



BIRTH SUPPORT EDUCATION & BEYOND



**PROVIDING PERINATAL SUPPORT SERVICES FOR THE MOST
VULNERABLE YOUTH & YOUNG ADULTS IN CONNECTICUT**

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PURPOSE OF THIS PRESENTATION

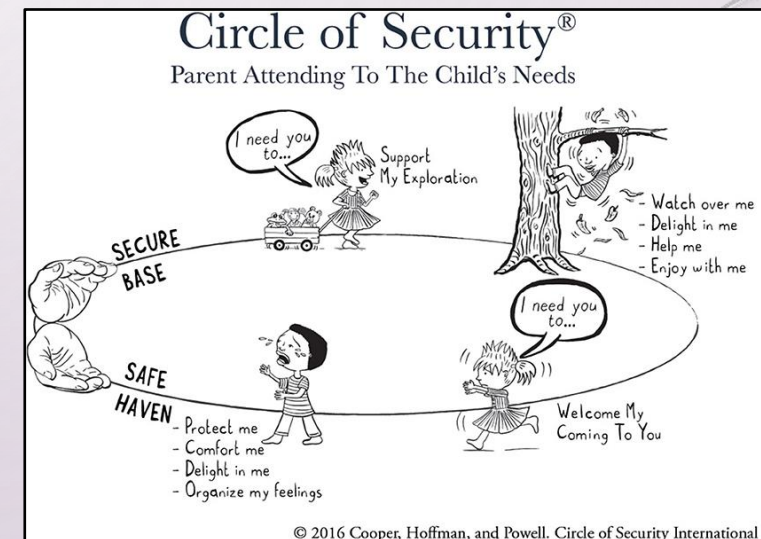
This presentation describes a comprehensive home visiting program that provides perinatal support to the most vulnerable youth and young adults in Connecticut through grant funding from the Connecticut State Departments of Public Health (DPH) and Mental Health and Addiction Services (DMHAS), Young Adult Services (YAS) programs and from WAF funding with the Department of Children and Families (DCF).

VULNERABLE YOUTH/YOUNG ADULTS NEED SUPPORT

This is especially true of those who endured chronic stress and trauma in their childhood, who now have complex mental health diagnoses and are pregnant and/or parenting.

Birth Support, Education & Beyond (BSEB) was founded in 2014 to provide perinatal support services to young people with these significant histories.

Our goal is to enhance parental attachment, promote health equity and equality and reduce adverse childhood experiences.



BSEB'S TEAM CONSIST OF:

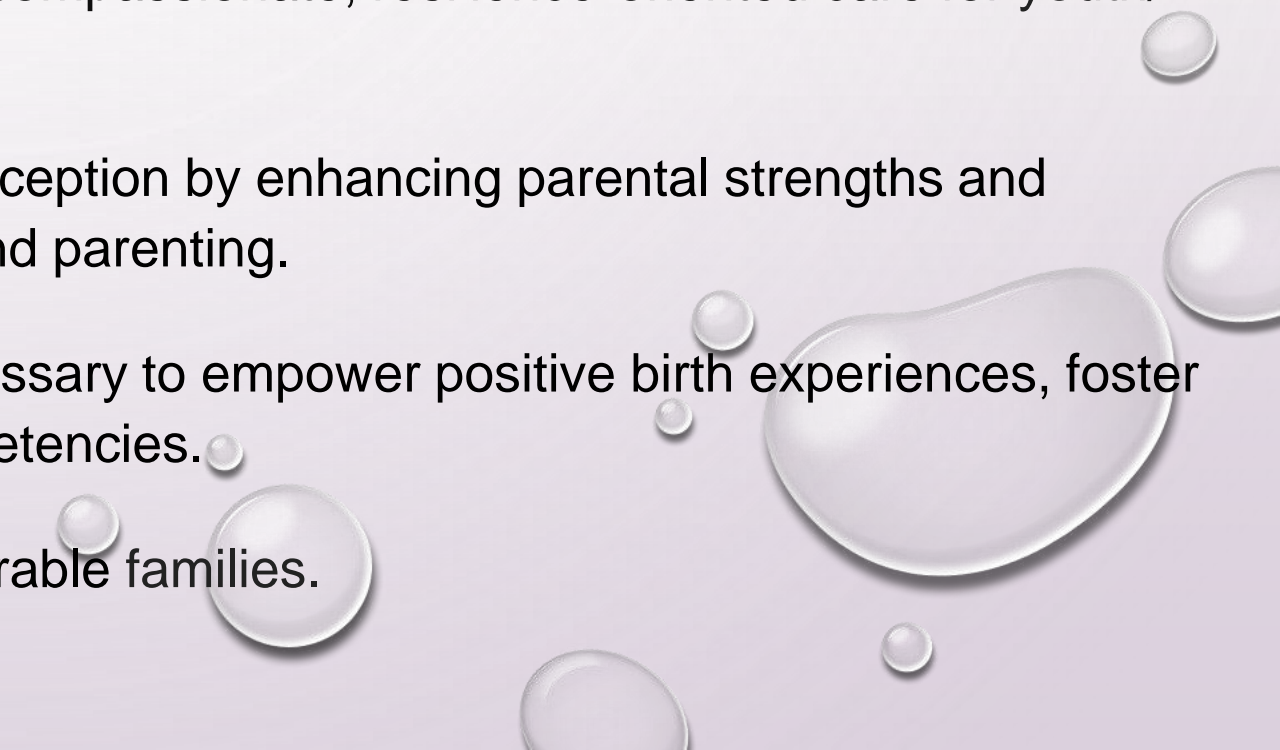
- Certified Birth & Postpartum Doulas,
- Certified Childbirth & Parenting Educators,
- Certified Lactation Counselors,
- Certified Community Health Workers
- Certified in Perinatal Mental Health
- Achieved Infant Mental Health Endorsement

