

**June 2024: SPECIAL EDITION: Our Updated Strategic Plan!**

## Mission

The New Hampshire Perinatal Quality Collaborative aims to build a patient-centered, data-driven, evidence-based, sustainable infrastructure to assure that every woman/birthing person, and infant receives high quality, safe care.

We support New Hampshire birthing communities with an integrated and collaborative approach to equitably improve health outcomes before, during, and after birth. We honor each person's unique and transformative experience of childbirth.

## Vision

All birthing people feel emotionally, psychologically, and physically safe as they experience caring, respectful, inclusive, high-quality care before, during, and after birth.

## Goals

### **Sustainable Infrastructure That Supports Ideal Birth Conditions for Everyone:**

Support increased communication, integration and collaboration amongst all members of the birthing community. Create equity-promoting perinatal systems and policies for the overall well-being of women/birthing people, infants, providers and communities statewide.

### **Equitable, Safe, and Inclusive Practice:**

Promote welcoming and inclusive practices and spaces in prenatal, birth, and postpartum care provision, so that all people – regardless of background, circumstance, beliefs, role, or position – feel seen, heard, valued, respected, and feel a sense of belonging. Every participant in the perinatal journey feels emotional, psychological, and physical safety.

### **Women/Birthing People Are Supported and Have the Power To Make Informed Decisions:**

Promote a collaborative approach to care that is grounded in authentic partnership, coproduction, and true shared decision making. Support the power of women/birthing people to make informed decisions about their care, reflecting and valuing individual choices and preferences.

### **Data and Perinatal Health Outcomes Continuously Improve:**

Build capacity statewide for equitable, data-driven, evidence-based practices to eliminate undesired variation and inequities and improve the safety and quality of perinatal care for all

**\*See goal objectives on pg 3**

## Partner Highlights>>

### Fathering Together

Fathering Together (FT) is a non-profit that empowers fathers to be agents for positive change through communities of support and accountability. These communities provide space for vulnerability and work towards equitable practices. These communities support dads during difficult times, moments of celebration, or simply when they need a space outside of their family for connection. They also hold dads accountable for their roles and relationships within their families, and encourage dads to be vulnerable and share their experiences of fatherhood to foster a sense of solidarity. Lastly, they empower dads with skills to build equitable systems in their homes, schools, and communities.

Virtual FT communities are primarily based on Facebook and other social media platforms, utilizing tools like MeetUp and Mighty Networks. In-person communities include city-wide groups, school-based programs and are enmeshed within Family Based resources.

Fathers and those who care about Fathers to visit [fatheringtogether.org](https://fatheringtogether.org) for free resources. Other resources include: [City Dads Group](#), Reduce Male Isolation and Loneliness with Fathering Together, City Dads Group, [At-Home Dad Network](#) and [nodadalone.com](https://nodadalone.com). We invite you to celebrate with Fathers around the country for "Fathers Eve" on June 15<sup>th</sup> 8pm [Fatherseve.com](https://fatherseve.com). Happy Father's Day! For more information contact: [Cordan@fatheringtogether.org](mailto:Cordan@fatheringtogether.org)

\*The NHPQC sees itself as facilitating resource sharing throughout the state. However, resources shared in this column are not endorsed by Dartmouth Health.



From Kelly Sikkema at Upsplash

## Integrating Your Input into the Strategic Plan

At our Maternal Health Summit back on March 4, 2024 we presented draft versions of the NHPQC Strategic Plan for your feedback. We collected lots of feedback from surveys, breakout session notes, post-its on wall posters, and verbal suggestions for which we are very grateful! We then went back to our Core Co-Design Team which consists of passionate perinatal community members and perinatal providers from all over NH to incorporate your changes into the final versions you see now. This was truly a collaborative statewide effort. We are excited to continue working with you to increase access to equitable and patient-centered perinatal care in NH. Thank you for your expertise and enthusiasm!

### Upcoming Maternal Health Webinars >>>

**-June 13th 12pm: AIM/ERASE Webinar: Perinatal Mental Health: What to do when you feel in over your head. [Register](#)**

**-June 17th 4pm: The Power of Rural Collaboration and Coalition Building: Lessons Learned and Paths Forward [Register](#)**

**-June 20th 3-4pm: Reducing Perinatal Inequities through Black Feminism and Radical Imagination [Register](#)**

**-June 25th 2-3pm: Decreasing Fragmentation in Maternal Substance Use Disorder Screening and Treatment [Register](#)**

**-June 27th 1:30-2:30pm: A Fireside Chat: Using Peers to Support Maternal Mental Health [Register](#)**

**The NHPQC now has a webpage! Visit us at:**

**<https://www.nnepqin.org/home/new-hampshire-perinatal-quality-collaborative-nhpqc/>**

# Goal Objectives

## Goal 1.

Sustainable infrastructure that supports ideal birth conditions for everyone

### Objectives

- All NH birthing communities communicate and convene regularly with active participation by a broad range of partners to address community perinatal priorities. This includes birthing people, community organizations, hospitals and all other participants\*
- All improvements to advance perinatal outcomes are community-driven, integrated and collaborative, and inclusive of all voices at either the organization, community, system, or policy level
- All communities build and sustain processes, systems, and policies to support improved outcomes for all birthing people
- Systems and policies are designed to support all participants'\* wellbeing

## Goal 2.

Equitable, safe, and inclusive practice

### Objectives

- Provide education, tools, and resources for providers, organizations and communities to increase capacity for improving respectful care, patient centeredness, psychological safety, trauma-informed care, inclusion, effective communication, and cultural competence including reducing stigma, discrimination and bias.
- Support systems change to promote best practices and implementation of evidence-based care

## Goal 3.

Women/Birthing People Are Supported and Have the Power To Make Informed Decisions

### Objectives

- Women/birthing people and family members are provided with accurate and transparent information about best practices for high quality, safe, comprehensive reproductive health care. This includes miscarriage, bereavement, reproductive autonomy, and other pivotal decision points along the perinatal journey.
- Providers and systems understand, and are able to, engage in effective communication, collaborative care, coproduction and shared decision making
- Women/birthing people feel supported in their autonomy to make informed decisions about all their individual choices and care
- Providers and systems acknowledge and address power dynamics between providers and birthing people and create authentic and equitable partnership

## Goal 4.

Data and Perinatal Health Outcomes Continuously Improve

### Objectives

- Co-create a system for collecting NH data related to perinatal care and outcomes within 12 months
- Co-develop shared metrics and evaluate progress annually
- Collectively review current data to interpret meaning, identify trends and targeted areas for improvement, and share data with all partners in communities
- Co-design and implement improvement projects grounded in these findings to improve perinatal care and quality for all
- Continuously share evidence-informed practices to reduce inequities and improve safety and quality

# Vision

All birthing people feel emotionally, psychologically, and physically safe as they experience caring, respectful, inclusive, high-quality care before, during, and after birth.

# Strategies

- Support Safe, High Quality Perinatal Care
- Build the Capacity to Continuously Improve in Birthing Communities
- Promote An Integrated Collaborative Approach
- Foster a Culture of Caring
- Promote Equity in Processes and Outcomes
- Learn from One Another, Work Together, and Cultivate a Shared Commitment to Change
- Increase Communication Between Stakeholders
- Support Data and Community-Driven Improvement Initiatives
- Collectively Work to Address All the Other Factors That Influence People's Health  
Raise Awareness and Support Policy and Advocacy Work with Birthing Communities

[Click to see DRAFT Initiatives and Activities  
\(Years 1&2\)](#)

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