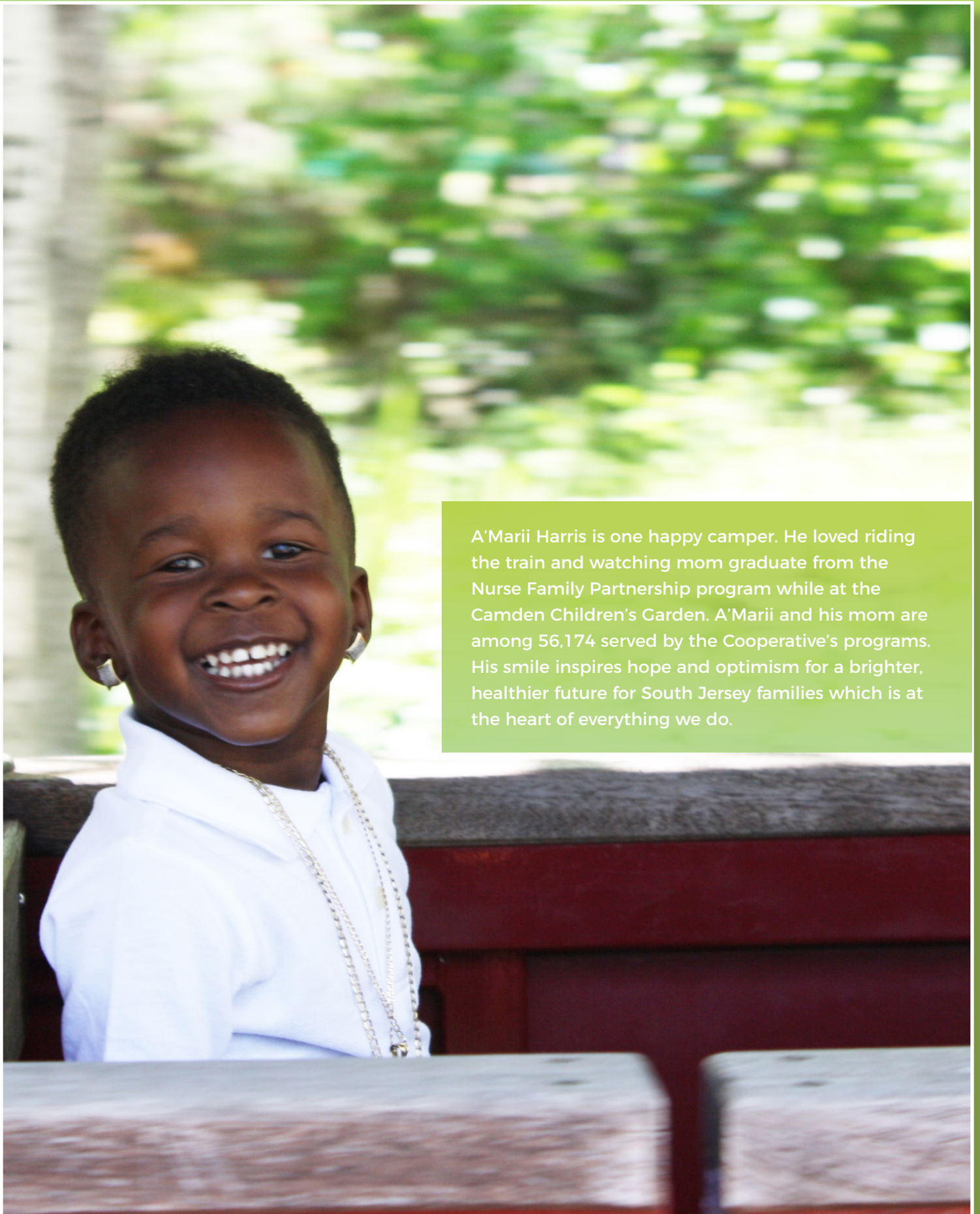




# ANNUAL REPORT 2017



SOUTHERN NEW JERSEY PERINATAL COOPERATIVE



A'Marii Harris is one happy camper. He loved riding the train and watching mom graduate from the Nurse Family Partnership program while at the Camden Children's Garden. A'Marii and his mom are among 56,174 served by the Cooperative's programs. His smile inspires hope and optimism for a brighter, healthier future for South Jersey families which is at the heart of everything we do.



## **MAKING A DIFFERENCE** *changing lives*

The story of 2017 for the Southern New Jersey Perinatal Cooperative is one of magnitude. From the number of families enrolled in programs to the number of new services to the number of interactions with generational consequences, the Cooperative had a significant impact in the lives of South Jersey families.

By year's end, over 56,000 individuals had received some type of direct service while thousands more benefited from system improvements the Cooperative made possible.

We introduced four new programs during the year, including an innovative model for opioid dependent pregnant women and a web-based intervention for postpartum depression.

We spearheaded collaborative initiatives to improve screening for childhood lead poisoning and to increase the age appropriate developmental skills of 3 year olds.