Perinatal Support Specialists (PSS)

Providing Trauma-Informed
Comprehensive Support Services,
including Traditional Doula
Supports

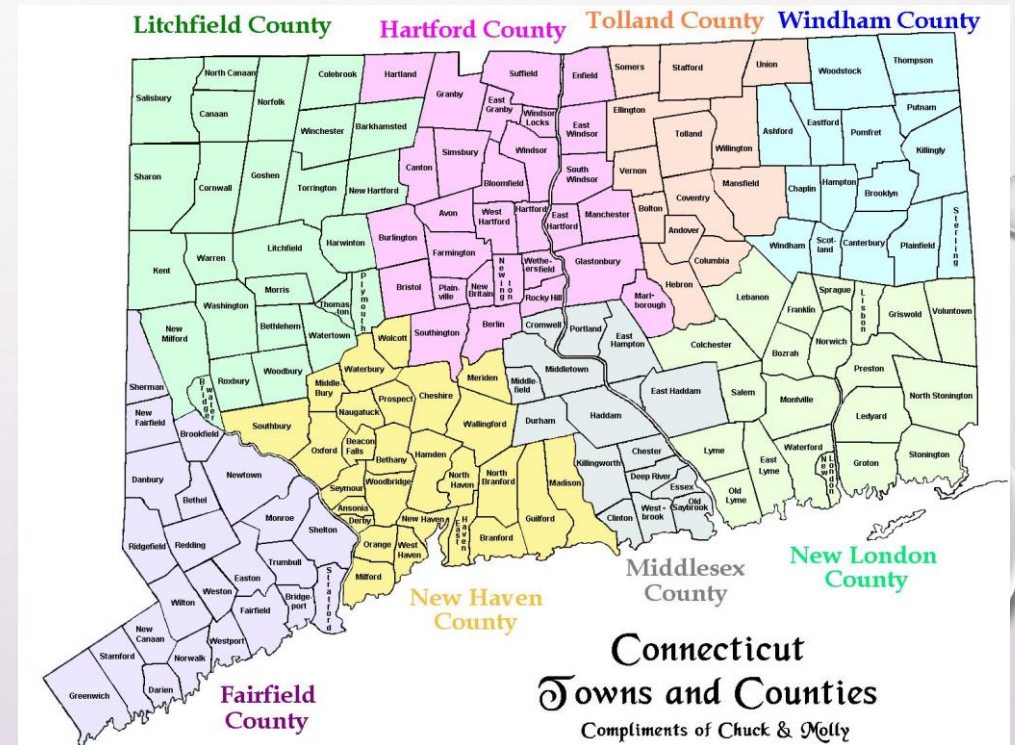


BSEB'S PROGRAM

- Provide strength-based, tailored support to meet client needs/goals while being mindful of individual historical experiences and respecting individual cultural uniqueness.
 - Focus on making connections and deliver compassionate, resilience-oriented care for youth/young adults and their supports.
 - Mission to build secure foundations from inception by enhancing parental strengths and confidences throughout pregnancy, birth and parenting.
 - We promote the skills and knowledge necessary to empower positive birth experiences, foster secure parent-child connections and competencies.
 - Our area of expertise is working with vulnerable families.
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BSEB SERVES CLIENTS

