



Hamilton

Healthy Birth Weights Update

Board of Health

December 5, 2016

Overview

- Healthy Birth Weights Coalition
 - Why Healthy Birth Weights?
 - Strategic Priorities
 - Achievements
- Next Steps



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Healthy Birth Weights Coalition



Strengthening Our Community by Supporting Healthy Lives and Healthy Relationships for Moms, Babies, and Neighbourhoods



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Why Healthy Birth Weights?

- Closely linked to cycle of poverty
- Babies born below 2500g are more likely to experience chronic health issues and delayed development
- Risk of LBW is much higher for women who already face social disadvantage
- Complex issue needs a community approach –focus on high social risk factors as place to start



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Background



2013

Call to Action

2014



Community
and
Research-
driven
Priorities

2015-16

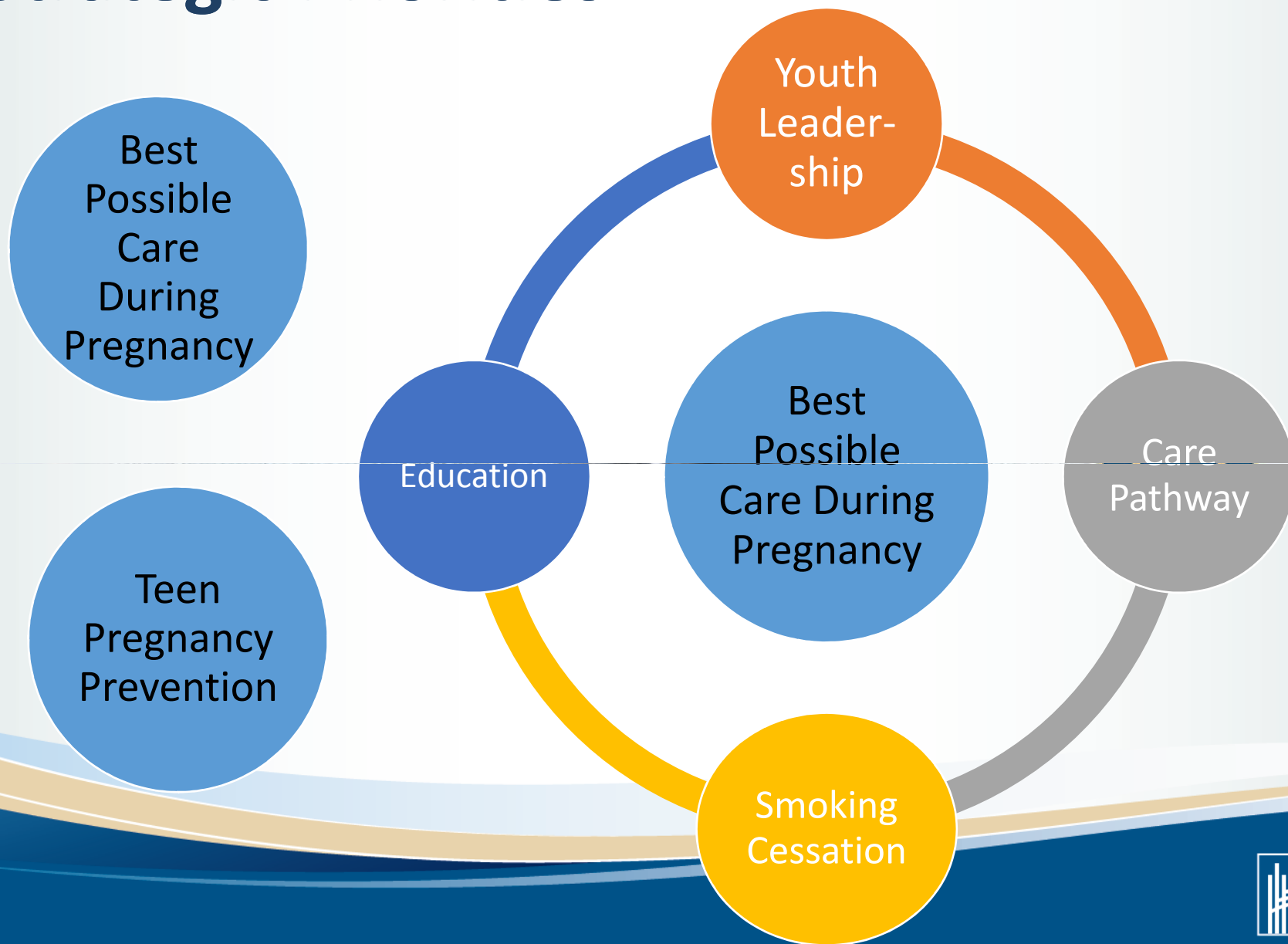


Community-
wide
Change



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Strategic Priorities



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1. Youth Leadership

- Focus Groups and storytelling with 88 young parents
- Youth engagement and advocacy through community events, video creation, peer support
- Mapping system barriers and building solutions with young parents and providers



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2. Care Pathway Approach



Youth Pregnancy Care Pathway for Care Providers

Youth Pregnancy Care Pathway For Care Providers

Is the youth in an immediate crisis or emergency situation?

