



Maine State Breastfeeding Coalition

FULL COALITION MEETING MINUTES

Meeting date | time 2/6/2020 | 12:30 – 3:30 PM | Meeting location *Maine Medical Center, Dana Center classroom #3, 22 Bramhall Street, Portland, ME*

Meeting called by MSBC Steering Committee

Type of meeting Full Coalition Meeting

Facilitator Amanda Powell

Note taker Donna Ellis

Timekeeper Kara Kaikini

Attending in person: Amanda Powell, Kelley Bowden, Sarah Gasbrielson, Michelle LeRiche, Jessica Rosenthal, Sydney Aritia-Jacques, Kelley Barton-Newkirk

Attending remotely: Reanna Plourde, Allison Marcoux, Kara Kaikini, Cindy Gooding, Ruth Burke, Donna DeMarsh, Jenny Desmarais, Amy Vanhaun, Jennifer Viger, Brooke Barron, Nicole Hart, Gina Davis, Lynne Ferris, Donna Ellis

AGENDA TOPICS

Agenda topic *Deeper Dialogue Discussion* | Presenter *Attendees*

- Attendees discussed screening for risk in pregnancy such as substance use, mental health, or intimate partner violence
- Tools mentioned: the American College of Obstetricians and Gynecologists' 4 P's (Parents, Friends, Partner, Person); CRAFT (Car, Relax, Alone, Friends, Trouble), Edinburgh Postnatal Depression Scale, SBIRT (Screening, Brief Intervention, Referral to Treatment), PHQ2, PHQ9
- Resources shared:
 - <https://www.maine preventionstore.com/collections/marijuana/products/marijuana-is-it-safe-when-breastfeeding>
 - <https://goodtoknowmaine.com>
 - <https://mainehealth.org/barbara-bush-childrens-hospital/services/perinatal-outreach-resources> (look under breastfeeding)
 - https://www.nnepqin.org/wp-content/uploads/2018/05/FULL-TOOLKIT-PDF_REV-05.21.18.pdf
 - *Postpartum Depression Screening and Referrals in Special Supplemental Nutrition Program for Women, Infants, and Children Clinics*; JOGNN - Jan 01, 2020; 49 | 1 | Pages 27-40; DOI: 10.1016/j.jogn.2019.10.007, DOI: <https://doi.org/10.1016/j.jogn.2019.10.007>; January, 2020 | Volume 49 | Issue 1

- BHRST – Behavioral Health Risk Screening Tool was shared by Ruth B. This tool screens for substance use, safety in relationships and emotional health. If the BHRST shows possible emotional health risk, the Edinburgh is then used within her organization.
- Recommendation made to consider a standardized screening tool built into their care system.

Agenda topic *Weclome* | Presenter *Amanda P.*

- Introductions made by all attendees whether in person or remotely connected

Agenda topic *Board of Directors Update* | Presenter *Kara K.*

- The Board is excited to welcome four new board members.
 - Orientation was completed at the Board Meeting in January
 - The next step is Strategic Planning
- The MSBC is in the first stages of its Story Telling event
 - Projected to be in the Portland area this year
 - Anyone interested, please let folks know by contacting a board member or sending an email through: mainbreastfeeds@gmail.com or <http://www.mainebreastfeeds.org/contact>

Agenda topic *Motivational Interviewing* | Presenter *Kelley Barton-Newkirk; Health Education & Training Institute (HETI Maine)*

- Kelley presented an informative Power Point presentation, accompanied by an exercise and group discussion.
- Key Elements:
 - Empathy – the core of Motivational Interviewing
 - Definition – “Accurate understanding of the other’s world as seen from the inside of them.”
 - Accurate understanding is not always necessary, guessing is ok.
 - Listening – our job is to inspire, not inform
 - Focus: what is the person saying? (simple reflection)
 - Focus: what does the person MEAN? (complex reflection)
 - Presence – Motivational Interviewing is “walking along side someone while resolving their ambivalence.”
 - Listen well
 - Undivided attention
 - Acceptance
 - Silence
 - Deep Interest
 - Friendly – congruent body language

- Optimistic
- Heard and believed
- Empathetic reflection
- Minimize/No questions – giving more space for reflection

Agenda topic *Connecting the Dots* | Presenter Kara K.

- Individuals shared New Knowledge Worth Having
 - Kara shared her experience representing the MSBC providing testimony for donor milk reimbursement. Scheduled working group session for today has been rescheduled for next week due to inclement weather.
 - Kara shared that LD 1613, “An Act Regarding Women’s Health and Economic Security,” a bill that would replace lost federal funds with state funds to sustain Maine’s existing family planning network will be heard next week, in case people are interested in providing testimony.
 - The Providing Urgent Maternal Protection (PUMP) for Nursing Mothers Act (S. 3170 has been introduced in the U.S. Senate with bipartisan support. Individuals have been referred to the USBC website to show their support. MSBC has provided support as an organization.
 - Meal Train progress was shared: Kelli is now home with her baby; 29 deliveries of milk were made from Windham to Winslow from October thru January.
 - Amanda and Kara shared information regarding a joint project with the CDC. In collaboration with a student they are assisting with website resource information development and review. This project is to be completed by the end of May.
 - Sydney Aritia-Jacques discussed information she is seeking for a project with the Maine People’s Alliance.
 - She is working with LD 1693 which plans to put an end to force arbitration workplace agreements.
 - Her email contact: sydney@mainepeoplesalliance.org
 - Sarah G. shared she has just completed proofing her first manuscript for publication.
 - Amy shared information about her organization pumpsporting which is a community driven, breastfeeding and digital health platform to help families meet their breastfeeding goals. They have recently launched their corporate lactation program.
 - Jennifer V. indicated that York County WIC has two peer counselors, one CLC and provide a weekly support group.
 - Nicole H. shared Maine Mother & Company <https://www.mainemother.com>, located on 54 Cumberland Street, Suite 5, Brunswick, ME 04011. Providing individual support, mother and baby groups, workshops and events.
 - Amanda P. mentioned her hope to develop a reward/award program for “best places” supporting mothers transitioning to work.
- Individuals shared what they will take away from today’s meeting.

- Upcoming Events
 - April - MSBC Annual Meeting during the BEST Conference
 - May - MSBC Story Telling event
 - June 4, 2020 - next MSBC Full Coalition Meeting
 - August - World Breastfeeding Week

- Conclusion - Meeting ended at 3:25 PM

- Respectfully submitted by:

Donna Ellis RN, MSN, IBCLC, ANLC

MSBC Secretary