

U.S.-BORN AFRICAN AMERICAN INFANT MORTALITY PROJECT

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Community Co-Learning Sessions

September 11, 18, 25, 2017
and October 2, 2017

Center for Families
3333 4th Street North Minneapolis MN
55412



Welcome

GOALS:

1. To gain an understanding of the history, policies, systems, and environments that affect the birth outcomes of U.S.-born African American women in Hennepin County
2. To build the community's leadership capacity to bring forward African American infant mortality issues into the public arena.
3. To activate the community to change the conditions under which African American babies are born

ACKNOWLEDGMENT

The Center for Health Equity wishes to thank the Community Voices and Solutions (CVAS) project leadership team, and especially the work group members, for helping plan the co-learning sessions.

SCHEDULE

Session I: September 11, 2017

- 5:00-5:30 pm Dinner
- 5:30-6:30 pm Welcome and Introductions, Overview of Co-Learning Sessions
- 6:30-7:30 pm Structural Racism and Health Inequities
- 7:30-7:40 pm Harvest, Next Session

Session II: September 18, 2017

- 5:00-5:30 pm Dinner
- 5:30-6:30 pm Infant Mortality in Hennepin County
- 6:30-7:30 pm Legacy of Trauma: Context of the African American Existence
- 7:30-8:30 pm Maternal Mental Health: Developing Emotional Wellness
- 8:30-8:40 pm Harvest, Next Session

Session III: September 25, 2017

- 4:30-5:00 pm Dinner
- 5:00-6:00 pm Housing as a Strategy for Health
- 6:00-7:00 pm Maternal health & Pregnancy
- 7:00-8:00 pm Healthy Pregnancy & Nutrition
- 8:00-8:40 pm Parenting
- 8:40-8:50 pm Harvest, Next Session

Session IV: October 2, 2017

- 4:30-5:00 pm Dinner
- 5:00-6:00 pm Building our Collective Capacity to Act
- 6:00-7:00 pm CelebrateOne/Transportation
- 7:00-8:00 pm Best Babies Zone-Castlemont/Economic Dev.
- 8:00-8:30 pm Successful Models of Infant Mortality Reduction: Examples
- 8:30-8:40 pm Harvest, Next Session

Session I: September 11, 2017

Learning Objectives:

1. Increase one's understanding of the MDH U.S.-Born African American Infant Mortality Project, and the goals and objectives of the Community Co-Learning Sessions
2. Describe how structural racism impacts the health and well-being of African Americans
3. Describe how early traumatic experiences can affect young brain development

Topic 1 Racism and Health Inequities

Rachel Hardeman, PhD, MPH

This session will explore the historical context of structural racism, its role in creating health inequities in the United States, and the importance of naming and recognizing racism in order to mitigate its impact on society and health.

Topic 2 Stress & Brain Development

Barbara (Bob-e) Simpson Epps, MA candidate; CEO of BASE Consulting; Partner at Dave Ellis Consulting, LLC; ACES Master Trainer Facilitator; Certified Diversity, Equity and Inclusion Trainer; Certified Life Coach

This session will explore the impact of trauma and stress on fetal and early childhood development through the lens of neurobiology and the study of epigenetics.

Session II: September 18, 2017

Learning Objectives:

1. Increase one's understanding of multigenerational trauma and identify historical events that have impacted current health and birth outcomes
2. Describe how structural racism impacts the health and well-being of African Americans
3. Describe how early traumatic experiences can affect young brain development

Topic 1 Infant Mortality in Hennepin County

Karen Adamson, RN, MPH

This session will present the data on and trends in infant mortality in Hennepin County along with strategies that have been implemented to address the issue.

Topic 2 Legacy of Trauma: Context of the African American Existence

Brandon Jones, MA, MFT

This session will explore the link between historical and current trauma related to the African American community, their experiences, perceptions, beliefs and behaviors that may act as challenges in addressing infant mortality. Practical, culturally sensitive, trauma-informed, outcome-driven practices focused on progress will be discussed.

