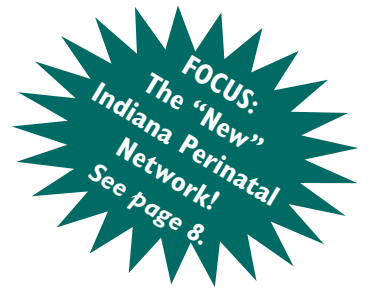


# PERINATAL Perspectives



Volume 5, Issue 3

Quarterly news from the Indiana Perinatal Network, Inc.

Fall 2001



## REGIONAL UPDATE

### "Community Health Worker Program" Kicks Off in Gary

A new program aims to provide intensive community outreach to impact black infant mortality and low birth weight in high risk areas of Lake county. The unique program trains, certifies and empowers a neighborhood woman to become an effective perinatal community health worker.

This "community health worker program"—the result of an IPN partnership with HealthVisions Midwest and the Lake County Minority Health Coalition's (LCMHC) Nurturing

*Continues on page 4.*

### Brown Joins as First Community Health Worker



The community health worker partnership welcomes Gary resident LaToya Brown as its first program participant.

HealthVisions Midwest and IPN are providing one year of funding for her work-study experience.

"The clients are young girls around my age; there are also girls as young as 14 years old—the same age as my younger sister," says Brown. "When they see me, they immediately start talking and asking a lot of questions because they feel more comfortable talking to a peer."

## Breastfeeding-Friendly Businesses Recognized

Businesses providing work-site support for breastfeeding employees and customers were recognized by IPN and the Women, Infants and Children (WIC) and Maternal Child Health Services (MCH) divisions of the Indiana State Department of Health (ISDH).

A questionnaire that solicited information on breastfeeding policies and accommodations was mailed to Indiana businesses May 2001. Respondents were recognized in a press release distributed during World Breastfeeding Week, August 1-7, and most requested window decals that proclaim, "Breastfeeding is welcome here."

Approximately 150 surveys were returned, and the 105 companies listed in the sidebar requested recognition

for the work-site support they provide.

"Fortunately, increasing numbers of employers see the benefits of supporting breastfeeding mothers who are returning to work," says **Renee**

**Furrow, RN, BSN, IBCLC**, chair of IPN's Breastfeeding Task force. "Studies show that these benefits include reduced health care costs and absenteeism, increased retention, improved employee morale and an enhanced corporate image."

For more information, contact Sharon Farrell, Indiana State Department of Health, ph: 317.233.5603 or e-mail: [sfarrell@isdh.state.in.us](mailto:sfarrell@isdh.state.in.us).

*See a list of Breastfeeding-Friendly Businesses on pg. 11.*



**Golfers Help Indiana's Mothers and Babies** (see pg. 2)

## Indiana Perinatal Network Contacts

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### Indiana Perinatal Online Magazine (IPOM)

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

### Indiana Family Helpline

800.433.0746

## INDIANA PERINATAL NETWORK NEWS CLIPS

### "Birdies for Babies" Raises Funds for IPN Programs



Golfers flocked to Hillcrest Country Club to participate in the "Birdies for Babies" golf outing.

Nearly 75 golfers participated in IPN's first annual "Birdies for Babies" golf outing at Hillcrest County Club on October 8. The event raised about \$8,500 to support IPN programs that help ensure Indiana's babies are born healthy and into safe and nurturing homes.

Golfers flocked to the course at 11 a.m., eagerly lining up to purchase "Mulligans" and raffle tickers. The 18-hole scramble began at Noon with a shotgun start. "It was a picture-perfect fall day," says IPN's Executive Director **Julia Brillhart**. "The golfers were thrilled to play the beautiful Hillcrest course." The event concluded with dinner, prizes and awards at 5 p.m.

Participants were unanimous in their support of a subsequent event in 2002. Plans are under way for the second annual "Birdies for Babies" golf outing to be held Monday, October 7, 2002 at Hillcrest Country Club. "Golfers told us they appreciated the chance to play Hillcrest and to squeeze in a game late in the season," says "Birdies for Babies"

### MARK YOUR CALENDAR



If you missed your chance to participate in "Birdies for Babies," mark your calendar

**now** for the second annual outing to be held **Monday, October 7, 2002 at Hillcrest County Club**. Watch for more details!

### Why Wait? Support IPN Now.

If you don't want to wait to support IPN's activities, we invite donations (check made payable to IPN or MasterCard or Visa) mailed to the Indiana Perinatal Network, 280 East 96<sup>th</sup> St., Suite 150, Indianapolis, IN 46240.

*Continues on page 3.*

Committee Chair **Tom Greer**. "We are planning an outing that will draw more corporate support and offer players even more prizes and opportunities for fun."

The Indiana Perinatal Network thanks these sponsors whose generosity made "Birdies for Babies" possible:

- Arlington/Roe & Co.**
- Cathedral High School Students**
- Center for Prenatal Diagnosis**
- Cooke Financial Group**
- CSO Architects**
- Keith DeTrude**
- Fletcher's Restaurant in Atlanta**
- Galyan's**
- Glass Chimney Restaurant**
- John Greer**
- Tom Greer**
- J.R. Haag**
- Heaton :: Eadie**
- Indiana Perinatal Network Board of Directors**
- Kingston Sales**
- Matria Healthcare**
- Ken McClara**
- Rand Worldwide**
- St. Elmo's Restaurant**
- Schneider's Insurance Agency**
- Chris Sears**
- Something Different**
- Phillip Wilhelm**
- Workout Center**
- WRTV-Channel 6**

**Baby First Bulletin Boards Rotate in Indianapolis**

*Baby First...Right From the Start!* outdoor messages urging women to get prenatal care will rotate throughout Indianapolis for one year.

The vinyl "bulletin boards" are larger than traditional "billboards," can be reused and are designed to move among locations as space becomes available at major intersections. The outdoor messages, produced with Clear Channel Communications (formerly Eller Media), were made possible by the Marion County Health Department's Healthy Start Partnership and ISDH funds.

