



QUARTERLY NEWSLETTER

SPRING 2020

FIRSTSTEPSCENTRALMN.ORG

763-276-0441

WELCOME!

First Steps Central MN is a team of registered nurses from Benton, Sherburne, Stearns, and Wright County Public Health who offer free support, advice and information to have a healthy pregnancy, a healthy baby, and be a great parent by providing free, voluntary in-home family home visiting services utilizing evidence-based programming to eligible families. The evidence-based programs we offer are Nurse Family Partnership and Healthy Families America.

Our nurses help promote healthy birth outcomes and positive parent-infant relationships, encourage healthy growth and development for infants and young children, prevent complications of illness and chronic disease conditions, promote healthy and safe environments, and encourage family self-sufficiency and linkage to community resources.

HOW TO MAKE A REFERRAL

1. Talk to families about making a referral and get their permission.
2. Download our [referral form](#) to complete.
3. Fax to 763-765-4250 or call 763-276-0441.

A family can expect a call within 1-3 business days to be connected with a program that will best fit their needs and location.

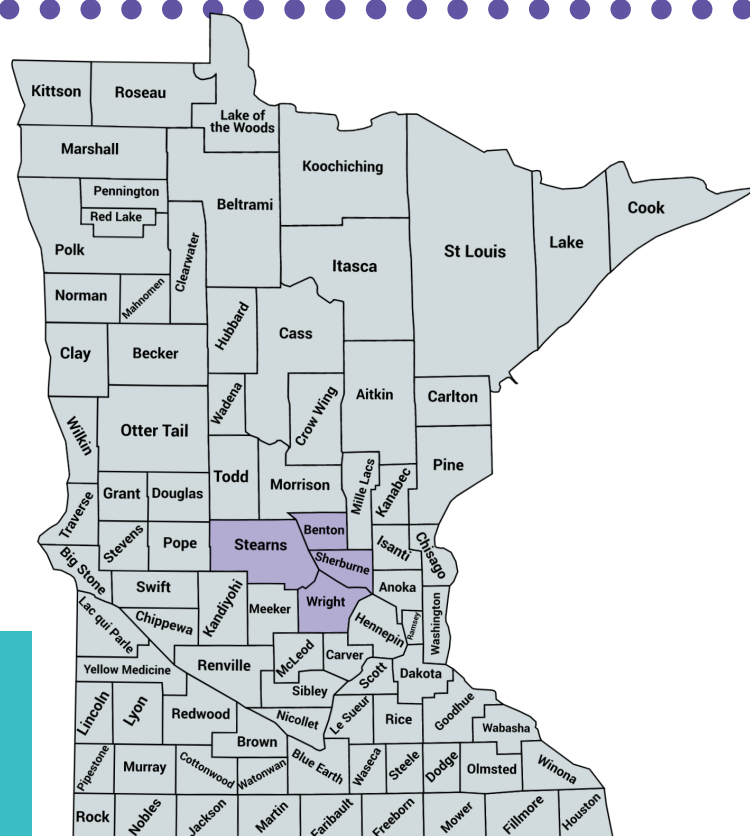
FOCUS POPULATIONS

- **Pregnant or within 3 months postpartum**
- **Low income (WIC or MA eligible)**
- **Live in Benton, Sherburne, Stearns or Wright County**

Identified areas of concerns for families may include (but are not limited to):

- financial or housing insecurities
- infant feeding support
- limited support system,
- limited parenting skills
- late prenatal care or poor compliance
- history of or current abuse, safety concerns, violence, mental health concerns, chemical or tobacco use or abuse

Referring partners don't have to decide which program, just refer and our staff will connect families with the program that will best fit their needs.



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FIRST STEPS
CENTRAL MN



SUCCESS STORY

SHARED BY KAREN EDER,
WRIGHT COUNTY HFA PHN:

I informed a first time Mom that I would be dropping off a Baby Bundle and C&TC goodie bag at her doorstep. I have never met this Mom in person due to the COVID19 pandemic and need for social distancing. We have been doing phone visits since the birth of her baby a month ago.

I did the drop-off and texted her to let her know I was outside in my car if she had a moment to wave. She immediately called and said I'm on the 2nd floor, I looked up and could see her waving. I jumped out of my car and gave her a big wave back while still on the phone with her. I heard her say: "Aww,cute!"

IF YOUR AGENCY IS INTERESTED IN LEARNING MORE ABOUT FIRST STEPS CENTRAL MN, WOULD LIKE A STAFF IN-SERVICE OR PRESENTATION, OR ARE RUNNING LOW ON BROCHURES OR OUTREACH CARDS TO HAND OUT, PLEASE CONTACT US AT 763-276-0441.

COVID-19

Based on guidance by MDH due to COVID-19, local public health agencies have temporarily changed the way family home visiting is being done. Our Public Health Nurses continue to have regular contact with families utilizing phone and telehealth visiting. While the nurses aren't currently physically going into the homes of enrolled families, they are offering the same support, education, and connection to resources that they always have.