Topic 3 Maternal Mental Health: Developing Emotional Wellness

Dr. BraVada Garrett-Akinsanya, PhD

This presentation is about "Everything You Wanted to Know About Mental Health & Emotional Wellness But Were Afraid to Ask," including pregnancy and mental disorders, types of providers and treatment options, stress and coping, and monitoring and changing behaviors.

Session III: September 25, 2017

Learning Objectives:

1. Increase one's understanding of the importance of healthy housing and how housing policy impacts health.
2. Learn about the Mother-Baby Program at Hennepin County Medical Center and how trauma-related disorders impact the mental health of African American women and their children.
3. Increase one's understanding of African American maternal mortality.
4. Learn about the Circle of Security Parenting program and the importance of building relationships as a foundation for a child's growth.

Topic 1 Housing as a Strategy for Health

Gina Ciganik, CEO

Healthy and affordable housing is a foundational component of community wellness, and directly affects maternal and child health. Phrases such as "Housing is Healthcare" or "Housing is critical community infrastructure" are beginning to reach mainstream conversations. In today's presentation, we will discuss the urgency for addressing the gaps in affordable and healthy housing as a key strategy for community and human health. In particular, the use of healthier building materials will be discussed as a means of protecting children.

Topic 2 Mental Health & Pregnancy

Jessica Kuendig, MSW

A brief overview of perinatal mood, anxiety, and trauma-related disorders with specific emphasis on the impact of historical trauma and racism on the mental health of African-American women and their children. The presentation will describe the work of the Mother-Baby Program at Hennepin County Medical Center in Minneapolis.

Session III: September 25, 2017

Topic 3 Healthy Pregnancy & Nutrition

Dr. LaVonne Moore, DNP, CNM, IBCLC, ICCE

This presentation will address the staggering rate of maternal mortality for Black women and what it means to have a healthy pregnancy.

Topic 4 Parenting

Carmita McGlory

The presentation will discuss the Circle of Security parenting program, which supports parents learning to build a relationship with their children by making a connection to not only physical development but also emotional development of their growing child. This program helps parents understand social learning at each developmental stage.

Session IV: October 2, 2017

Learning Objectives:

1. Increase one's understanding of community organizing strategies and how to build collective capacity to act.
2. Learn about the CelebrateOne infant mortality program in Cincinnati, Ohio and how they connect women to care as one of their strategies.
3. Learn about Castlemont's infant mortality program in Oakland, California, one of six Best Babies Zone sites around the country, and how they address the lack of economic opportunity as one of their strategies.
4. Learn about examples of successful infant mortality reduction programs around the country.

Topic 1 Community Organizing: Our Collective Capacity to Act

Jeanne Ayers

This session will introduce a community organizing and systems approach to building our collective capacity to assure healthy futures for the African American community. The three practices of the Triple Aim of Health Equity will be demonstrated through examples in action. These include:

1. Expand the understanding of what creates health
2. Strengthen the capacity of communities to create their own healthy futures
3. Implement a Health in All Policies with Equity as the Aim

Topic 2 CelebrateOne Infant Mortality Program

Erika Clark Jones and Patrice Brady

CelebrateOne is a community-wide, collective impact initiative, led by Columbus, Ohio Mayor Andrew Githers' Office that aims to reduce the Franklin County, Ohio infant mortality rate by 40% by the year 2020 and reduce the disparity gap between black and white infant mortality rates by 50% in 5 years. Every year since 2010 in Franklin County, over 150 babies do not live to the age of one. Infant mortality is not simply a health issue. It is a complex, systemic problem that results from babies born too soon or too small, unsafe sleep practices, smoking, birth defects and social and economic conditions in disadvantaged neighborhoods.

Session IV: October 2, 2017

Infant mortality is a key indicator of a community's overall well-being that ultimately reflects quality of life metrics for Columbus residents.

Topic 3 Best Babies Zone-Castlemont Infant Mortality Program

Mariela Uribe and Emily Warming

The Life Course Perspective suggests that disproportionate exposures to risk factors may increase the risk for poor birth outcomes. Best Babies Zone is a national initiative aiming to reduce infant mortality. Using a place-based approach, the six Best Babies Zone cohorts are uniquely addressing systemic factors that contribute to infant mortality. This presentation will provide an overview of Best Babies Zone nationally and provide case examples from the Castlemont site focusing on the economic equity projects piloted in the Castlemont zone.

