

# *Healthy Montana Teen Parent Program*

## *Quarterly Newsletter*

*Winter 2016 - Volume 5, Issue 1*

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## **HMTTP Staff Update**

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### **HMTTP Coordinator**

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The Healthy Montana Teen Parent Program (HMTTP) welcomes a new Program Coordinator. A.C. Rothenbuecher began in September of 2015. Her background is in reproductive health, family planning, health education, program planning, implementation, and evaluation, and the Affordable Care Act.

Ms. Rothenbuecher received a Masters in Public Health from the University of North Carolina, Chapel Hill in Health Behavior and Health Education and a Bachelor's Degree in International Relations from the University of California, Davis. She has worked in university, state government and global health non-profit settings. She is passionate about access to care, improving health outcomes, and capacity building. A.C. is very excited to work with Healthy Montana Teen Parent Program grant recipients.

A.C. loves camping, hiking, travel, and baking gluten free with her husband, 1.5 year old daughter, Savannah, and their lovable dog, Hunter.



### **New Staff?**

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Do you have a new staff member supporting pregnant and parenting teens? Email A.C. Rothenbuecher with a brief biography and an optional photograph for the next newsletter, [arothenbuecher@mt.gov](mailto:arothenbuecher@mt.gov).

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## HMTTP Grant Updates

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### Year 3 Carryover Requests

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The Healthy Montana Teen Parent Program will be seeking carryover funds from the Office of Adolescent Health, Pregnancy Assistance Fund.

As part of the carryover request, HMTTP is requesting proposals from current grant recipients who may be interested in expanding current activities or creating new activities for pregnant and parenting teens. Available funds are dependent on approval by the Office of Adolescent Health and the number of proposals submitted.

If you are interested in a carryover request, please submit a funding proposal to the HMTTP Coordinator by **Wednesday, January 13, 2016**. The proposal should include a description of proposed activities, a work plan, a budget, and a budget narrative. The proposed activities must be related to the core services of the program. The funds must be used by July 31, 2016.

### Bi-Annual Reports

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Bi-annual reports and data for the August 2015-January 2016 period are due **Monday, February 15, 2016** to the HMTTP Coordinator. Revised guidance on the bi-annual reports will be sent out in January.

### Website Input

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The HMTTP Coordinator has made some updates to the HMTTP DPHHS website. <http://dphhs.mt.gov/hcsd/ChildCare/HealthyMTTeenParentProgramHome.aspx> Have suggestions? Resources to add?

Please email A.C. at [arothenbuecher@mt.gov](mailto:arothenbuecher@mt.gov) with your ideas. Thank you for your input!

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## Montana Access to Justice Forum Series 2015-2016

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The Access to Justice Forum series is an effort of the Montana Supreme Court Access to Justice Commission with the support and assistance of others working within the framework of access to justice efforts. The series of regional public discussions about the need for civil legal services for low and moderate income Montanans will be held in seven different locations across the state beginning in October 2015 in Kalispell and concluding in the Fall of 2016 in Helena.



Each two-hour forum will include a “Listening Panel” and “Witnesses”, both of which are by invitation only. Special invitations may be extended to audience members who may assist in raising awareness of access to justice issues or who have specific relations or networks with the ability to advance the series purpose. The Forum is open to the public and at the end of the program there will be approximately 30 minutes for public comment. Each forum will be videotaped or transcribed. The Access to Justice Commission will use the testimony as part of the basis for recommendations to the Supreme Court, the Legislature, and the Montana State Bar to increase availability of legal assistance in civil matters.

#### Upcoming Forums

- Billings – March 16, 2016
- Missoula – April 13, 2016
- Bozeman – May 18, 2016
- Butte – September 21, 2016
- Helena – October 19, 2016

For more information: <http://courts.mt.gov/supreme/boards/azj/azjfs>  
<http://courts.mt.gov/Portals/113/supreme/boards/azj/azjfs/Informational%20Brochure%20V.3.pdf>

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## Fatherhood Engagement

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Recently released report and briefs from a project on fathers in home visiting programs by OPRE.

