



Maine State Breastfeeding Coalition

FULL COALITION MEETING MINUTES

Meeting date | time *June 4, 2021 | 1:00pm* | Meeting location *zoom*

Meeting called by	MSBC Steering Committee	Attending in person: none
Type of meeting	Full Coalition Meeting	Attending remotely: Dr. Ali Kopelman, Allison Marcoux, Amanda Rossignol, Amanda Powell, Ambrosia Ross, Amy Van Haren, Ashley Olen, Brooke Barron, Dara Fruchter, Ellen Kunkle, Jemma Penberthy, Jen Viger, Jessica McCurdy, Kara Kaikini, Katherine Fortin, Kelley Bowden, Kelly Murphy, Lyndsay Mitsopoulos, Lynn Tauss, Petrichor Kneeland-Campbell, Reanna Plourde, Ruth Burke, Valerie Eldredge
Facilitator	Kara Kaikini	
Note taker	Jessica Rosenthal	

AGENDA TOPICS

Agenda topic *Board of Directors Update* | Presenter *Kara Kaikini*

- Applied to become members of US Breastfeeding Committee (USBC). Thorough application. Allows voting, increased participation, discount on USBC Conference. (Board member Petrichor Kneeland-Campbell will be attending.)
- Strategic Plan in progress. Survey to complete. Please share survey.

Agenda topic *Maine Maternal Opioid Model (MOM) Plan of Safe Care* | Presenter *Ashley Owen, BA, BSN, RN, Clinical Nurse Consultant, Office of Child and Family Services & Dara Fruchtor, BA MS, Project Manager, Infant and Maternal Substance Use Prevention Coalition, Maine CDC*

Maine's Plan of Safe Care for Infants, Mothers, Families and Other Caregivers

- What is a Plan of Safe Care (POSC)? Who needs one?
 - US gov requires every state to have POSC for infants exposed and/or affected by prenatal substance exposure, their mothers, families and/or other caregivers (CAPTA 1974/CARA 2016 – Comprehensive Addiction and Recovery Act)
 - POSC ensures ongoing safety, well-being and best possible long-term health and developmental outcomes for substance exposed infant, their mother and families. Identify needed services/resources and defines actions to align these. POSC includes referrals to these services. State child welfare agencies are responsible for federal data reporting, but others can initiate

POSC. Can be created perinatally (preferred) or immediately after birth. Create w/the family. Currently in *Phase 1 and Phase 2* in Maine.

- Maine's POSC Timeline:
 - Winter 2021: Phase 1 – Education and training for community partners, hospitals and pediatrics.
 - Summer 2021: Maine MOM will begin (engage more moms living with OUD and some POSCs created)
 - Early fall 2021: Phase 2: training for prenatal providers and start discussing workflows.
 - By Winter 2022: POSCs started prenatally. Long-term have POSC for all infants born in Maine regardless of substance exposure.
 - Some families will have child protection investigation and some will have public health nursing referral (when no concern for abuse/neglect)
- POSC Key Elements: create prenatally, patient engagement, built in collaboration w/family, independent of OCSF notification, strength based, accessible to patients.
- First 5 months of POSC Implementation
 - Implemented at all 26 birthing hospitals in Maine w/training to prenatal, fam med, peds and POSCs being made by many
 - Since implementation at start 2021, increase from 55% of notifications of substance exposed infants (SEI) that created POSC in Jan to 90% of families of SEI w/notifications to OCFS creating POSC in April
 - Has highlighted common trends of referrals: housing, dental, mental health, substance use counseling, WIC, lactation, parenting support groups, public health nursing and Maine Families
- Things to Consider when interacting w/families w/SEI
 - Can discuss/start POSC, can engage them w/provider to assist, active through age 12 months of age, any caregiver of SEI can be included
- POSC Documents: POSC form Mothers, Infants & Families, POSC form Resource Families, POSC checklist, POSC website (<https://www.maine.gov/dhhs/mecdc/population-health/mch/plan-safe-care.shtml>). Trainings, FAQ, and data reporting coming.
- POSC Office Hours 1st and 3rd Friday each month 1:00 – 2:00pm.
<https://mainestate.zoom.us/j/82283915151>
- Kara Kaikini's question: POSC's have included referrals to lactation. Do you have enough resources? Ashley's answer: yes, we need more resources. Please share any resources. Can connect with other providers and hospitals as well through OCFS. Kara will post shared resource document to which other resources can be added.
- Katherine – public health nurse. Contributes that she has not seen a POSC in action yet but is excited to see the back that has list of resources. Jessica, public health nurse, finds that biggest stumbling block is that because it is connected to OCFS, some people are scared of it. Kara wonders if anti-bias training on part of DHHS might decrease stigma around use of POSC.
- Maternal Opioid Model (MOM): Amanda Powell is program coordinator for Perinatal Substance Use Disorder Program at MaineHealth. July 1, 2021 sites will go live w/integrated model of care.