**IPN can help you get billboards up in your community. For more information, please call 317.818.9486 or e-mail IPNBABY@aol.com.**

*Continues on page 4.*

# Customized *Baby First* Calendars Available!



The *Baby First* Pregnancy calendar provides a month-by-month education on the baby's development, as well as practical information and tips on how an expectant mother can help ensure a healthy pregnancy and a healthy baby.

The calendars are available for **\$2.50 each (minimum order 100)** and can be personalized (for no additional charge) with a sticker affixed to the cover that says **"Compliments of" your organization and/or logo.**

*All proceeds from the calendar benefit low-income women in need of prenatal education or breastfeeding supplies.*



Place your order by completing the information requested below and mailing, along with your check and logo artwork (see bottom) to:

Indiana Perinatal Network  
Attn: Tina Babbitt  
280 East 96th St., Suite 150  
Indianapolis, IN 46240

Qty: \_\_\_\_\_ x \$2.50 = \$ \_\_\_\_\_

Organization: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Shipping Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please allow 2-4 weeks for delivery. Shipping charges are F.O.B. Indianapolis. If you have questions regarding the calendar, please contact IPN by calling 317.818.9486 or e-mailing IPNBABY@aol.com

## LOGO MATERIAL REQUIREMENTS

All logos are printed in black. Please submit camera-ready art (133 lpi) as a hardcopy slick or as a digital file: Adobe Illustrator EPS or Adobe Photoshop TIF (300 dpi at 100%). Mac and PC files are accepted.



Please note that all logos should be horizontal in format. If your logo does not fit this format, please supply your organization's name typeset to fit.

**1.5"W x .5"T**

## Rave Reviews for Current Perspectives on Recurrent Themes

*Current Perspectives on Recurrent Themes*, the most recent IPN *Lessons Learned Conference Series*, was presented September 26 at the University of Notre Dame's Center of Continuing Education. The seminar drew 132 attendees that included medical staff, nursing professionals, social workers, lactation consultants, educators and representatives from Maternal Child Health Department (MCHD) clinics and Women Infant Children (WIC) sites.

The session began with a presentation on *Modern Management of Preterm Labor*, by **Robert Austin, MD**, and *Preterm Labor and Pre-Eclampsia /HELLP Syndrome* by **William Donald, MD**; both perinatologists at Memorial (South Bend) Maternal Fetal Medicine. **Deborah Givan, MD** of Riley Hospital for Children, discussed *Safe Sleep: A Public Health Issue* and **James J. McKenna PhD** of Notre Dame's Mother-Baby Behavioral Sleep Laboratory presented *Mother/Infant Bedsharing with Breastfeeding in Low-Risk Populations*. **Haywood Brown, MD**, Department of Maternal/ Fetal Medicine at St. Vincent Hospital Indianapolis, presented *Smoking and Perinatal Risk*.

Afternoon presentations included *Domestic Violence in Pregnancy: Assessment and Intervention* by **Joseph Marshall, MD**, chair of the Department of Obstetrics and Gynecology and Reproductive Biology at Michigan State University, and *Domestic Violence: Assessment and Intervention* by **Janis Ringer, RN** of the Emergency Department of South Bend's Memorial Hospital.

Evaluations from attendees indicated the conference was well received with 87 percent rating it as "excellent" or "very good" overall and 87 percent rating the "value of the information" as either "excellent" or "very good."

Exhibitors included SIDS Alliance of Indiana, Smoke Free Indiana, Safe Kids Coalition, WIC of St. Joseph County, Victims Witness Advocacy and Family Violence Units of the St. Joseph County Prosecutor's office, the Neonatal Intensive Care Unit of Memorial Hospital, and Lactation Consultants of Central Indiana.

## "Community Health Worker Program" (from pg. 1)

Assistance to Assume Life Expectancy (NATALE) program—kicked off in Gary in July 2001. Gary has long ranked poorly in the state and nationally for infant mortality and low birth weight. ISDH data indicated 245 low birth weight babies and 22 infant deaths were reported there in 1999.

HealthVisions Midwest and the Community College of Indiana (formerly Ivy Tech State College) provide educational training for the community health worker. The curriculum combines course work and self-paced learning with practical field experience provided by LCMHC. Upon completion of the program, a student is able to assess community health care needs; coordinate care and case management; communicate the needs, culture and strengths of the community; educate the community about prevention and access to healthcare; and organize community initiatives.

"This program is exciting because it marries our two missions: to educate people from the neighborhoods to

teach their neighbors about healthcare and to reduce health disparities," says **Sr. Annemarie Kampwerth**, director of education and partnerships for HealthVisions Midwest. She adds that Brown is "excellent" in her role as a community health worker because she relates to many of the young mothers. "She is a wonderful role model on every level and has so much to share with the clients."

**Rosie Thomas**, program director for LCMHC, praises the partnership. "The extra support of the community health worker adds tremendously to our NATALE program. We can go out to young mothers rather than waiting for them to seek our assistance."

Additional funding sources are sought to expand the reach of the program throughout Lake county. 🐾

**Prospective students can learn more about becoming a community health worker at Ivy Tech State College Northwest by calling the Health and Human Services Department at 219.981.4412 or HealthVisions Midwest at 219.397.4335.**

## Antibiotic Linked to Pyloric Stenosis

An Indiana University School of Medicine study has identified a linkage between erythromycin, one of the most commonly prescribed antibiotics, and the subsequent development of pyloric stenosis, a condition that affects one in 500 newborns. The study appears in the October issue of the *Journal of Pediatrics*.

Pyloric stenosis, which usually occurs in the first or second month of life, is a blockage of the outlet of the stomach that causes projectile vomiting, leading to weight loss and dehydration.

"The link between erythromycin and pyloric stenosis is an important finding that will make a difference to the health of babies," says the study's principal investigator, **Barbara E. Mahon, MD, MPH**, a clinical assistant professor of pediatrics at the IU School of Medicine.

Using clinical data extracted from the Regenstrief Medical Record System—a comprehensive electronic medical records system that gathers and stores data including diagnoses, radiology and operative reports, pharmacy records, and physician observations—researchers studied 14, 876 babies born between June 1993 and December 1999. They found that if given erythromycin during the first two weeks of life, babies were 10.5 times more likely to develop pyloric stenosis than babies who were not given the antibiotic.

