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## Black Maternal Health Week 2025: Healing Legacies Through Collective Action

Each year, during Maternal Health Week, we reflect on the health and well-being of Black mothers in the U.S. While progress is being made, significant disparities remain, with women of color facing a much higher risk of complications during pregnancy and childbirth. In fact, maternal mortality rates for Black women are nearly three times higher than those of white women.

This year's theme, "Healing Legacies: Strengthening Maternal Health Through Collective Action and Advocacy," calls for urgent efforts to address the root causes of these preventable deaths, including:

- Medical Racism & Bias – Many women of color have their pain and symptoms dismissed, leading to delayed or inadequate treatment for life-threatening conditions.
- Higher Rates of Pregnancy Complications – Hypertension, preeclampsia, and diabetes are more prevalent due to chronic stress and systemic health inequities.
- Limited Access to Quality Care – Maternity care deserts force many expectant mothers to travel long distances for essential services.
- Economic & Social Barriers – Income inequality, food insecurity, and lack of paid maternity leave make it harder to access consistent prenatal and postpartum care.
- Mental Health Disparities – Postpartum depression rates are higher among Black women, yet culturally competent mental health support remains limited.

Healing legacies means building a future where all mothers are supported, heard, and provided the quality care they deserve. Through collective action and advocacy, we can create lasting change and ensure safe, healthy pregnancies for every mother.

## Coffee and Conversations

Mark your calendars!  
**Every 3rd Thursday from 10:30 a.m. to 12:00 p.m.,** we host our Virtual "Coffee Conversations" — an engaging space to share updates, celebrate milestones, and discuss ideas that drive our project and serve our communities. These informal gatherings are a wonderful opportunity to connect, collaborate, and contribute to meaningful conversations about the work we're doing together.

### **Next Meeting:**

Thursday, May 15th,  
2025

### **Zoom Link:**

**<https://ttuhsc.zoom.us/j/96795698042>**



We look forward to seeing you there!

VIBRANT MOMS: Verifying and Implementing evidence-Based pRograms for Addressing Needed Transformations in Maternal Outcomes, Measures, and Support

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## A Texas-Sized Victory for Child Safety



We're thrilled to celebrate Safe Kids/Healthy Amarillo Women, recently named the **National Child Passenger Safety Team of the Year** by the National Child Passenger Safety Board, with sponsorship from Toyota Motor North America! This powerhouse team—Cindi Wynia, Barbara Solano-Haile, and Ashley Halsted—has been a driving force in child safety across Potter and Randall counties.



What makes this team so remarkable? Since November 1, 2022, these three safety champions have installed an incredible 1,000 car seats—an average of 40 per month over 25 months. But their impact goes far beyond statistics. From participating in over 40 outreach events annually to making in-home visits, they've built a lifeline of education and support for families, ensuring that every child travels safely, whether it's a trip home from the hospital with a newborn or a daily ride across town.



"Each of us feels truly honored to work directly with families, knowing we're helping keep their little ones safe," said Program Manager Cindi Wynia. That honor is echoed in the trust they've earned—families spread the word about their services through heartfelt referrals, a testament to the team's compassion and commitment.



As a grant-funded organization under Amarillo Public Health, Safe Kids/Healthy Amarillo Women doesn't just install car seats; they distribute vital education materials to police stations, fire departments, clinics, and childcare centers. Their mission is clear: no family should miss out on the knowledge and tools they need to protect their children.

Join us in celebrating Safe Kids/Healthy Amarillo Women for their Texas-sized impact. Their work reminds us all that when it comes to protecting our communities, every seat, every family, and every mile matters.



**Public Health**  
Prevent. Promote. Protect.

City of Amarillo

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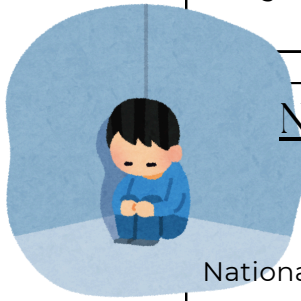
# Panhandle Community Services: Strengthening Our Community

Panhandle Community Services (PCS) is a vital force for positive change in the Texas Panhandle, working tirelessly to empower individuals and families through a wide range of programs and services. From early health care guidance to senior assistance, PCS provides critical resources that support self-sufficiency and improve the overall quality of life for community members.

In 2024, PCS made a lasting impact by assisting 9,762 individuals with health navigator services for insurance, enrolling 526 in a health insurance plan, and providing 1,256 with Medicaid referrals and education.

Through initiatives like the RSVP volunteer program, public transportation services, utility assistance, and housing support, PCS helps thousands of individuals each year.

By addressing immediate needs while also creating pathways to long-term stability, Panhandle Community Services is helping to build a stronger, more resilient Panhandle for everyone. As they celebrate their 60th anniversary, PCS continues to be a cornerstone in the community, making a lasting difference in the lives of those they serve.



## National Child Abuse Prevention Month

National Child Abuse Prevention Month serves as a reminder that the well-being of our children is a shared responsibility, and that by fostering safe and nurturing environments, we can help break the cycle of abuse.

This month, we focus on the vital role of prevention, education, and support in safeguarding children. From strengthening families through accessible resources to promoting awareness about the signs of abuse, every effort counts in protecting the most vulnerable among us. By working together, we can create a brighter, safer future where every child has the opportunity to grow and thrive.



## Proposal Timeline: Key Dates to Remember

Stay informed on the progress of our Phase II Proposal with these important upcoming milestones:

- Feb 3 – Phase II Proposal draft submitted
- Feb (TBD) – Feedback received
- Mar 12 – Final draft submitted internally
- Mar 24 – Final draft submitted to NIH
- Apr 11 – Expect feedback from NIH
- Apr 17 – Negotiation meeting with NIH
- Jun 6 – Clinical bundle IRB protocol due
- July 15 – Notification of funding for Phase II
- Aug 15 – Phase II start date

We'll keep you updated on any changes or developments. Thank you for your continued support in advancing maternal health!



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