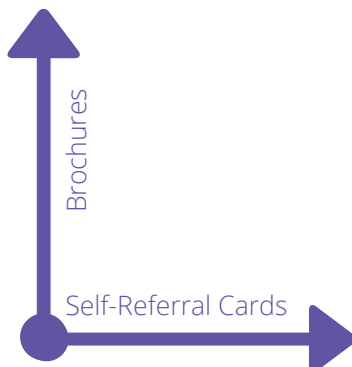
We recognize that times of high stress and uncertainty may actually increase the need for families needing a personal nurse. We are still accepting new referrals and enrolling new families!



Supporting Benton, Sherburne, Stearns and Wright Counties

WWW.FIRSTSTEPSCENTRALMN.ORG

Outreach Materials available in English, Somali & Spanish



WELCOME TO PARENTHOOD!

Being a parent can be overwhelming, but First Steps Central MN Personal Nurses are here to help free of charge!

First Steps Central MN
Supporting families in
Benton, Sherburne, Stearns & Wright Counties
763-276-0441
www.firststepscentralmn.org
referrals@firststepscentralmn.org

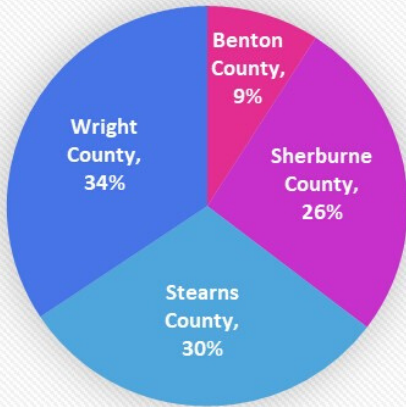
* Warning: Learning while having fun may occur!

Data Dive



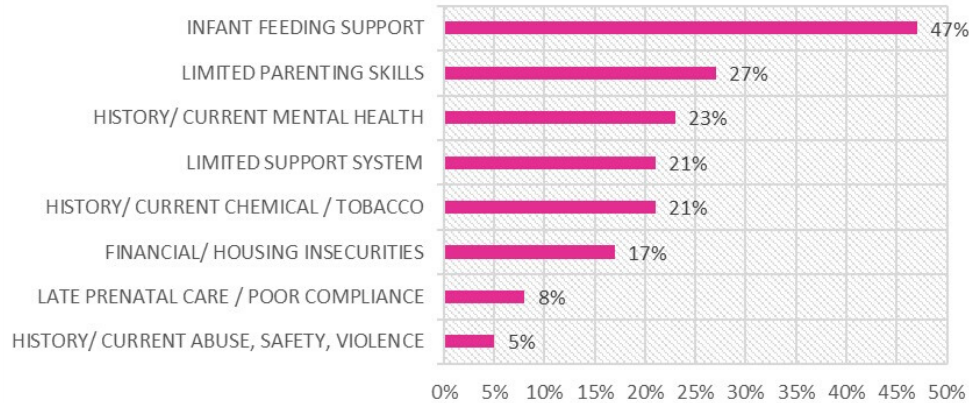
2020-Quarter 1 (January 1-March 31)

First Steps Central MN Referrals Based on Family County of Residence



- 71% of referrals have at least one barrier/challenge identified by community partner on original referral
- 51% of referrals have more than one barrier/challenge identified
- Additional barriers/challenges for families are often identified by PHNs as they build relationships with the family

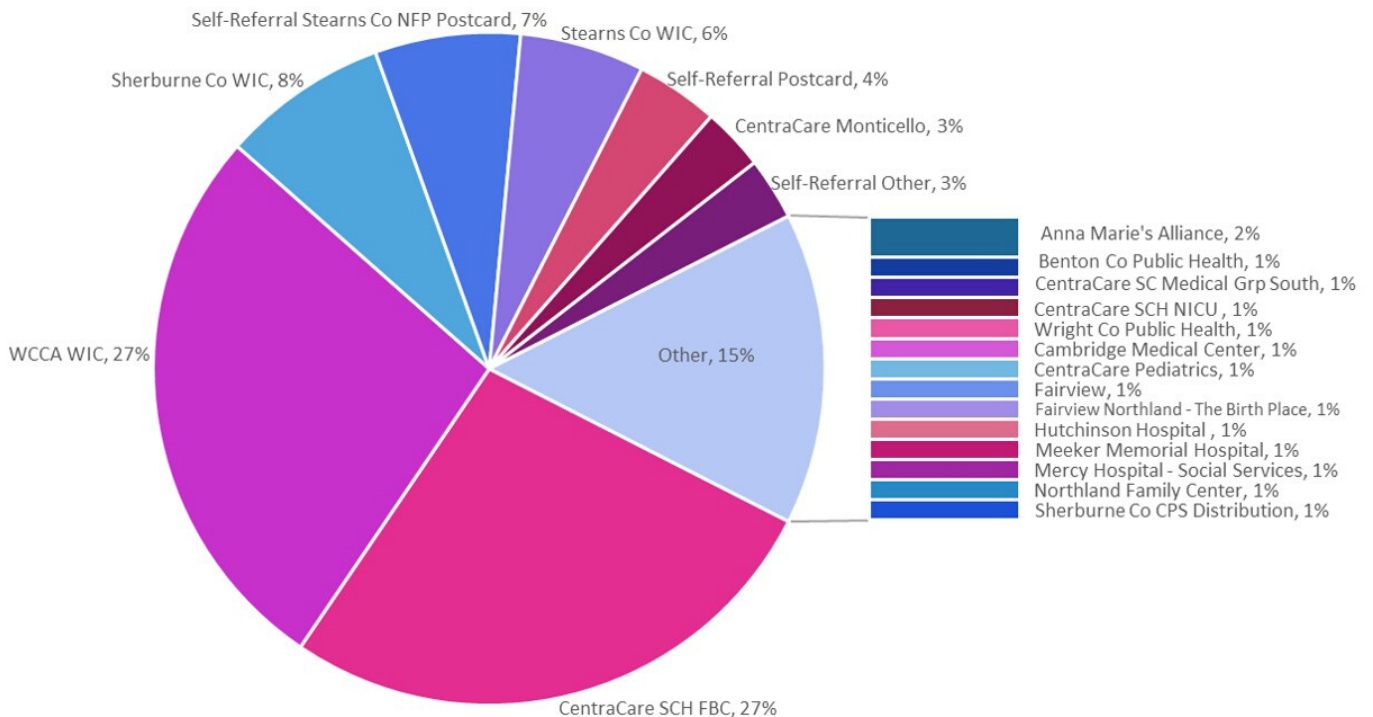
First Steps Central MN Referral's Barriers/Challenges Identified by Community Partner Referrer