The newborns were given erythromycin by mouth in a 10-to-14 day course, usually because of maternal chlamydia at the time of delivery. Erythromycin has had a long history as a useful, safe, and generally well-tolerated drug. However, as a result of the study, researchers say that the antibiotic should be used prudently in the first two weeks of life. 🐾

**For more information, contact Mary Hardin, Indiana University School of Medicine, ph: 317.274.7722 or e-mail mhardin@iupui.edu.**

## Safe Sleeping Guidelines

A new brochure, *Safe Sleeping for Your Baby*, summarizes safe-sleeping guidelines for parents. The brochure results from IPN's Safe Sleep Subcommittee which met to explore sleeping practices and the best ways to convey this important information to consumers.

"Adult beds aren't made for babies and experts agreed that bed-sharing can be unsafe," says **Barb Himes**, IPN's SIDS and infant loss support liaison. "However, we know that some parents will still choose to bed share and this brochure outlines the risks and how to reduce them."

These points include:

- Never sleep with your baby or put your baby down to sleep on a waterbed, recliner, futon or sofa.
- Always position your baby on her/his back.
- Babies should never sleep with adults who use drugs, alcohol or medications that can cause sleepiness.
- Never expose your baby to smoke.
- Never let your baby sleep with other children, even if you are present.
- Never sleep with your baby if you are overly tired or excessively overweight.
- Never use heavy blankets, pillows or comforters that could cover your baby's head and face.
- The adult bed should have a firm mattress that fits tightly against the headboard and away from the wall because babies can slip between the wall and bed and suffocate. 🐛



The "Safe Sleeping" brochure is under review and will become available by January 2002. For more information, please contact IPN, ph: 317.818.9486, fax: 317.818.9624, e-mail: [IPNBABY@aol.com](mailto:IPNBABY@aol.com) or visit [www.indianaperinatal.org](http://www.indianaperinatal.org).

## Help Save Hoosier Babies with FREE *Baby First* Posters

These color posters deliver a simple, important prenatal health message and provide ISDH's Indiana Family Helpline number for free pregnancy help.

Prenatal health is an issue that is important to all of us—personally and professionally. Please help us reach expectant mothers by ordering your free posters and displaying them in your facility and through social-service agency contacts. We also encourage orders for on-site distribution to your patients and for you and your staff to circulate and display within your community.

Some community locations in which these posters could be displayed include: emergency rooms, satellite offices/clinics, OB/Gyn clinics, pediatric clinics, family practice clinics, social service areas, liquor stores, hair salons, grocery stores, WIC sites, welfare offices, schools, churches and shelters.



### "Smoking" (at left)

Some child abuse occurs before the child is even born. Free pregnancy help. 800.433.0746 "Free pregnancy help" in Spanish.

"SMOKING" QTY: \_\_\_\_\_

### "Eyes" (at right)

Too many babies die in our neighborhood. Get prenatal care. Free pregnancy help. 800.433.0746 "Free pregnancy help" in Spanish.



"EYES" QTY: \_\_\_\_\_

## SHIPPING INFORMATION

Please allow four to six weeks for shipping and handling.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please return entire coupon by  
**MAIL:** Indiana Perinatal Network  
 280 East 96th St., Suite 150  
 Indianapolis, IN 46240

FAX: 317.818.9624

## Restructured to Enhance Effectiveness

**B**ased on an evaluation of IPN's effectiveness, and at the request of many of its constituents, IPN has restructured to better capitalize on its successes. "We have partnered very effectively with community groups on defined projects such as regional perinatal conferences and the *Baby First...Right from the Start!* consumer education campaign," says Executive Director Julia Brillhart.

Following the recommendations of its 1996 strategic plan, IPN also worked to establish regional perinatal advisory boards across the state. In the process, the organization discovered that many local partners were so consumed serving families in their own "backyards" that they could not establish and administer a regional committee.

As a result of these experiences, IPN's primary focus has become the formation of regional partnerships that include regional education conferences, a state perinatal conference, regional implementation of the *Baby First* campaign and other programs and projects as identified by communities. "We've witnessed successes by facilitating grassroots projects that were initiated by local communities," says Brillhart. One example is a partnership in Lake County that strives to reduce black infant mortality by training, equipping and empowering a community health worker from each affected neighborhood (see page 1). Regional partnerships have also produced the successful Perinatal Continuing Education Program (PCEP) and Fetal Infant Mortality Reviews (FIMR).

IPN has changed its by-laws to reflect a transition from a membership-dues-based non-profit to a non-profit soliciting charitable contributions. "We are no longer membership-driven with dues-paying members," says Brillhart. Instead, the focus is on fundraising

### IPN Subcommittees (examples)

Current	Proposed
Breastfeeding	Very Low Birth Weight
Baby First	Genetics
Level of Hospital Care	Bereavement
Postpartum Depression	
Safe Sleep	

campaigns that appeal to constituents and the public. Recent fundraisers include the *Birdies for Babies* golf outing and a *Baby First Family Fun Fair*, October 20 on the south side of Indianapolis. *Watch for a contribution card mailed around Thanksgiving!*

With its restructuring, IPN is drafting a new mission statement that better reflects its goals of establishing advocacy, providing education to consumers and providers, building consensus and forming partnerships:

*An alliance of hundreds of individuals and organizations across Indiana who are committed to the belief that every baby in our state should be born healthy and into a safe and nurturing home.*

"We are very excited by these new developments and the new staff that joins us as a result," says Brillhart. "We think—and our constituents confirm—that IPN is better structured to meet the demands and challenges that lie ahead as we try to continue to tackle infant mortality statewide and strive to improve the well-being of our mothers and babies."

### Getting in Touch with IPN

Ph: 317.818.9486  
 Fax: 317.818.9486  
 Address: 280 East 96<sup>th</sup> St., Suite 150  
 Indianapolis, IN 46240  
 E-Mail: IPNBABY@aol.com  
 Web Site: www.indianaperinatal.org



## Web Site Moves

**W**hile the IPN office was relocating (see below), the Indiana Perinatal Online Magazine (IPOM) was moving through "cyberspace" to a new home of its own.

