




HSMP Health Equity & Period Poverty Work Group Meeting

Wednesday, April 10, 2024

Agenda

1. Introduction
 2. Recap of “Soft Launch” Period Supply Drive
 3. Best Practices & Lessons Learned
 4. May's “Hard Launch” Period Supply Drive
 5. Discussion of Product Distribution
 6. Mini Work Groups
 7. Next Meeting
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Introduction

[Click here](#) to access the list of attendees!



Recap of “Soft Launch” Period Supply Drive

The team did a recap of the “soft launch” period supply drive (March 1 - April 8) with its participating partners

- St. Mary’s County Health Department
 - Collected 24 items (pads, tampons, washcloths) and raised \$44.01!
- Stella’s Girls
 - Collected donations through an Amazon wishlist. They received a \$1,000 donation from [Girl Rising](#), an organization based in California.
- St. Mary’s County Library
 - Collected two large bags worth of items, packs of period panties, and even individually packaged menstrual cups.
 - The Leonardtown branch had the largest number of donations.
- NP Family Practice
 - Collected about 42 boxes of tampons and pads in their clinic.
- Child Advocacy Center
 - Collected about 100 packs from Boeing. In addition, Fidelity Chapter #60 Order of Eastern Star donated about 50 boxes of supplies, and cosmetic bags.

Best Practices & Lessons Learned

- Placement of the donation box is important
 - Leonardtown Library's box was placed next to the book holds, a high traffic area. Lexington Park library's box was in hallway, across from the restrooms.
- Make larger, flashier signs
- Recognize that there may be a negative stigma associated with periods and period products. Some may feel embarrassed to be seen with period products.
 - Consider the audience and tweak the messaging as needed
- Social media is a useful tool to spread the word
 - Consider sharing graphics, including an education piece, and inviting influencers or community champions to share the message
- Just ask! So far, the community has been very receptive and generous when it comes to donating period supplies
- For partners working to deliver education - have an honest conversation with girls who have not started menstruation to provide education and supplies.

May's “Hard Launch” Period Supply Drive

Period Poverty Awareness Week is May 20-28, 2024
Menstrual Hygiene Awareness Day is May 28

- We will be launching our “hard launch” period supply drive and collecting donations from May 1-31
- Strategies for promoting our period supply drive include
 - Focus on decluttering (pregnant women) as a way to solicit donations
 - HSMP can attend the Community Baby Shower on Saturday, May 4 and have a table next to registration to collect donations
 - Partner with MedStar Medical Women’s Health Group to share
 - Click here for a list of our participating partners to tag in Facebook posts. Additionally, please tag HSMP and SMCHD in your posts!
- Partners who will be participating in May’s supply drive include:
 - Minority Outreach Coalition, St. Mary’s County Library, Stella’s Girls, NP Family Practice, St. Mary’s County Health Department
 - Suggestion: School of Science and Health at CSM?
 - Kaprece James will reach out to invite them
 - Aetna Better Health of Maryland will be donating period supplies

Discussion of Product Distribution

- St. Mary's County Public Schools
 - School nurses (middle and high schools)
 - School-based health centers
- One of the branch locations of St. Mary's County Library
- SMCHD's Main Office/Lobby in Leonardtown
- The Mission, Lifestyles in Lexington Park, homeless shelters
- Local soup kitchens, food pantries, local churches
 - St. Mary's Caring
 - Church of the Ascension
- CareNet Pregnancy Resource Center in Lexington Park
- St. Mary's County Health Hub
 - The Harm Reduction Program received a recent donation of period supplies and have been passing out free period packs!



Mini Work Groups

In order to maintain the sustainability of our initiative, we discussed the need to focusing on specific areas that address period poverty. The following members volunteered to participate in our mini work groups.

- Legislation and Advocacy
 - Kaprece James and Elizabeth
- Sustained Funding/Grant Applications
 - Suha to look at funding/grant opportunities
 - Christine, Lisa Sheehan and Lisa Milburn will explore other managed care organizations (MCOs) to see what benefits are available to its enrollees
- Education
 - Kaprece (through Stella's Girl's)

Next Meeting

- Wednesday, June 5 from 11:00 AM - 12:00 PM