



COMMUNITY PARTNER QUARTERLY NEWSLETTER

VOL. 10

SUMMER 2022

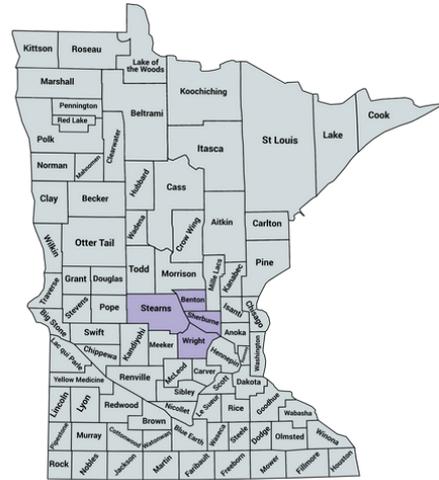


FIRSTSTEPSCENTRALMN.ORG

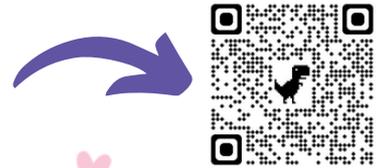
763-276-0441

Thank you to all who completed the survey in our last newsletter. Your feedback will help drive the continuation of Community Partner newsletters, areas of focus, and our collaborative outreach work.

During this past quarter, our leadership teams have been busy working on submitting Strong Foundations Applications through MDH's RFP process. If each of our counties are fully awarded, these grant funds will provide support to sustain each of our county's evidence based family home visiting programs for the next five year grant cycle, as well as maintain the current structure of our collaborative work across the region with support from our Regional Family Home Visiting Program Manager and Data & Analytics Manager. Stay tuned!



We hope you take the time to view our latest outreach video that provides a 4-minute recap of family home visiting. The video can be found on the main page of our [First Steps Central MN website](http://FirstStepsCentralMN.com) or by scanning the QR code (located to the right) on your cellphone. Our video is currently available in English, but we hope to also develop a video in Spanish and in Somali in the future.



Coming soon! [Xidig TV](http://XidigTV.com) will be featuring First Steps Central MN family home visiting as a local resource for families in an upcoming video release. Follow them on [Facebook](https://www.facebook.com/firststepscentralmn) to see this video in Somali once it's released.

First Steps Central MN is a team of Registered Nurses from Benton, Sherburne, Stearns, and Wright County Public Health who offer 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.

FIRST STEPS CENTRAL MN OUTREACH MATERIALS ARE AVAILABLE IN: ENGLISH, SOMALI & SPANISH

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.



Thank you to our community partners for continuing to send referrals to our centralized intake. Every referral that is received receives a follow-up phone call from one of our nurses. That conversation begins by the nurse listening to a family's needs, questions, and wants. From there, the nurse will use their nursing and maternal child health knowledge to answer the questions, provide education and information about resources, and offer a home visit. Our goal is to meet all pregnant and newly postpartum parents where they are at and connect them with the information and resources they want in order to support their pregnancy, postpartum, and parenting journey. Follow up from a Nurse is voluntary and provided at no cost to families.