Across the board, our case management programs met or exceeded performance measures with notable gains among participants for birthweight, pre-term births, immunizations and breastfeeding.

Major upgrades to web-based case management systems increased efficiency and contributed to quality improvement efforts that boosted program retention rates and client satisfaction.

This report contains many smiling faces, clients and colleagues, who represent the thousands it has been our honor to serve and work alongside. We take satisfaction in empowering South Jersey families with the tools and resources for a healthier future.

A handwritten signature in black ink, appearing to read 'G. Stahl, MD'.

Gary Stahl, MD  
*President of the Board*

## CAMDEN HEALTHY START

*reducing  
infant mortality*

Camden Healthy Start (CHS) increased enrollment by a whopping 53% in 2017, serving 1,645 women and children in Camden City. Through case management and supportive services, CHS made important strides toward improving birth outcomes. 96% of babies born to mothers enrolled in the program were full-term, up from 85% in 2016. 92% of babies were born at a normal birthweight, up from 82% in 2016.

To boost the participation of pregnant women, CHS introduced Pregnancy Perks, an incentive strategy that offered newly-enrolled pregnant women a gift for each month they stay with the program throughout their pregnancy. By year's end, 121 pregnant women had signed up for Pregnancy Perks.

To reverse the disturbing trend of new moms skipping their postpartum visit, the CHS Community Action Network launched a public awareness campaign. The group dubbed this important health checkup the 'Snap Back Visit' or 'Regresa a Ti' in Spanish which means 'Return to Me', both phrases designed to peak curiosity. A series of posters were released into the community that tackled common excuses for missing the visit and highlighting the benefits of the postpartum exam.



*CHS distributed 4,500 diapers monthly to help families supplement their diaper budget and keep babies clean and healthy. Parenting workshops are held each month on 'Diaper Day'.*



*CHS recognized graduates of the Fathers on Track program at a luncheon held in their honor. The program helps fathers strengthen parenting skills and build strong parent-child relationships.*

## POSTPARTUM WELLNESS INITIATIVE

*comprehensive strategy for quality care*

MMB is an evidence-based web intervention for women with mild to moderate postpartum depression (PPD.) While MMB does not replace treatment, as a free and computer accessible service, it does address issues often cited for not seeking psychotherapy, such as cost, lack of transportation, inadequate childcare and time management challenges. In addition to a 6 session online course, all MMB enrollees are assigned a personal

Postpartum Wellness Initiative for South Jersey (PWI-SJ) expanded support options for women experiencing postpartum depression by bringing MomMoodBooster (MMB) to the region in the summer of 2017.

coach who is a PWI Perinatal Mood Disorder Specialist. While limited, initial impact data shows a steady decline in risk scores among MMB participants.

Screening for postpartum depression continued to rise as PWI recruited more provider partners and those partners (now 53) increasingly conduct serial screens. In 2017, a total of 6,259 screens were administered, through which 1,010 women (16%) were identified as high risk for developing a perinatal mood disorder.

Throughout the year, staff maintained an active schedule of professional and community education offerings, along with ongoing assistance for regional support groups and an online peer community forum.

## PERINATAL ADDICTIONS PREVENTION PROJECT

*building regional capacity*

simultaneously successfully managing ongoing responsibilities for regional education, service coordination and high risk screening.

Educational activities and participants nearly doubled between 2016 and 2017 as staff delivered 72 different offerings that reached a combined total of 765 professionals and 4,226 consumers.

The 4ps Plus Screening tool remains a valuable and widely used method to identify pregnant women at risk for substance use. In 2017, 72 providers screened 12,638 pregnant women in South Jersey, offering brief intervention and referral to treatment when high risk factors were present.

### PROJECT EMBRACE

In late fall, SNJPC launched Project Embrace, a program to serve opioid dependent pregnant women identified during prenatal screening. The new service provides intensive case management, recovery support and care coordination. To alleviate system barriers, staff will work to create communication pathways among all entities that provide direct services to this vulnerable population.

The Perinatal Addictions Prevention Project (PAPP) was in high demand in 2017 as the nation's opioid crisis intensified. Throughout the year, staff fielded many appeals to present at conferences, consult on interventions, serve on task forces and design new programs. They did all this while



## NURSE FAMILY PARTNERSHIP

*helping first-time moms succeed*

Hundreds of first-time moms were better prepared for the emotional, social and physical challenges of becoming parents because of the Nurse Family Partnership (NFP) program. In 2017, NFP served 259 mothers in Camden and Burlington counties, a 34% increase fueled by staff enrolling more clients. The program pairs first-time moms with home visiting nurses to promote healthy pregnancies and births, positive child development and economic self-sufficiency.



*Arlin Disla celebrates with family her graduation from the Nurse Family Partnership program. She is among 20 first-time mothers who graduated from NFP in 2017. Families stay with the program until the child turns 2.*

Among the 2017 highlights was the high breastfeeding rate among NFP clients, with 98% of mothers initiating breastfeeding up from 92% in 2015.

