

# Introduction to the Maine Safe Sleep Initiative

Maine DHHS  
August 19, 2019

Virtual conference (audio/visual) via zoom: <https://zoom.us/j/8061423002>  
or by phone: 19292056099,,8061423002#



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## Agenda

1. Welcome and Introductions
2. Call to Action: Review of Infant Mortality Data and Safe Sleep Research
3. Creating a Perinatal System of Care in Maine
4. Launch of DHHS Safe Sleep Campaign
5. Achieving Cribs for Kids National Safe Sleep Hospital Certification
6. Overview of Technical Assistance and Resources Available
7. Questions and Discussion

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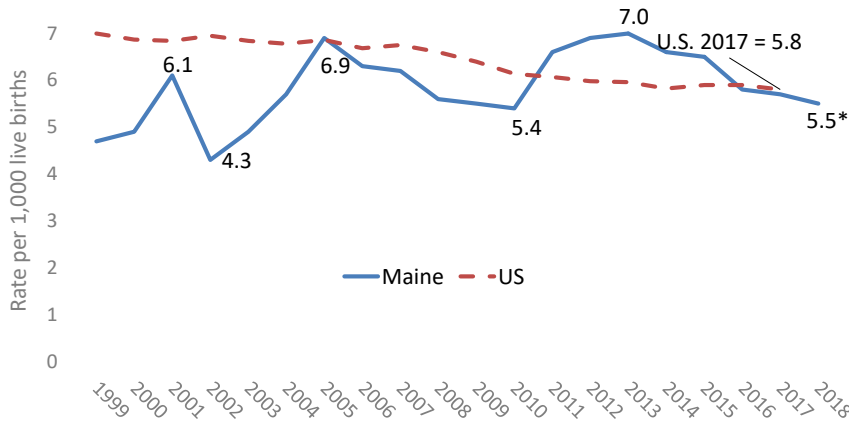
# Welcome and Introductions

- Northern Maine Medical Center
- Cary Medical Center
- AR Gould Hospital (TAMC)
- Houlton Regional Hospital
- Down East Community Hospital
- Maine Coast Memorial Hospital
- Mount Desert Island Hospital
- Mayo Regional Hospital
- Redington Fairview Hospital
- Northern Light/EMMC
- Inland Hospital
- Waldo County General Hospital
- Maine General Medical Center
- Franklin Memorial Hospital
- Central Maine Medical Center
- Rumford Community Hospital
- Bridgton Hospital
- Stephens Memorial Hospital
- St. Mary's Regional Medical Center
- Mid Coast Hospital
- Lincoln Health Care, Miles Memorial
- Penobscot Bay Medical Center
- Maine Medical Center/BBCH
- Mercy Hospital
- Southern Maine Health Care
- York Hospital
- Maine CDC
- Maine DHHS
- Maine OCFS
- Safe Sleep Champions
- Maine Hospital Association

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# Call to Action: Review of Infant Mortality and Safe Sleep Data

Maine's infant mortality rate peaked in 2013 and has been declining.  
 The U.S. infant mortality rate has been steadily declining.

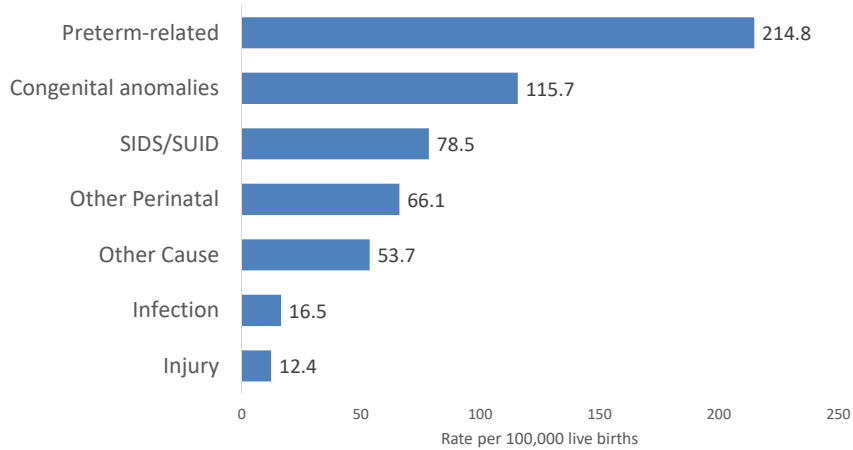


Updated 7/22/19

Source: Death certificate data, Maine CDC, Data, Research and Vital Statistics Program, \*provisional rate

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## Data on Leading Causes of Infant Mortality Maine, 2017-2018

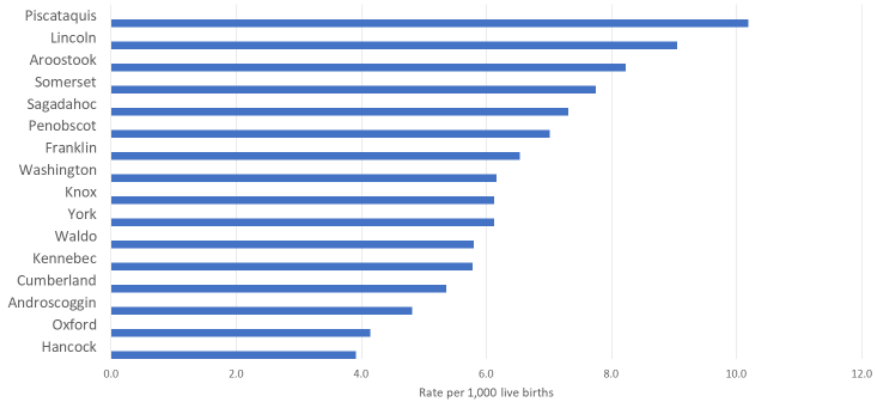


Source: Death certificate data, Maine CDC, Data, Research and Vital Statistics Program, 2018 data are provisional.