IPOM moved from [www.cpdex.com/ipom](http://www.cpdex.com/ipom) to [www.indianaperinatal.org](http://www.indianaperinatal.org) with free hosting by On-Net Services, Inc.

In addition to web and application hosting, On-Net provides Internet access, web development and technical support.

**For information on On-Net Services, Inc., call 317.876.6000, e-mail [sales@onet.net](mailto:sales@onet.net) or visit [www.onet.net](http://www.onet.net).**

### IPOM Upgrades Planned

Upgrades planned for IPOM will make it an even better source of information and resources. Plans include publishing IPN's consumer and provider materials on the site so that visitors can view, print and distribute materials with the click of a mouse. The site will also incorporate SIDS and infant loss support resources at [www.indianaperinatal.org/SIDS](http://www.indianaperinatal.org/SIDS).

## A New Home with Heaton & Eadie

**I**PN's office has moved from Broad Ripple to the Parkwood office development, sharing donated space with Heaton & Eadie Accountants & Consultants on Indy's Northside.

"Thanks to Heaton & Eadie, we have free space that was desperately needed and enjoy a pleasant, professional working environment," says Executive Director Julia Brillhart. The move places the IPN office just east of the intersection of Meridian and 96th Street.

"We welcome IPN and are pleased we can support the organization in its mission to save Indiana's babies," says Britt Sieber, IPN treasurer and a Heaton & Eadie manager.

Dedicated to providing a wide range of innovative accounting and management consulting services to individuals and businesses, Heaton & Eadie serves more than 600 physicians

throughout the state. The firm's clientele also includes attorneys, architects and engineers as well as manufacturing and real-estate development entities. "We operate with a management-oriented approach," says Sieber. "We assist clients in maximizing their operational profitability, while enabling them to remain focused on their core business."

**Heaton & Eadie can be reached at ph: 317.581.9000, fax: 317.581.9200, e-mail: [cpas@heatonandeadie.com](mailto:cpas@heatonandeadie.com) or visit [www.heatonandeadie.com](http://www.heatonandeadie.com).**



**HEATON::EADIE**  
 ACCOUNTANTS & CONSULTANTS

## Meet Your IPN Staff

### Tina Babbitt—Perinatal Education Coordinator



To help improve pregnancy outcomes, Tina Babbitt facilitates comprehensive continuing education for perinatal healthcare providers. Joining the staff this October, she also serves as a liaison for providers on perinatal issues such as Folic Acid education, HIV, breastfeeding, smoking, SIDS, early prenatal care, risk assessment, “Lessons Learned,” levels of hospital care and more.

A long-time IPN supporter and partner, Babbitt is at home on the staff. “The opportunities IPN afforded me in the past were exciting, challenging and very much in sync with my professional philosophies,” she says. “I look forward to helping to facilitate a collaborative effort for statewide professional education—utilizing the strengths of all involved.”

Some of Babbitt’s responsibilities include coordinating Regional and State Perinatal conferences, organizing State Perinatal Advisory Board meetings, providing technical assistance to counties and regional alliances, assisting in evaluating the effectiveness of IPN and participating on the *Perinatal Perspectives* editorial advisory board

Among her many upcoming projects, Babbitt will coordinate the development of new resources for providers, including a compilation of the state’s perinatal outreach programs and services.

A mother of three, she enjoys water sports, reading and needlework.

### Norma Bell—Family Helpline Communications Specialist

Formerly secretary for the ISDH’s Family Helpline, Norma Bell finds this experience affords her a perspective on the spectrum of services and her responsibility to communicate appropriate information to callers. “As secretary, I learned about the Department of Health’s specialized campaigns and the wide range of programs that can assist callers.” She later joined the Family and Social Services Administration (FSSA) as a caseworker before returning to the Helpline as IPN communications specialist in July 1999.



“I enjoy responding to callers and seeing them through to make sure they enter programs that meet their specific needs.” She also appreciates the advocacy role she assumes when necessary to gain immediate services for a caller.

A grandmother of two, Bell spends leisure time reading, participating in church activities and volunteer work, attending aerobics classes and relaxing with soft music.

### Julia Brillhart—Executive Director



Executive Director Julia Brillhart is responsible for the day-to-day operations of IPN including strategic planning, legal and fiscal operations, marketing, personnel, project direction, fund raising and more. The first employee of IPN, she and the Indiana State Department of Health (ISDH) played instrumental roles in establishing the organization.

Hired as a nurse consultant by ISDH’s Maternal and Child Health division in the fall of 1994, Brillhart worked closely with Maureen McLean, ISDH state liaison, to

assess the state’s infant mortality and prepare a strategic plan to improve outcomes. Throughout 1995, state and regional town meet-

ings were conducted and task force groups formed to study problems more closely and collect feedback. In the fall of 1996, the strategic plan was completed and IPN formed with funding from ISDH.

A “desire to try to have a greater impact in improving the health and well-being of the state’s mothers, babies and families” ultimately led Brillhart to take the reins of the fledgling IPN. She brought with her more than 15 years of progressive clinical experience that began in high-risk labor and delivery in 1980. The importance of preconception and prenatal care was impressed upon Brillhart after she received her Masters Degree in Perinatal Nursing and began working with maternal fetal medicine specialists at Indiana University clinics. This experience fueled her drive to “make an even greater impact by working to affect policy, standards of care, and by developing partnerships to accomplish common goals.”

She has a passion for her work and the results produced by the IPN’s many partnerships. “This has been the most rewarding work experience of my life. I enjoy the people I work with statewide. I am in awe of how much talent and dedication exist in our state. It’s unfortunate that our statistics don’t reflect it.”

In her spare time, Brillhart enjoys spending time with her 10-year-old son Ross. She enjoys doing “anything outdoors,” including gardening, roller blading, biking, rock climbing, canoeing and back-packing.

