



# CENTRAL TEXAS PERINATAL COALITION

## MEETING MINUTES

Thursday, June 8, 2017

08:30a - 10:00a

### Updates / Announcements

#### Coalition Updates

- Call for presenters for July meeting! Let us know your ideas for speakers for our July meeting.
- Joy will be stepping down from her role as Communications Chair this month. If you would like to assist with administrative assistance for the Coalition, please let Rory know.
- An official website for the Coalition is coming!! The new site will include meeting updates and a resources page. Please email Rory your agencies info so we can get you listed.

<https://centraltexasperinatal.org/>

#### Partner Event

Healthy Texas Babies is offering a pilot test of health classes for women who are not pregnant in collaboration with El Buen Samaritano that starts next Wednesday, June 14th. The group will meet from 4:30pm to 5:30 pm for 5 Wednesday's. A \$50 gift card will be given to all participants at the end of the program. For more information please contact Rachel Farley, [Rachel.Farley@austintexas.gov](mailto:Rachel.Farley@austintexas.gov).

#### **Prenatal Chiropractic Care: The Physiological Benefits to Mom & Baby**

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Empower Family Chiropractic offers family, pediatric, prenatal and postpartum chiropractic care.

#### Basic understanding of chiropractic care

Our body has an innate ability to heal itself. The spine and nervous system control the health of the whole body. Chiropractic care does not treat a symptom – it addresses the root cause of the dysfunction to help the body work the way it was intended. The root of chiropractic is very holistic.

Relationship of structure and function:

Mechanical function (how we move) and Neurological function (relationships of the bones, nerves, muscles and ligaments).

The body undergoes different stresses. Physical, Chemical, and Emotional

Pain is not the only indicator of dysfunction.

## Adjusting for labor, prenatal care

Prenatal chiropractic care can start even before pregnancy in preparation at pre-conception. Hormonal (estrogen, progesterone, relaxin), biomechanical and postural changes occur during pregnancy.

Hormonal changes:

Relaxin is designed to soften ligaments to get the body ready to expand. However, it does affect all tissues of the body not just the pelvic area.

Mechanical:

The center of gravity changes due to rapid weight gain creating new stresses on the body.

Joint stability:

Postural changes

These structural changes can lead to symptoms - carpal tunnel, headaches, neck pain – due to muscular compensations for structural changes. muscle and bone are never separate. They are designed to work together.

Common pregnancy symptoms:

Being proactive and knowing how to take care of the body during pregnancy the “typical” symptoms during pregnancy can be lesser.

Lower and upper back pain

Carpal tunnel Syndrome - comes from the neck

Sciatica

Headaches

Pubic Symphysis Pain

## Benefits for mom

- Prepares the body for easier pregnancy and birth
- Removes torsion
- Reduces interference with nerves
- Reduces muscle imbalances and localized inflammation
- Physical stressors
- Can lead to reduced labor times

## Benefits to the Babies

- Allows greater room for the baby to develop
- Decrease in birth trauma
- Promotes likelihood of vaginal birth
- Proper neck alignment for baby during birth

## Possible outcomes for baby due to malposition

Torticollis

Postural Scoliosis

Mandibular Asymmetry

Hip Dislocation

Club Foot

### Another reason to consider chiropractic care early

20 % of c-sections are performed due to abnormal presentation.

External Cephalon Maneuver is a procedure done by an OB to move the baby externally. However, the success rate for this technique is low.

The Webster Technique is not a breach turning technique. It stimulates the fetus to reposition itself naturally.

### Resources for finding the best prenatal chiropractor for you

1. Ask around for referrals
2. Call a local birthing center for a referral
3. Visit the International Chiropractic Pediatric Association or International Chiropractors Association website, [www.icpa4kids.org](http://www.icpa4kids.org)

### **Postpartum Support International (PSI) & Pregnancy and Postpartum Health Alliance of Texas (PPHA)**

Melissa Bentley

Texas PSI Coordinator

PPHA Programs Director

Mamas for Mamas, Peer Support Group Facilitator

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[www.postpartum.net](http://www.postpartum.net)

[www.pphatx.org](http://www.pphatx.org)

Perinatal Mood and Anxiety Disorders (PMADs) are much more than postpartum depression.

“Baby Blues” happens within the first two weeks postpartum due to sleep deprivation, hormones, etc. However this is not a mental health diagnosis since it tends to go away. Baby Blues is NOT postpartum depression. (See handout that distinguishes baby blues vs postpartum vs psychosis)

When it lasts more than two weeks then it can be an issue.

Postpartum Psychosis is more extreme and is more rare.