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## Data on Infant Mortality Rates by County

Maine infant mortality rates (per 1,000 live births) by county, 2014-2018\*

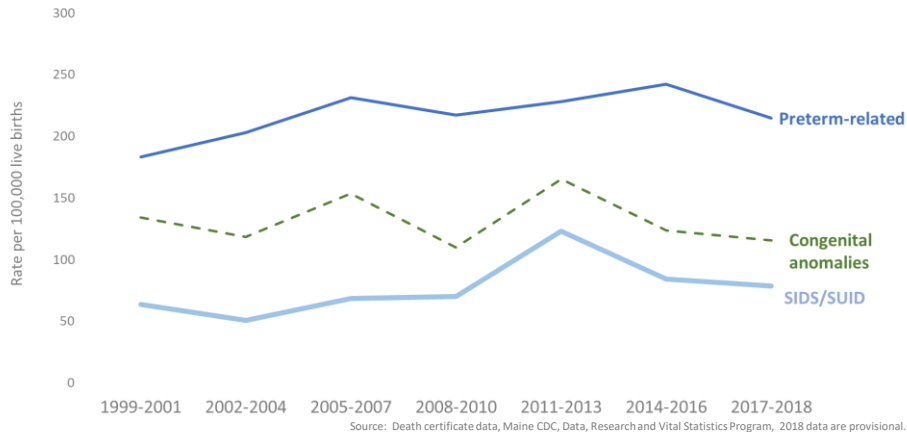


Source: Death certificate data, Maine CDC, Data, Research and Vital Statistics Program, \*2018 data are provisional

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## Data on Causes of Infant Mortality

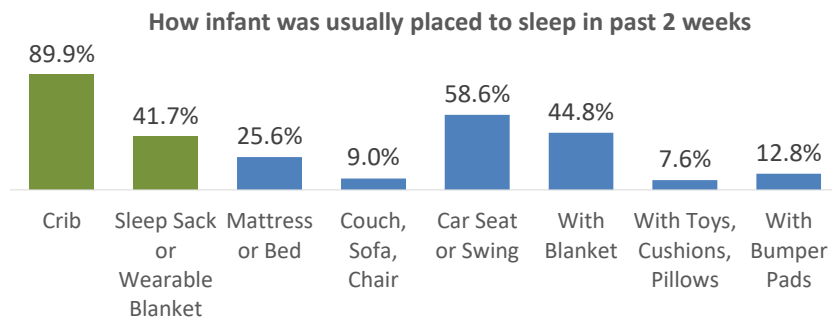
**Preterm-related conditions** have consistently been the leading cause of **infant mortality** in Maine, followed by **birth defects**.



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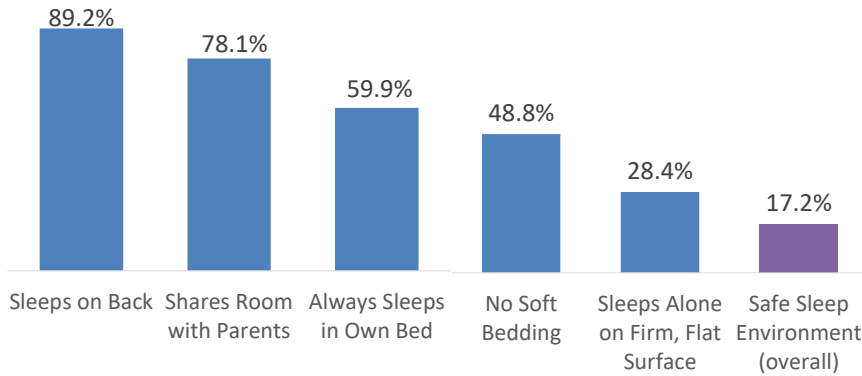
## Data on Components of Usual Sleep Environment

**Although 9 in 10** of Maine infants usually sleep in their own crib or bed, many infants are also placed in unsafe environments.



