



Change Ideas to Grow,
Nurture, and Lift Ideas
(CIGNAL)
for Perinatal Mental and
Behavioral Health

April 12, 2021



Agenda



Housekeeping	Lisa Hong Healthy Start TA & Support Center
Welcome	Kenn Harris Healthy Start TA & Support Center
Introduction from the Division of Healthy Start and Perinatal Services	Dawn Levinson, DHSPS
Overview: Challenges around Perinatal Mental and Behavioral Health	Fleda Mask Jackson, MAJAICA
Main Challenges Connected to Healthy Start	Kenn Harris
Case Studies: How Some Healthy Start Sites Are Supporting Perinatal Mental and Behavioral Health	Danette McLaurin Glass, Atlanta HS Lisa Matthews, Moms First HS
Main Strategies for Healthy Start	Kenn Harris
Potential Partnerships & Resources	Wendy Davis, Postpartum Support International Kay Matthews, Shades of Blue America Paredes, Mental Health America
Next Steps: Themes & Ideas to Explore in the Future	Kenn Harris
Closing	Kenn Harris

Meeting Logistics

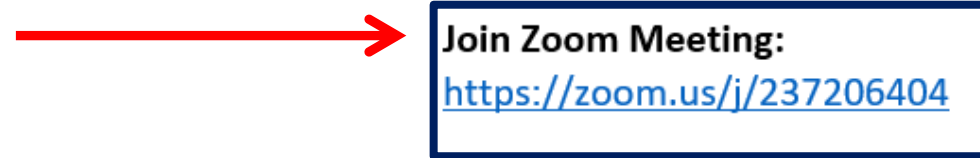
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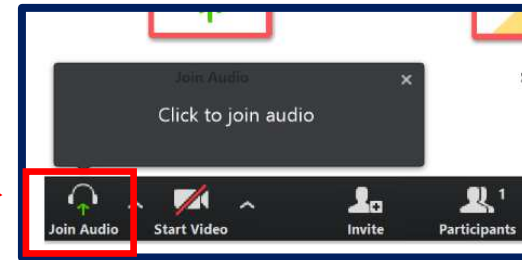
- This session is being recorded and will be archived for future viewing.
- All participants are muted upon entry. We ask that you remain muted to limit background noise.
- Members are encouraged to participate in the discussion by typing your comment/asking questions using the chat box.

Connecting to the Audio Conference

- Join Zoom Meeting by clicking **Zoom Meeting link** & launching the Zoom application



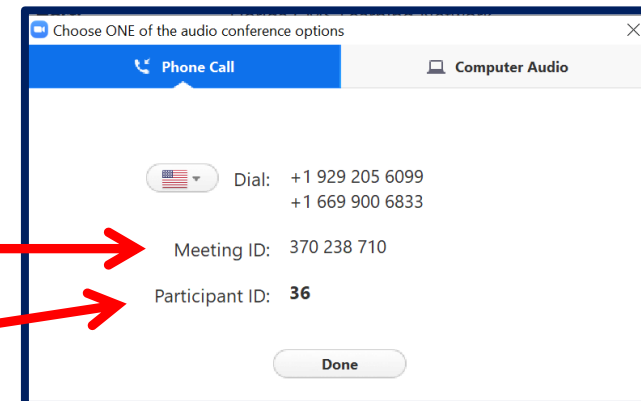
- An audio conference box will appear
 - If you do not see the box click the **'Join Audio' button**



