

NE BFC November Quarterly Meeting

10:00 - 11:00 Education Session

- Speaker: Kailey Snyder & Audra Losey
- Lactation Upon Return to Work: Resources & Innovative Strategies the development and pilot testing of an education package (CARE: Considerations, Advocacy, Resources for Empowerment upon return-to-work) comprised of resources and video education to support a lactating parent's transition back-to-work. The session discussed the validation of a self-efficacy inventory targeted to the return-to-work experience as well the perceptions of lactating parents that viewed the resources. The session also discusses national interventions that have been successful at addressing barriers within the return-to-work experience and future strategies that could be employed within the State of Nebraska.

11:15 - 12:45 Member Meeting

11:15 – 11:30 Introductions

- **Name, organization, what excites you most about what is happening in the lactation world?** Members shared via Zoom and in-person.

11:30 – 11:50 Highlight 1: Omaha Better Birth - Samantha Wall - [Presentation link](#)

- Started in 2020 - her birth experience with her first daughter inspired her work. Majority of funding comes through philanthropic organizations.
- Mission: To decrease inequities in childbirth by providing access to doula services, childbirth, education, and prenatal & postpartum support for low-income and teen families in the Omaha area.
- Programs:
 - Doulas - access to funds to help pay for birth doulas and postpartum doulas. Provide \$1,200 towards the purchase of birth doula or \$1,000 toward the purchase of postpartum doula services. You must meet income guidelines.
 - Childbirth Education Course - Pay-What-You-can. Offered to all expectant families in the Omaha area. Taught in both English and Spanish. No income guidelines.
 - Support - community baby showers once a year, fresh start diaper program (provides supplemental diapers to families each month - 15,000 diapers distributed every month to 250 families)
 - In Progress Programs:
 - PPD Prevention: utilizing doulas to provide PPD prevention program
 - Art Therapy: Pregnant and postpartum families exploring a creative outlet through the arts
 - Case Management: hands on support for families to connect them with community resources
- Ways you can help:
 - Monetary Gifts - donations

- Wrapping diapers
- Share about us
- Hold a diaper drive
- Join our team
- **Volunteer**

11:50 – 12:10 Highlights 2: Laurel Previtt - CLC & WIC Peer Counselor at Community Action Partnership of Mid-Nebraska in Hastings (Juniata)

- Has been a peer counselor since May 2019, is also a care coordinator.
- Her story: Breastfed all her children, greatly benefited from the WIC program with her children. Received a scholarship to become a CLC. Loves making connections with the mothers and the families.
- Journey with Landon, her oldest: Had at 22, struggled with latch. Her son was able to breastfeed for a year. She struggled with postpartum depression and anxiety. The connection and the hormones that can come from the oxytocin from connecting with your baby can also help mom's progress.
- Her son thrived from skin to skin, breastfeeding on demand, her mental health took the back-burner while taking care of her son which is why she believes the PHQ-4 is so important for mothers. At the WIC program mothers are screened with this tool during second or third trimester visit and then postpartum visit, it is a mental health questionnaire. Can help us open a door to have the tough conversations on advocating for yourself and asking for help.
- Movement to increase resources for mothers mental health → resources available in the community, there is help.
- Asked her son Landon why he thinks breastfeeding is beneficial. He knows that he is safe, and as far back as he can remember he knew he was safe. Mom was home base - will always come back to that space by a hug or just being together. He knows he was nurtured.
- Breastfeeding is beneficial for baby, for mom, for dad, for family. She creates a calm space that has no judgment for her clients. Some know the feeling of not having a village but there are organizations who can be your village for that appointment or that point in time. She never wants anybody to feel alone - especially during their darkest time.

12:10 – 12:25

- **Financial Report**

- The Coalition's fiscal year is from July 1 to June 30 and our annual budget for 2024-2025 is \$27,100. Over 50% of our budget is allocated for our part time administrative coordinator.
- We began our fiscal year with \$27,674.44.
- At the end of our first quarter, our bank balance was \$23,659.77.

- **Fund Development**

- Our primary fundraising is via our 1:1 Campaign, whereby we ask Nebraska hospitals to donate \$1 per birth per year. Last year we received

donations from 3 of the 4 highest birth hospitals in Nebraska (over 1100 births) + Children's Nebraska.