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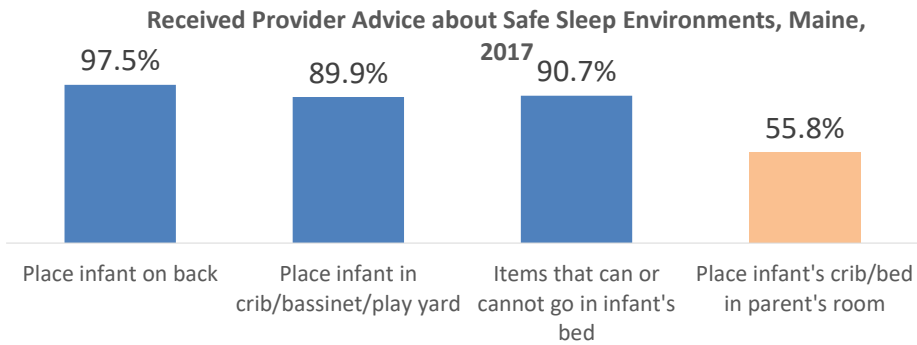
## Data on Safe Sleep Practices, Maine 2017



Maine Pregnancy Risk Assessment Monitoring System (PRAMS), 2017

## Data on Room Sharing

**Few** mothers received advice about room-sharing with infant



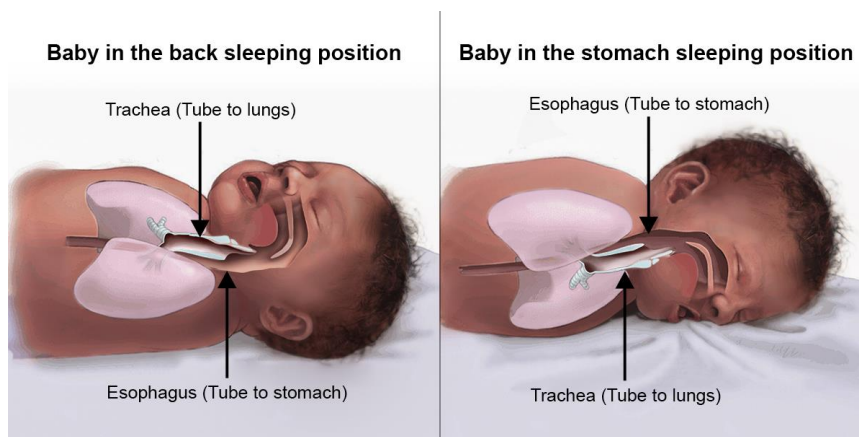
Maine Pregnancy Risk Assessment Monitoring System (PRAMS), 2017

## A Closer Look at SIDS/SUID Data

- 2015-Q1 2019: 45 deaths due to SIDS/SUID
- Chart review of Medical Examiner cases done in 2015-17: 32 babies died
  - 94% in unsafe sleep environments
  - Average age = 2.3 months
  - 75% male
  - All at home
  - How deaths were coded:
    - Asphyxia = 59%
    - SIDS with suboptimal sleep conditions = 3%
    - Undetermined = 6%
    - SUID with markedly suboptimal sleep conditions = 19%
    - SUID = 9% (3 babies) [of these, 2 bedsharing and 1 in car seat]
    - None documented = 3%

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## Why Back to Sleep is Important



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## Research on Safe Sleep

### AAP Safe Sleep Task Force, 2016 Expanded recommendations

- **Room-sharing** without bed-sharing
- Pregnant women- regular prenatal care
- Avoid smoke exposure, and alcohol and illicit drug use during pregnancy *and after* birth
- Breastfeeding is protective
- Consider pacifier with sleep
- Home cardiorespiratory monitors do not reduce the risk of SIDS
- Commercial devices marketed to reduce the risk of SIDS are not studied
- Back to sleep for every sleep
- Use a firm sleep surface
- Keep soft objects and loose bedding out of the crib
- Avoid overheating
- Tummy time

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## Research on Risk Factors

- Increase risks of SUID with maternal smoking during pregnancy (Pediatrics, April 2019)
- Hazards of Carrying and Sitting Devices for Children Less than 2 years (J Pediatrics, 2015)
- Increase in risks of SIDS/SUID during cold weather due to “Extra blankets, warm clothes, which may lead to dangerous overheating.” (NIH, 2010)

## Creating a Perinatal System of Care in Maine

- Looking closely at infant mortality rate and why Maine has one of the highest rates in New England
- Leading Maternal, Fetal and Infant Mortality Review Panel (MFIMR) and Child Death and Serious Injury Review Panel
- Launching a Safe Sleep Campaign for public and training around safe sleep for DHHS staff
- Working to improve CradleME process of referrals to PHN and Maine Families Home Visiting

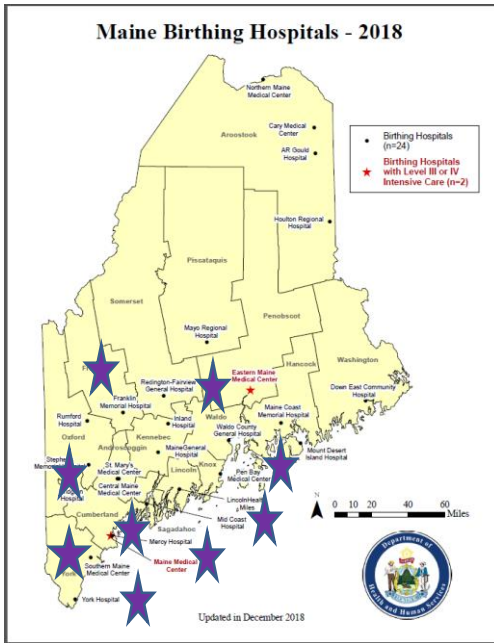
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## Creating a Perinatal System of Care in Maine

