

Part 1: Mental Health & Maternal Mortality & Morbidity Skill-Building Session

Healthy Start Region 4
Meeting

Monday, April 17 from 11:45-12:45



The background features several flowing, wavy bands of color. At the top, a thick band of red and orange flows from left to right. At the bottom, there are multiple overlapping bands of red and yellow, creating a sense of movement and depth. The central text is set against a plain white background.

KNOWLEDGE BUILDS
CONNECTIONS &
COMMUNITY TRUST

KAY MATTHEWS
FOUNDING EXECUTIVE DIRECTOR

SHADES *of* **BLUE**
PROJECT

MATERNAL & MENTAL HEALTH RESOURCE CENTER



BEFORE WE GET STARTED

- 1. Let's be honest with each other.**
- 2. My hope is that in this space and time you will feel grounded and respected.**
- 3. And if anything feels too heavy today just BREATHE and put it down.**



SHADES *of* BLUE

PROJECT

Shades of Blue Project is dedicated to helping women of color before, during and after child-birth with community resources, mental health advocacy, treatment and support. Our mission is to change the way women of color are currently being diagnosed and treated after giving birth and experiencing any adverse maternal mental health outcome. Our vision is that our Acknowledge, Respect, and Support method will be the adaptable change agent for healthcare professional and healthcare systems operations in their engagement with patients.



SOCIAL SERVICES WE PROVIDE

- Maternal Mental Health Support Group
- Mental Health Counseling Services
- Basic Necessities: Diapers, Wipes, Formula, Household Items and Support for the entire family dynamic
- Free Clinical Health Screenings
- Job Trainings & Placement Assistance

***"There is No Maternal Health without
Mental Health"***

-Isabela Morgan-

WHAT WE KNOW....

Maternal depression and other perinatal mood disorders are linked to risk factors for maternal mortality and morbidity, including hypertension, preeclampsia, and gestational diabetes. Mood disorders are prevalent among new mothers, particularly women of color who grapple with myriad stressors, including racism, coupled with the mental health strains resulting from motherhood daily. Studies show that African American and Hispanic mothers who experience maternal depression have higher rates of adversities than their white counterparts.



AFRICAN AMERICANS HAVE THE HIGHEST INFANT MORTALITY RATE OF ANY RACIAL OR ETHNIC GROUP IN THE UNITED STATES, AND HIGHER RATES OF PRETERM BIRTHS EXPLAIN MORE THAN HALF OF THE DIFFERENCE, RELATIVE TO NON-HISPANIC WHITE WOMEN.

National Vital Statistics
Data 2017

WHAT WE KNOW.....

1 in 6

1 in 6 adults experienced four or more types of ACEs.

5 of 10

At least 5 of the top 10 leading causes of death are associated with ACEs.

44%

Preventing ACEs could reduce the number of adults with depression by as much as 44%.

Adverse Childhood Experience's



SOURCE: BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019.

“

WHAT WE KNOW.....

When maternal mental health complications are left untreated, we've seen the effects of that leading to infant mental health complications , , and adolescent mental health complications that can also lead to adult mental health complications. It is the same lens through which we look at the effects of how ACEs, when unaddressed, can lead to many lifelong adverse outcomes across the lifespan.

Black Perinatal Mental Health: Prioritizing Maternal Mental Health to Optimize Infant Health and Wellness

Tracey Estriplet, Kay Matthews, Isabel Morgan, Joia Crear-Perry, Kelly Davis

April 2022 *Frontiers in Psychiatry* 13:807235



WHAT WE HEAR FROM OUR CLIENTS

"I can't afford to take off of "work

"I'm not happy with the care I received"

**"Last time I asked for help I thought they
would take my baby away from me "**

"My mental health is not that important"

"What will my family say"

"My doctor doesn't listen to me "

"I was worried about what to do with my other children"

"My Mom says I need to just toughen up"

**"I don't want to raise my child how I was
raised"**

**"I was told I need to focus on my baby.
They come first now"**

I Feel FINE (Now)

WHAT ARE SOME SOLUTIONS?

What we know will work and what we hear from the people in the communities we serve.



RECRUITMENT & TRAINING RETENTION **SOLUTIONS**

- Inclusion of traditional healing practices
- Co-created models of care informed by the community
- Training providers in cultural competency and Black maternal mental health
- Education and engaging in the community members

EFFECTIVE MODELS OF CARE THAT WORK

Peer Support
Lead Group
Models

Peer to Peer
Support Group
Models

Shared
Decision
Making Models

Structured
Support Group
Models

Community
Healthcare
Worker Models

HERE ARE STEPS WE CAN TAKE TO CHANGE THESE OVERALL INTERACTIONS?

1

Changing the old
processes and procedure
in care delivery policies

2

Addressing Barriers
within the current
delivery care system

3

Creating community
driven solutions to
optimize care
delivery.

OUR COLLECTIVE EFFORTS IN ACTION

The INSPIRE Method created for the
community with community
involvement.