## TRUSTED LINKS

*connecting women to better health*

In every community, certain individuals are known for being great sources of information. That truth is at the core of Trusted Links, a new program that uses peer-to-peer education to improve health literacy among women of childbearing age. In 2017, the program recruited and trained 50 women who are considered reliable sources of information in their community. These women, in turn, agreed to share what they learned about preconception, inter-conception and



*Taking a break from their Trusted Links training, these two are among 50 women helping to educate their communities about the impact of women's health on future generations.*

prenatal care with at least 10 others in their community. In all, the program reached 500 women in Camden City where too many babies are born too soon and too small to survive.

## HEALTHY FAMILIES

*helping  
families thrive*

A concerted effort to engage and retain clients in 2017 resulted in higher than expected marks for Healthy Families' retention rates. The two-year retention rate jumped to 67% while the one-year rate hit 63%. Retention is key to building resilient, healthy families.

Success is traced to a quality improvement process, begun in 2016, that identified key strategies to improve client satisfaction: engagement training, building rapport, strengthening communication skills and troubleshooting with families to overcome barriers in order to obtain other community-based services.

Healthy Families served 141 Atlantic County families in 2017. The program focuses on children's social and emotional well-being, positive parent-child relationships and prevention of child abuse and neglect.

*"Some moms don't always have an outlet to talk to other people. The Healthy Families program really helped me to be emotionally stable for my daughter."*

*— Aridansy Gonzalez*



*When she first joined Healthy Families, Aridansy Gonzalez was homeless, pregnant and battling depression. Now, two and a half years later, she has a good job and just moved into a new apartment with her daughter, Ariana.*

## LEAD AND HEALTHY HOMES

*tools for a healthier environment*

The next best hope for protecting children in Camden City from lead exposure could be the 30 determined members of a new subcommittee

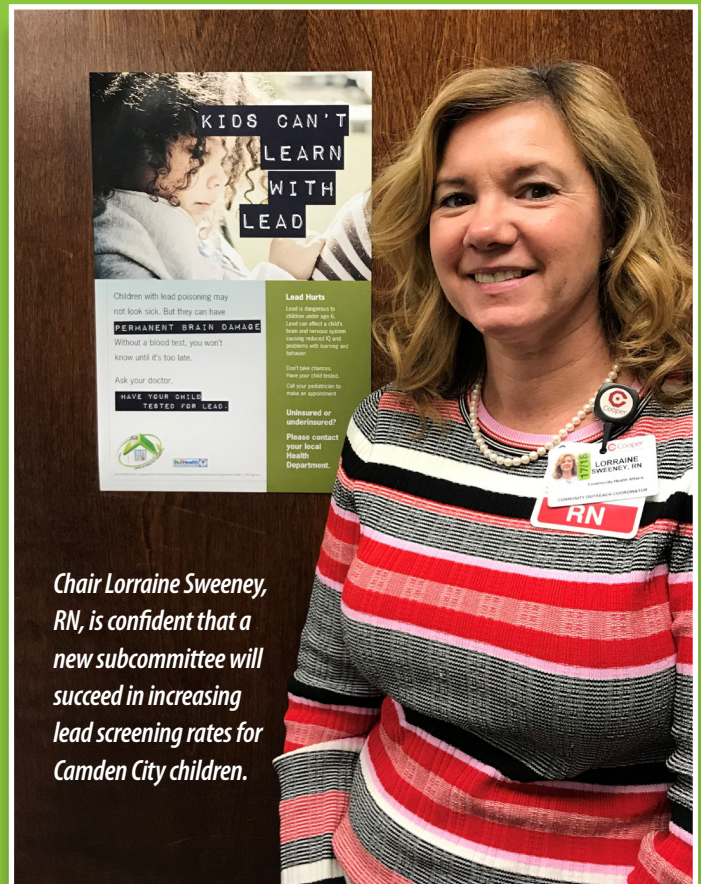
formed by the Southern Regional Childhood Lead Poisoning Prevention Coalition, a Lead and Healthy Homes venture.

With key representation from healthcare, social service, public health and the community, the subcommittee is tasked with improving lead screening rates. Members were galvanized to learn only 24% of children in Camden City aged 6 years and younger were tested for lead exposure in 2016, compared to 95% statewide. A blood test is the only way to determine exposure level and appropriate intervention.

Lead and Healthy Homes was active across the region. Staff organized 61 lead education activities that reached 1,133, distributed free lead testing kits to 75 homeowners and assisted the 17 who had positive results, including 10 at hazardous levels. Eco Healthy Child Care training was provided to 30 child care centers, while dozens of community-based and home visitation programs received on-site Healthy Homes professional workshops.