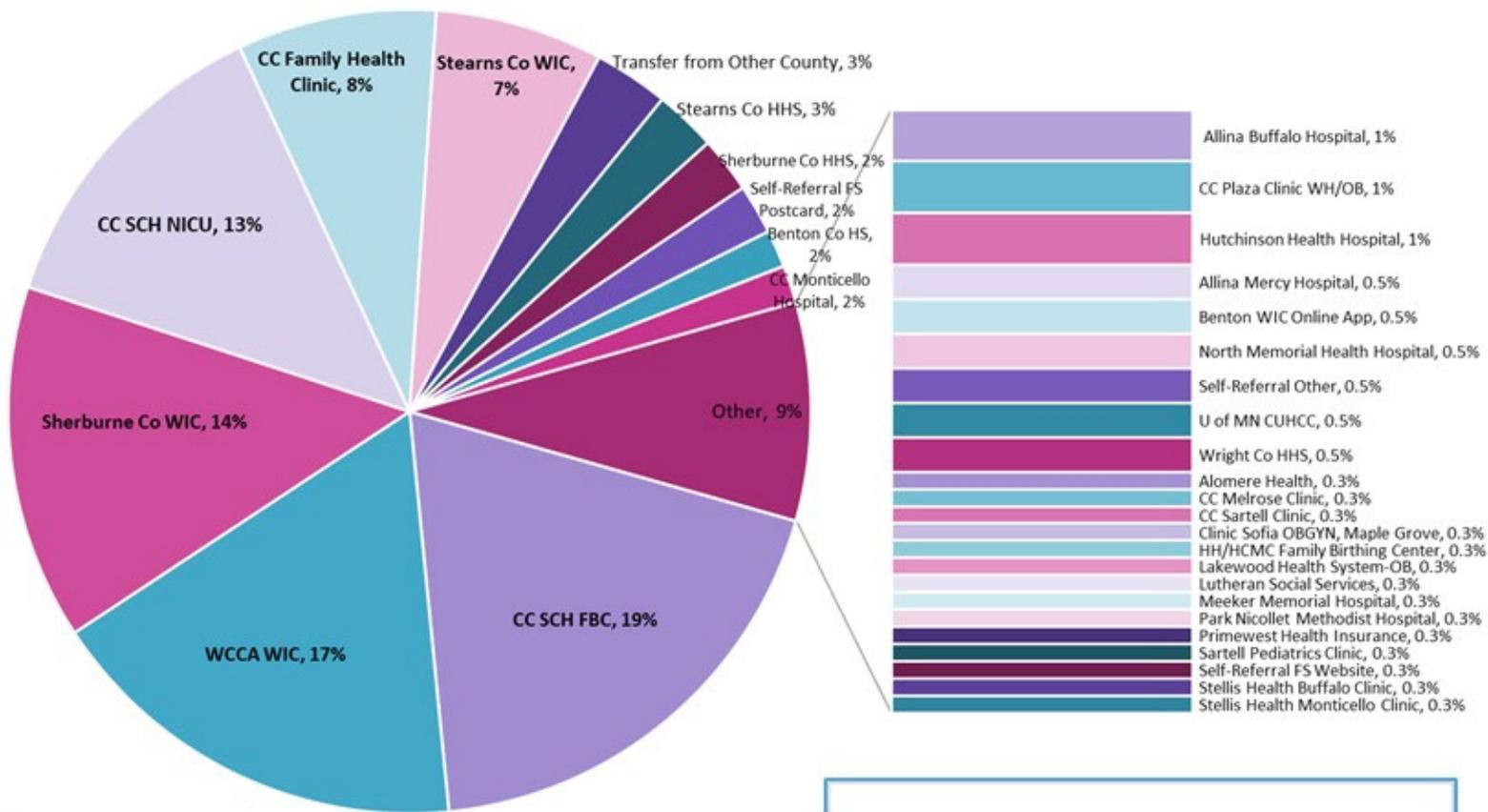
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QUARTERLY
NEWSLETTER

FIRST STEPS
CENTRAL MN

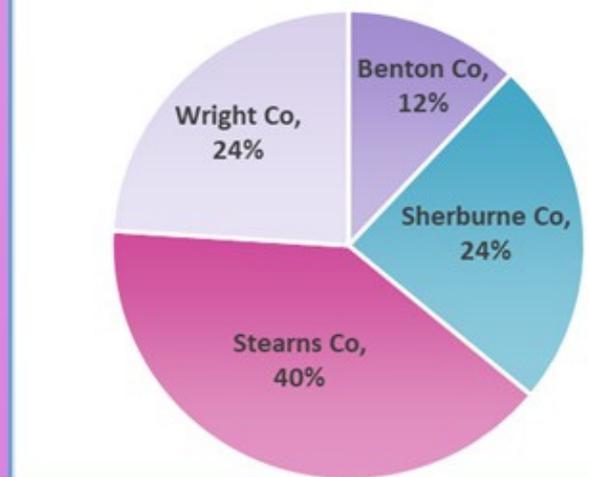
Thank you, Community Partners, for supporting families across the four-county region with referrals to First Step Central MN home visiting program. This year, we have received over 400 referrals from 36 partners.

FS CENTRALIZED INTAKE REFERRAL SOURCES, 2022 YTD



FS Personal Nurses reach out to all referrals to offer family home visiting and connect them to resources. In addition, they are available to answer immediate questions or provide referrals to other services, as needed.

FS % REFERRALS BY COUNTY OF RESIDENCE 2022



Outreach

We look forward to connecting with you in the months to come, for outreach, in collaboration to support families, and at local community events. If you see us out in the community, come say hi!



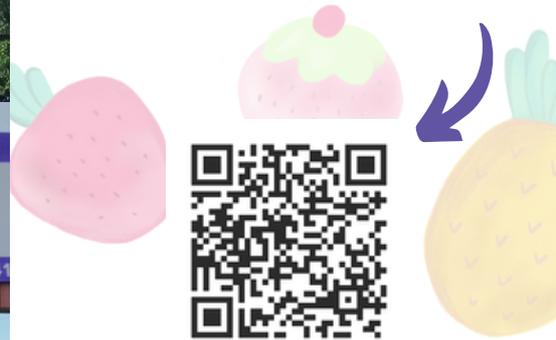
We invite you to continue to refer all pregnant or newly postpartum families to First Steps Central MN. You can make a referral to us by downloading and completing our [referral form](#) from our website then faxing it in to 763-765-4250. Or call 763-276-0441 to relay the referral information. Home visits with a personal nurse are provided at no cost to families and are always voluntary. Our visits continue primarily in-person, but do have both phone and telehealth options available as well. Because all families have needs, we encourage our community partners to connect ALL pregnant and newly postpartum families they serve to us.