Topic 4 Successful Models of Infant Mortality Reduction: Examples

Mia Robillos

Infant mortality is a critical issue not only in Minnesota but in other states. Various models have emerged and are successfully being implemented in cities around the country, including those that experience wide disparities in African American infant mortality. Hear about some of these successful models of infant mortality reduction, strategies they are using, and outcomes they have achieved.

Karen Adamson, RN, MPH

Karen is the Manager for Maternal Child Health and Early Childhood services in Hennepin County Human Services and Public Health Department. As a Public Health Nurse she has worked with mothers and young children in the county for over 30 years. She has developed intensive home visiting projects for depressed mothers and pregnant and parenting teens within the County. Dedicated to ensuring every baby born in Hennepin County has the opportunity for nurturing and normal development, she has made the county a leader in screening and referrals at primary clinics and WIC sites. She is working with Child Protection and the 4th District Judicial Court to provide PHN visits to children under age 5 in out of home placement. Karen received the Charles Sprafka Award for Leading the Way in working with high-risk families from prenatal to age five in 2014.

Jeanne F. Ayers, RN, MPH

Jeanne F. Ayers, RN, MPH serves as Chief Health Equity Strategist and Assistant Commissioner for the Minnesota Department of Health (MDH). MDH is the state's lead public health agency. Appointed in 2011, Ayers is responsible for the Health Improvement Bureau. She led development of the "Advancing Health Equity in Minnesota: A report to the State Legislature", and establishment of the Center for Health Equity and the role of American Indian Health Director. Prior positions include director of nursing and preventive services at the University of Minnesota, Boynton Health Service and executive director of the Centers for Public Health Education and Outreach at the School of Public Health, University of Minnesota. Ayers' community activities include working with broad-based community organizers to deepen the public understanding of health, the social determinants of health and their relationship to race, place and class. Ayers served as the chief architect of ISAIHA's health equity and healthy communities work. She launched and directed the Healthy Heartland Initiative a partnership of community organizations in five Midwestern states working with public health to build organizing capacity to affect public policy to advance health equity. She was selected as the 2010 University of Minnesota Josie R. Johnson Human Rights and Social Justice Award winner for her work on health and racial equity. Ayers earned a master's degree in public health from the University of Minnesota and a bachelor's degree in nursing, from Marquette University in Milwaukee, Wisconsin.

Patrice Brady

Patrice Allen Brady is the community programs manager with CelebrateOne. Prior to her current position, she worked as a senior planner on the initiative to align strategies and target City of Columbus, Franklin County, business and community resources to improve the social and economic conditions that that impact infant mortality. Patrice is a Columbus, OH native that is passionate about positively impacting the social determinants of health of the residents in the CelebrateOne 8 highest priority neighborhoods. She has a bachelor's degree in business administration from Otterbein University and a master's degree in city & regional planning from The Ohio State University Knowlton School of Architecture.

Gina Ciganik, CEO

Gina Ciganik, Chief Executive Officer: As CEO, Gina is leading the Healthy Building Network into its next chapter, building upon its initial successful years. Healthy Building Network is poised to grow and scale its mission impact. Gina envisions a day when the built environment contributes to the health of all people, especially communities of limited means who have the greatest health disparities and highest chemical exposures. She is nationally recognized for advancing policy initiatives and producing healthy and ultra-high-performance affordable housing. She is an experienced executive and community development leader with a proven track record of providing creative solutions to complex real estate, housing policy, and community health issues.

Gina was previously Senior Advisor for Housing Innovation, creating and leading HBN's healthy materials expansion into the affordable housing sector with the HomeFree initiative. Prior to joining HBN, she spent 18 years at Minneapolis-St Paul area affordable housing developer as the Vice President of Housing Development. Gina led the development of thousands of affordable housing units, culminating in the construction of The Rose, a 90-unit apartment in downtown Minneapolis that set a new national standard for healthy affordable housing.