*“We’re making waves and have opened up conversations among those who can make real change. We have the right people around the table.”*

*– Lorraine Sweeney, RN*



*Chair Lorraine Sweeney, RN, is confident that a new subcommittee will succeed in increasing lead screening rates for Camden City children.*

## NJIIS SUPPORT CENTER

Coordinator Barbara Alston confers with an attendee at one of the 21 trainings the Center conducted during 2017 that reached a combined total of 287. The NJ Immunization Information System (NJIIS) is the official repository of immunizations given to NJ children and serves a vital role in obtaining high vaccination rates. While meeting ongoing responsibilities for training, recruitment and technical assistance, staff was also busy preparing for the rollout of an entirely new system, NJIIS 2.0 expected in 2018.





## TOBACCO-FREE INITIATIVE

*tackling tobacco together*

The sharp rise in vaping and e-cigarette use among teens spurred a multi-pronged strategy to tackle the youth vaping epidemic. Three youth groups in South Jersey received mini grants from the Cooperative to develop

activities that encourage their peers to reject vaping and e-cigarette use. The teens also provided an important youth perspective for a new website for the Don't Get Vaped In campaign.

While these groups focused on educating other young people in their communities, staff reached out to the entire state. In 2017, the initiative engaged 1,296 students with 23 separate presentations on vaping and general tobacco use.

Professional and consumer education remained a priority, and in 2017, staff reached 3,176 consumers through workshops, health fairs

*A vape cloud is the logo for Don't Get Vaped In, a youth awareness campaign launched by SNJPC in partnership with Tobacco-Free for a Healthy New Jersey.*



and other community events. Education focused not only on vaping and e-cigarettes, but also on the dangers of smoking as well as second and third hand smoke. Professional education was equally impressive with 108 offerings attended by 1,401 professionals. An additional 349 professionals were trained on the CDC's Ask, Advise and Refer Brief Intervention model.

## PERSONAL RESPONSIBILITY EDUCATION PROGRAM

*empowering and transforming teens*

242 teens from 14 South Jersey schools meet weekly to organize ways to give back to the community and hone life skills for healthier

living. The teens are part of a new evidence-based youth development curriculum facilitated by the Personal Responsibility Education Program. Staff piloted Wyman's Teen Outreach Program (TOP®) in three clubs before expanding to 16 clubs in 14 schools. Throughout the school year, TOP® participants meet for group discussions that focus on topics such as relationships, communication, values, goal setting and sexual health. Their community service efforts helped veterans and families of Ronald McDonald House.



*Students at Creative Arts Morgan Village Academy are among 242 teens enrolled in the Teen Outreach Program. Participants meet weekly for group discussions and activities that promote positive youth development.*

## HEALTHY MOTHERS HEALTHY BABIES COALITIONS

*The Gloucester County Healthy Mothers, Healthy Babies (HMHB) Coalition celebrates a record turnout of 159 for their annual health resource fair at the Gloucester County Health Department. HMHB Coalitions operate in Atlantic, Burlington, Cape May, Cumberland, Gloucester and Salem counties and serve as a forum to identify and resolve local issues.*



## BY THE NUMBERS

The collective impact of the Cooperative's many programs and services

56,174

Received  
some type  
of direct  
service

7,472

Enrolled  
in a case  
management  
program

13,996

Attended  
an SNJPC  
educational  
offering

*To promote safe sleep practices, SNJPC became a distributor for the state's **Baby Box** program. Throughout 2017, the agency provided 252 new and expectant parents with a free box and information to protect against SIDS.*



## BREASTFEEDING SUPPORT

The agency's breastfeeding support services are delivered by an International Board Certified Lactation Consultant whose expertise was in high demand in 2017. Requests ranged from helping a hospital maintain its Baby Friendly designation to developing workplace guidelines on breastfeeding to partnering with WIC to create Breastfeeding Champions, a community-based breastfeeding support group. In between, there were dozens of workshops for community groups and health centers.

## FETAL AND INFANT MORTALITY REVIEW

Members of the Fetal and Infant Mortality Review (FIMR) Team examined 31 cases in 2017, seeking insights to prevent future losses. The multi-disciplinary team considers infant mortality in the larger context of social, economic and system factors. Members identify preventable factors that contributed to the loss and recommend system changes to be realized by community-based FIMR Action Teams. The existing Atlantic-Cape May FIMR Team expanded in 2017 to include Cumberland County.



*Parents and children rolled to the library for a 'Roll and Read' event presented by Parents as Teachers. This literacy-themed event included story time, a music class and a free set of books for each child.*

is impressive. These aggregate figures demonstrate the agency's significant role in advancing the region's health.

418

Events, trainings and workshops presented

24,490

Health screens managed and processed

156,000

Diapers distributed to client families

*Staff celebrate after a successful webinar on Trends in Tobacco Addiction and the Ask Advise and Refer Intervention Model. The total number of professional education offerings sponsored by SNJPC in 2017 was 119 with a combined total attendance of 3,456. The agency awarded more than 900 nursing contact hours.*



## PEDIATRIC INITIATIVE

Enhancing emergency room services for children remains a principal program concern. For much of 2017, the program's pediatric nurse specialist worked alongside the ER staff at Cooper Hospital, assisting them with customized training, clinical consultation and education. This on-site and intensive support is available to any member hospital. Staff also participated in a CDC required, state review of all cases of possible Zika exposure identified by the NJ Department of Health through the Birth Defects registry.