Traditional
approaches

reducing the statistics
around PPD, specifically
in women of color.

to addressing PPD
among women of color
have proven to be
lacking, given the

disparities.
This method
presents a
non-
traditional
approach to
combating
and



RECOVERY
State
OF MIND

I.N.S.P.I.R.E METHOD

Involve Others

Nourishment & Exercise

Spirituality & Prayer

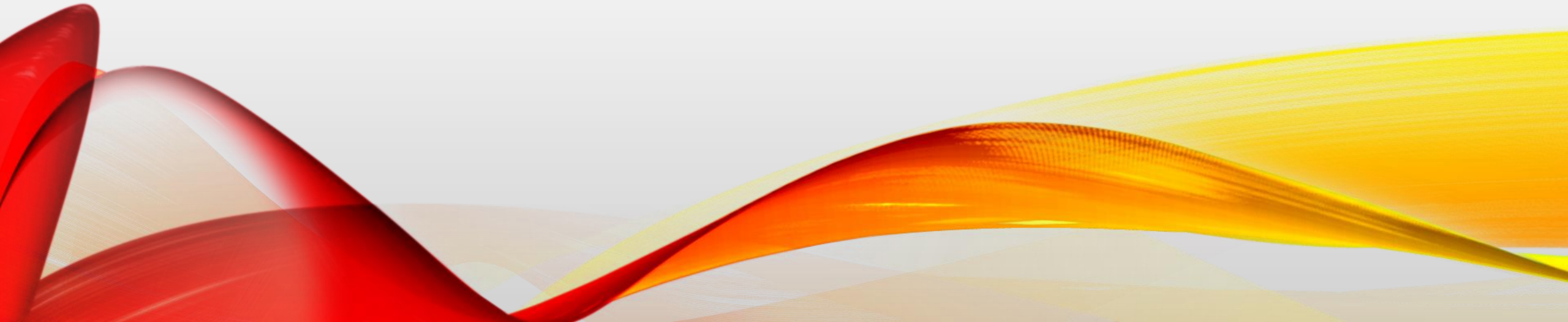
Patience

Identify & Initiate Change

Rest & Relaxation

Each Day is a New Day to Start Again

HOW HAVE WE BEEN
SUCCESSFUL IN USING
THIS METHOD



COLLECTIVE CHANGE FOR GREATER IMPACT

Participants who have participated in the Journal Program have become Support Group Leaders. (which means they are able to enter the workforce and grow in this field)

Training Community Leaders (Nonprofit Orgs, Community Members, Church Leaders)

Training of Healthcare Professionals (doctors, nurses, receptionist, community health workers)

Training Local, State, National Program Employees (Healthy Start, Healthy Women Houston)

Creation of Black Maternal Mental Health Summit

July 21-22, 2023

Bi-Yearly Occurrence

Creation of Black Maternal Mental Health Week

July 19-25

Yearly Awareness Campaign

COLLECTIVE CHANGE FOR GREATER IMPACT

POLICY CHANGE MAKER



Working on the Momnibus Policy by helping the Draft the language used in several of the Bills included in the package



Encouraging Congress to pass the bipartisan **Moms Matter Act** to fund community based programs that reach underserved moms.



Collectively working with both Maternal Health & Mental Health organizations that are willing to help make the shift that needs to happen a priority

SHADES *of* BLUE

PROJECT

WHAT HAS BEEN OUR BIGGEST LESSON LEARNED?

Key Take Away That We Can Share



“

WE MUST BE
INCLUSIVE OF ALL
BIRTH STORIES NO
MATTER THE
OUTCOME

”

Kay Matthews



MATERNAL MENTAL HEALTH & INFANT LOSS



GRIEF

Grief is a natural response to death or loss. The grieving process is an opportunity to appropriately mourn a loss and then heal. The process is helped when you acknowledge grief, find support, and allow time for grief to work



Maternal Mental Health

Maternal Mental Health (MMH) disorders include a range of symptoms, including but not limited to depression, anxiety and psychosis. These disorders and symptoms can occur during pregnancy and/or the postpartum period

3 Key Components to Successful Implementation

Leading with Compassion in every interaction



Acknowledgement



Respect



Support



WE ARE THE SOLUTION

The community is the missing link. It is imperative that when decisions are being made that someone from the community is involved in the conversation.



THIS IS US!!

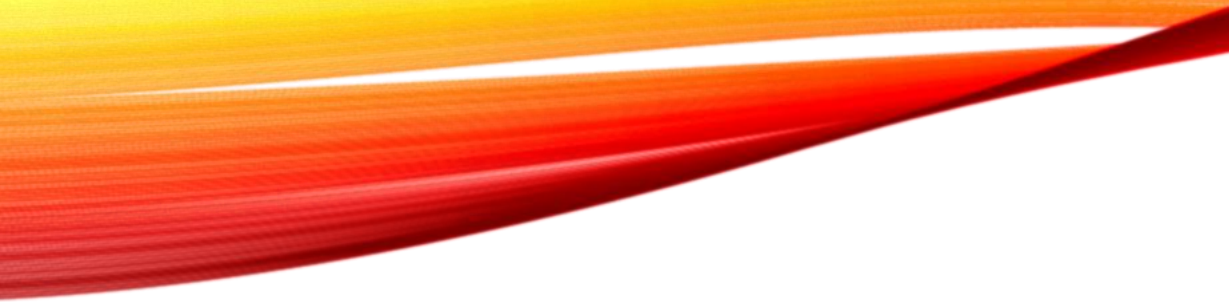


GO TO:
<https://bit.ly/HEALTHYSTART>

LET'S TALK



SHADES *of* **BLUE**
PROJECT



Lets Stay

Connected

SOCIAL MEDIA


FACEBOOK, INSTAGRAM TWITTER
@SHADESOFBLUEPROJECT

EMAIL ADDRESS

kaym@shadesofblueproject.org

WEBSITE

www.shadesofblueproject.org



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 **HRSA**
Maternal & Child Health

NICHQ
National Institute for
Children's Health Quality

HEALTHY
start 
TA & SUPPORT CENTER



Thank you!

*Healthy Start Region 4 Regional Meeting
Hosted by the Healthy Start TA & Support Center at NICHQ*

NICHQ
National Institute for
Children's Health Quality

HEALTHY
start
TA & SUPPORT CENTER

The logo icon for Healthy Start, featuring a stylized plant with four red leaves and a green stem.