MaineHealth practices can provide IMAT along w/prenatal visits.

Agenda topic *Connecting the Dots* | Presenter *Amanda Powell*

- Kara Kaikini:
 - Diversity Science: An Evidence Based Approach to Inclusion.
<https://www.diversityscience.org/training/equal-perinatal-care/>
 - HealthConnect One does training to become a breastfeeding advocate
 - Perinatal Outreach: August 4 - Stillbirth webinar, Sept 1 – Milk Supply webinar, Nov 3 – Perinatal Mental Health Treatment and Lactation webinar w/Leora Rabin, MD.
<https://mmcpeo.coursesform.com/category/breastfeeding-education>
 - CDC Racial and Ethnic Disparities in Breastfeeding Initiation: Maine is 9% for disparity between racial/ethnic groups (compared to national average of 16%).
https://www.cdc.gov/mmwr/volumes/70/wr/mm7021a1.htm?s_cid=mm7021a1_w
<https://www.cdc.gov/mmwr/volumes/70/wr/pdfs/mm7021a1-H.pdf>
- Brooke Barron: legislative updates
 - Legislature returned to the State House yesterday for the first time since COVID. They've been meeting at the Augusta Civic Center all year. There are 1100 bills that have been considered by the committees and waiting to be voted on by the full House and Senate. The target date for adjournment is June 16, so there are just 9 days to go.
 - LD 1559 (SP 501): "Resolve, To Create the Commission To Develop a Paid Family and Medical Leave Benefits Program"
 - Sponsored by Senator Matthea Daughtry
 - Public Hearing on May 7th: 44 items of public testimony!
 - Passed Labor & Housing Committee with bipartisan support, will be voted on by full House and Senate in the next 2 weeks... Ought to Pass as Amended...
 - LD 85: "An Act Concerning MaineCare Coverage for Donor Breast Milk" (sponsored by Rep. Margaret Craven)
 - Passed by House and Senate.
 - Now on "the Appropriations Table". In mid-June, after the Legislature is finished with the rest of its work, the Appropriations Committee will decide how to divvy up any funding leftover in the budget – all the bills with a price tag will be on the "Appropriations Table".
 - Price tag is \$157k a year.
 - If it is funded "off the table" (meaning approved for funding by the Appropriations Committee), it will have another vote by the Senate and then on to the Governor's desk to (hopefully) be signed into law.
 - LD 265, "An Act to Provide Women Access to Affordable Postpartum Care" (sponsored by Senator Anne Carney)
 - Passed its second "enactment" vote in the House yesterday. Next step is the Appropriations Table.
- Allison Marcoux from Maine General WIC. No challenges. Good news: opening doors for in-person appointments.
- Amanda Rossignol, – Western Maine Community Actions WIC. No challenges. Seeing people in person. Newly hired breastfeeding peer counselor, now back from maternity leave.