# IMPROVING PREGNANCY OUTCOMES

## *a two-pronged strategy to target key drivers*

### THE CONNECTION

#### *linking families to services*

Throughout 2017, the Connection team focused on increasing the number of providers who use the service to connect their patients with social services and home visiting programs that meet their non-medical needs. Program staff visited providers throughout Camden and Atlantic counties to remind them about the benefits of a central intake system. As a result, The Connection saw an 11% increase in referral requests, bringing the total number of referrals processed in 2017 to 4,716.

Consumer input is key to program success. An important development in 2017 to enhance the strategic engagement of consumers was to align The Connection's consumer-driven Advisory Boards with the County Councils on Young Children.

### A BETTER ME

#### *improving preconceptional health*

A Better Me had an extraordinary year, increasing direct contacts by a staggering 80% from 3,300 in 2016 to 6,431 in 2017. Program staff was diligent in communicating the message that good health before pregnancy increases your chances of having a healthy baby. Staff was everywhere... health fairs, county festivals, a mobile food pantry... conducting street outreach and always available in waiting rooms of community-based agencies. For those needing a higher level of assistance, health workers provided case management services for 1,144 individuals.

When they weren't out in the community, the program's health educators were busy conducting more than 100 workshops for nearly 500 participants.

*“The central intake system introduced by The Connection was the culmination of a dream for a practicing social worker. It’s a wonderful way of connecting quickly, accurately, efficiently.” –Deb Bokas*



*Deb Bokas, Director of Social Services at Osborn Family Health Center, uses the central intake system offered through The Connection to efficiently link patients to community resources. The Connection provides fast and reliable referrals to women and families in Atlantic and Camden counties.*

## EARLY INTERVENTION SERVICE COORDINATION

*increasing access to developmental services*

Early Intervention (EI) enables children with developmental delays to make the most of their abilities and skills. Helping the parents of special needs children to effectively access all that Early Intervention has to offer are the EI Service Coordinators. In 2017, the agency's EI Service Coordination Unit aided 3,883 South Jersey families, helping them navigate the complex network of EI providers and therapies. Coordinators work closely with parents to establish and monitor care plans, schedule therapeutic sessions, and as needed, advocate for services.

In a related endeavor, the Cooperative continued as lead agency for the Early Childhood Comprehensive Systems Impact Program that has an ambitious 5-year goal to increase by 25% the age appropriate developmental skills of 3 year old children in Camden County. 2017 activities focused on key constituent research. Parents were surveyed to determine knowledge about developmental

milestones, concerns regarding developmental screening and awareness of EI services. Pediatricians and child care centers were surveyed about their use of or interest in Ages & Stages (ASQ) screening too.

## INFANT AND FAMILY DEVELOPMENT

*building stronger families*

Infant and Family Development (IAFD) is a home visiting program serving new parents in Atlantic County. In 2017, the program provided education and support to 51 families to promote positive parent-child relationships and healthy child development.

IAFD met or exceeded every performance measure in 2017, reporting higher than projected marks for developmental screenings, medical home linkage and immunizations. Among enrolled children, 97% had regular developmental screenings while 98% were up-to-date on their immunizations and had a medical home.

*“Words are an understatement for how much I appreciate my Family Support Worker. When I didn’t have anything because I was so young and wasn’t working, she made it her second job to get help for me and my son even before I had the baby.” –Tammy Washington*



*Tammy Washington re-joined the Infant and Family Development program in 2017 while pregnant with her second child, Jaliyah. Tammy was paired with the same Family Support Worker she had seven years ago when she first enrolled in IAFD as a 16 year old, first-time mom to son, Nashawn.*

## CAMDEN PARENTS AS TEACHERS

*Investing in  
Brighter Futures*

Camden Parents as Teachers (PAT) created new ways to engage parents as their child's first and best teacher, which is the program's core philosophy. In early 2017, the program introduced PAT Rewards, an incentive strategy that rewards clients who meet monthly program requirements. As a result, PAT saw its average one-year retention rate reach 64% and the average home visit achievement rate rose to 87%.

50 new families joined PAT in 2017, bringing the total number of families served to 101. Eight families graduated, having remained in the program for at least two years and having met all program requirements. Staff is pleased that a significant number of families returned to the program with subsequent pregnancies and children and an increasing number of PAT clients referred friends to the program.