The [report](#), entitled *Approaches to Father Engagement and Fathers' Experiences in Home Visiting Programs*, discusses approaches that home visiting programs use to engage fathers, the challenges they face, the strategies they use to overcome these challenges, and benefits of participating from the perspective of fathers and program staff. The accompanying [brief](#), *Engaging Low-Income Fathers in Home Visiting: Approaches, Challenges, and Strategies*, summarizes key findings from the report.

See also *Serving Young Fathers in Home Visiting Programs: Highlights from a Research Study*, a [brief](#) describing the challenges and the strategies staff use to serve young fathers based primarily on staff interviews in home visiting programs that serve a high number of teen fathers. The lessons programs shared may assist other programs that serve low-income families in their efforts to engage young fathers.

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## Contractor Highlight

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## Flathead City-County Health Department

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The Healthy Montana Teen Parents Program (HMTTP) at the Flathead City-County Health Department (FCCHD) continues to see growth and success. During the fall of 2015, program staff met with Administration from two local high schools. Program staff shared the success of offering supportive services and parenting education on site at one of the local alternative schools in exchange for High School credit and made a proposal to expand those services to additional high schools.

Being an expectant or parenting student comes with many additional challenges that other students do not face. Those challenges include constraints on time as students juggle the roles of student, parent, spouse/partner, child, friend and often employee. In addition, students are attempting to make arrangements for childcare to allow a stable environment for their child while they are at school and/or work. This is a particular challenge as none of the local high schools offer childcare onsite and historically newborn spots in childcare facilities are limited. This leaves parents with the frequent conflict of attending school or staying home with their child, when other childcare arrangements fall through. An added stressor can be for mothers returning to school that are breastfeeding. This issue is often unaddressed by the parent or the school. Out of embarrassment of bringing up the topic with teachers or Administrators, mothers opt out of breastfeeding for simple “convenience” of not having a private spot identified where they can breastfeed or pump.

While meeting with the local administrative staff from these two High Schools, program staff shared some of these challenges. Staff shared that by providing supportive services on site at local high schools, it reduces some of the barriers and encourages students to attend and complete High School. Students can obtain their core academic requirements while the HMTTP staff offers students with relevant education and knowledge in regards to their pregnancy or parenting status. By providing High School credit for this education, it affirms the value of strong parenting skills and secure attachment. Staff shared that by setting parents up for academic success, they also pave the way to the next generations’ success in school. It is our goal to create an environment where both parenting and education are valued and students feel supported.

Administration agreed to the plan of expanding services in exchange for High School credit. Not only did they support the proposed plan, but offered 0.5 credits, opposed to the proposed 0.25 High School credits, in exchange for the time committed to the program. Administration felt that this was similar to a work study program in the High School setting. Therefore, plans are being put in place to have a set curriculum that addresses all areas of the family’s life that will promote academic and parenting success and overall family well-being. Such topics will include health literacy, reproductive life planning, parenting education, financial literacy, housing, parenting plans, child support, post-secondary education, employment opportunities, and many additional topics. Due to staff time limitations, this project has moved slowly but it is the hope of the FCCHD HMTTP services to make this a priority and have this curriculum in place to begin offering it for the 2016-2017 academic years.

Another success in the schools, is that three years ago, our program received approval to offer group services in one additional outlying high school that agreed to offer high school credit for the expectant or parenting teen population enrolled in that school. We have been challenged to be able to coordinate student schedules in that public school, in order to find a time that all students interested in attending, could participate in the parenting support group. This fall, program staff was able to finally coordinate this effort and group sessions began in November of 2015. Groups have been successful and attendance has been good by the participating group

members. Students who participate and meet the expectation in that school, will be able to receive High School credit.

FCCHD identified that while many of our program participants initiated breastfeeding, few were continuing to breastfeed by the time their child reached six months of age. In the fall of 2015, FCCHD was able to send an HMTTP staff member to become a Certified Lactation Consultant. The class was possible due to the funding received by this grant. It is our hope that by having this expertise within our program, we will see an increase in the number of mothers both initiating breastfeeding and continuing breastfeeding at six months. As a result of that training and commitment to supporting breastfeeding mothers, staff has already increased awareness with local schools in an effort to provide a more breastfeeding friendly environment that will promote longevity in breastfeeding of mothers currently enrolled in school.