- Amy VanHaren – founder of pumpspotting (breastfeeding technology company): lots of dialogue about pumping in the workspace. Launching a collaborative of employers who are doing things to support breastfeeding-friendly practices. Breast Express RV (a.k.a. Barb) has been off the road during pandemic. pumpspotting has created a one-stop support place for employers, including thinking about their spaces, connect pumping moms, access to LCs.
- Dr. Alison Kopelman – pediatrician who recently opened private practice Personalized Pediatrics of Maine. CLC and awaiting results of IBCLC test. Opening a new community milk depot/dispensary on June 15. Open to community. Currently PDHM shortage, so dispensary will not open until July.
- Ellen Kunkle – childbirth educator at MMC, doula, VP of outreach of Maternal Health Alliance of Maine. At MMC, all childbirth classes are still remote. Runs New Parent Circle Thursday mornings for new parents and babies. Can join prenatally or post-partum. Maternal Health Alliance of Maine – non-profit founded 7 years ago to increase awareness around perinatal mental health. Runs support groups every Saturday AM. Free but need to register. Having event June 26 @ 11am at Forth Williams Park in Cape Elizabeth: Climb Out of the Darkness.
- Ambrosia Ross – WIC Washington County, breastfeeding peer counselor. Was able to work w/anesthesia at Downeast Community Hospital to change breastfeeding recommendations around surgery.
- Jemma Penberthy – public health nursing supervisor for Cumberland and York counties for Maine CDC. Biggest challenge is pandemic but starting to come out. Public health nursing team was redeployed to focus on pandemic but now starting to reengage.
- Jen Viger – York County Community Action breastfeeding coordinator. Starting to see some people in person but not many. WIC providing \$35/month fruit/veggie supplement.
- Jessica McCurdy – public health nurse. Has not been able to go into homes for last 18 months. Starting CLC training tomorrow.
- Katherine Fortin – public health nurse out of Portland office. Cover Cumberland, York and Brunswick area. Was able to continue w/maternal-child support, mostly over phone. Was able to have some in person visits (walks, delivering food). Referrals through CradleME, through 211, L&D.
- Kelly Bowden – Perinatal Outreach Education Coordinator, nurse w/NICU background. Lots to learn about COVID and breastfeeding. Lots of questions about marijuana, pregnancy and breastfeeding. Upcoming free virtual conference part of Northern New England Perinatal Quality Improvement Network– keynote speaker Dr. Mary O’Connor, one of co-authors of AAP marijuana and breastfeeding conference. Statewide project working on regionalization of care, clarifying levels of care, so that moms and babies get the care they need in the most appropriate location possible.
- Lyndsay Mitsopoulos – breastfeeding coordinator for WIC at Opportunity Alliance in Cumberland county. Still all telehealth and in office for pick up of supplies. Will transition back in August.
- Lynn Tauss – nurse and LC at PenBay. PenBay now allowing doulas in. New lactation suite at PenBay. Regarding PDHM policy, finding that moms that sign up for PDHM are not actually pumping, which is part of the agreement. Virtual support groups have not been a great success. Looking forward to returning to in person.
- Petrichor Kneeland-Campbell – LLL Leader, Chair of US EDI committee. Lots of EDI challenges lately. Discussions in LLL about when to return to in person support. Major push for leadership to do DEI

trainings. New facebook group for LGBTQ families who are nursing babies. Looking forward to USBC conference.

- Reanna Plourde – breastfeeding coordinator and dietician for Bangor WIC and part of Bangor Breastfeeding Coalition. WIC doing mostly phone based work currently. Still doing newborn nutrition session remotely led by breastfeeding peer counselor. Mini-series (5 minute) videos on breastfeeding topic. Challenges around promoting breastfeeding in pediatric and ob practices. Formula reps are prominent in those offices. WIC working to be more visible. Working on revising card that contains information about laws that protect breastfeeding women. Starting to help w/MSBC social media pages.
- Valerie Eldredge – breastfeeding peer counselor for Hancock County. Challenge – lost breastfeeding coordinator. Running parent group w/very low participants and struggles w/zoom groups. Needs nursing bras.

Agenda topic *Wrapping Up* | Presenter *Kara Kaikini*

- World Breastfeeding Week Aug 1-7
- August is World Breastfeeding Month w/theme for each week
- Next meeting: Thursday, August 5 during World Breastfeeding Week

- Conclusion - Meeting ended at 3:01pm