*"They gave really good information about healthy ways to discipline and how to integrate new baby with older brother. PAT was very helpful in that transition." —Bessie Williams*



*Bessie Williams, pictured with son Bryson and nephew Jeremiah, is one of 101 families served by the Parents as Teachers program. Bessie says the program helped her eldest son Zayden adjust to Bryson joining the family. Now she's seeking help for Jeremiah who she's in the process of adopting.*

## SCHOOL NURSING

More than 4,000 students in non-public schools across Camden County received school nursing services in 2017 thanks to the Cooperative. The program's 10 nurses served 28 schools in 12 districts and administered all state required screenings for height, weight, blood pressure, hearing, vision and scoliosis. If needed, referrals are given for additional testing and in 2017 an unusually large number of pupils (268) were advised to obtain further eye testing.





# FAMILY HEALTH INITIATIVES

Family Health Initiatives (FHI) is a subsidiary agency of the Southern New Jersey Perinatal Cooperative, established to offer the agency's considerable expertise to larger audiences. FHI surpassed expectations to become a recognized leader in data management and analysis, quality improvement and community assessment serving statewide and multi-state initiatives.

As the SNJPC Board imagined in creating FHI, the talents and skills dedicated to mothers and babies in Southern New Jersey have use for many populations and locations. In 2017, FHI made significant strides in the marketing and development

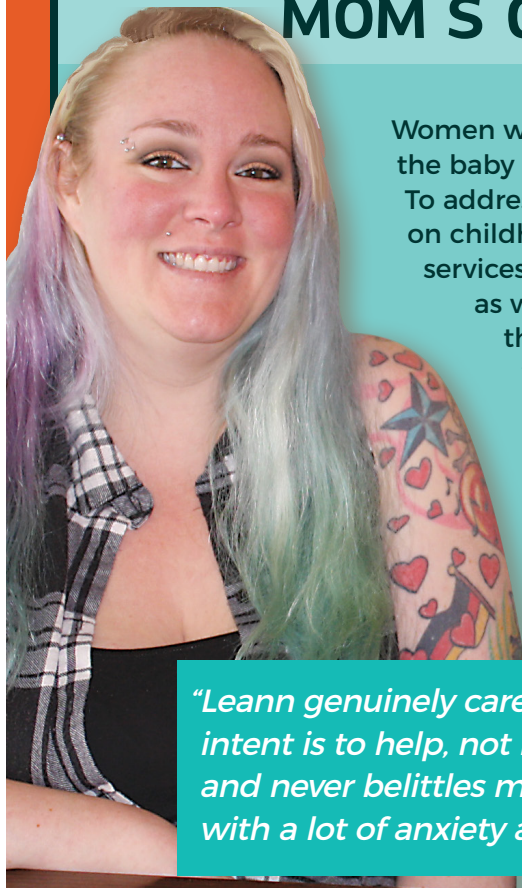
of data services for other non-profit organizations. To meet the needs of two new clients, FHI expanded upon the central intake model and the high quality data collection tools to develop and deploy a fully-customized, robust web-based case management system that was both mobile-friendly for field use and that provided on-demand executive-level and individual case worker reporting.

Expectations are high that these partnerships will grow in 2018.



*Robert McGowan, Assistant Director of Information Strategy for Family Health Initiatives, demonstrates the superior features of FHI designed systems for web-based case management and automated central intake workflow at the National Healthy Start Conference in Washington, DC.*

# MOM'S QUIT CONNECTION FOR FAMILIES



Women who quit smoking during pregnancy often relapse after the baby is born, especially if they live in a household with other smokers. To address both postpartum relapse and tobacco's harmful impact on childhood asthma, Mom's Quit Connection (MQC) expanded its cessation services in 2017 to include the partners of pregnant and parenting women as well as caregivers of young children. Re-organized as MQC for Families, the program now supports all family members living in a household with a pregnant woman or with children aged 7 and younger.

Further targeting childhood asthma was a campaign to spark communication between child health providers and parents about the health risks of 2nd and 3rd hand smoke. 40% of children who live with smokers visit the ER annually due to asthma. The program supplied pediatricians and child health providers with Smoke-Free Family Bags, filled with educational materials about the link between tobacco smoke and asthma as well as

information about free cessation services.

Demand remained high for MQC's trademark services. 108 women enrolled in MQC's specialized

*"Leann genuinely cared. I thought 'she has my back'. Her intent is to help, not lecture. She is always encouraging and never belittles me. That's what someone who's dealing with a lot of anxiety and pressure needs." —Christa Harkin*

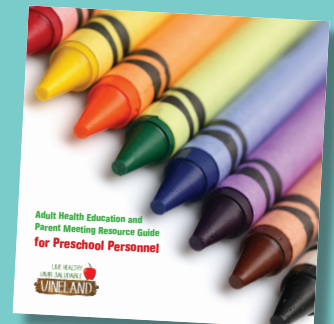
*Wary of another lecture, Christa Hartin almost didn't call MQC. But a baby was involved so she called and found someone who would 'have her back' and a program she could embrace. Non-judgmental and offering customized quit plans that identify personal triggers and control strategies, MQC had what Christa sought to end her 20 year habit. Christa is among 108 pregnant smokers who enrolled in MQC's case management services where 72% of participants in 2017 either quit or substantially reduced their nicotine consumption.*

case management program where 72% either quit or substantially reduced nicotine consumption. Self-help materials were requested by 1,066. Staff educational activities reached 465 providers and 1,570 consumers.