The HMTTP services at FCCHD look forward to continued work and progress supporting the teen families in our community. We know that our continued efforts will be rewarded with the future success of the families that we serve. We would like to thank our funders and our community for their continued support.

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## Early Childhood News

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### Child Care Development Fund Reauthorization

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#### Background

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On November 19, 2014, President Obama signed the Child Care and Development Block Grant (CCDBG) Act of 2014 into law. This reauthorizes the child care program for the first time since 1996 and represents an historic re-envisioning of the Child Care and Development Fund (CCDF) program. The new law makes significant advancements by defining health and safety requirements for child care providers, outlining family-friendly eligibility policies, and ensuring parents and the general public have transparent information about the child care choices available to them<sup>[1]</sup>.

[1] US Department of Health and Human Services, Administration for Children and Families, Office of Child Care <http://www.acf.hhs.gov/programs/occ/ccdf-reauthorization>

The Reauthorization of CCDF and the supporting State Plan Preprint covers the following categories:

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1. CCDF Leadership and Coordination with Early Childhood Systems
2. Promoting Family Engagement through Outreach and Consumer Education
3. Providing Stable Child Care Financial Assistance
4. Ensure Equal Access to High Quality Child Care for Low Income Families
5. Establish Standards and Monitoring Processes to ensure Health and Safety of Child Care Settings
6. Recruit and Retain Qualified and Effective Child Care Workforce

7. Support Continuous Quality Improvement
8. Ensure Grantee Accountability and Program Integrity

## CCDF State Plan

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In general, there are significant changes which not only include moving from a two-year plan to a three-year plan, but many other detailed provisions within the above categories. Changes include, but are not limited to:

- Significant requirements related to public notice related to child care licensing inspections, complaints, etc.
- Increased expectations related to consumer education for parents and providers
- Increased compliance with licensing requirements and rationale for why license exempt providers do not endanger health, safety, and development of children
- Enhanced training and professional development requirements and strategies
- Enhanced expectations for health and safety standards as well as monitoring practices
- Targeted outreach and service to specific populations such as children in underserved areas, infants and toddlers, children with disabilities, and non-traditional hours
- Changes in subsidy administration and continuity of care policies as well as payment practices
- Increasing quality care
- Stronger background check expectations



For more information visit the website: <http://dphhs.mt.gov/hcsd/ChildCare/CCDBGActof2014>

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## Best Beginnings Advisory Council

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The Best Beginnings Advisory Council (BBAC) is managed through the Early Childhood Services Bureau (ECSB). The BBAC provides advisory capacity and assists in developing a coordinated strategic plan across the Department and in supporting comprehensive early childhood services in Montana. The goal is that Montana shall have a comprehensive, coordinated early childhood system that provides a governance structure and leads to strong collaboration in order to best meet the needs of Montana's youngest citizens.

The BBAC serves as the advisory board for the following seven grants:

1. Child Care Development Block Grant
2. Early Childhood Collaborative System: Trauma Informed Care Grant (ECCS)
3. Head Start State Collaboration Grant (HSSCO)
4. Healthy Montana Teen Parent Program Grant (HMTTP)

5. Maternal Infant Early Childhood Home Visiting Grant (MIECHV)
6. Montana Preschool Development Grant (MPDG)
7. Montana Project Launch Initiative Grant (MT-PLI)

The major responsibilities of the Best Beginnings State Advisory Council include:

- Children have access to high quality Early Childhood Programs.
- Families with young children are supported in their community.
- Children have access to a medical home and health insurance.
- Social, emotional, and mental health needs of young children and families are supported.

The BBAC met October 7-8, 2015 at the Red Lion Colonial in Helena.

Meeting agendas, notes, and resources can be found

at: <http://dphhs.mt.gov/hcsd/ChildCare/BestBeginningsAdvisoryCouncil.aspx#154223650-2015-meeting-resources->

Next Meetings:

- February 10-11, 2016, Red Lion Colonial Hotel, Helena
- June 28-29, 2016, Red Lion Colonial Hotel, Helena
- October 5-6, 2016, Red Lion Colonial Hotel, Helena

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## Upcoming Events and Trainings

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### February

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#### **Best Beginnings Advisory Council**