- Maine DHHS Rural Health Initiative
  - Studying Regional Models of Care and Access to Maternity Care in Maine
  - Will ask hospitals to complete Dartmouth Study on the impact of Rural OB Closures
  - Will ask birth hospitals to complete CDC LOCATe Tool to assess levels of perinatal care
- Encouraging hospitals to join the Northern New England Perinatal Quality Improvement Network (NNEPQIN) and the Perinatal Quality Collaborative for ME (PQC4ME) by Dec. 2019
- The March of Dimes will be hosting an Improving Perinatal Care in Maine Conference on October 1<sup>st</sup> at the Auburn Hilton Garden Inn

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**Current Maine Members of NNEPQIN (19/26 birth hospitals)**

- Central Maine Medical Center
- Easter Maine Medical Center
- Franklin Community Health Network
- LincolnHealth
- Miles Hospital
- MaineHealth (7 sites) including MMC
- MaineGeneral
- March of Dimes New England
- Maine Chapter ACNM
- Maine Quality Counts/Qualidigm
- MidCoast Maine Hospital
- Pen Bay Medical Center
- Southern Maine Healthcare
- St. Mary's
- Waldo County General Hospital
- Western Maine Health
- York Hospital

FMI on NNEPQIN: [Victoria.A.Flanagan@hitchcock.org](mailto:Victoria.A.Flanagan@hitchcock.org).

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## Launch of DHHS Safe Sleep Campaign: Media Campaign by CDC/Rinck

- Drive people to [www.safesleepforME.org](http://www.safesleepforME.org)



**ABCs OF SAFE SLEEP**

Every year, babies in Maine die in their sleep. Many of these deaths could potentially be prevented simply by following the ABCs of Safe Sleep.

 <p><b>A</b></p> <p><b>ALONE</b></p> <p style="font-size: x-small;">Alone in their crib Share the room, not the bed. The safest place for your baby to sleep is in their room. But NOT in your bed.</p>	 <p><b>B</b></p> <p><b>BACK</b></p> <p style="font-size: x-small;">On Your Back for Nights and Naps A baby should always sleep on their back at night and during the day. Back sleeping on a firm mattress is a crib or bassinet.</p>	 <p><b>C</b></p> <p><b>CRIB</b></p> <p style="font-size: x-small;">Clean, Clear Crib A baby should always sleep on their back at night and during the day. Back sleeping on a firm mattress is a crib or bassinet.</p>	 <p><b>D</b></p> <p><b>DANGER</b></p> <p style="font-size: x-small;">Be Awake, Not Intoxicated Drinking and driving can impair your ability to care for a baby. Making bed-sharing and other unsafe sleep arrangements increases the risk of SIDS.</p>
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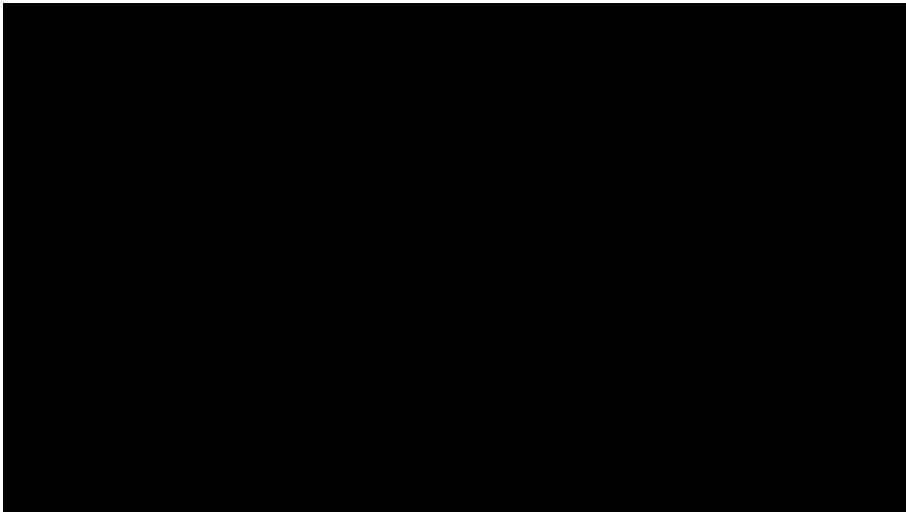
# Launch of DHHS Safe Sleep Campaign: Campaign Messaging

- TV
- Radio
- Social Media
- Web ads
- YouTube
- Paid Search



Maine Department of Health and Human Services

# Launch of DHHS Safe Sleep Campaign: Bouncer Video



Maine Department of Health and Human Services

## Launch of DHHS Safe Sleep Campaign: Safe Sleep Activities in Maine

- DHHS training and Partnership
- Public Service Announcements/Press Releases
- Triple P Training and Parenting Program
- Safe Sleep Coalition
  - Facilitated at Maine Children’s Trust
  - Board Book Distribution (19/26 Birth Hospitals are delivering)
- Cribs for Kids (2010)
  - Over 1000 cribs distributed through Maine Families/Children’s Trust
  - BBCH hospital distribution partner
  - Hospital Certification
  - Biennial conference
- Child Abuse Action Network training
- AAP EASE Project at BBCH on Safe Sleep