137 referrals received

- 61% of referrals were for first time moms
- 39% of referrals were prenatal referrals

FIRST STEPS CENTRAL MN 2020-Q1 REFERRAL SOURCES



RESOURCE SPOTLIGHT

(CLICK ON THE **TITLES** TO LINK DIRECTLY TO THEIR WEB PAGES)

- **Benton/Stearns County COVID-19 Hotline**: for questions related to COVID-19 in Benton or Stearns Counties, call 320-656-6625 or 1-877-782-5683
- **Centers for Disease & Control** (CDC)
- **COVID-19: Five Helpful Responses for Families** a great article explaining what our children may be thinking and feeling right now, and how you can help them create a new normal.
- **Facebook pages**: connect to local public health's Facebook pages. Be sure to follow & like our pages!
 - **Benton County Public Health**
 - **Sherburne County Public Health**
 - **Wright County Public Health**
- **MindHeart**-a printable book (in several languages) to help support and reassure kids about COVID-19.
- **Minnesota Department of Health** (MDH)
 - MDH Hotline 651-201-3920 or 800-657-3903
- **National Suicide Prevention Lifeline** 1-800 273-TALK (8255)
- **PBS Kids**-How To Talk To Your Kids About Coronavirus
- **SAMSA National Helpline** 1-800-662-HELP (4357)
- **Sesame Street In Communities**-tips on staying healthy and hand washing activities for kids
- Taking Care of Yourself In Isolation: learn ways how to support your mental health, maintain healthy communication, and prevent isolation
- **Wright County Resource Line**: for more information about COVID-19 resources available in Wright County, call or text 763-682-7607



STAFF CONNECTION

EACH QUARTER WE WILL INTRODUCE YOU TO MEMBERS OF THE FIRST STEPS CENTRAL MN FAMILY HOME VISITING TEAM!

Leah Krotzer, MS
leah.krotzer@firststepscentralmn.org
763-765-4197



Leah

Kelly Ball, BSN, RN, PHN, CLS, CPST
kelly.ball@firststepscentralmn.org
763-276-0441



Kelly

- Lives in Princeton
- Married with 5 kids, 1 dog
- Started with First Steps Central MN in Sept 2019 as the Data & Analytics Manager. Prior to that spent 10+yrs with Twin Cities R!SE as a Research, Evaluation and Database Manager.
- What do you like best about your job? I love being the behind the scenes support to our team's valuable work with families - to best communicate our impact and story through outcome measurement and data analysis.
- Recently earned a Health Informatics specialization certificate
- My favorite children's book is 'A Mother for Choco' by Keiko Kasza
- My favorite children's activities are art & craft projects- painting, clay, scrapbooking, fuse beads
- I love a good adventure - traveling, learning languages & immersing in cultures
- I love coffee!

- Lives in Big Lake
- Married with 2 kids, 2 dogs
- Started with First Steps Central MN in July 2019 as the Program Manager. I have worked for Sherburne County since July 2010, first as a Correctional RN for two years then as a Public Health Nurse since November 2012. I also used to teach Childbirth Edu at St. Cloud Hospital.
- What do you like best about your job? Building relationships with community partners and learning about new resources to connect families in need. I also have a special place in my heart for moms who may be struggling with breastfeeding or perinatal mental health.
- My favorite children's book is 'I Love You Stinky Face' by Lisa McCourt
- My favorite children's game or activities are Hide & Seek, going on family bike rides or walks, and craft projects
- I also love coffee!