- We are currently working on obtaining funding from Methodist Health Systems, as well as the next tier of hospitals - those that have 500 to 1100 births.
- **Ask:** Are any of you connected to Mary Lanning, Faith Regional, Regional West, Great Plains or Columbus? If so, we would love to involve you in the ask of these hospitals. Many members at the meeting shared contacts to get this moving forward!

- **Print Materials**

- We have been gradually developing print materials related to our projects, as well as materials that are helpful for parents. They are available at our Quarterly Meetings, and are also available for downloading from our web site.
- DOWNLOAD HERE:
<https://nebreastfeeding.org/news-events/resources/print-materials.html>
- These are the documents that we have available online: (show them on screen)
 - Our 2023-2024 Year End Impact Report
 - Our 2024 - 2025 Case Statement
 - Our Member Flier
 - Our Lactation Support Map postcard for parents and providers
 - Our Breastfeeding Friendly Business postcard
 - Information about Medicaid Open Enrollment
 - Department of Labor Pump Info business size cards in English and Spanish
 - Information about the 2022 PUMP Act in English and Spanish
 - Door Hangers for Private Pump Spaces in English and Spanish
- We are currently working on 2 new pieces:
 - A Nebraska Breastfeeding Data handout
 - A Does It Really Matter handout

- **Enrollment Information**

- Information about Medicaid Open Enrollment
<https://www.neheritagehealth.com/home/openenrollment>
- Open enrollment started November 1st
- LB 1106 and 1107. These bills increased Medicaid access to pumps and consultations. Link to this on our website:
https://nebreastfeeding.org/file_download/inline/c9299a35-ca66-4aaf-9c8d-ce3f1d265fa7

- **Conference Updates**

- We have been busy this fall with displays at several conferences and events, including:
- The AWHONN conference, the NPQIC Annual Summit, a Molina sponsored baby shower in grand island, the Omaha Women's Health and Wellness conference and a baby shower in Grand Island.
- We will also be attending the Maternal Child Health Conference in Lincoln in November.
- If you are involved in any organization that has conferences coming up, please let us know. It is a great way for us to connect with potential members and families.
- We will be attending the MCH conference this year as well.

- **Legislative Plan**

- In accordance with our strategic plan, we have developed a plan to increase our advocacy efforts.
- Last year, Tiffany Uher from MilkWorks, worked to develop 2 legislative bills that passed: LB 1106 and 1107. These bills increased Medicaid access to pumps and consultations. Link to this on our website: https://nebreastfeeding.org/file_download/inline/c9299a35-ca66-4aaf-9c8d-ce3f1d265fa7
- This year we would like to start building relationships with organizations that are involved in maternal child advocacy by introducing ourselves sharing who we are and expressing our desire to partner with them
- This will allow us to keep our members aware of what is happening in the Nebraska legislature.
- In addition, we would like to introduce ourselves to Nebraska State Senators and start to develop a potential list of legislative action, along with Senators who might be able to sponsor bf specific legislation.
- **Ask:** Are any of you aware of any Nebraska organizations that are directly involved in MCH advocacy?
 - First Five
 - Omaha Better Birth Project
 - NPQIC
 - Nebraska Appleseed
 - I Be Black Girl
 - If you think of any reach out info@nebreastfeeding.org
- **Ask:** Is there any bf-related legislation that you would like to see passed in Nebraska?
 - Medicaid coverage for lactation for non RN's & at home
 - Paid maternity leave/long paid leave (there is a bill but it is short term and basically sick leave) funded through employers - find an angle that makes it hard to say "no"
 - Coverage of banked donor milk / medicaid coverage of this
 - Question: Access to donor milk in the hospital has been challenging and thoughts on the legislation on having a milk bank in Nebraska? Consultants getting asked where/can I donate

milk, Hastings area sending them to milk bank, Grand Island has Milk Depot. Think we would have buy in from our moms. Idea: Take Malones milk share program and start a state-wide non profit milk share program. Find an existing organization thats statewide that would do that. Coalition can provide education/advocate for milk banks, donor milk, ect.

12:25 – 12:45 Community Sharing from LT and Members

- To finish up today, would you take a minute to share any events, projects or conferences that you are working on in your community?
 - November 22, 2024 Children’s Hospital is hosting the injury prevention conference
<https://cmetracker.net/CHMCOCE/Publisher?page=pubOpen#/EventID/32631/>
- Link to MCH Summit put in chat [REGISTER HERE](#)