- Involved with the *DMHAS YAS* programs statewide
- From *COMMUNITY BASED REFERRALS* primarily within the New London County and Waterbury Areas
- *DCF* involved pregnant youth or at-risk new parents statewide



SO FAR...

283

**CLIENTS & PARTNERS
SERVED**

212

BIRTHS

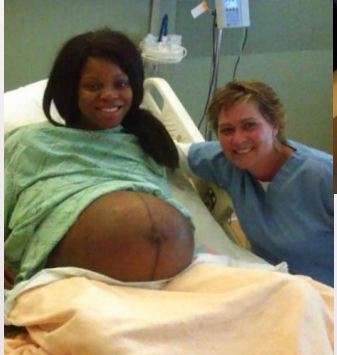


185

FIRST-TIME PARENTS

4018

AVA. CLIENT ENCOUNTERS YEARLY



DATA OUTCOMES FROM **YAS** CLIENTS THAT RECEIVED BSEB SERVICES

DATA SOURCES

- BSEB PStrack tracking system
- Client chart review
- Client-completed EPDS, HITS, and PSOC assessments
- Client-completed BSEB service satisfaction surveys
- Analysis provided by Iva Kosutic, PhD., of Partners in Social Research

on average

43

YAS clients
are served per year

BSEB enrolls an average of 22 new YAS clients per year. The length of enrollment ranges from a few days to several years:

Year of Enrollment	N	Length of Enrollment (Months)			
		Mean	SD	Min	Max
2014	26	15.1	12.7	0	54
2015	24	12.3	15.6	0	54
2016	19	13.1	13.4	1	57
2017	20	17.6	16.2	0	44
2018	17	10.6	7.8	0	25
2019	17	11.2	7.3	0	23

ADVERSE CHILDHOOD EXPERIENCES (ACE)

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WHAT IMPACT DO ACEs HAVE?

