



WHAT'S NEW IN QUARTER 2



We processed 250 referrals in Qtr 2 (April-June), a 20% growth from previous quarter. See pg 3 for more referral data.

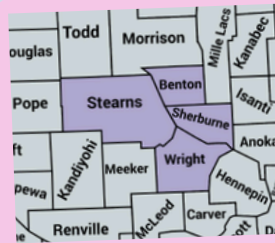


We are currently serving 370 families in our FHV program regionally.



Benton, Sherburne & Stearns Counties were awarded Strong Foundations grant expansion funds. This allows us to serve 30 more families regionally in 2025!

FIRST STEPS



is a team of Registered Nurses who offer support and information to families during pregnancy through the early years of their child's life.

Visits with a nurse are voluntary and free. Available in Benton, Sherburne, Stearns & Wright Counties.

We provide support to caregivers, connecting them to resources, provide education on topics such as pregnancy, childbirth, parenting, infant feeding, bonding, and their child's growth and development.

NEW STAFF!

Benton County's hired Public Health Supervisor, Courtney Ferreira, in June.

Sherburne County hired a Community Health Worker, Lilian Bonilla, in July. Lilian is bilingual in Spanish & English and will be focused on building relationships in the Hispanic community.

Benton County & Stearns County are currently recruiting for open Public Health Nurse positions.

Our electronic referral form is the preferred method to refer. It now features smart logic, whether you are self-referring or referring someone else!

<https://firststepscentralmn.org/make-a-referral>



SAMPLE SCRIPT

"I like to refer all my families to connect with a First Steps nurse. They work with families to provide additional support and connection to resources as you go through your pregnancy and bring baby home. Are you okay if I ask for a nurse to give you a call in the next couple of days to talk more?"





Community Partner Quarterly Newsletter

Vol. 17

Summer 2024

www.firststepscentralmn.org

763-276-0441

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A BUSY SUMMER OF OUTREACH & EVENTS

- First Steps staffed a Family Home Visiting table with Hennepin County at a Maple Grove Hospital's event for World Breastfeeding Week.
- Sherburne held a Public Health Family Celebration event in mid-August with 28 families who attended.
- First Steps staff and county partners attended the Hispanic Heritage Celebration in St. Cloud to kick off Hispanic Heritage Month on September 14.



LET'S CONNECT!

- Presentation at a Team Meeting
- Station at a Staff Training Day
- New Staff Orientation
- Lunch-N-Learn
- Outreach at a Community Event

Schedule outreach with us to stay up-to-date about programming and resources. We recommend annual outreach to your team.

WEEKLY DROP-IN: BABY CAFES & INFANT FEEDING SUPPORT

Mondays

- 10a-12p, Monticello Community Center

Tuesdays

- 9a-11a, Princeton ECFE Family Center
- 9:30a-11:30a, St. Cloud YMCA

Wednesdays

- 9:30a-11:30a, Wright County Historical Society, Buffalo
- 1:30p-3p, Maple Grove Hospital

Fridays

- 10a-12p, Options for Women - Cornerstone, St. Michael



FAMILY STORY - SUBMITTED BY STEARNS PHN DEZIRAE

Mom was a pregnant teen referred by a local community clinic. During our first visit together, mom's top priority was getting medical insurance so she could establish prenatal care. I assisted her in completing the application and calling a local OB clinic to schedule her first appointments. As I continued to meet with mom, we talked about other resources available – WIC, Elevate pregnancy resource center, Milestones, food shelves, SNAP/Cash Assistance – to name a few, in addition to our home visiting curriculum components. Mom also set a goal for herself to continue with her high school education. She decided the best way to do this was to enroll at an ALC. This transition went well for her.

A month before her due date, mom moved across county lines into Sherburne County. Thanks to our First Steps collaborative and funding, I was able to continue working with mom across county lines. Mom was grateful to not have to transition to a different nurse during a time of so many other transitions in her life. Mom delivered a healthy baby and things were going very well at home and school.

Near her 6 week postpartum check-up, mom discovered she was pregnant again. With this pregnancy she reached out right away to her clinic to establish early prenatal care. She delivered her second child and transitioned home as a young mother of two.

She modified her education goal after conversations with her Career Solutions worker and decided to pursue her GED. She recently attended a career fair and sat in on a session about becoming a Registered Nurse. Mom said she feels called to work in labor and delivery after her experience of becoming a teen parent. She wants to help other young moms in their pregnancy and parenting journeys find the support they need and not feel judged along the way.