*February 10-11, 2016*

Helena, MT

<http://dphhs.mt.gov/hcsd/childcare/bestbeginningsadvisorycouncil.aspx>

#### **National Healthy Start Association Spring Conference: *The Healthy Start Initiative: 25 Years of Advancing Health Equity Through Community Based Collaboration!***

*February 27 - March 2, 2016*

*Washington, D.C.*

[Register for the Spring Conference](#)

### March

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#### **Healthy Montana Teen Parent Program Spring Training**

*Dates to be determined – Stay tuned!*

Helena, MT

#### **Society for Adolescent Health and Medicine 2016 Annual Meeting: *Youth in Context: Interactions Among Adolescents, Environments and Healthcare***

March 9-12, 2016

Renaissance Hotel, Washington, D.C.

View the [schedule online](#), or [download the pdf](#), and [register](#) today!

## Montana Access to Justice Forum

March 16, 2016

Billings, MT – Location TBA

<http://courts.mt.gov/Portals/113/supreme/boards/aj/a2jfs/Informational%20Brochure%20V.3.pdf>

## April

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### NICWA Training – Positive Indian Parenting and ICWA Basics with Guidelines Update

April 6-8, 2016

St. Paul, MN

<http://www.nicwa.org/training/institutes/>

[Register Online](#)

### Montana Access to Justice Forum

April 13, 2016

Missoula, MT – Location TBA

<http://courts.mt.gov/Portals/113/supreme/boards/aj/a2jfs/Informational%20Brochure%20V.3.pdf>



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## Webinars

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### Generation Unbound: Drifting into Sex and Parenthood without Marriage

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Over half of all births to young adults in the United States now occur outside of marriage, and many are unplanned. The result is increased poverty and inequality for children. The left argues for more social support for unmarried parents; the right argues for a return to traditional marriage. In *Generation Unbound*, Isabel V. Sawhill offers a third approach: change "drifters" into "planners." In a well-written and accessible survey of the impact of family structure on child well-being, Sawhill contrasts "planners," who are delaying parenthood until after they marry, with "drifters," who are having unplanned children early and outside of marriage. These two distinct patterns are contributing to an emerging class divide and threatening social mobility in the United States.

**Who should attend:** Researchers, policy makers, press, practitioners, program operators, advocates and others interested in trends related to pregnancy, marriage, and family formation among young adults.

**When:** Wed. January 13<sup>th</sup>, 2-3 pm MST **Cost:** Free!

[Register](#)

### Practical Tips to Engage Fathers in Home Visiting Programs

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**Who:** This webinar will be hosted by NFI Vice President, Erik Vecere.

## FREE WEBINAR



Thursday, January 21st from 2:00pm-3:00pm EST

**What:** Free Webinar titled Practical Tips to Engage Fathers in Home Visiting Programs

**When:** Thursday, January 21st from 12:00PM-1:00PM MST

**Where:** Register online [here](#).

In this free webinar, you will learn about fatherhood intervention strategies that can be used in both home visiting and center-based programs. You will also have opportunities to apply intervention strategies to your setting. If you have any questions, please let me know.

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## Teen Health: Preventing Pregnancy & Promoting Healthy Youth

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The National Institute for Health Care Management (NIHCM) Foundation hosted a [webinar](#) on strategies to improve adolescent health and reduce teen pregnancy, including increasing access to teen-friendly health services and expanding use of effective contraceptive methods, such as long-acting reversible contraceptives (LARCs).

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## New Online Courses: Encouraging Family Communication About Healthy Sexuality and Best Practices in Birth Control Education

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On-going communication between parents and youth allows for more open and honest discussions about harm-reduction topics of STD, abuse and pregnancy prevention and a broader range of sexuality and relationship topics. This online course covers strategies for how educators can encourage family conversations about healthy sexuality. [Learn more](#) and [Register](#)  
Registration Fee: \$60 Includes free CEUs (1.2 Nursing; 1.0 CHES; 1.0 Social Work).