### Rita Carlos—Family Helpline Spanish Communications Specialist



In a twist of events, Rita Carlos owes her job to her toddler. “I learned about the opening from my daughter’s preschool teacher,” says Carlos. The teacher thought the mother possessed the requisite skills to assist Spanish-speaking callers and encouraged her to apply for the position. “When I interviewed, the job sounded exciting and challenging.”

Assisting both Spanish and non-Spanish speaking callers, Carlos finds it “rewarding to help callers obtain services.” She experiences a distinct sense of satisfaction when she helps Spanish callers secure services that address their particular situations.

Carlos devotes the time outside of her job to her family and enjoys activities with her extended family and her friends.

### Julie Foster—Communications Coordinator

Joining IPN in 1997, Julie Foster utilizes her journalism and marketing communications background to assist IPN in its multi-faceted communication objectives. She was drawn to IPN after giving birth to Scott in 1994 and Leah in 1996.



“My pregnancies were not without some concerns. I believe a good relationship with my provider and excellent prenatal care made a difference in the outcomes. I am so grateful for the health and well-being of my children.”

She enjoys the diversity of IPN’s communications and the accompanying challenges. “IPN communicates a great deal of important infor-

*Continues on pg. 9.*

# Resources Available through the Indiana Perinatal Network

## PROFESSIONAL

### REPORTS

#### QTY

**IPN Strategic Plan for the 21st Century**—Executive Summary

**Indiana Fetal and Infant Mortality Review Projects 1993-97**—Full Report of Lessons Learned

### CONSENSUS STATEMENTS

**Prenatal Care Coordination/ Best Practice Guide**

**Breastfeeding Promotion**

**ER/Urgent Care Centers**

**Access to Risk-Appropriate Medical Obstetrical Care**

### GUIDES/PROTOCOLS

**Indiana Prenatal Care Guide, 2000**

**Early Start Program** (ISDH)—First Trimester Prenatal Care Protocol, Provider Packet

**ASK Smoking Cessation Program** (ISDH), Provider Packet

**Monthly Review of Infant Deaths & LBW Checklist** (ISDH)

### OTHER RESOURCES

**Breastfeeding Resource Handbook**

## CONSUMER

### HANDOUTS/BROCHURES

#### QTY

**“Baby First” Wallet Card**—Preterm labor and fetal movement (English/Spanish)

**“How to Have a Healthy Baby: Six Lessons Learned in Indiana”** (English/Spanish)

**Back to Sleep: “Reducing the Risk of SIDS: What You Can Do”**

English

Spanish

**Feeding Your Child the Natural Way**—Breastfeeding (ISDH)

**Safe Sleeping for Your Baby**—IPN’s Safe Sleep Subcommittee (**COMING SOON!**)

### POSTERS

**“Baby First” Poster “Eyes”**—Too Many Babies Die in Our Neighborhood

**“Baby First” Poster “Smoking”**—Some Child Abuse Begins Before the Baby is Born

**Perinatal HIV Posters**—What Kind of Mother would Give her Baby HIV?

English

Spanish

### SIDS RESOURCES

**Baby Keepsafe Bracelets**—“Don’t shake me...” (charge for this item)  
Contact IPN at 317.818.9486

**Grandparent Power** (English/Spanish)  
Contact IPN at 317.818.9486

## OTHER RESOURCES

(Contact indicated provider)

**Indiana Family Helpline Flyer**—(Spanish/English)  
Call the Helpline: 1.800.433.0746

**“Baby First” Consumer Packet** (English & Spanish Versions)  
Call the Helpline: 1.800.433.0746

**“Baby First”/Clarian Calendar** (English & Spanish Versions, charge for this item)  
Call IPN: 317.818.9486

**Prenatal Substance Abuse Flyer**  
Call the Helpline: 1.800.433.0746

**Indiana Perinatal Online Magazine (IPOM)**—IPN’s official Web site with national, state and regional information and resources.  
Visit [www.indianaperinatal.org](http://www.indianaperinatal.org)

**March of Dimes Resource Center**  
Free information about pre-pregnancy, pregnancy, birth defects, genetics, drug use and environmental hazards during pregnancy, and related topics.  
Call March of Dimes: 1.888.MODIMES  
E-mail: [resourcecenter@modimes.org](mailto:resourcecenter@modimes.org)  
March of Dimes, Ind. Chapter  
317.262.4668

**Prevent Child Abuse, IN Chapter**  
Materials for professionals and consumers on child abuse and Shaken Infant Syndrome.  
Call Prevent Child Abuse: 317.634.9282  
Care/Parent Stress Line: 1.800.CHILDREN

**Indiana Family Helpline**  
Assistance in locating services before, during, or after pregnancy. Available to providers and to the public.  
Call the Helpline: 1.800.433.0746

### All resources are free unless otherwise noted.

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**280 East 96th St., Ste. 150**  
**Indianapolis, IN 46240**

Thank you for helping to make a difference for Indiana’s mothers and babies!

mation. We reach the public via our *Baby First* consumer education campaign; educate and support perinatal providers with resources, news and information; and strive to make a difference in perinatal outcomes by compiling critical reports and consensus documents.”

Working with Executive Director Julia Brillhart, *Baby First* Community Liaison Julia Tipton-Hogan and the *Baby First* Advisory Board, Foster assists in the planning and development of the *Baby First* campaign, facilitates projects with the campaign's media partners and coordinates the development and printing of *Baby First* materials.

Residing in Fishers, she enjoys reading, cycling and spending time with husband Chet and their children.

### Nora Geissler, Community Liaison



Nora Geissler has worked with IPN since 1997 when she was selected to facilitate the development and implementation of a Perinatal Information System in Elkhart and St. Joseph Counties. That project produced software that allowed electronic transfer of death certificates to Indiana State Department of Health; documentation of prenatal care coordination; and linking birth and death certificates at the county level to produce 1998 and 1999 *Tri-County Perinatal*

*Outcomes Report: Elkhart, Marshall and St. Joseph Counties.*

“I wanted to get involved in perinatal care from a larger perspective, and jumped at the chance to work with IPN,” says Geissler, who admits to being driven by evidence-based best practices. Her previous work included staff positions with the Infant Mortality Case Review (IMCR) and as an obstetric staff nurse.