YES

EMERGENCY HOUSING: Grace Dome Youth Shelter (ages 16-21, no children) 905-308-8090; Shelters for women of any age with or without children see reverse.
MENTAL HEALTH: Crisis Hamilton Crisis Outreach and Support Team (COAST) 905-972-8338; Sexual Assault Centre Crisis Line 905-525-4162 (24-hr)

NO

DETERMINE IF YOUTH IS AT RISK FOR CRISIS BY ASSESSING NEEDS IN AREAS LISTED BELOW
Be careful! In phrasing questions, youth are likely to feel judgment here! When concerns are identified, link to system navigation and address immediate needs. Communicate risk factors when connecting with services.

- **Mental Wellness and Illness:** Youth Wellness Centre 905-522-1155 x 31725
- **Tobacco Cessation:** Smokers' Helpline, connect to local cessation supports and phone counselling 1-877-513-5333
- **Substance Use:** Alternatives for Youth 905-527-4469
- **Housing:** Hamilton Housing Help Centre 905-528-8100
- **Abuse and Violence:** Good Shepherd Women's Services 905-523-0277 or call Women's Shelter (for a full list see reverse). If under 16, consult with Children's Aid or Catholic Children's Aid Society (C/CAS)
- **Legal Issues:** Jared's Place Legal Advocacy 905-522-0127 x 207
NOTE: Healthy Babies Healthy Children Screen, Child and Adolescent Needs and Strengths (CAN2) tool, and Antenatal 1 can assist in assessing risk factors.

Does the youth need and want to confirm pregnancy?

YES

Pregnancy Test: Family Doctor or Maternity Centre of Hamilton 905-528-5553 (or see reverse). **COUNSEL YOUTH** on full range of options and resources available (parenting, adoption, abortion). **Action Canada for Sexual Health and Rights 1-888-542-2725.** **Pregnancy Support Services of Hamilton, or Health Connections Phone Line 905-546-3550.** **Pregnancy decision is time sensitive!** Flip to back of page for information immediately.

NO

Does the youth have a community service provider to offer support and system navigation?

NO

MAKE CONNECTION TO:

- Nurse-Family Partnership or Healthy Babies Healthy Children; Health Connections 905-546-3550
- Home visiting from Public Health Nurse throughout pregnancy and postpartum
- Young Parent & Infant Centres: Grace Haven 905-522-7336 and St. Martin's Manor 905-575-7500
- Comprehensive prenatal and parenting programs, onsite school & residence
- Social Worker where youth is already comfortable accessing supports (Hospital, Maternity Centre, School, Library, C/CAS)
- Hamilton Regional Indian Centre 905-548-0593
- Comprehensive holistic prenatal and postpartum programs
- Centre de Santé Communautaire 905-520-0168
- Francophone community health centre and prenatal care

YES

Does the youth have a health care provider that they trust to provide comprehensive prenatal care?

NO

CONNECT YOUTH TO:

- The Maternity Centre 905-528-5553
- A health care team working to provide comprehensive maternity care
- Midwifery Services: A registered midwife is a primary caregiver throughout pregnancy, labour, and 6 weeks postpartum
- Access Midwives 905-546-5002
- Community Midwives of Hamilton 905-546-5444
- Hamilton Midwives 905-527-8919
- Family Doctor or Nurse Practitioner, if they don't have one, contact: Health Care Connect 1-800-445-1622 or Hamilton Academy of Medicine www.hamiltondoctors.ca

Is the youth accessing prenatal education in a peer environment?

- Hamilton Prenatal Nutrition Program 905-546-3550
- Free weekly drop-in pre and postnatal (to 6-mth) support groups throughout the city; meal and food gift card provided
- Prenatal Education
- Public Health Services 905-546-3550

Is the youth late to care or declining support?

Link to Social Work at hospital or Maternity Centre

If more support is needed, connect with C/CAS. Educate youth on C/CAS support role, encourage youth to make call if needed or desired. CAS 905-522-1151 or CCAS 905-525-2012

LABOUR AND BIRTH: Critical moment where support is needed as youth feel vulnerable. Involve clients in care decisions and take time to address concerns.

Does the youth have support for parenting and early child development?