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke

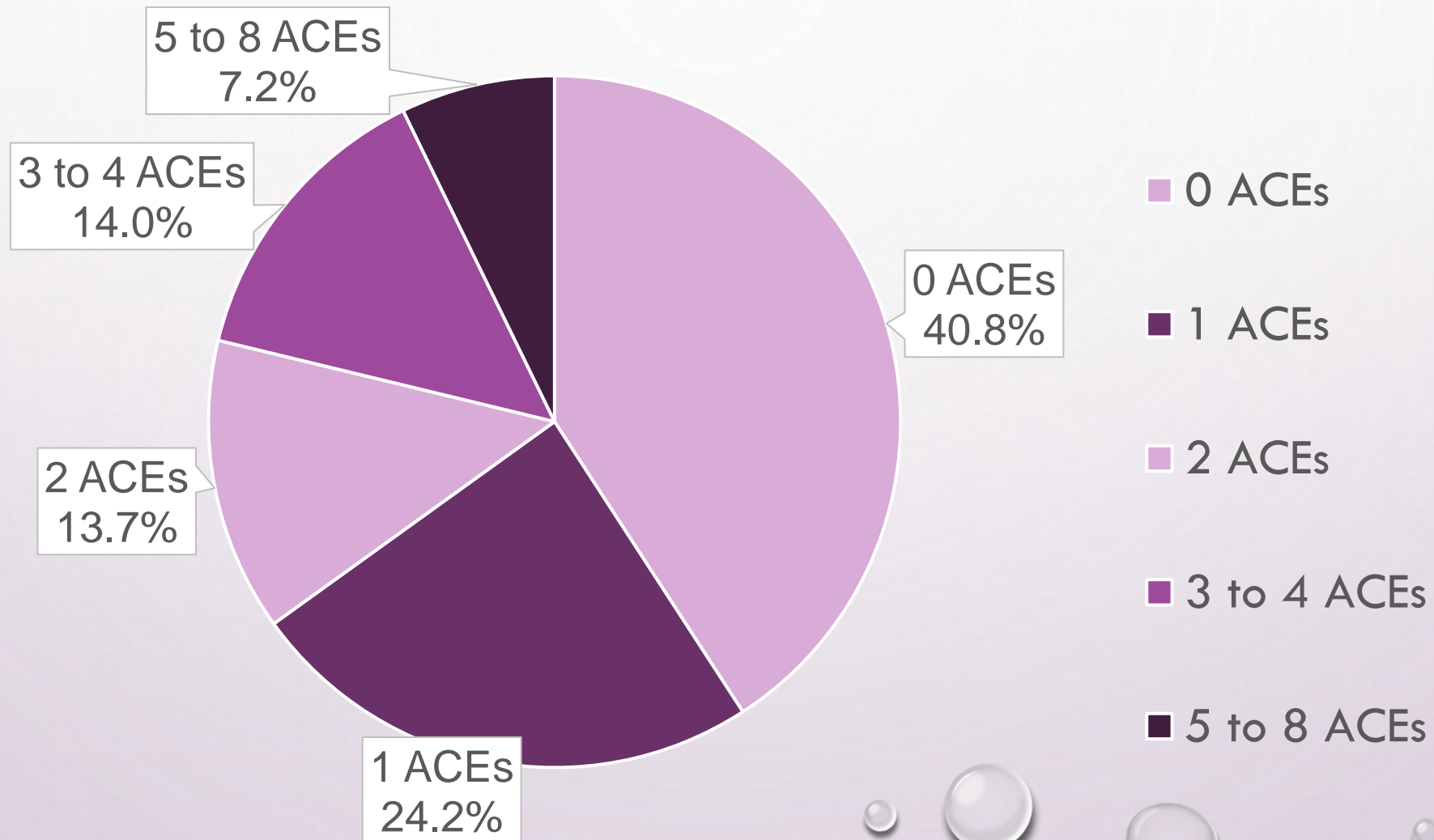


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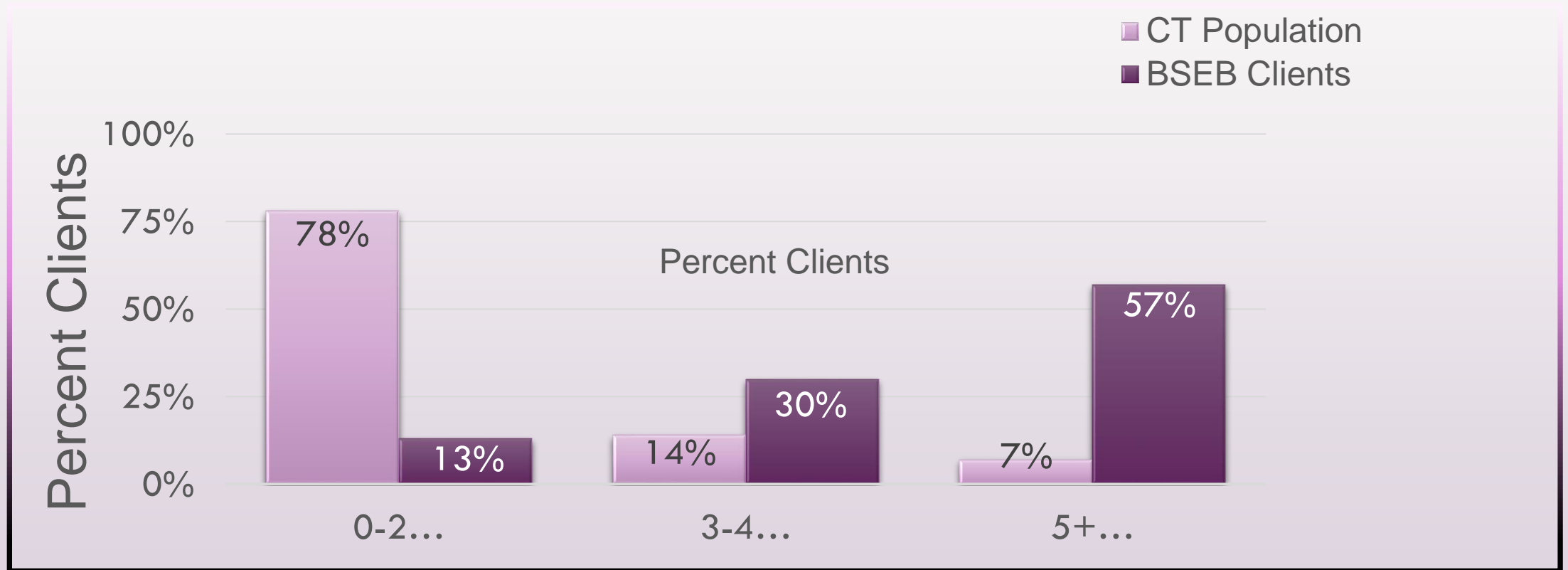


