

# Maternal Child Adolescent Health Advisory Board Minutes

April 4, 2024

Members	
Present	Absent
Catherine Barrisford Renée Alger Melissa Apuya Gina Cuclis Erin Reed Allison Murphy Kathy Kane Jeff Miller Rocio Monter Elizabeth Vermilyea Stephanie Montez	Lara Magnusdottir** Annie Nicol*

\*Excused absence

\*\*Pending Approval by Sonoma County Board of Supervisors

**Staff Present** Janette Allee, Administrative Aide, Brittany Lobo, MCAH Director, Laura Turner MCAH Coordinator, and Emily Gonzalez Demont, Health Information Specialist II, Impact Sonoma

**Guest** Dr. Sharon Dekel, Assistant Professor of Psychology, Harvard Medical School

**Call to Order** Renée Alger called the meeting to order at 12:36 p.m. and introductions were made.

**Meeting Minutes** Gina Cuclis motioned to approve the February minutes. Dr. Jeff Miller seconded the motion, and the minutes were approved.

**State Legislation** Melissa Apuya spoke about the passage of Proposition 1 stating that there has been much discussion on how they plan to distribute the funding, and how they plan to handle the prevention portion that will no longer be funded. This morning the governor's office put out a press release regarding Early Action in the budget and this will allow for some funds to be moved around. The final budget set to be released in June will tell us more. A new bill set to prohibit sixteen year olds from riding class 2 electric bikes, this is currently only approved in Marin County, although they are working to keep the momentum.

**Staff Report** Brittany stated that MCAH is still gathering responses for the Needs Assessment Survey which is done every five years and they are hoping to receive as many responses as possible. They plan to end the process on April 10<sup>th</sup>. Another administrative update is that the Vital Statistics Unit will be transferring from Community and Family Health to Environmental Health for supervision. There will be a communications campaign to inform the public about the upcoming move of Public Health from downtown to the Aviation Blvd. which will happen in August of this year.

**Childbirth PTSD** Elizabeth introduced Dr. Dekel to the membership and she gave a presentation titled "Beyond Postpartum Depression: Invisible Scars of Birth Trauma". Dr. Dekel explained that childbirth is a highly stressful event. History shows that birth was often life threatening and even now 30% of births have a possible life-threatening event. This compounded with the many physiological changes a mother goes through leads to aftereffects similar to Post Traumatic Stress Disorder. She went on to describe methods of assessment, who is at risk, how to screen and how to prevent it. She shared data stating 1 in 6 women report clinical levels of acute stress response after childbirth. Using physiological and neuroimaging to assess heart rate, skin conductance, EMG and brain imaging to determine their physiological reactivity. This showed that new mothers can score as high as veterans exposed to war. Next, she went on to associate this hyper-neural reactivity to maternal infant bonding impairment. This results in impacts on the developing child. Identifying those who are vulnerable for risk and reducing stressors will help to forecast childbirth PTSD and help in improving birth outcomes.

**Tobacco Retail License** Brittany Lobo reminded the membership of Impact Sonoma's request last month to update the letter of support that was drafted to the Sonoma County Board of Supervisors relating to electronic smoking devices. Gina motioned to approve the letter, Elizabeth seconded, and the motion was passed.

**Correspondence** None received.

**Announcements** Elizabeth announced that the Sonoma County Road to Resilience funding has arrived and First 5 in conjunction with CPI and Santa Rosa Community Health have submitted a proposal to provide home visiting case management and resource navigation for pregnant and parenting people with a history of or active substance use. More details to come.

Rocio informed the group of an upcoming Community Baby Shower hosted by La Luz and MCAH. This will be free and open to the public and will be held at La Luz on May 11<sup>th</sup>.

Renee told the group that Cal AIM funding is now open.

Allison reported that Mothers Care is hiring a part time program coordinator and looking to contract with licensed therapists who have experience with anxiety disorders.

**Public Comment** Flora Henningsen from Bridges Pregnancy Center announced that Bridges is now offering childbirth classes. The Pregnancy, Labor, and Delivery class is held every first Tuesday from 1:00-4:00 pm and the Postpartum, Breastfeeding, and Newborn Care class is held on every second Tuesday from 1:00-4:00 pm. To register for a class call, (707) 575-9000 she will send a flyer to the membership.

**Meeting Adjourned** The meeting adjourned at 1:55 p.m.

Passed Motions			
Minutes from March were approved.			
Handouts			
Action Items			
2023-2024 Meeting Dates			
May 2	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
June 6	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
July 4	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
August 1	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
September 5	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
October 3	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
November 7	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
December 5	Thursday	12:30-2:00	625 5 <sup>th</sup> Street, City View Rooms
MCAH AB Website			
<a href="https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/public-health/maternal-child-and-adolescent-health/maternal-child-and-adolescent-health-advisory-board">https://sonomacounty.ca.gov/health-and-human-services/health-services/divisions/public-health/maternal-child-and-adolescent-health/maternal-child-and-adolescent-health-advisory-board</a>			