### Treatment Options

1. Support Groups (general for moms, or for PPD)
2. Therapy/Counseling
3. Help with Tasks/Reduce her Stress
4. Psychiatric Medications Psychiatric Hospitalization

### Postpartum Support International (PSI)

[www.postpartum.net](http://www.postpartum.net)

PSI provides free materials in English, Spanish, online materials, and a warm line in English and Spanish. The first Monday of each month is support for dads - if they have depression themselves, or if he doesn't know how to deal with his depressed partner.

Postpartum Health Alliance of Texas (PPHA)

[www.pphatx.org](http://www.pphatx.org)

PPHA has an online directory of providers that have all been vetted to ensure they know how to address the needs of moms with PMADs. They also offer trainings for professionals

There are three programs available for low income moms:

(Eligibility Requirements - diagnosis of PMAD, within 12 months of a birth, at or below 250% below poverty level)

**1. Postpartum Doula Program**

Provides 20 hours of free in home care during the day.

There is also a scholarship program to train people who want to become postpartum doulas. PPHA is working on getting more Spanish postpartum doulas. Right now they have one that is just about to finish the program.

**2. Psychiatric Voucher Program**

Sliding scale voucher for up to 5 visits. Client's portion depends on client's income.

**3. Mental Health Voucher** (just started in February)

Program for pregnant and postpartum moms. 8 sessions of therapy. Sliding scale (\$10-\$40 per session), if mom no shows she is required to pay \$25 flat fee.

Upcoming Event

"Climb Out of the Darkness"

Event on June 24th at 9:00 am

Butler Park

<https://www.crowdrise.com/PPHA--Austin--TX-/fundraiser/melissabentley2>

If you have any clients with concerns give them Melissa's number. Or give to spouse, family member her number to find out about resources.

*You're Not Alone*

*It's Not Your Fault*

*With Help, You Will Get Better*

## Announcements

### UPCOMING EVENTS

June 12<sup>th</sup> – 14<sup>th</sup>

#### **Neonatal Abstinence Syndrome Symposium**

Omni San Antonio Hotel at the Colonnade,  
9821 Colonnade Blvd, San Antonio 78230

The Texas NAS Symposium seeks to educate providers and the medical community on models of care to work with women who have taken opioids during pregnancy and their babies who have been exposed to drugs in the womb. From prescribed painkillers to illicit drugs such as heroin, each drug produces its own specific spectrum of effects on a newborn. Symposium education sessions are designed to help health care professionals work with the mother in decreasing opioid dependence, as well as help in understanding how to care for a substance-exposed child.

Target Audience: Medical Providers, Mental Health Providers, Treatment Providers, Child Welfare Professionals, Community Health Providers, Residents or Students who are interested in increasing their knowledge about NAS. Registration fee is \$50 and CEUs will be available. Anticipate 200 people attending this year.

<http://www.nassyposium.com/>

Wednesdays, June 14 – July 19<sup>th</sup>

4:30 pm – 5:30 pm

#### **Women's Health**

El Buen Samaritano, 7000 Woodhue Drive, A226, Austin 78745

This FREE class is a series for women interested in setting health goals. Participants will learn about their general health, emotional health and family planning. A \$50 Visa gift card will be given to all participants at the end of the 5 sessions. For more information please call 512-439-8915.

Saturday, June 24<sup>th</sup>

#### **Texas PPHA "Climb Out of the Darkness"**

Butler Park, 1000 Barton Springs Rd, Austin 78704

Join us at the base of the winding path, close to the Liz Carpenter splash pad. We will climb Doug Sahm Hill and enjoy the beautiful view of Austin at the top! <https://www.crowdise.com/PPHA-Austin-TX->

[/fundraiser/melissabentley2](https://www.crowdise.com/PPHA-Austin-TX-/fundraiser/melissabentley2)

Friday, June 30<sup>th</sup>

8:30 am – 4:45 pm

#### **Immunization Workshop for Health Care Professionals**

Baylor Scott & White Round Rock, Longhorn Room, 302 University Blvd, Round Rock

This free training is offered by the Williamson County & Cities Health District and is designed to offer the latest on childhood vaccines. This workshop is open to anyone involved in the administration, scheduling, and care of persons receiving vaccines and for those involved in managing immunization records of children in schools and child care facilities. Lunch will be provided. To register contact Angie Lewis at 512-248-7622 or [Angie.Lewis@wilco.org](mailto:Angie.Lewis@wilco.org) by

Wednesday June 21<sup>st</sup>.

*\*\* If you have any updates/events please email Rory  
so it can be added to the agenda or emailed out to the list of 200 folks. \*\**

**Next Meeting – July 13, 2017**

Any Baby Can  
6207 Sheridan Avenue  
Austin, TX

**If you have any questions, please contact:**

Rory Hall  
Coalition Chair  
512.477.1122

Email: [rory@adoptionadvocates.net](mailto:rory@adoptionadvocates.net)