Billboards

Keep an eye out for our new billboards across central MN now through the end of 2022. They are located in Sauk Rapids off Benton Drive, SE St. Cloud off Hwy 10, Sauk Centre off of I-94, and Clearwater off of I-94.



We would love to hear from you when you see the billboards! Take our quick survey here: https://sherburnehhs.qualtrics.com/jfe/form/SV_emV3Bik6pRvzoua



World Breastfeeding Week (WBW): August 1-7, 2022. This year's theme is "Step Up for Breastfeeding: Educate & Support". Additional Breastfeeding Resources can be found at: <https://firststepscentralmn.org/resources> and MN WIC: <https://www.health.state.mn.us/people/wic/index.html>

In honor of WBW, Sherburne County WIC Coordinator Kristen Bricko, RDN, LD, CLS submitted an article in our August 2022 family newsletter talking about Early Days of Breastfeeding. Check it out here: <https://firststepscentralmn.org/for-families>

Lactapalooza: celebrating all aspects of breastfeeding and human milk feeding journeys. The Central MN Breastfeeding Coalition is holding this event: Saturday, August 6, 9:30a-11:30a at Ellison Park in Monticello, MN.

Affordable Connectivity Program (ACP): allows qualified American households to reduce their internet service costs by up to \$30 per month (or \$75 per month on Tribal lands). Qualified households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if the household contributes more than \$10 and less than \$50 toward the purchase price. Learn more at [GetInternet.gov](https://www.getinternet.gov)

The **2023-2025 Community Health Improvement Plan** was recently completed for Benton, Sherburne, and Stearns Counties. The top community priorities remain building families and mental health. This Plan may be helpful for securing funding or providing support to internal strategic planning. If you wish to get involved or would like someone to attend one of your meetings to discuss the Plan, contact information can be found on pages 37-38: <https://tinyurl.com/2muc672v>

COMMUNITY PARTNER SPOTLIGHT

Since learning about First Steps Central MN in fall 2021, Lyda has directly referred 46 Spanish-speaking families via our Family Home Visiting Referral Form in her job as Community Health Worker at CentraCare. She also spreads the word about our services to even more families in her work with other community groups in which she is active with or has strong relationships, including Faith & Justice, CLUES, Lutheran Social Services, MMLA, CMSAC, UMN, Anna Marie's, and Tri-Valley Head Start. See below to hear from Lyda about how and why she connects families to First Steps. You will also hear why our Nurses love working with Lyda to coordinate care for families. Thank you, Lyda, for all your work with LatinX families in central MN!

LYDA AVILA,
COMMUNITY HEALTH WORKER
CENTRACARE HEALTH
FAMILY HEALTH CLINIC

WHY HAVE YOU FOUND IT IMPORTANT FOR FAMILIES YOU SERVE TO BE REFERRED TO FIRST STEPS?

It provides professional education to mothers in need and with different backgrounds. It helps connecting worlds: pregnant women and their families, Public Health, the health system and programs / organizations that could help specific patients. It is trying to understand what Community Health Workers are and it is open to make them part of the team. The home visits allow them to see and identify problems or needs patients could have and find ways to provide information or connect families with resources to help them. They do not speak Spanish, but they want to help and identify problems, barriers and needs and try to help families connecting them with the correct resources. When families are moving to new counties-towns-cities, First Steps helps them finding health care to continue prenatal visits.

IN YOUR OWN WORDS, HOW DO YOU TYPICALLY OFFER A REFERRAL TO FIRST STEPS?

There is not just one script to offer the services. You have to identify the needs of that pregnant woman and tell her how First Steps will help her. When you work with undocumented individuals or with women sharing an apartment or a farmhouse with other families, talking about home visits is not really attractive. You have to explain to them how the home visits work and why those are important. Some talking points I pull from:

"First Steps Central MN is a Public Health program, and it is free. You will have a nurse visiting you during your pregnancy and for a while after your baby is born. This is like having your personal nurse to ask all the questions your doctor does not have time to answer during the clinic prenatal visit. The home visits are scheduled, they are not just going to show up without letting you know. They are not going to judge you or to criticize your home or living conditions. They are going to help you understanding maternity, childbirth and how your body is changing. They know about programs and resources in the area that could be helpful for you and your family. They are going to help you communicate with your doctor or the health system in case of any problems or doubts. They work with me and contact me in case you have a specific need. They always use an interpreter and are not going to share any information about you or your family. Everything is private."

WHY OUR NURSES LOVE WORKING WITH LYDA:

"All of my Hispanic clients know who Lyda is and her dedication to the community. She has gone above and beyond to help and serve the Latinx community...she is amazing and has so many resources to share (specific to the Latinx community). I had a client that was not yet active with WIC and when the baby was born she drove to the clients home with sample cans of formula for the baby. She is a blessing to this community and I'm thankful to have her for support for our clients."

"Lyda is such a strong advocate for Hispanic families in Central MN!"

"Lyda is so knowledgeable about local resources. She is trusted in the LatinX community and goes above and beyond to connect families with resources that will support them in their parenting journey."