Currently, Geissler facilitates and is a member of IPN's Safe Sleep Subcommittee and is a member of the *Perinatal Perspectives* editorial board. Most recently, she coordinated the *Perinatal Outcomes: Current Perspectives on Recurrent Themes* conference and assisted with 2001 *Lessons Learned* conferences in Indianapolis and Lafayette.

A South Bend resident, she has two daughters in college and a son in high school. The owner of a large duplex in a historic neighborhood and member of her neighborhood association, Geissler is a voracious reader of topics concerned with global political and health issues, as well as current fiction.

### Joanne Goldbort—Community Liaison

Joining the staff in September 2001, Joanne Goldbort 's interest in IPN dates back to town meetings in Vigo county in 1995. “Indiana's infant-mortality ranking of 38th demanded improvement,” says Goldbort. “These meetings provided an opportunity to contribute ways to improve our statistics.”

Goldbort assists IPN's Regional Perinatal Advisory Boards and partners and coordinates regional *Lessons Learned* conferences. Presently, she is planning for an April 10, 2002 educational conference in Vigo county.

As a doctoral student at Indiana University's School of Nursing, Goldbort's “free time” is typically spent immersed in professional journals. She and husband Robert, an associate professor at Indiana State University's English Department, have four children—three of whom are in college. “We're a busy family with everyone involved in educational pursuits. It makes for lively dinner conversation!”



### Barb Himes—SIDS & Other Infant Loss Support Coordinator

To help support parents who have experienced infant death, Barb Himes' maintains a statewide directory of support group contacts; compiles a statewide parent speakers' bureau; provides consultation to statewide Fetal and Infant Mortality (FIMR) Case Review and Child Fatality Review Projects and serves as a state

liaison between ISDH, parent bereavement groups and the National SIDS Alliance.

Himes serves as chair of the National SIDS/ID Program Support Center Training and Education Work Team. In this role, she trains “first responders,” such as law enforcement members, firefighters, EMTs and paramedics, on appropriate responses in instances of infant death. She also conducts training for health care professionals, outreach workers, clinics and ER /hospital staff on current recommendations to reduce the risk of SIDS.

A mother of six, Himes enjoys spending time with her family. In fact, her spare time is typically devoted to her children's many extracurricular activities.

### Julia Tipton Hogan—Baby First Community Liaison

Joining the staff in September 2001, Julia Tipton Hogan focuses on the planning and implementation of IPN's *Baby First* consumer education campaign.

Working for the Family and Social Services Administration (FSSA) of Indiana Medicaid from 1992 to 1999, Hogan saw many children “born too early, leaving them with life-threatening and permanent disabilities.” The issue hit home when her second pregnancy became high-risk and her son was born three months prematurely. “He was on a ventilator for seven weeks and in the hospital for three months. He is a miracle child, no doubt. I've seen many children who did not experience such wonderful outcomes.”

Hogan has served on the *Baby First* Advisory Board since its inception in 1998. “I enjoy the challenge of getting the *Baby First* campaign message to as many people as possible. I want to see women get great prenatal care.”

Currently, Hogan is developing strategies to distribute *Baby First* posters and consumer packets, as well as putting together a *Baby First* Community Implementation Tool Kit. The kit will provide other communities with a “quick start” method of implementing the campaign and utilizing its resources.

In her spare time, she enjoys gardening, hiking and spending time with her family—husband Jim, and sons Jimmy 6, and Brendan 9.



### Jenni Young—Office Manager



Joining IPN as office manager in July 2001, Jennifer Young coordinates the operation of IPN's office, including communications, records, membership services, meetings and publications.

“It's an organization I can put my heart into,” says Young, who was drawn to IPN because of its mission to help Indiana's mothers and babies. “Every day I learn new facts and information about proper prenatal care.”

Serving as the first point of contact for consumers and providers who respond to IPN's many messages, she finds it “rewarding to assist the nurses and mothers who call.” Young also interacts daily with IPN staff members, providing administrative support. “I look forward to coming to work because everyone is so helpful and kind.”

In her role, Young also prepares reports; tracks and processes accounts payable; processes payroll; produces periodical financial reports; maintains inventory records; handles meeting room arrangements for IPN's conferences and special events; coordinates all correspondence with the organization's Board of Directors, Advisory Boards and Committees; and assists in reviewing *Perinatal Perspectives*.

Young's favorite spare-time activities include playing volleyball, reading, roller blading and watching movies. She relishes time with her daughter, Lindsay, 7, working on their favorite arts-and-crafts projects.

## WHERE ARE THEY NOW?



A look back at the people who were instrumental in shaping Indiana's perinatal objectives and paving the way for the formation of the Indiana Perinatal Network.

### Jane Chappell, MSN: The Spirit of Volunteerism

Growing up in a family of 10 children in Jasper, IN, IPN Advisory Board Member **Jane Chappell** was instilled early on with the importance of volunteerism. "My parents stressed the need to dedicate time for activities that benefited our community," says Chappell.

Executive Director of the Dubois-Pike-Warrick Economic Opportunity Committee, Inc. (d/b/a Tri-Cap), a non-profit agency serving low-income families, Chappell has followed her parent's sage advice throughout her life. Her Tri-Cap history includes working in family planning and pregnancy services while developing other programs that address particular services needed by families in the tri-county (Dubois, Pike and Warrick) area and surrounding Spencer and Vanderburgh counties.

Chappell is especially proud of Tri-Cap's Teen Wellness Centers and Teen Hotline. "Dubois County has a high suicide rate, and these services provide opportunities for teens to connect with qualified adults who can help them with their problems—serious or otherwise." Last year, more than 25 percent of eligible students sought help (900+ students) and about 85 percent have signed permission slips on file permitting their access.

A graduate of Indiana State University (ISU) with a BS in Nursing, Chappell began her career driven by both a desire to make a difference in her community and by economic realities. Husband John was attending law school at Indiana University in Bloomington, while she struggled to support them "in a very expensive town." She worked at Bloomington Hospital until a position opened with the Public Health Nursing Association. A year later, she accepted a job with ISDH as a nursing consultant. In this capacity, Chappell was active in the nursing and medical policy divisions.