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## Achieving Cribs for Kids National Safe Sleep Hospital Certification: Bronze

Bronze Level for [Cribs for Kids National Safe Sleep Hospital Certification Program](#) is free and requires hospitals to:

1. Develop a safe sleep policy statement incorporating the AAP’s Infant Safe Sleep guidelines.
2. Train staff on safe sleep guidelines, your hospital’s safe sleep policy and the importance modeling safe sleep for parents.
3. Educate parents on the importance of safe sleep practices and implement these practices in the hospital setting



# Achieving Cribs for Kids National Safe Sleep Hospital Certification: Silver and Gold

## Silver: Certified Safe Sleep Leader

### REQUIREMENTS

- **Develop a safe sleep policy statement**
- **Train staff**
- **Educate parents**
- **Replace regular receiving blankets** in nursery and/or NICU with wearable blankets to model no loose bedding in the crib.
- **Program Evaluation** annually through internal audit of PDSA Cycles.



## Gold: Certified Safe Sleep Champion

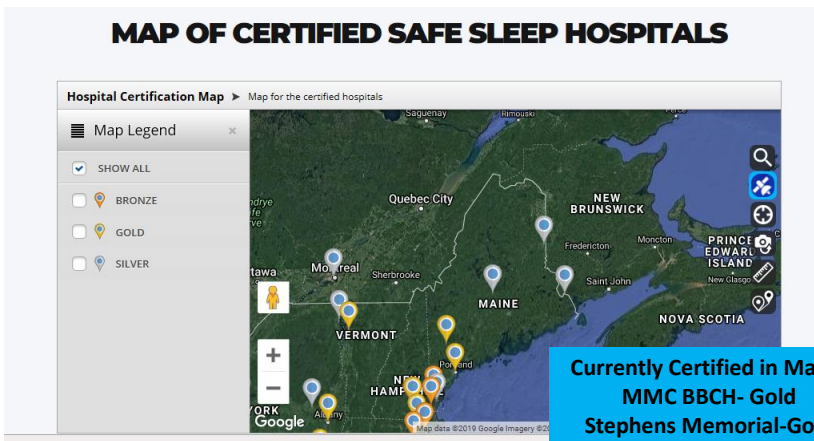
### REQUIREMENTS

- **Develop a safe sleep policy statement**
- **Train staff**
- **Educate parents**
- **Replace regular receiving blankets**
- **Program Evaluation**
- **Provide community and media outreach** on safe sleep in your community.
- **Affiliation with or become a Cribs for Kids® partner** and provide a safety-approved sleep alternative to at risk parents in your hospital



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# Safe Sleep Resources and Technical Assistance: Map of Maine Hospitals Already Certified



**Currently Certified in Maine**  
**MMC BBCH- Gold**  
**Stephens Memorial-Gold**  
**Calais Regional- Silver**  
**Houlton Regional-Silver**  
**Mayo Regional- Silver**

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## Safe Sleep Resources and Technical Assistance

- DHHS has education and technical assistance available free of charge to any hospital who is committed to becoming a Safe Sleep Certified Hospital. For more information contact
  - Kelley Bowden, MS, RN, Perinatal Outreach Nurse Coordinator for the Maine CDC at [bowdek@mmc.org](mailto:bowdek@mmc.org) at 207-662-2696
  - Jen Hayman, MD, Maine Physician Champion for Safe Sleep, Pediatric Hospitalist, The Barbara Bush Children's Hospital, at [HAYMAJ@mmc.org](mailto:HAYMAJ@mmc.org).
- Questions about this initiative: Amy Belisle, MD, MBA, Chief Child Health Officer, DHHS Commissioner's Office, [Amy.belisle@maine.gov](mailto:Amy.belisle@maine.gov).
- Questions about the Safe Sleep Campaign: Angie Bellefleur at the Maine CDC, [Angie.bellefleur@maine.gov](mailto:Angie.bellefleur@maine.gov)
- DHHS has started a resource list and welcomes your additions

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## Safe Sleep Resources and Technical Assistance

- **Brochures/Materials/Books:** Maine Prevention Store: [www.MainePreventionStore.org](http://www.MainePreventionStore.org)
- **Cradle ME:** Providers and/or birthing hospitals may refer clients to PHN and Maine Families Home Visiting via the CradleME referral form.
- **Public Health Nursing:** 1-888-644-1130 or visit <https://www.maine.gov/dhhs/mecdc/public-health-nursing/>
- **Maine Families Home Visiting:** 1-888-644-1130 or visit [www.maineamilies.org](http://www.maineamilies.org)
- **Tobacco Cessation**
  - Maine Tobacco Helpline: 1-800-207-1230
  - Quitlink [www.thequitlink.com](http://www.thequitlink.com)



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# Safe Sleep Resources and Technical Assistance: Sample Hospital Policies

**MAINE MEDICAL CENTER  
Institutional Policy Manual**

**Policy Title: Safe Infant Sleep Practices in the Hospital**

**Policy Summary:** It is the policy of Maine Medical Center to promote safe sleep practices including discouraging bed sharing. Maine Medical Center recognizes that healthcare professionals are important in communicating sleep related infant death reduction strategies to parents and families both through education and by modeling safe sleep practices while the infant is in the hospital.