Broken bones

2017 DPH DATA SHOWED OVERALL ACE EXPOSURE IN CONNECTICUT



BSEB SERVES VERY VULNERABLE YOUTH/YOUNG ADULTS IN CT



ACE SCORES = Adverse Childhood Experiences

DPH data collected from CT residents vs. BSEB data collected from clients served



PERINATAL SUPPORT SCREENINGS & REFERRALS

CONDUCTED BY BSEB

SCREENING TOOLS USED

Edinburgh Perinatal/Postnatal Depression Screening (EPDS) (Cox & Sagovsky, 1987; Wisner, parry, & piontek, 2002)

- Routinely at intake, 2nd trimester, 3rd trimester, postpartum days 1, 3, and 7
- Postpartum weeks 2 and 6
- Postpartum months 3, 6, 9, 12 and yearly thereafter
- Or whenever indicated

Extended-Hurt, Insult, Threaten, Scream (E-HITS) intimate partner violence screening (Iverson, King, Gerber 2015)

- Routinely at intake,
- Prenatally in every trimester,
- Within the first 6 weeks postpartum and every 6 months thereafter
- Or whenever indicated

Parenting Sense of Competence Scale (PSOC) (johnston & mash, 1989)

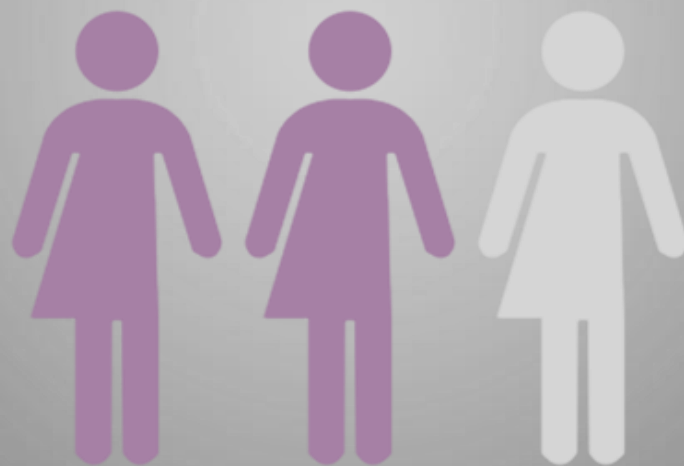
- At intake, 6 months, 1 year, 18 months, 2 years, 3 years, at discharge

Developmental Milestone Assessments, Parents as Teachers (PAT)

Ages and Stages Questionnaires (ASQ-3 & ASQ S/E)

OUTCOMES OF BSEB'S PERINATAL SUPPORT SERVICES





Two-thirds of BSEB clients* had at least one positive EDPS screen that resulted in a referral to a mental health provider.

***Among those who had at least one EDPS screen on file ($n = 134$).**



Almost four in ten BSEB clients* had at least one **urgent** referral to a mental health provider as a result of EDPS screening.