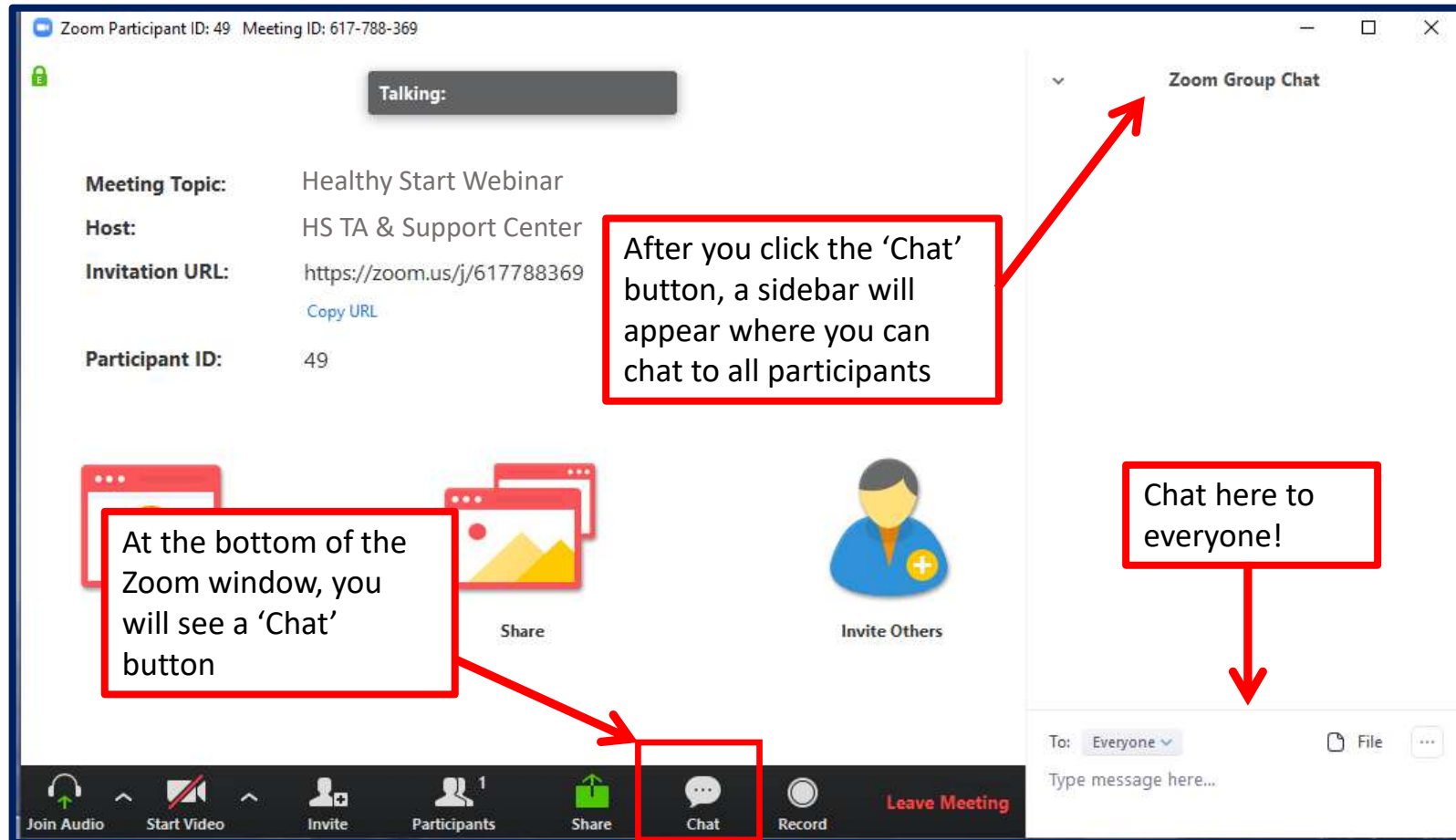
- From the audio conference box: Select to **"Phone Call"** or **"Computer Audio"**

- If using the phone:

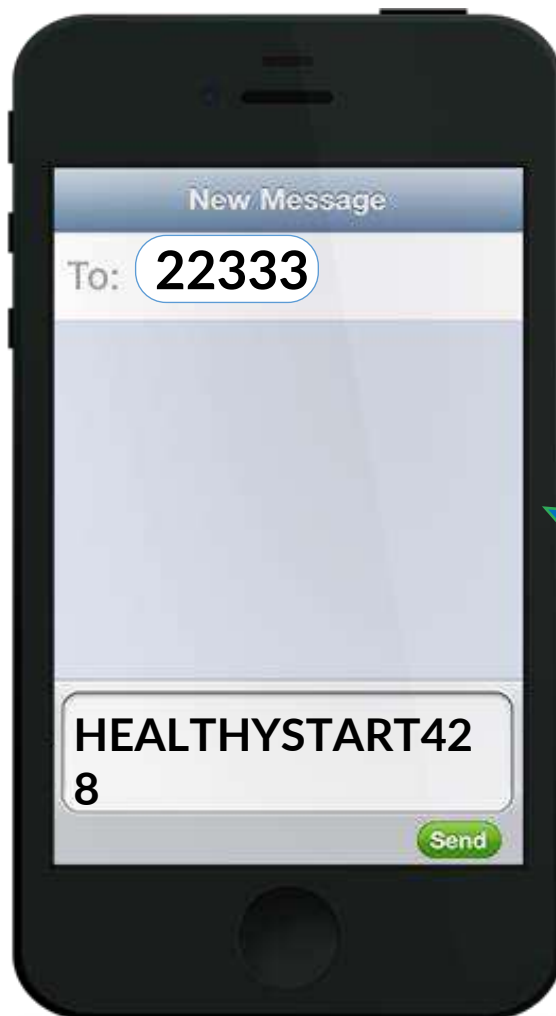
- dial the number next to **"Dial"**
- You will be prompted to enter the **"Meeting ID"**
- Then you will be prompted to enter the **"Participant ID"**