**Education and rationale:**

Many factors increasing the risk of infant death while sleeping have been identified. They include: bed-sharing, prone sleeping, sleep surfaces that are soft (loose, fluffy bedding) and prone to infant entrapment, overheating during sleep, caregiver smoking (during pregnancy or in the infant’s environment). Other situations which compound the risk include parents who are: fatigued, obese, tobacco smoke, sleeping with infant on a couch or recliner, or are impaired by alcohol or drugs (prescription, over-the-counter, and illegal)

As such, the BBCH Safe Infant Sleep Policy promotes the following safe sleep practices: proper position (supine), location (separate but proximate to the caregiver), and environment (no extraneous objects in sleep space, proper temperature, minimal bedding, and firm sleep surface).

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# Safe Sleep Resources and Technical Assistance: Cribs for Kids Safe Sleep Audit Tool

© Cribs for Kids, Inc.



Safe Sleep Audit Tool

Date: \_\_\_\_\_

Auditor: \_\_\_\_\_

Time of Audit: \_\_\_\_\_

Patient #	Head of bed Flat? <i>Y or Degree of elevation</i>	Patient Asleep Supine? <i>Y or N</i>	Multiple Blankets to Crib? <i>Y or N</i>	Stuffed Animals in Crib? <i>Y or N</i>	Large or Fluffy Blankets Around Pt.? <i>Y or N</i>	Patient in Nest <i>Y or N</i>	Patient Swaddled? <i>Y or N</i>	Caregiver asleep with baby? <i>Y or N</i>	Positioning Device used? <i>Y or N</i>
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2									
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5									
6									

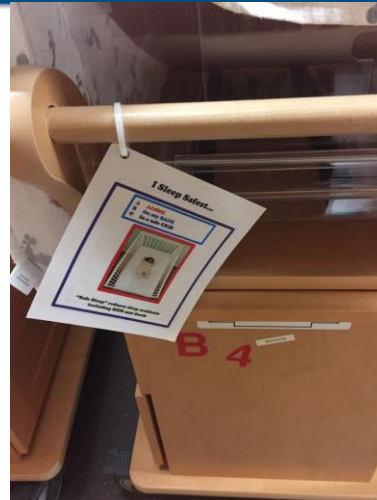
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## Safe Sleep Resources and Technical Assistance: Example of AAP EASE Project at BBCH

- Environment and Sleep Education Hospital QI
- Goals
  - 80% sleep environment
  - 90% family education
- Baseline data and 3 sequential PDSA cycle implementation
  - Pink Bucket
  - Nursing Involvement
  - Crib Cards Safe Sleep Messaging (on bassinets and cribs)

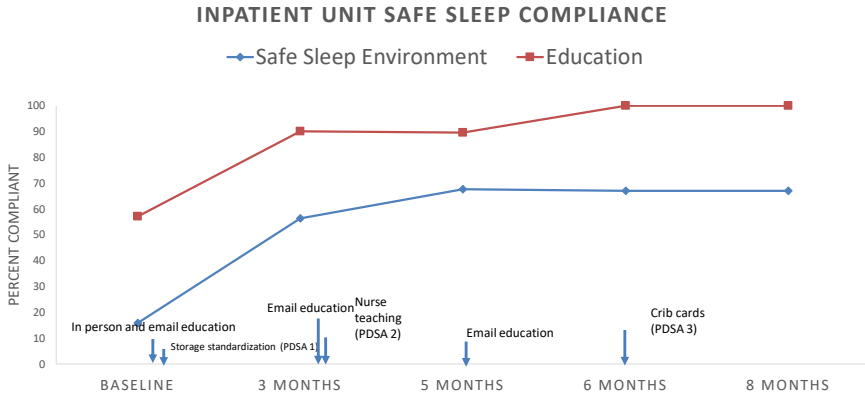
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## Safe Sleep Resources and Technical Assistance: Samples of Materials Used at BBCH



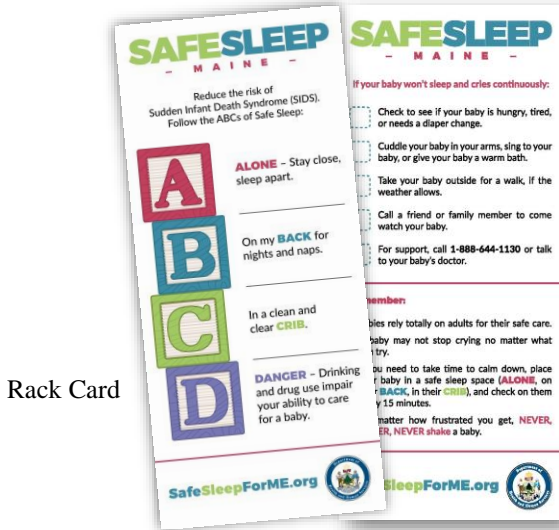
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# Safe Sleep Resources and Technical Assistance: BBCH EASE Results



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# Safe Sleep Resources and Technical Assistance: DHHS Safe Sleep Campaign Materials



