

Who Qualifies for Services

- ◆ Active Department of Mental Health and Addiction Services (DMHAS) Young Adult Services (YAS) clients; mothers *and* fathers
- ◆ 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

traci.mccomiskey@bsebct.org

Or faxed to 860-451-8902



Birth Support, Education & Beyond, LLC (BSEB)

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**Birth Support,
Education &
Beyond, LLC**

Intensive In-Home Perinatal Support Program



Perinatal Support Specialists

**Offering Comprehensive
Pregnancy, Doula, Postpartum
Supports, Childbirth,
Parenting, Sexual & Contraceptive
Health Education**

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



BSEB Perinatal Support Specialists, (PSS) can 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*
 - ◆ *Reality Baby Simulator for hands-on individual assessment, development of customized education plan and enhancement of parental competency*
- ◆ Identification and 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 meeting 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



Perinatal Mood and Anxiety Disorder (PMAD) assessments for client and partner throughout pregnancy and up to 36 months

after birth with referrals for intervention and treatment when indicated

- ◆ Utilization of the client's developed birth plan to facilitate open communication during the birth process
- ◆ 24/7 on-call support two weeks before and after estimated due date with phone support during early labor
- ◆ Continuous doula support (emotional, physical, educational and advocacy) at the hospital throughout the duration of active labor, birth and the immediate postpartum period for client and their support system
- ◆ 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, care & 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 Association for Infant Mental Health (AIMH) practices, Circle of Security Parenting (COS-P), Parents as Teachers (PAT) and other evidence based curriculums including:
 - ◆ *Skills for recognition, stimulation and guidance of age appropriate physical, social, emotional, language and cognitive growth & development*
 - ◆ *Participation with positive early attachment practices to enhance the development of a child's sense of self*
 - ◆ *Home and environmental safety*
 - ◆ *Health, wellness and illness assessment and when to seek medical care*
 - ◆ *Infant & toddler nutrition*
 - ◆ *Contraceptive options & benefits of spatial family planning*
 - ◆ *Education on personal protection, HIV & STI prevention and tools for negotiating healthy relationships*
- ◆ Assessment of child developmental/social emotional milestones using the PAT, ASQ-SE and ASQ-3 screenings & referral for further evaluation and treatment when indicated
- ◆ Education and collaboration with clients' YAS program & community providers