LINK TO SUPPORTS FOR SYSTEM NAVIGATION

- Housing: Angela's Place offers transitional housing and support from baby's birth to 2 years 905-640-4276
- Parenting Groups and Classes: Ontario Early Years Centres, Public Health, Grace Haven, St. Martin's Manor, Hamilton Regional Indian Centre; Centre de Santé; see www.communityaid.ca/parenting for all parenting course listings
- Check-In-Out Clinics: For dates, call the Early Years Information Line 905-524-4884
- Use 18-month well child visit pathway

Does the youth have a plan for continuing education or employment?

- Review childcare subsidy application and criteria
- Learning Earning And Parenting (LEAPs) supports youth under 26 on Ontario Works to complete high school; 905-340-2424 x 3088
- Wilma's Place: HWDSB Alternative High School 905-525-6640
- HWDSB Assessment Centre: connection to continuing education for mature students and newcomers 905-523-2554
- YWCA Employment Services 905-522-9922

Does the youth have support for birth and immediate postpartum?

IN HOSPITAL:

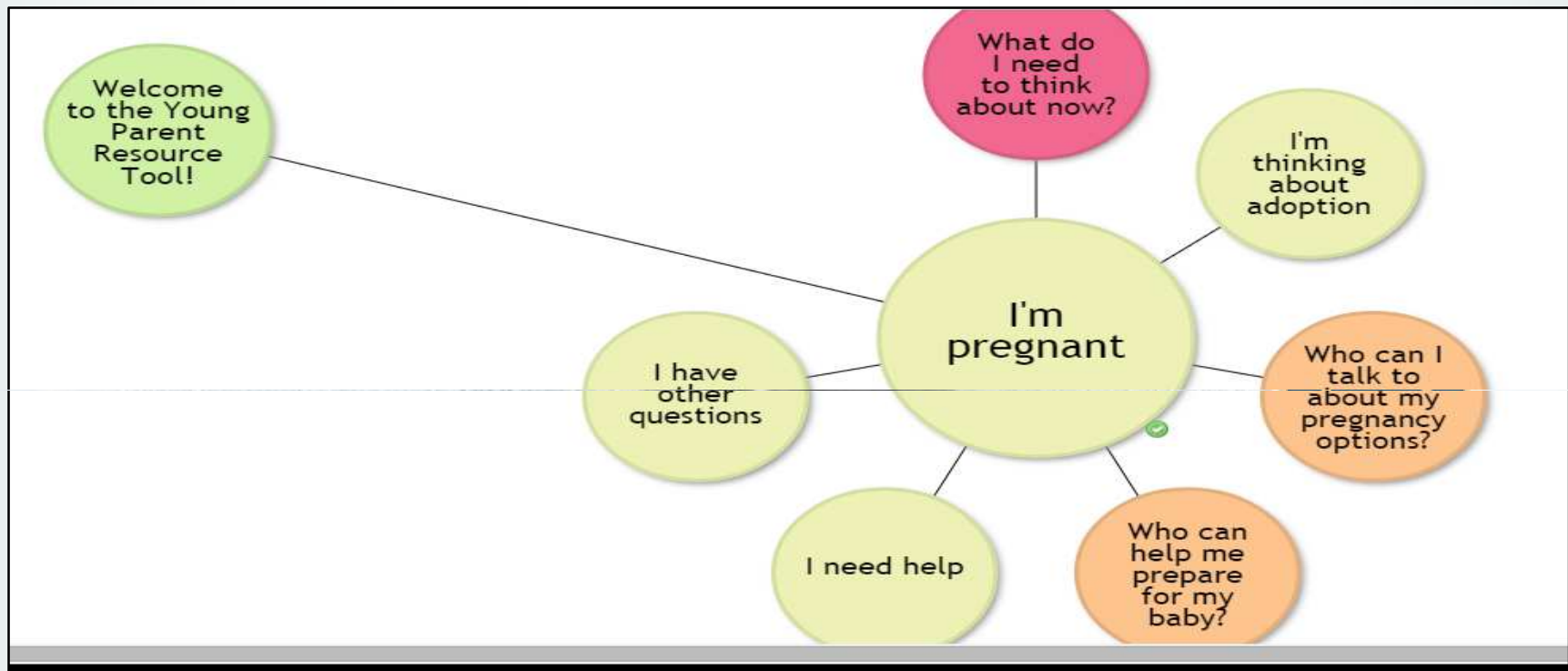
- Review and acknowledge birth plan
- **Breastfeeding:** Immediate and accessible breastfeeding support, available for first feed at both McMaster and St. Joseph's Hospitals. Ongoing: PHS 905-546-3550, La Leche League 1-800-665-4324, Telehealth 1-800-767-0000
- **Mental Wellness:** encourage counseling as a normal part of adjusting to major change via the Women's Health Concerns Clinic 905-522-1155 x 33979
- Ensure post-discharge visit is booked for 24-48 hours later with health care provider
- Discuss postpartum contraceptive plans
- Sexual Health Clinic 905-528-5894 or care provider for birth control
- Use Perinatal Mental Health Care Path
- Provide information around obtaining child identification and birth certificate
- If youth needs own ID, connect with Urban Care ID clinic 905-522-3233