Rack Card



Magnet

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# Safe Sleep Resources and Technical Assistance: Safe Sleep Fact Sheets

- Soon: download/print on [www.safesleepforME.org](http://www.safesleepforME.org)

## Audiences and Topics

- Parents
- Dads
- Nurse
- Pharmacists
- Home Visitors
- Teach ABS to others
- FAQs
- Grandparents
- Babysitters

**SAFE SLEEP**  
From the Kentucky Department of Public Health

**Parents**  
Guide to Safe Sleep

Every baby needs their own **Safe Sleep Space**

A **Safe Sleep Space** is a crib, bassinet or pack & play that meets current guidelines, has a firm surface, mattress meant for that item with nothing in the crib but a fitted sheet for that mattress, it is recommended that the crib be in the same room as the parents, but a baby should NEVER share a sleep surface with anyone else. This is very dangerous for the baby and increases the risk for SIDS. This guidance should be followed until the baby first birthday.

**START WITH THE ABCS**

<b>A</b> ALONE	<b>B</b> BACK	<b>C</b> CRIB	<b>D</b> DANGER
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**Alone** Babies should always sleep alone. There should never be anything else in a baby's sleep space except for the baby. A pacifier is permissible if the baby uses one, but if breastfeeding, please wait until breastfeeding is well established. Pacifiers should not be attached to a string, cord, rubber nipple or anything else.

**Back** A baby should always sleep on his/her back for every sleep time both night and nap. Back sleeping on a firm surface decreases the risk of SIDS.

**Crib** Babies should sleep in a clean, clear crib. A baby's crib should contain a fitted sheet only no blankets, toy objects, bumpers, or other items that could cover a baby's face and suffocate them. Cribs, bassinets and pack & plays with firm mattresses are the only safe places for babies to sleep.

**Danger** Drinking and drug use impair your ability to care for a baby, making bed sharing and other unsafe sleep even more dangerous for the baby.

**Do not** If you do not have a crib, bassinet or pack & play for your baby and cannot afford one, please check with Child Care Kids at [www.kidscare.org](http://www.kidscare.org) or call your local health department.

visit [safesleepky.org](http://safesleepky.org) for more information

**SAFE SLEEP**  
From the Kentucky Department of Public Health

**What Nurses Need to Know About Safe Sleep**

As nurses, family and friends are used as your primary or secondary sleep care for the baby. Getting the guidance to help parents will allow them the ability to know how to keep their baby safe. SAFE SLEEP is a campaign from the Department of Public Health that aims to educate parents about safe sleep. All of our guidance is in agreement with the American Academy of Pediatrics (AAP) and the National Institute of Child Health and Human Development (NICHD).

In 2016, the last full recommended guideline update on their back to sleep. Even that time, sleep expert studies had been published since in 2012, within the leading cause of death from one month of age to one year of age. In Kentucky, we have an effect in a sleep-related death should occur to the baby. We are all responsible. This is all of our job. All babies have to sleep on their back. We should have a safe sleep environment. These are the key:

- The baby not being on their back
- Alone
- The baby sleeping on surface not designed for that use such as a couch or chair seat
- Never in the crib with anyone else
- Always, forever, pack on back
- The baby sleeping on surface not designed for that use such as a couch or chair seat

visit [safesleepky.org](http://safesleepky.org) for more information

Maine Department of Health and Human Services

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# Safe Sleep Resources and Technical Assistance: Idea for Hospitals

## From the Cribs for Kids Conference

### Mock Nursery



- ▶ Demonstrate safe sleep environment
- ▶ Provide different options
- ▶ Bilingual poster do's and don'ts
- ▶ Located in waiting room (target audience)
- ▶ Reach future patient through tours

Display our Certifications

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## Safe Sleep Resources and Technical Assistance: Board Books and Cribs/Cribettes



**Books**-Available at Maine Prevention Store  
Currently 19/26 hospitals are distributing

**Cribettes**-Limited number are available through Maine Families/ Maine Children's Trust for families without a safe sleep environment, require Safe Sleep Education and Documentation

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## Safe Sleep Resources and Technical Assistance: Educational Resources for Families

### What Does a Safe Sleep Environment Look Like?

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

**Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.**

**Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.**

**Keep soft objects, toys, and loose bedding out of your baby's sleep area.**

**Do not smoke or let anyone smoke around your baby.**

**Make sure nothing covers the baby's head.**

**Always place your baby on his or her back to sleep, for naps and at night.**

**Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.**

**Baby's sleep area is next to where parents sleep.**

**Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.**

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.

**National Institute for Health  
Safe to Sleep® Campaign**  
[View a list of all NICHD publications related to SIDS and Safe to Sleep® and E-Toolkit](#)

For Print Copies of select materials go to:  
[www.MainePreventionStore.org](http://www.MainePreventionStore.org)

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# Safe Sleep Resources and Technical Assistance: Safe Sleep Materials for Dads

**3 KEY WAYS DADS CAN HELP BABY**  
**Sleep Safe**

Dads today spend triple the time caring for their children as dads did 50 years ago. Making sure dads with infants know how to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death is more important than ever. Dads everywhere can keep baby safe during sleep in the following ways.

