

Who Qualifies for Services

- ◆ **Active** Department of Mental Health and Addiction Services (**DMHAS**) Young Adult Services (**YAS**) clients; **mothers, fathers, pregnant & parenting persons**
- ◆ Clients that are pregnant and/or parenting
- ◆ Clients within the DCF reunification process for their child/children
- ◆ DCF involved youth actively transitioning to DMHAS YAS services

All services are provided on a voluntary basis

Referral forms can be completed at www.bsebct.net and sent via secured email to: traci.mccomiskey@bsebct.org



Birth Support, Education & Beyond, LLC (BSEB)

BSEB Founder/Director,

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Birth Support, Education & Beyond, LLC (BSEB)

Perinatal Support Specialists

Home-Visiting Program



Comprehensive Perinatal Support Services;

Prenatal Support, Birth and Postpartum Doula Services

Childbirth & Parenting Education

Providing trauma informed care
Fostering positive attachments
Expertise in working with vulnerable populations

BSEB Perinatal Support Specialists, (PSS) Provide:

- ◆ **In-home comprehensive pregnancy, childbirth & parenting education** offered for clients and their identified support systems utilizing a diverse variety of teaching tools, including...
 - *A large library of evidence-based maternal, paternal, birth, newborn and parenting DVD's for provider/client viewing and review*
 - *Visual & tactile aides including anatomic models, flip charts, demo-kits and handouts*
- ◆ **Assistance with access to local and community supports** (WIC, pediatrician & daycare options, newborn first aid, CPR, car seat safety trainings, pregnancy & parenting support groups, etc.)
- ◆ **Transportation & support during prenatal, postpartum, pediatric and specialty medical appointments.** Help to facilitate open communication between client, medical/mental health providers, fostering self-advocacy as it relates to the health of the parent and/or child
- ◆ **Coordination of pre-birth planning meetings** with YAS team, client, and their support network in preparation for; development of personalized birth goals, education on hospital risk assessment interview and awareness of general policies & procedures



Screening for Perinatal Mood and Anxiety Disorders (PMAD's) with referrals for intervention and treatment when indicated

- ◆ **Promote utilization of the client's developed birth plan.** Facilitate open communication with providers during the birth
- ◆ **24/7 on-call support** two weeks before and after estimated due date with phone support during early labor
- ◆ **Continuous Labor Doula support** (emotional, physical, educational and advocacy) at the hospital throughout the duration of active labor, birth and in the immediate postpartum period Assistance for client/baby with hospital discharge and transportation home
- ◆ **Intensive Postpartum Doula Services (IPS)** up to 6 weeks after birth that can include increased visits, education and assistance with maternal/paternal, newborn needs & support, breastfeeding/bottle feeding support, light housekeeping, meal prep and errand running to promote optimal newborn bonding & attachment, safety and wellness for the family



- ◆ **Extended in-home parenting education** promoting positive attachment and secure parent/child relationships using the Association for Infant Mental Health (AIMH) practices, Circle of Security Parenting (COS-P), Parents as Teachers (PAT) and other evidence based curriculums



- ◆ **Parental skill building** with recognition of age appropriate physical, social, emotional, language and cognitive development stages, providing activities to foster achieving milestones
- ◆ Provide **tools in developing positive early attachment**
- ◆ **Education in a child's health & wellness**, how to assess for illness & when to seek medical care, home and environmental safety practices
- ◆ **Infant & toddler nutrition** education
- ◆ **Children's screening of developmental/ social emotional milestones** using the PAT, ASQ-SE and ASQ-3 screenings & referral for further evaluation and treatment when indicated
- ◆ **Collaboration** with clients YAS programs & community providers