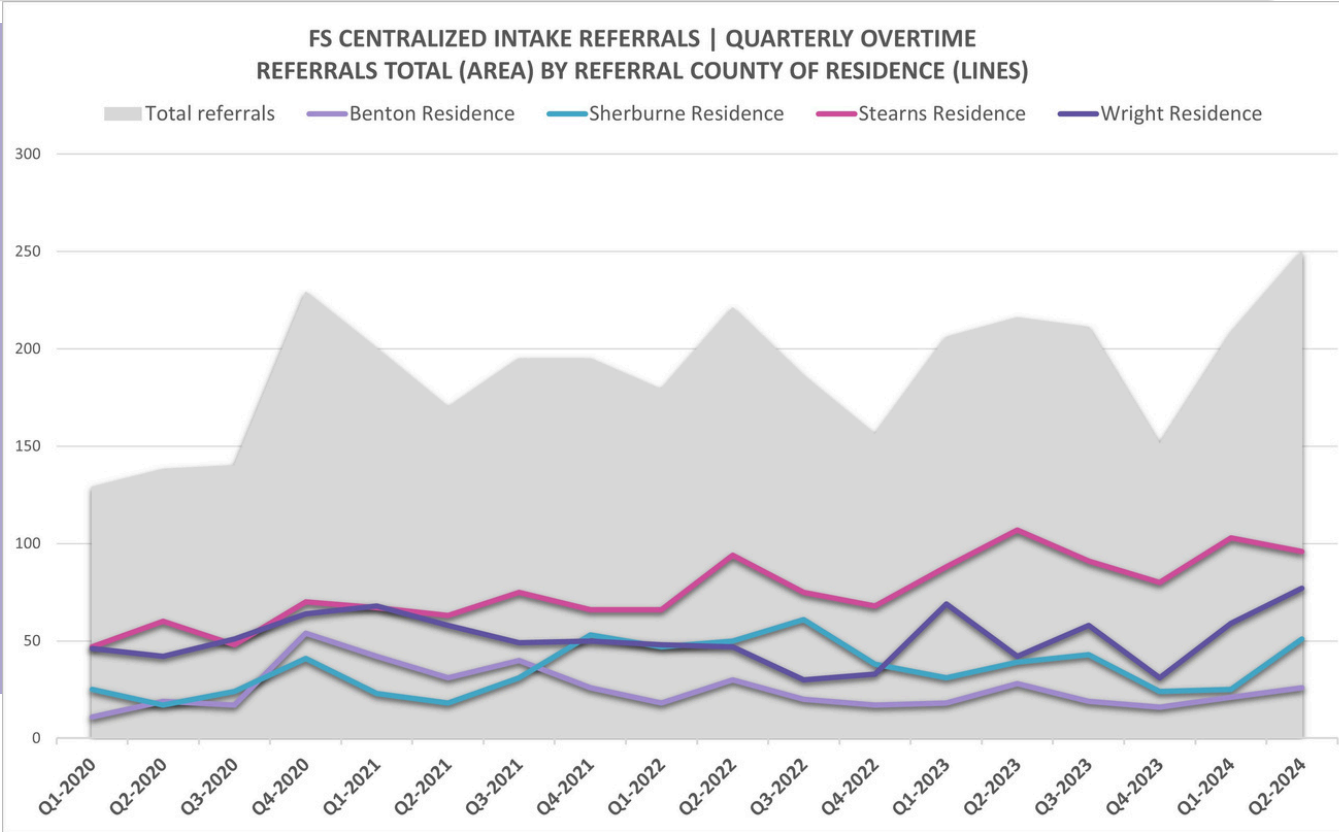




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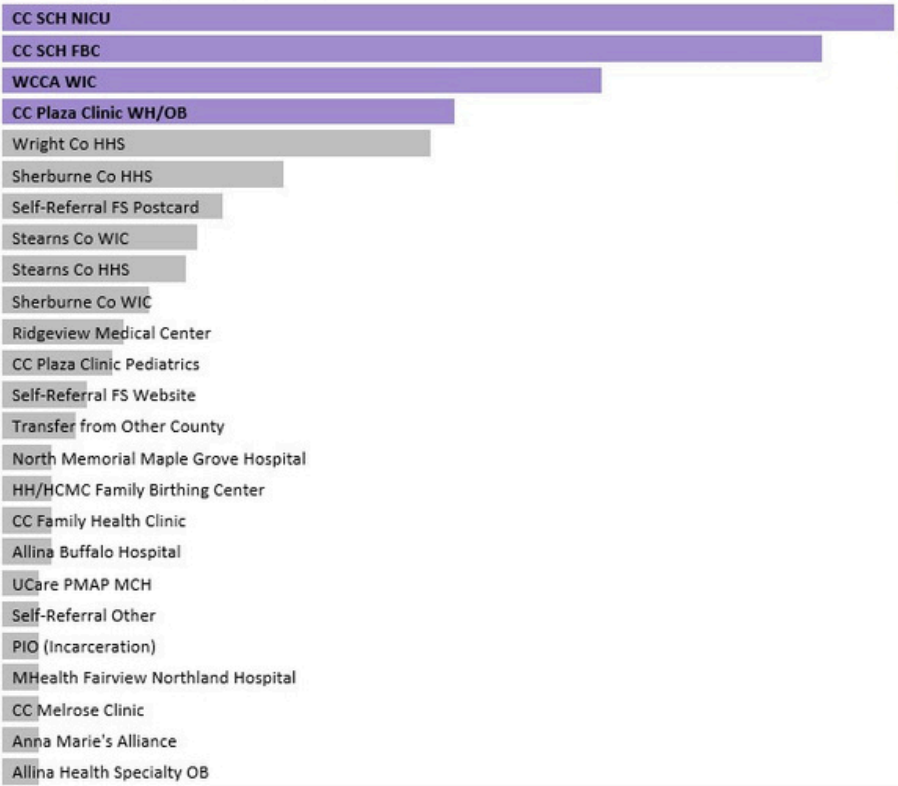
Thank you for taking the time to connect families you serve to our program. We look forward to receiving referrals from you and working together to improve outcomes for central MN families!

We have seen 20% growth in referrals from Q1 to Q2.



FHV CENTRALIZED INTAKE REFERRAL SOURCES

2024 Community Partner Referrals



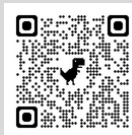
FS Referral Sources 59 in 2024 YTD (119 Total)

50% of referrals come from top 4 sources highlighted

Additional 34 Community Partners sent 1-2 referrals

50% of referrals come from CentraCare St. Cloud Hospital NICU & Family Birthing Center, Wright County Community Action WIC and CentraCare Women's Health & OB Clinic





World Breastfeeding Week was **August 1-7, 2024**

We often hear about the benefits of breastfeeding for baby. Babies that are breastfed have a reduced risk of ear infections, diarrhea, SIDS, obesity, Type 1 and 2 diabetes, asthma and leukemia. Did you know that breastfeeding is beneficial for the parent as well?

Parents who breastfeed have a reduced risk for:

- breast cancer
- ovarian cancer
- type 2 diabetes
- postpartum depression



The current recommendation from the American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for about the first six months. They also support continued breastfeeding after solid foods are introduced as long as you and your baby desire, for 2 years or beyond.



We know the longer a parent breastfeeds the more benefits for both parent and baby.