Healthy Birth Weights Coalition



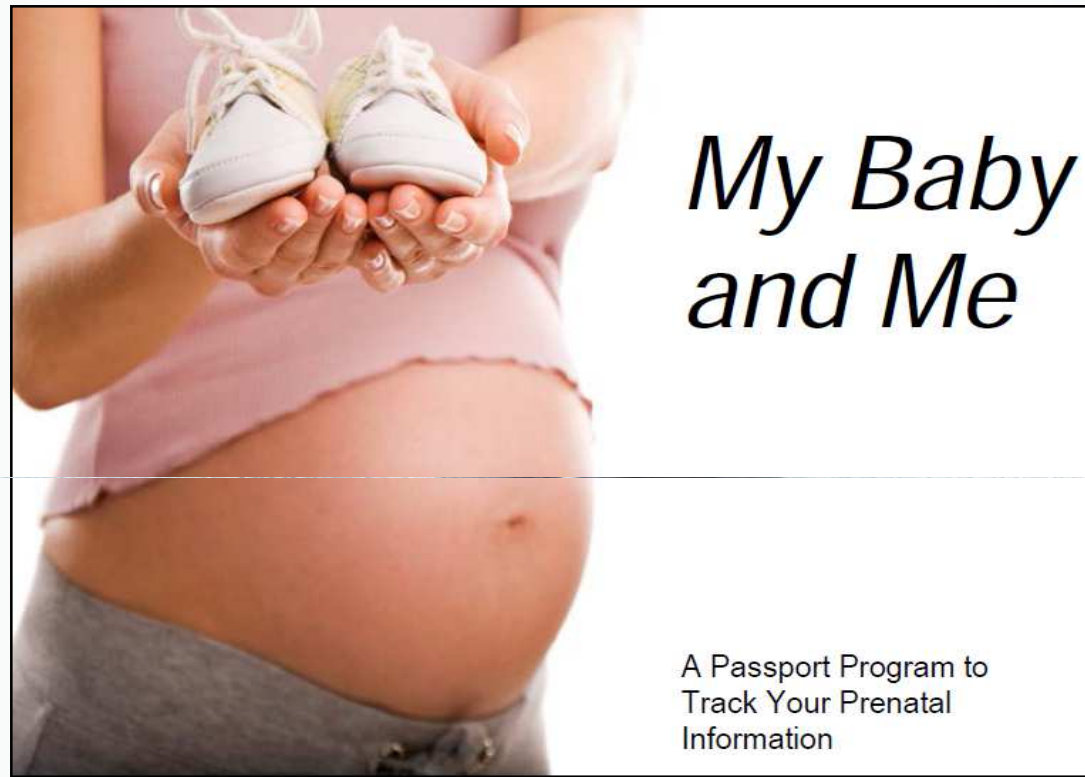
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Young Parent Resource Tool



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“My Baby and Me” Passport Program



Adapted from St. Michael's Hospital and
Niagara Region Public Health



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3. Building Capacity through Cross-sector Education

- More than 80 cross-sector education events from 2014-16
- Two annual youth-led Young Parent Day Events
- 50 licences to Core Collaborative Learning's online network
- 36 staff at Coalition organizations trained to lead Care Pathway education
- Roster of in-kind educational offerings by and for Coalition organizations



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4. Best Practice Smoking Cessation Supports

- Medical Directive no-cost Nicotine Replacement Therapy to pregnant and breastfeeding clients
- 100% of PHS staff and Coalition organizations trained in tobacco interventions
- 1.5-year evaluation of Prenatal Smoking Cessation Incentive Program shows 55% smoking reduction and 2x increase in attendance
- Smoking cessation hub model with Maternity Centre
- Building into organizational policies and practices



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Next Steps

- Intermediate goals achieved
- Sustaining and leveraging impact towards new goals
 - Informing system integration initiatives
 - Aligning with other strategies and networks
 - Care Pathway, Cross-sector Education, and Smoking Cessation integrated into operational programming
 - Ongoing monitoring and evaluation
- Youth Sexual Health Strategy
 - Cross-divisional collaboration focused on youth wellbeing
 - Build on community partnerships and HBW success



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