Dr. BraVada Garrett-Akinsanya, PhD

Dr. Garrett-Akinsanya has worked in the field of mental health for over 30 years. She is a licensed clinical psychologist and Executive Director of the African American Child Wellness Institute, a children's mental health agency dedicated to the

research, delivery and coordination of comprehensive wellness strategies for children of African descent. Dr. Akinsanya also serves as the President of Brakins Consulting and Psychological Services, which has the mission of “providing excellent, culturally competent mental health and consultation services that meet the needs of children, adults, families and organizations.” In August 2009, Dr. Garrett- Akinsanya became the first Board Certified psychologist in Minnesota to be named a Fellow/Diplomat in African Centered/Black Psychology by the National Association of Black Psychologists. She is the past president of the Minnesota Association of Black Psychologists, and was the founding President of the Multi-Cultural Specialty Providers Mental Health Network. Dr. Garrett-Akinsanya is a recognized leader in Multiculturalism in the American Psychological Association and was the first African American to serve as President of the Minnesota Psychological Association. She is known for her “African-Centered Wellness Model” which explains mental health within the context of African American cultural identity and environment.

Rachel R. Hardeman, PhD, MPH

Dr. Hardeman is an Assistant Professor in the Division of Health Policy & Management, University of Minnesota School of Public Health. She received her Ph.D. in Health Services Research Policy and Administration from the University of Minnesota. Dr. Hardeman is a health inequities researcher whose work focuses on the provider contribution to equity and quality of health care delivery, and the ways in which race impacts health care delivery and the clinician-patient encounter. She has a particular interest and focus on prenatal care delivery and persistent disparate birth outcomes for African American women. Dr. Hardeman is also a leading expert in medical education research focusing on the experiences of under-represented minority physician trainees and how physicians are trained to provide equitable and bias-free care. Her training at the intersection of health services research and sociology allows her to use a Critical Race Theory framework as a lens by which to examine health inequities.

Helen Jackson Lockett-EI

Helen Jackson Lockett-EI is a Community Engagement Planner in the Center for Health Equity (CHE) at the Minnesota Department of Health. She is currently working on a project to address infant mortality among U.S. born African Americans in Hennepin County, through a health equity lens. Ms. Lockett-EI has recruited and engaged over 20 community members to be involved in Community Voices and Solutions (CVAS) Leadership Team that has established a shared-decision making approach in addressing infant mortality. In addition to over 20 years of community engagement Ms. Lockett-EI has worked

with various groups facilitating and promoting health and well-being. As a HCMC project coordinator for Accountable Community for Health that examined care coordination and community collaboration for individuals with depression, and 10 years as program director of the health initiative *There is a Balm* at Stairstep Foundation in Minneapolis. She has an undergraduate degree in biology from the U of Minnesota and a master's degree from Luther Seminary. She completed her residency in Clinical Pastoral Education at Hennepin County Medical Center. Ms. Lockett-El is an ordained minister who has worked several years as a chaplain in Minneapolis and Saint Paul trauma centers and is actively involved in Grief & Loss facilitation.

Brandon Jones, MA, MFT

Brandon Jones is the Integrated Services Manager at NorthPoint Health & Wellness Center. He brings a down-to-earth and compassionate attitude to mental health. Brandon has practiced psychotherapy now for close to three years. His specializations are in Adverse Childhood Experiences (ACEs), Historical and Intergenerational trauma, Social/Emotional Intelligence (EQ), Leadership, and Youth Justice. Born and raised in Saint Paul, Minnesota, Brandon has survived living in a home where domestic violence and various other forms of trauma were present. Brandon holds a B.A. in Sociology from the University of Minnesota, a Masters in Community Psychology from Metropolitan State University, and a Masters in Psychotherapy (MFT) from Adler Graduate School.