After her husband completed law



**Left to right: Jane Chappell with daughters Sarah and Alexa and husband John.**

school, Chappell began studies at Indiana University Purdue University of Indianapolis (IUPUI) for a Master of Science degree in Nursing Administration. In 1974, the couple settled in her hometown of Jasper, and Chappell resumed work with ISDH, this time as a nursing consultant for Indiana's southwestern region. She joined Tri-Cap in 1975 and welcomed children, Sarah, in 1977 and Alexa in 1980. During this time, she worked as a parent coordinator on a part-time basis for Head Start.

Woven in between and among Chappell's paid positions is a consistent theme of volunteerism to organizations that aim to improve the lives and well-being of local families. "I have found my professional skills are useful to groups such as the Home Health Advisory Group for the Dubois County Health Department, Step Ahead, Memorial Hospital's Board of Directors and Crisis Connection, Inc.," she notes. In addition, Chappell dedicates time to the North Dubois Service Unit for Raintree Girl Scout Council. She has a particular interest in reaching out to adolescent and teenage girls through the Council's puberty and family-life education programs and its "Choices" program that provides career education for girls and their parents.

Through her participation with IPN and ISDH, Chappell appreciates the statewide opportunities afforded to her. She chairs the Advisory Group for

ISDH's CDC Breast and Cervical Cancer Program and serves on the Advisory Group for the ISDH's Office of Women's Health. Other statewide initiatives included serving on the State Board for the American Lung Association of Indiana, and participating on the Indiana State Consortium on Health Care sponsored by Sen. Pat Miller and Rep. Charley Brown.

Chappell is appreciative of a career that enabled her to spend time with her family and support their activities and pursuits. "I am most thankful for my family," she says. "With their love and the values I received from my parents, I know I am blessed."

In her spare time, Chappell enjoys reading mystery novels, playing "bad bridge" and participating in social groups such as Delta Sigma Phi to maintain friendships with other women.

Now that her parents are deceased, Chappell dotes on her five young nieces and nephews, ages six to nine. "I want them to remember my parents, so I attend many of their activities to represent a 'grandparent' to them." She is unabashedly anxious to be a grandmother herself someday. "Until then, I'm lucky because I can basically do what I want—even if it means wearing purple everyday! Isn't there a quote about being old and wearing purple?"

**Jane Chappell can be reached at Tri-Cap, ph: 812.482.2233 or fax: 812.482.1071, via e-mail at [chappell@fullnet.com](mailto:chappell@fullnet.com) or by writing P.O. Box 477, Jasper, Indiana 47547.**

## Breastfeeding-Friendly Businesses (from pg. 1)

Please join in recognizing these breastfeeding-friendly businesses who responded to the IPN/ISDH survey:

AARC, South Bend  
Aegis Woman's Healthcare, Bloomington  
Alcoa Warrick Medical Department, Newburgh  
Allomatic Products, Sullivan  
Arc Rehab Services, Lebanon  
Ardente Dental, PSC, Frankfort  
Ball Memorial Hospital, Muncie  
Beds and Britches, Etc., Columbia City  
Bloomington Hospital, Bloomington  
Bluffton Regional Medical Center, Bluffton  
Boone County WIC, Lebanon  
Breastpumps To Go, Fort Wayne  
Bridgepointe Goodwill and Easter Seals, Clarkville  
Center Memorial Corp., South Bend  
City of Seymour, Seymour  
Clark County Health Department, Jeffersonville  
CMS, South Bend  
College Football Hall of Fame, South Bend  
Columbus Pediatrics, Columbus  
Crooke, Phillip A., Bloomington  
Curves for Women, Madison  
Dague & Buck, LLP, Muncie  
Daviss Community Hospital, Washington  
Deaconess St. Joseph's Hospital, Huntingburg  
Decatur County Board of Health, Greensburg  
Decatur County WIC Program, Greensburg  
Dubois County WIC, Jasper  
Fantastic Sams, Corydon  
Fisher Internal Medicine, Fishers  
Floyd Co. Health Department, New Albany  
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Gazzebo, Indianapolis  
Good Samaritan Hospital, Vincennes  
Grass Roots Media, Inc., South Bend  
Gymnastics Michiana, Mishawaka  
Hancock County WIC, Greenfield  
Harker Insurance Agency, Columbia City  
Harrison County Hospital, Corydon  
Health and Hospital Corporation of Marion County/Marion County Health Department, Indianapolis  
Heartline Pregnancy Center, Warsaw  
Hesten, John, DDS., Seymour  
House of Kids Inc., Greenfield  
Howard Community Hospital, Kokomo  
Indiana Perinatal Network, Indianapolis  
Kokomo Visitors Bureau, Kokomo  
Marion County Health Department, Indianapolis  
Martin's Supermarkets, Mishawaka  
Memorial Hospital, Seymour  
Merle Norman Cosmetics, Kokomo  
Mommies & Poppies, Indianapolis  
Moore's Home Health, Kokomo  
Morgan County WIC, Martinsville  
N Touch Research, South Bend  
Nancy's Nook and Nursery Inc., Columbus  
National City Bank, Mishawaka  
Natural Beginnings, Ft. Wayne  
Needham, Patsy, Greenfield  
New Avenues, South Bend  
New Hope Services, Inc., Austin  
Noah's Ark, Inc., Jeffersonville  
Noblesville OB-GYN, Noblesville  
North Point Pediatrics, Crown Point  
North Township Trustee, Hammond  
Northern Indiana Center for History, South Bend  
Northside Pediatrics, Columbus  
Obstetrics & Gynecology Associates, P.C., Bloomington  
Olinger Dramond Center, Jasper  
Ontario Systems, Muncie  
Peoples Bank, Boonville  
Planned Parenthood of North Central Indiana, South Bend  
Ran Family Medicine, Columbus  
RCO - IWC, Greensburg  
Risley's Furniture, Bicknell  
River Valley Resources, Paoli  
Sam's Club Pharmacy, Mishawaka  
Scmitt Furniture, New Albany  
Scott's Food Store, Decatur  
Silver Scissor Salon, Clinton  
Silvercrest Children's Development Center, New Albany  
South Bend Clinic, Pediatrics Dept., South Bend  
Southern Indiana Pediatrics, Bedford  
Southern Indiana Pediatrics, Bloomington  
Southern Indiana Pediatrics, Bloomington  
State Farm Insurance, West Lafayette  
Sullivan Co. Community Hospital, Sullivan  
Super 8 Motel, Mishawaka  
T.J. Durham, MD Pediatricians, South Bend  
Terre Haute Regional Hospital, Terre Haute  
Texas Migrant Council Inc., IN Migrant Head Start, Kokomo  
The Design Source, Kokomo  
Tightmeyer Ace Hardware, Columbus City  
Total Health Care for Women, Bloomington  
Tracy's on Mass Ave., Indianapolis  
Tri-Cap Family Health Services, Boonville  
Union Hospital, Terre Haute  
Vincennes Goodwill Ind., Vincennes  
Virtual Grind, Kokomo  
VOLT-Miller Law Office, South Bend  
Wabash Valley Health Services, Vincennes  
WCMH, Salem  
WIC Marion County, Indianapolis  
Wishard Hospital, Indianapolis  
Woodlawn Medical Associates, Rochester  
YMCA of Michiana, South Bend  
YWCA, Lafayette