- 1 Always place your baby on his or her back for sleep—both for naps and at night.**  
This is the most effective way to protect a sleeping baby from SIDS and other sleep-related causes of death. Babies are not more likely to choke if placed on their backs to sleep, even if they throw up or drool while sleeping.
- 2 Share your room, not your bed.**  
Your baby should sleep in your room, but in his or her own separate sleep area. Baby

**Cribs for Kids**  
Helping every baby sleep safer

HOME ABOUT US CONFERENCE EDUCATION+ EVENTS+ HOSPITAL CERTIFICATION+ MEDIA+ PARTNERS

SEARCH

Videos

Dads on Duty

Media Navigation

- EBBoard Campaigns
- Half of Safe Sleep is AWE
- Half of UNSAFE Sleep is AWE
- My Cribs for Kids - PHOTO CONTEST
- News
- Safe Sleep in the Media
- Videos

PLEASE FOLLOW & LIKE US :)

Brothers United - Safe Sleep "Promoting Healthy Habits | Protecting Our Babies"

Cribs for Kids Video for Dads

**National Institute for Health**  
For Print Copies of the Dads Rack Card

Go to:  
[www.MainePreventionStore.org](http://www.MainePreventionStore.org)

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# Safe Sleep Resources and Technical Assistance: Multi-cultural

**SAFE SLEEP FOR YOUR BABY**  
Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

SAFE TO SLEEP

This is what a safe sleep environment looks like. The infant's sleep area has **no bumpers, pillows, blankets, or toys** and is **in the same room** where the parents sleep.

**SAFE SLEEP FOR YOUR BABY**  
Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death

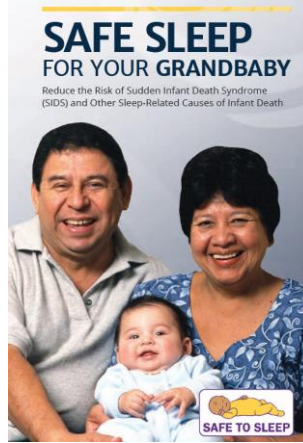
SAFE TO SLEEP

**National Institute for Health**  
**Safe to Sleep® Campaign**

[View a list of all NICHD publications related to SIDS and Safe to Sleep®](#)

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## Safe Sleep Resources and Technical Assistance: Multi-generational



**National Institute for Health  
Safe to Sleep® Campaign**

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## Safe Sleep Resources and Technical Assistance: Grandparent and Caregiver Focused

Home > News and Media > Videos

- ▶ News & Media
- ▶ Videos
  - ▶ Grandparents
  - ▶ Abuelos
- ▶ Downloadable Media
- ▶ Promotional E-Toolkit

- ▶ Printer-Friendly
- ▶ Email Page
- ▶ Share

**National Institute for Health  
Safe to Sleep® Campaign**

### Videos for Grandparents and Other Trusted Caregivers

#### Safe Infant Sleep for Grandparents and Other Trusted Caregivers (7:26)



● An English text alternative of the full-length video is available at [https://www.nichd.nih.gov/sts/news/videos/grandparents/Pages/transcript\\_English726.aspx](https://www.nichd.nih.gov/sts/news/videos/grandparents/Pages/transcript_English726.aspx)

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## Questions and Discussion

- Can you achieve the Bronze Level for [Cribs for Kids National Safe Sleep Hospital Certification Program](#) by Dec. 2019?
- What Safe Sleep Resources and Technical Assistance will you need?
- Will you be able to join the Northern New England Perinatal Quality Improvement Network (NNEPQIN) and the Perinatal Quality Collaborative for ME (PQC4ME) by Dec. 2019?
- Can you send a representative to the Improving Perinatal Care in Maine Conference led by the PQC4ME and March of Dimes on October 1<sup>st</sup> at the Auburn Hilton Garden Inn?

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## Thank You!



### DHHS Commissioner's Office

- **Jeanne Lambrew, PhD**, Commissioner
- **Sara Gagné-Holmes**, Deputy Commissioner
- **Amy Belisle, MD, MBA**, Chief Child Health Officer, [Amy.belisle@maine.gov](mailto:Amy.belisle@maine.gov)

### Maine CDC

- **Nirav Shah MD, JD**, Director
- **Maryann Harakall, MPPM**, Maternal and Child Health Program Director, [Maryann.Harakall@maine.gov](mailto:Maryann.Harakall@maine.gov), 207-557-2470
- **Erika Lichter, ScD**, Maternal and Child Health Epidemiologist, University of Southern Maine/Maine CDC
- **Angie Bellefleur**, Maternal and Child Health Manager, [Angie.bellefleur@maine.gov](mailto:Angie.bellefleur@maine.gov)

### Safe Sleep Champions

- **Kelley Bowden, MS, RN**, Perinatal Outreach Nurse Coordinator for the Maine CDC. [bowdek@mmc.org](mailto:bowdek@mmc.org), 207-662-2696
- **Jen Hayman, MD**, Maine Physician Champion for Safe Sleep, Pediatric Hospitalist, The Barbara Bush Children's Hospital, [HAYMAJ@mmc.org](mailto:HAYMAJ@mmc.org).

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