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## Poverty Is Not Destiny and Pregnancy Is Not a Disease: Changing Our View of Adolescent Health

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What does it look like when we view “teen pregnancy prevention” through a social justice lens? How do we move beyond the disease/prevention model which places blame? And how do we ensure that we remain inclusive, positive, and empowering? Join us while we take a more in-depth look to define, discuss, and explore what it means to employ a Youth 360° approach. **Access now:** [Members: \\$30](#) / [Non-Members: \\$60](#). *Bundle and save: 15% discount on 3 or more webinar recordings!*



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## The Frame Makes the Picture: Creating a Positive Picture of Pregnant & Parenting Teens

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What we think and how we feel about something has a lot to do with how it is presented—or framed. For example, think about particularly lively children and how our reactions might differ if we call them “curious,” as opposed to “hyperactive.” Teen parents have been labeled many things since the mid-1970s, and most of the labels have not been positive. Healthy Teen Network wants to change this. As the only national organization focused on this population, we have spent a great deal of time and resources exploring why teen parents have such negative frames and how we might alter those frames. Join us to recall a bit of history as it relates to current frames for this population, explore current frames, and discover which popular frames may in fact perpetuate current stereotypes and what you can do to change your framing language and gain support for pregnant and parenting teens

nationwide. Access now: [Members: \\$30](#) / [Non-Members: \\$60](#). Bundle and save: 15% discount on 3 or more webinar recordings!

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## [Resources](#)

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### [Breastfeeding](#)

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[La Leche League of Montana](#) - La Leche League Leaders are scattered across the state. All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome to come to our meetings or call one of our Leaders for breastfeeding help or information.

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing support, encouragement, information, and education to women who want to breastfeed. Meetings are held monthly and the information is divided into topics for a four-meeting series. Mothers who attend LLL meetings soon find there is more involved than basic breastfeeding information. They enjoy the sharing of stories, friendship, and the mother-to-mother support. Babies and siblings are always welcome at LLL meetings. Many local leagues have a Facebook page.

### [Child Literacy](#)

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[Imagination Library](#) - Free book once a month for children aged 0-5, available in certain MT communities.



### [Childcare](#)

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[Hands Up Childcare Scholarship](#) - Available in Missoula, Mineral and Ravalli counties:  
[Best Beginnings Scholarship](#) - Statewide  
[STARS to Quality](#) is a continuous quality improvement program for early childhood education in Montana.

### [Financial](#)

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[Individual Development Accounts](#) - Matched savings accounts that help people with modest means to save towards the purchase of a lifelong asset. Available in some counties in Montana.

### [Healthcare](#)

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[New Affordable Health Plan in Montana](#) - For many Montanans who have been previously ineligible for affordable health coverage, there is a new affordable option: Medicaid expansion and the Montana HELP Plan. The Montana HELP Plan is an affordable health insurance plan for low-income Montanans. You can also receive [free in person assistance](#).



### [Housing](#)

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[Tumbleweed Runaway Program](#) – services for runaway, homeless, and at-risk youth and their families in Billings.

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## [Immunization](#)

[MT Vaccines for Children and Adults Assistance Program](#) - The Vaccines For Children (VFC) program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. Some vaccines are also available to [eligible adults](#).

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## [Law](#)

[Montana Court Help Program](#) - Free service provided by the MT Supreme Court to assist people with civil, non-criminal legal problems

[MontanaLawHelp](#) provides legal information related to families and kids, relationships, housing, and more.

[Montana Legal Services Association \(MLSA\)](#) is law firm that empowers low-income people by providing legal information, advice, and other services free of charge. MLSA works both on individual cases and under a systemic approach to help low-income people escape domestic violence, keep their housing, preserve their public benefits, protect their finances, and more.

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## [Pregnancy and Smoking](#)

[Quit Now Montana Pregnancy Program](#) offers pregnant and postpartum callers a personal quit coach, extended coaching calls with cash incentives, 6 weeks NRTs during pregnancy and 6 additional weeks of NRTs postpartum. Call 1-800-784-8669 to enroll today.

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## [Reproductive Health Care and Teen Pregnancy Prevention](#)

[Montana Teen Pregnancy Prevention Data & Resources](#)  
[Find a Family Planning Clinic in Your Community](#)

Find more resources on the [HMTTP website](#)

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## [Got Newsletter Topics?](#)

- Do you have a topic, an event, or a training you would like to include in the next newsletter?
- Would you like to be added to the mailing list?

Contact A.C. Rothenbuecher at [arothenbuecher@mt.gov](mailto:arothenbuecher@mt.gov) .

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