A highlight of the year was production of *The Mom's Quit Connection Experience*, an entertaining 15 minute video featuring quit tips, testimonials and service details. Client and staff interviews are used to help build trust among viewers contemplating quitting.

## PARTNERS IN COMMUNITY HEALTH

Vineland preschools received an important new health education tool with completion of the Parent Meeting Resource Guide. Available in English and Spanish, the free Guide provides comprehensive information on nutrition, physical activity, child safety and parenting – core issues for building healthier and stronger families. Produced by FHI for preschool family workers, advocates and teachers, the Guide includes 'ready to implement' lesson plans, consumer friendly handouts and teaching aids.





## DATA MANAGEMENT AND QUALITY IMPROVEMENT

The one project that most excited the FHI team in 2017 was a collaborative effort to reduce New Jersey's preterm birth rate. FHI's contribution was to create within the existing Perinatal Risk Assessment (PRA) system a simple process for physicians to both identify pregnant patients eligible for a promising new medication and to facilitate its procurement through Medicaid Managed Care. The promising treatment is 17P, a synthetic progesterone that studies have shown can reduce by one third the risk of preterm births among eligible women. Lowering the prematurity rate will positively impact both birth outcomes and racial disparities - important priorities driving this effort. Most foundational components of the 17P initiative were completed in 2017 and deployment is set for spring 2018.

FHI's data capabilities enabled two major evaluation projects: a national assessment of home visitation programs funded by the federal MIECHV program (Maternal, Infant, and Early Childhood Home Visiting); and an examination of the Community Health Worker component that's part of New Jersey's statewide Improving Pregnancy Outcomes Initiative. FHI's PRA-SPECT System provided critical data for both projects and also conducted data analysis for the NJ based project. Relevant findings from these efforts were shared with SNJPC program staff to support quality improvement activities.

A client management system administered by FHI received high praise from a national leader in maternal and child health. At a 2017 site visit, director of the federal MIECHV program said the work being done with SPECT (Single Point of Entry Client Tracker) 'puts NJ ten years ahead of any other state'. SPECT includes an automated, central intake workflow process that effectively and efficiently connects individuals to home visitation and other community-based services.

## SALEM COUNTY YOUTH WELLNESS COLLABORATIVE

Teens spoke and adults listened at the 2017 Salem County Youth Summit organized by the Collaborative as part of its mission to empower teens to make healthy decisions by connecting them with community leaders and organizations. Adult leaders heard first person accounts about the barriers adolescents face in accessing health care and work groups made recommendations to make the system more receptive to teens.

The Salem Youth Leadership Institute became a reality in 2017, inspired by teen requests for learning that is 'outside the school environment'. Teens from across Salem County applied for the 8-12 Leadership Institute slots. Institute members received reproductive health, peer education and leadership training and were then tasked with creating public service announcements about teen pregnancy and STD prevention.

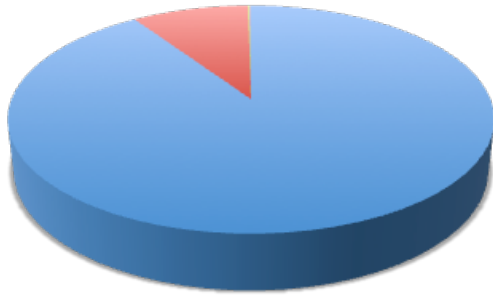
A Collaborative sponsored presentation on human trafficking drew more than 60 community partners from Salem and Cumberland Counties, seeking to better understanding how to identify and report instances of human trafficking.



*Young participants flank NJ Assemblyman Adam Taliaferro at the Salem County Youth Summit, organized by the Salem County Youth Wellness Collaborative to provide a forum for community leaders and teens to develop strategies for improving youth access to health services in the county.*

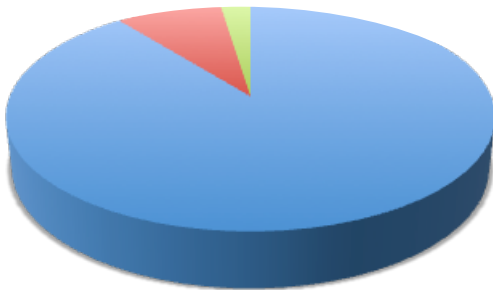
# 2017

**Revenue:**  
**\$13,093,343**



- Grants **88.03%**
- Dues **9.13%**
- Investments **1.67%**
- Program/other **1.17%**

**Expenses:**  
**\$13,069,649**



- Grant Services **88.54%**
- Educational/Info **8.45%**
- Management/General **3.01%**