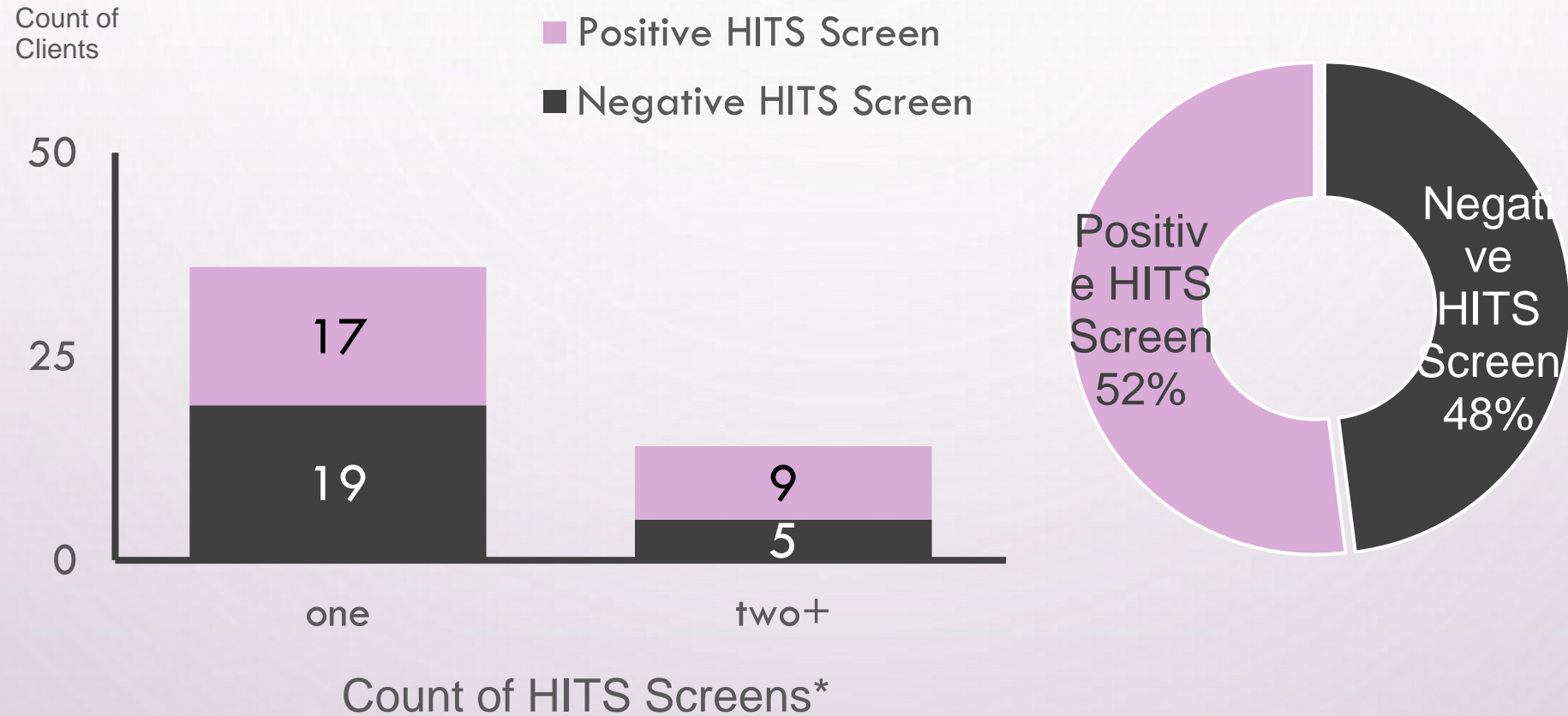
*Among those who had at least one EDPS screen on file ($n = 134$).



Among BSEB/YAS clients* who were screened for intimate partner violence, **one half** had at least one positive HITS screen and a referral to services.

* ($n = 50$).

INTIMATE PARTNER VIOLENCE



*Among those with a HITS screen on record ($n = 50$).