Erika Clark Jones

Erika Clark Jones is the Executive Director of CelebrateOne in Columbus, Ohio, a community-wide, collective impact initiative that aims to reduce the Franklin County infant mortality rate by 40% by the year 2020 and reduce the disparity gap between black and white infant mortality rates by 50 percent in 5 years. Erika leads a coalition of partners including Columbus Mayor Andrew Ginther, the Columbus Health Commissioner, Columbus area hospitals, the Franklin County Commissioners and several community-based agencies. Erika's experience spans across public affairs, public policy, constituent relations and engagement, and strategy development and management. Erika's career includes 12 years in the Mayor's Office including time as Deputy Director of the Community Relations Commission, Policy Director and Director of the Office of Homeless Advocacy. Additionally, Erika led the Southern Gateway Initiative to improve neighborhood

conditions on Columbus' South Side. Erika is a native of Columbus. Erika graduated from Columbus Eastmoor High School, attended the University of Chicago and graduated from Capital University. Erika is a member of the Vineyard Church of Columbus and resides in Central Ohio with husband Mark Jones, Sr. and their 3 sons.

Jessie Kuendig, MSW

Jesse Kuendig is a Licensed Independent Clinical Social Worker and received her Masters of Social Work degree from the University of Chicago. She completed a post-Master's program in Infant and Early Childhood Mental Health at the Institute of Child Development at the University of Minnesota. She is the Program Coordinator and psychotherapist at the Mother-Baby Program at Hennepin County Medical Center, a mental health treatment program for pregnant women and families with children ages 0-5.

Carmita McGlory, MSW

Carmita McGlory MSW LICSW, is a Senior Psychiatric Social Worker with NorthPoint Health and Wellness Center. She is a clinical social worker specializing in therapeutic interventions to assist families respond to trauma in ways to restore health and wellness. Her responsibilities at the clinic include case manager for high-risk pregnant and parenting families, co-facilitator of Parenting, Childbirth, and Centering Pregnancy education classes.

LaVonne Moore, DNP, CNM, IBCLC, ICCE

Dr. LaVonne Moore is founder and CEO of Chosen Vessels Midwifery Services, a subsidiary of Kemet Circle, LLC. Kemet Circle was born in 1998 out of a desire to address health disparities for women of color by providing training and curriculum development. Since its conception, it has expanded to offer intimate services such as health and lactation counseling, and birth support for all women.

Dr. Moore has a Doctor of Nursing Practice degree from St. Catherine University, a Master of Science in Nurse Midwifery degree from the University of Minnesota, and a Master of Arts in Health & Human Services Administration degree from St. Mary's University. She is a Certified Nurse Midwife, Certified Women's Healthcare Nurse Practitioner, International Board

Certified Lactation Consultant, and Certified Childbirth Educator. She is adjunct faculty at St. Catherine's University and Thomas Edison College, teaching graduate nursing and women's health courses.

Mia Robillos

Mia Robillos is a Research Scientist at the Minnesota Department of Health Center for Health Equity (CHE) which she joined in 2014. At CHE she is responsible for reporting and evaluation for all grant programs, and provides evaluation technical assistance to local public health departments. Previously she was a Graduate Research Assistant at the University of Minnesota and a Research Associate at Rainbow Research Inc. in Minneapolis. Mia has over 25 years' experience in research and evaluation in the areas of health, education, social services, and organizational capacity building for a wide range of organizations including nonprofits, foundations, public school systems, and government agencies. She holds a Master's degree in Agricultural and Applied Economics and has completed coursework in the Applied Economics doctoral program at the University of Minnesota.

Barbara A. Simpson Epps

Barbara (Bob-e) Simpson Epps has spent a lifetime working to enhance the operations and effectiveness of organizations in both the public and private sectors. Deeply committed to strong, healthy and resilient communities, she has used her expertise to build and sustain diverse environments. Believing in the richness each voice brings to any conversation, situation or need, she creates space for each individual to show up while engaging all in conversations leading to the extraction of knowledge, wisdom and reflection of self and others. With more than 25 years in public health she has focused on issues of trauma, historical, multi-generational and intergenerational trauma of African Americans; HIV/AIDS; equity/inclusion; policy; and, early care and education. Bob-e is a Master Trainer of Adverse Childhood Experiences (ACES), journalist, and speech-pathologist/audiologist.