## FUNDERS Grants, Foundations, Contracts

- Camden County Non-Public Schools/School Nurse Program
- Centers for Disease Control and Prevention
- Central NJ Visiting Nurse Association
- City of Cleveland
- Healthy Start of Essex
- Horizon Foundation
- March of Dimes - NJ Chapter
- NJ Department of Children and Families
- NJ Department of Health
- Salem Health and Wellness Foundation\*
- United Way of Greater Philadelphia & South Jersey
- US Department of Health and Human Services/MCH Bureau

*\*awarded to SNJPC subsidiary agency Family Health Initiatives*

*SNJPC worked collaboratively with the March of Dimes and NJ Department of Health on a public education effort intended for pregnant women and new moms on the importance of keeping the postpartum visit. Produced in English and Spanish, this colorful, comprehensive infographic was distributed throughout the state.*

### TAKING CARE OF MOM AFTER CHILDBIRTH

**IT'S GOOD FOR YOU**

Seeing a healthcare provider 6 weeks after delivery is one of the healthiest steps a new mother can take.

**RECOVERY**

Your body works hard during pregnancy and delivery. You want to be sure you are healing properly.

**NEW ISSUES**

Since giving birth, some new questions and concerns may have arisen that you want to discuss with your healthcare provider.

**Do it for yourself. Do it for your baby.**

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#### WHAT HAPPENS AT MY WELLNESS VISIT?

*There are some standard things to check or discuss during a wellness visit.*

OVERALL HEALTH

WEIGHT

BREASTFEEDING

SEX

MEDICAL ISSUES

FAMILY PLANNING

EMOTIONAL HEALTH

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#### AFTER BIRTH CARE

**IN THE HOSPITAL**

After you have your baby you will receive information about your health. It's a good time to ask questions about healing to stay healthy.

**Common topics include:**

- Breastfeeding
- Sutures/incision care
- Vaginal bleeding
- Emotional changes
- Medications
- Family planning

Before you go home, try to schedule a visit with your healthcare provider. This is known as a wellness visit. One less thing to worry about when you get home!

**WELLNESS VISIT**

About six weeks after you have your baby you should have a wellness visit. While you may see your healthcare provider before then, that is not considered a wellness visit. You should still have a visit when your baby is about six weeks old.

**At the wellness visit, your healthcare provider will:**

- Check your blood pressure, weight, temperature and breathing
- Look to see how your body is recovering from childbirth
- Answer your questions about breastfeeding
- Discuss what you want to do about family planning and provide a birth control prescription if desired
- Check on your emotional well being
- Provide follow-up for chronic health issues such as asthma, high blood pressure or diabetes

**WHAT ABOUT SEX?**

Try to wait until after your wellness visit to have sex. This allows time for your body to heal. Some women experience lack of interest in sex after childbirth. That's ok. Most important is that you and your partner talk about sex and make time for each other.

While in the hospital and at your wellness visit, speak with your health care provider about future pregnancies.

- If you want to get pregnant again, using family planning lets you space your pregnancies so there is enough time (18-24 months) to let your body recover
- If you decide to not get pregnant again, family planning will help you prevent pregnancy

**WARNING SIGNS**

Call your healthcare provider immediately or go to the emergency room if you have any of the following:

- Blood clots larger than an egg
- Bleeding that leaks through more than one pad in an hour
- Severe headache or difficulty seeing with nausea or dizziness
- Leg pain that can include swelling, redness and is warm to touch
- Swelling of hands, face or feet
- Temperature of 100.4°F or more
- Excessive pain and/or discharge from incision
- Feelings that you may harm yourself or baby

**If you have shortness of breath or chest pain—CALL 911**

Produced by the NJ Department of Health and Human Services in collaboration with the March of Dimes and SNJPC.

## BOARD OF DIRECTORS

*As of December 2017*

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**PROGRAMS AND SERVICES**

*A Better Me (IPO Initiative)*

*Breastfeeding Support*

*Camden Healthy Start*

*Camden Parents as Teachers*

*Data Management and QI Services\**

*Early Intervention Service Coordination Unit*

*Fetal and Infant Mortality Review Teams*

*Healthy Families*

*Healthy Mothers, Healthy Babies  
Coalitions of Southern New Jersey*

*Infant and Family Development*

*Lead and Healthy Homes*

*Mom's Quit Connection  
(MQC) for Families\**

*Nurse Family Partnership  
Camden City & Burlington County*

*Partners in Community Health\**

*Pediatric Initiative*

*Perinatal Addictions Prevention Project*

*Personal Responsibility Education Program*

*Postpartum Wellness Initiative for South Jersey*

*Professional Education*

*Project Embrace*

*Salem County Youth Wellness Collaborative\**

*School Nurse Program*

*Southern Regional Childhood  
Lead Poisoning Prevention Coalition*

*Support Center – NJ Immunization Information System*

*The Connection (IPO Initiative)*

*Trusted Links*

*\*Programs and services administered by  
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