Directors Report 2019

Breastfeeding has been the bulk of the work this year, with 45 women served, trained 2 more CLCs in San Diego, will train 5 more this year (3-4 in hospital and 1-2 for El Nido). Biggest challenge has been tongue tied babies, have been receiving calls from women as far away as Morris area. Have 2 Breastfeeding Cafes once a month. The one in Granite is still coming on line, we have a CLC in attendance and when another gets trained we may expand it to more than once a month. I have collaborated with YMC WIC and they are now putting up our flyers and will send women our way. I sat on a Breastfeeding Panel for a regional meeting of the Statewide Health Improvement Partnership sponsored by Countryside Public Health. It was fruitful as I met the SHIP coordinator for the Marshall region and they are going to do the leg work for taking over the café we are currently holding at Balanced Health Chiropractic (one of my former clients). They have to send someone to training and make all the arrangements with Avera Marshall. They are also sponsoring a CLC training course in August 2020 to be held at Avera Marshall. Our Marshall Café has 3-4 in attendance, an IBCLC is in attendance and the woman that is hosting with take the CLC course this August as well.

We have a Prenatal & Childbirth Education class that meets at Avera Granite Falls twice a month covering topics from Prenatal development to Childbirth, Breastfeeding, Postpartum & the Newborn. We have 2-4 couples at a time going through this class. Two women (trained 1 this year) are currently teaching it but I may train two more to multiply it again. With the Clinic becoming an Avera Clinic as of January 1, 2020 we will be working on an official relationship aka contract to provide this service for them. Mark is leading this process.

In addition, we have a postpartum support group, not well attended but still working on advertising. Most of our postpartum is done one on one with our doulas. The goal of the group is to provide a forum for the women so they can make friends and their own supports.

I have worked with 25 women doing prenatals, birth and postpartum in southwest MN and southeast MN as a primary student midwife.

Our doulas have provided labor and postpartum support for 10 women. The families that have received care have been satisfied, except 1. We rectified their concern and now have all couples fill out a contract. We have two doulas trained (had 3 but 1 moved away), two more have done didactic training and are awaiting training. We used two more experienced doulas (Yellow Medicine Midwifery & Renew) to service women that our others were unable to serve. We used 2 Hispanic interpreters for the birth of a young Honduran mother, they were invaluable. I would like to doula train them this year as there will be a Hispanic female doctor joining Avera Granite Falls this summer.

Jail and Project Turnabout classes have been stopped because of staffing at facility and not needed at this point. However, working with Restorative Justice supporting 2 family circles (both Native) that involve women that have been incarcerated/recovering addicts. One involves a family with an infant, the other involving a family with 4 kids. Also supporting a 3rd family with RJ in safety meetings. Chemical Health group in Echo was active at the beginning of the year and then my training took over. Will be training someone to lead in my place this year.

Fourth Christmas shop was a success, serviced over 100 children over 2 days and then ECHO Charter came up and shopped with over 50 students. The kids really enjoyed it and we have many families that look forward to it because there kids enjoy it even though they don’t “need” it and the families have made sizeable donations. Sponsored 2 families this year, one with 2 teens and another with 5 children. All were thankful for our help.

Mark and I did an interview with Pioneer Public TV for an internet spot in regards to the work he is doing to provide healthcare and specifically maternal health desserts. We were also able to share about the work El Nido is doing.

**Strategic Planning update:**

**5 year goals:**

Birth Center: May possibly open one on the South Dakota side first as there are less requirements. Then pursue one nearer to Granite Falls. I am close to finishing my training and the goal is to take my exam this year. So then pursuing the birth center would be more doable.

Financing: Will begin to look at options

**10 year goals**: Remain the same

* + Educational program to train midwifes (CPMs), CLCs, doulas and develop preceptors for training. Idea of Autumn Cavender-Wilson.
    - Plan helps meet these needs.
    - Possible location: MN West Tech
    - Positive Encouraging program
    - None available in state
    - Would come out with an Associates’ Degree
    - South Dakota is now legal for CPMs so will need a program to train
  + Birth center will be training location.
    - There is also a demand in rural America because medical needs and care not available as more hospitals close their OB units
    - Morbidity and mortality rate high in rural America – moms and babies having health issues before and during birth.