### Going the Extra Mile...

IPN says "thanks" to these people for assistance and faithful performance "above and beyond the call of duty":

**Tom Greer**—Chair of IPN's *Birdies for Babies* Golf Committee  
**Brian Cooke, JR Haag, Chris Sears, Charla Kurtz, Maureen Greer, Audie Gilmer, Cathy Cassell, JoAnn Engel, Janet Schneiders and Steve and Katie Allen**—*Birdies for Babies* Golf Committee members and /or volunteers

## CLASSIFIEDS

### EMPLOYMENT OPPORTUNITIES



#### IPN Community Liaison 20-40 hrs./week

**Exciting new positions with the Indiana Perinatal Network, Inc. for creative problem-solvers who want to make a difference!**

The IPN Community Liaison works in partnership with statewide community groups to improve outcomes for mothers and babies.

This is a position for a self-motivated, independent individual with strong knowledge of perinatal issues, critical thinking skills, effective interpersonal skills (both written and verbal), public-speaking experience and program planning. Bachelor's or Master's degree required in nursing, social service or related area. Five years of perinatal experience preferred.

Not necessary to reside in Indianapolis; frequent in-state travel may be necessary.

**Please fax resume to IPN 317.818.9624 or e-mail to IPNBABY@aol.com. For more information, call Julia Brillhart, IPN Executive Director, ph: 317.818.9486.**

#### Indiana Family Helpline 20 hrs./week

Indiana Perinatal Network, Inc. seeks a part-time Communications Specialist to work for the Indiana Family Helpline 20 hours per week in the afternoon. The Helpline provides help to families in locating services before, during or after pregnancy. Required: Proficient telephone, interpersonal and advocacy skills and ability to work as a team member. Bilingual (Spanish/English) and some experience with computers preferred.

**For more information, contact IPN 317.818.9486 or fax resume to IPN at 317.818.9624 or e-mail to IPNBABY@aol.com.**

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Are you one of the best? Then come join the hospital patients voted "Most Preferred in Central Indiana" by the National Research Corporation for the last six years! St. Vincent Hospital and Health Services is consistently listed in the Top 100 hospitals in the U.S. for overall healthcare.

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**Interested and qualified candidates, please submit a resume to St. Vincent Hospitals, 2001 W. 86<sup>th</sup> Street, Indianapolis, IN 46240. Attention: K. Lerg, Fax 317-338-3425, [www.stvincent.org](http://www.stvincent.org) Equal Opportunity Employer.**

## Upcoming Events & Meetings

### NOVEMBER

- 9-10** *Eliminating Health Disparities in the New Millennium*—Westin Hotel, Indianapolis. Contact Delores J. Moon, Black Nurses Association of Indianapolis, Inc., ph: 317.545.1850.
- 15** *Breastfeeding Committee*—Forest Manor Community Health Center, 3840 N. Sherman Avenue, Indianapolis, 9:30 to 11 a.m.
- 26-27** *Cultural Competency Workshop for Healthcare Professionals*—ISDH Rice Auditorium, Indianapolis, 8:30 a.m. to 4 p.m. Contact Office of Cultural Diversity and Enrichment, ph: 317.233.1383.
- 28** *Baby First Advisory Board*—IPN Office, Indianapolis, 11 a.m. Contact IPN, ph: 317.818.9486.
- 29-1** *National Perinatal Association (NPA) Annual Conference*—“Improving Outcomes for

Mothers and Infants: Preconceptual Care and Beyond,” Adams Mark Hotel (Riverwalk), San Antonio, Tex.—Contact NPA, ph: 888.971.3295, e-mail npa@nationalperinatal.org.

### DECEMBER

- 4** *Marion County Minority Health Coalition*—First Floor Conference Room, Health and Hospital, 3838 N. Rural, Indianapolis, 2 to 4 p.m.
- 5** *IPN Board of Directors*—5:30 to 7:30 p.m.
- 19-20** *Cultural Competency Workshop for Healthcare Professionals*—ISDH Rice Auditorium, Indianapolis, 8:30 a.m. to 4 p.m. Contact Office of Cultural Diversity and Enrichment, ph: 317.233.1383.
- 20** *Breastfeeding Committee*—Forest Manor Community Health Center, 3840 N. Sherman Indianapolis, 9:30 to 11 a.m.

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*A community approach to improving health care for Indiana's Mothers & Babies*

Indiana State Department of Health,  
Maternal and Child Health Services  
2 North Meridian St., 7-C  
Indianapolis, IN 46204



Funded by Title V through the Indiana State Department of Health Maternal Child Health Services—In collaboration with the Indiana Chapter of the March of Dimes Birth Defects Foundation