SUPPORT RESOURCES



Postpartum Support International
Connecticut Chapter

<https://psictchapter.com>



POSTPARTUM SUPPORT
INTERNATIONAL

www.postpartum.net



Connecticut Coalition
Against Domestic Violence



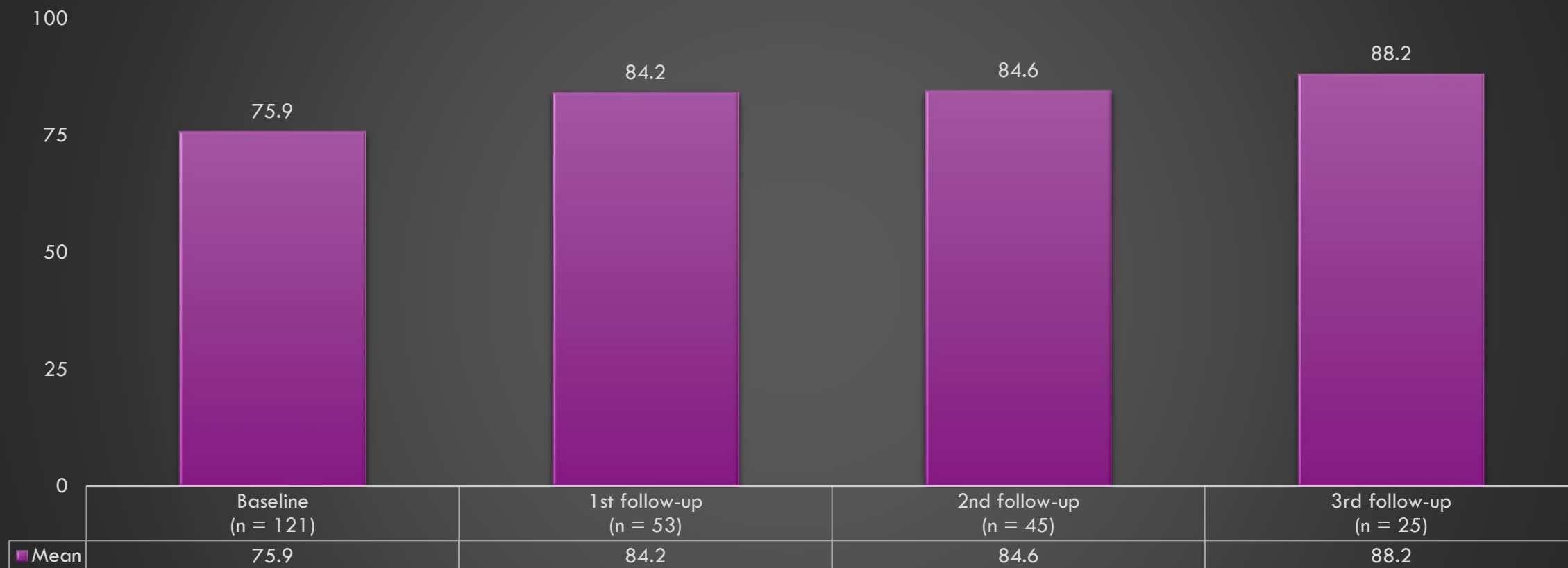
CTSafeConnect

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(888) 774-2900

BSEB TRACKS PARENTING SENSE OF COMPETENCE SCORES (PSOC)

PSOC AVERAGE



PSOC = Parenting Sense of Competence.

PSOC

The PSOC measures three aspects of parenting (Gilmore & Cuskelly, 2008):

1. Satisfaction:

- “Being a parent makes me tense and anxious.”
- “A difficult problem in being a parent is not knowing whether you’re doing a good job or a bad one”

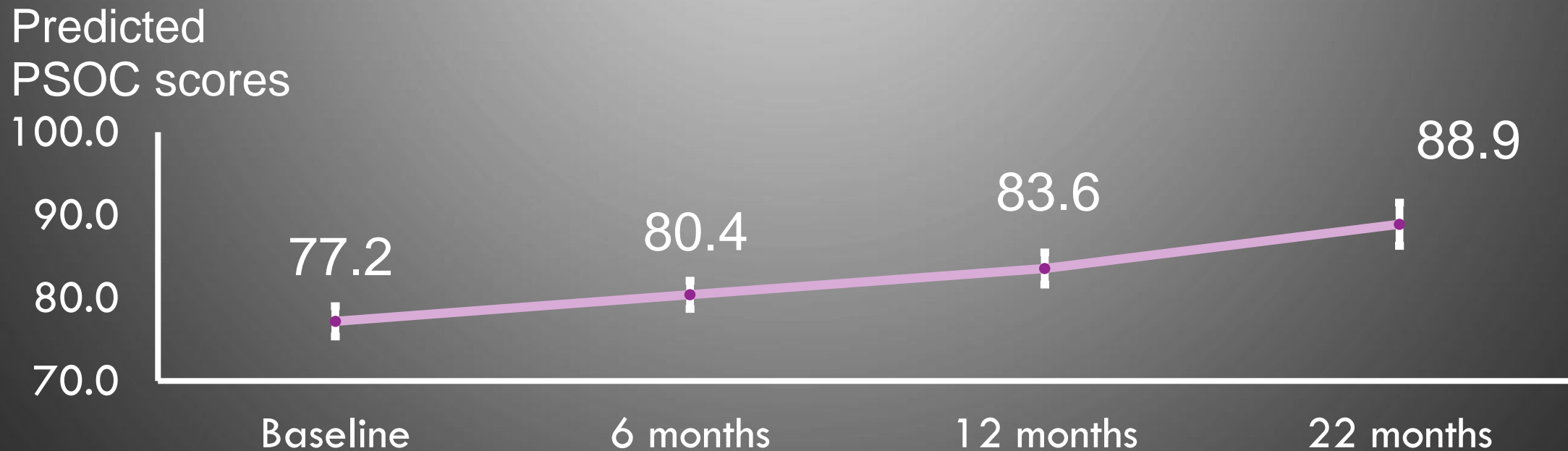
2. Efficacy:

