Prevent Infant Mortality.