To help support breastfeeding, workplace protections for parents were recently expanded requiring nursing and lactating employees to receive paid break time to express milk at work.



Minnesota has very strong laws protecting families.

Minnesota law requires employers to provide breastfeeding parents with reasonable break time to express milk and a private room or other location for milk expression, other than a bathroom or toilet stall, with access to an electrical outlet and in close proximity to the employee's workspace.



For further details about these laws, contact the Department of Labor at 651-284-5075 or visit

<https://www.dli.mn.gov/newparents>



WE'D LIKE TO HEAR FROM YOU!

TO COMPLETE THE 2024 COMMUNITY HEALTH SURVEY

[HTTPS://ARCG.IS/159BBC](https://arCG.is/159BBC)



CENTRAL MN ALLIANCE
STRENGTHENING PARTNERSHIPS FOR CHANGE

HELP US GATHER
IMPORTANT HEALTH
INFORMATION ABOUT
OUR COMMUNITIES BY
COMPLETING THE
COMMUNITY HEALTH
SURVEY.

LA ENCUESTA ESTA
DISPONIBLE EN
ESPAÑOL.

Sahanka ayaa lagu
heli karaa af-
soomaali



TAKE THE WRIGHT COUNTY COMMUNITY HEALTH SURVEY

Wright County Public Health and partners conduct a Community Health Survey every three years to understand residents' health behaviors and concerns. This survey helps develop and direct programs that meet community needs. This is the first year the survey is online!

Participation takes about ten minutes, and is completely anonymous.

Questions or concerns? Don't hesitate to reach out!

Email: HS.PublicHealth@co.wright.mn.us

Phone: (763) 335-0280