- “Being a good mother is a reward in itself.”
- “If anyone can find the answer to what is troubling my child, I am the one.”

3. Interest in Parenting:

- “If being a mother of a child were only more interesting, I would be motivated to do a better job as a parent.”

PSOC SCORES SIGNIFICANTLY INCREASED OVER TIME



PSOC = Parenting Sense of Competence.

CASE EXAMPLE #1

A 21 year-old client was referred to BSEB at 8 weeks of pregnancy. The client reported her history that included “47 out-of-home placements” from ages 3 through 18 years. At age 3, she was found roaming on a city street with a gunshot injury inflicted by her mother. She reported a long history of abusive group homes, foster placements, and hospitalizations until the age of 17 when she was placed in a high-level therapeutic foster home. On intake with BSEB she disclosed an active hoarding disorder and eating disorder, she reflected on times when “food was chain locked” in a foster home that forced her to strictly diet by restricting food. Her ACE score is 8 and her initial PSOC score was 84. BSEB provided extensive prenatal education and support with a focus on healthy meal preparation and nutrition in pregnancy. BSEB provided transportation, support and advocacy during many prenatal OB and maternal fetal medicine visits. A chromosomal defect within the baby was indicated with prenatal testing and further invasive testing was performed, with BSEB supporting her at the bedside.

Continued...

CASE EXAMPLE #1 CONT...

She was given the option to terminate the pregnancy due to the abnormal findings. PSS assisted in delivering and explaining the clinical findings to her partner while they made the decision to continue with the pregnancy. BSEB provided 26 continuous hours of hands-on labor support during the vaginal birth of a healthy baby girl. The client went on to breastfeed for 2.5 years while practicing attachment parenting using methods learned with circle of security parenting and education provided by her BSEB. This client continued to excel with her parenting skills and became a peer mentor and advocate with other pregnant and parenting YAS clients. She discharged from BSEB services at 25 years old when she aged out of the YAS program. Her last PSOC score was 98, 14 points higher than her initial assessment. Today she is still practicing attachment parenting with her two children and keeping a tidy, organized home, while maintaining recovery from her mental health disorders for several years. She is continuing to advocate for young mothers with trauma histories.

CLIENT SATISFACTION SURVEY

Q. WOULD YOU USE BSEB SERVICES AGAIN?

- “Yes! I would strongly urge anyone to use it. I happily tell people that I loved my birth experience and (PSS) had a lot to do with it. She was the only person that supported me during (baby’s) birth and provided invaluable support and education during my pregnancy which was overwhelmingly difficult and full of conflict and emotional distress.”
- “ I loved this service. It has built my confidence as a parent to know I can do this”
- “I was extremely nervous when my daughter was born. I am a single full time dad and because of this program I have accomplished so much and have become the parent I never had”

Q. WHAT WOULD YOU LIKE TO SEE IMPROVED?

- “More doula’s to help out assisting with clients and babies needs”
- “Shark-music support and helping change certain behaviors of mine to create better transition for my child”
- Several responded with “provide daycare”
- Several responded with “provide playgroups”
- Several responded with “provide mothers groups”

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Birth Support Education & Beyond

THANK YOU

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