Mariela Uribe

Mariela Uribe is the Manager for the Best Babies Zone (BBZ) project. Mariela oversees the three bodies of the BBZ project: the Castlemont Community Market, Economic Development Strategies for BBZ, and the Community Engagement efforts.

Growing up as a Xicana in Oakland, California has laid the foundation for Mariela's aspirations and passion for social justice, community health, economic justice, and health equity. Mariela obtained her Bachelor's degree from UC Berkeley's School of Social Welfare.

Emily Warming, MHP, MSW

Emily Warming is the Program Manager of the Best Babies Zone (BBZ) Initiative. Before joining BBZ, she was the Director of Healthy & Active Before 5 (HAB45), a backbone organization supporting a multi-sector collaborative with a common agenda to prevent early childhood obesity in Contra Costa County. At HAB45, Emily was instrumental in guiding the collaborative toward an approach focused on addressing the social determinants of health and advancing health equity. Before her time at HAB45 she was a Program Coordinator on the Health Reform Team at Prevention Institute. She has a Masters of Public Health (MPH) degree from the University of California, Berkeley School of Public Health Interdisciplinary Program and Masters of Social Welfare (MSW) degree with a specialty in Management & Planning also from the University of California, Berkeley. She received her Bachelor of Arts with majors in English Literature and Justice & Peace Studies from Creighton University in Omaha, Nebraska

Cohort 1

Sonja Ardister - Co-founder of Ahavah BirthWorks which offers birth and postpartum doula support, childbirth education, mother and father support groups, breastfeeding education, and resources.

Bretaina Brigham – Certified Community Health Worker (CHW) from Minneapolis Community Technical College. She has a passion to see that all African American babies are healthy and to inform community of how they can come together to make a change for the future.

Iola Kostrzewski - Birth and postpartum Doula and a mother of five kids. She is a public speaker and blogger, and just recently made the choice to move back into a college campus to finish off a degree in public health with five kids. Check out her blog on Whatthebeepamidoingblog.com and follow her on Twitter @wtbaid!

Akhmiri Sekhr-Ra - Childbirth Attendant for over 20 years and is the Director of the Community Care Giving System/Health Systems Navigator with the Cultural Wellness Center where she supports individuals who are interacting with the health care system. In 2013, she received her certification as a Community Outreach Perinatal Educator, and in 2014, received certification to be a Perinatal Education Trainer for the Commonsense Childbirth School of Midwifery School, in Winter Garden, FL.

Clara Sharp - Executive Director of Ahavah BirthWorks which offers birth and postpartum doula support, childbirth education, mother and father support groups, breastfeeding education, and resources.

Cohort 2

Mitchell Davis – *"When families, adults and children experience challenges and stressors, it is not uncommon for their lives to unwind. My great passion is bringing thoughtful solutions to the family unit and public/private organizations. I help my clients in the industry sectors of health equity and workforce development. I know that no*

single approach is the right one for every situation, and so I have been trained in a range of studies including health & grant administration, family systems, religious studies, business management, diversity & inclusion and policy & leadership." Mitchell Davis, Jr., is the founder of MDavis Consulting LLC, a management consulting firm that helps organizations and other leaders be more strategic, productive and profitable.

Briana Lindsey – Briana was raised in North Minneapolis. She has been in the social service field since 2011, primarily in the areas of domestic violence, mental health and OB care coordination. Briana has a BA Psychology degree from Concordia University and Master's degree in Social Work from the University of Saint Thomas, both in Saint Paul, Minnesota. She is currently a social worker at North Point Health and Wellness Center in Minneapolis. She has done work in various settings including home, community, shelter, school and clinical settings. Briana is passionate about giving back to her community. Her goal is to promote wellness and family cohesiveness while also providing tools for individuals to become self-sufficient and prosperous.

Betsy Bartek – Betsy is the Healthy Start Director at The Family Partnership in Minneapolis, a nonprofit that supports children, families, and communities in need, and empowers them to solve their own problems through counseling, education, and advocacy.

Kelsie Carter - Kelsie is a recent graduate of New York University, with a Bachelor's degree in Public Health and Sociology. She is currently working as a behavioral/mental health specialist for adolescents at United Hospital in Saint Paul, Minnesota.