Ways to Participate: Chat



Participating with via text messaging



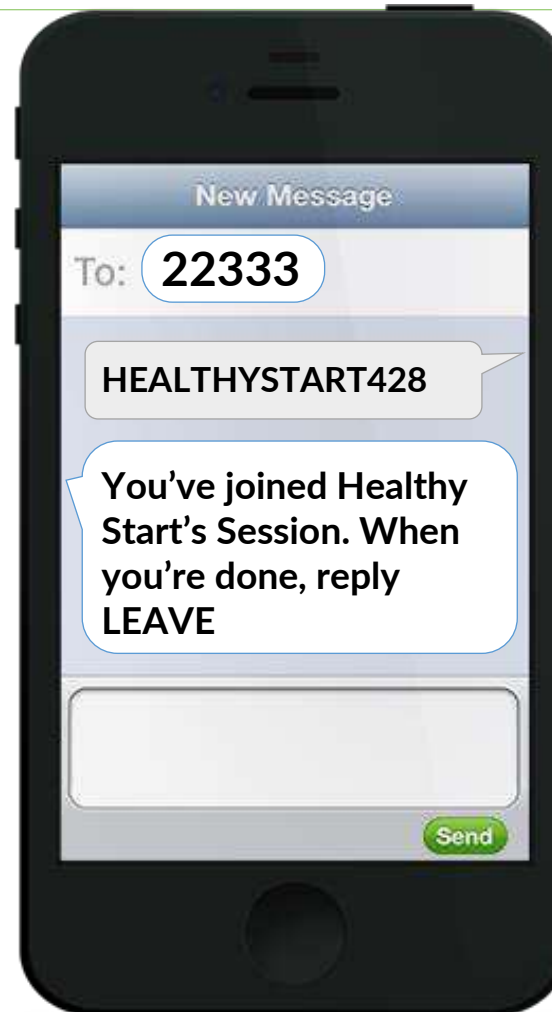
Send all messages to
this five digit
number: **22333**

To log in, include in
body of text the
word (*you only have
to do this once*):
HEALTHYSTART42
8

Participating with via text messaging



After you have
logged in, you
will receive this
confirmation
message





Poll Everywhere: Additional Tips

- Capitalization does not matter; spelling and spaces do
- You only have to text the word “HEALTHYSTART428” the first time. After that, just send a normal text to respond to polls.
- If texting 22333 doesn’t work: Visit pollev.com/HEALTHYSTART428 to respond to the current poll
- NO charges to your cellphone beyond what your phone carrier typically charges for a text message

Welcome & Introduction

Kenn Harris

Healthy Start TA & Support Center

CIGNAL for Perinatal Mental and Behavioral Health Project Goal:

Enhance and strengthen the capacity of HS grantees to identify and execute strategies to promote mental and behavioral health among the women, infants, fathers, and families they serve during and beyond the COVID-19 pandemic.



CIGNAL Project: Part 1

Expert Meeting

- Identify and explore potential change ideas
- Describe issues and challenges
- Brainstorm strategies that HS programs can use to intervene at specific points along the continuum of care during and beyond COVID-19

Billie Jo Kipp
Center for Native American
Youth at the Aspen Institute
Washington, DC



Danette McLaurin Glass
First TEAM America
Charlotte, NC



Wendy Davis
Postpartum Support
International
Portland, OR

February 16 CIGNAL Meeting Experts

Dawn Levinson
HRSA/MCHB
Rockville, MD



Kay Matthews
Shades of Blue
Houston, TX



Fleda Mask Jackson
MAJAICA, LLC
Atlanta, GA

CIGNAL Project: Part 2

Healthy Start Grantee Webinar

- Review current challenges
- Highlight stories from HS grantees
- Identify potential strategies and change ideas
- Provide resources and tools

Introduction from the Division of Healthy Start and Perinatal Services

Dawn Levinson, MSW

Division of Healthy Start and Perinatal Services

Overview: Challenges Around Perinatal Mental & Behavioral Health

Fleda Mask Jackson, PhD
MAJAICA, LLC

Challenges around Perinatal Mental Health



FLEDA MASK JACKSON. M.S., PH.D.
MAJAICA, LLC
APRIL 12, 2021

Background



- 30% of Black expectant mothers show signs of depressive symptoms; up to 40% of Black women will suffer from postpartum depression
- 14-30% maternal suicide and drug overdose
- Increased stress, exposure to trauma, financial barrier, lack of paid leave and dangerous working condition, pregnancy complications and higher pregnancy complications

Key Issues



- Mental health care as auxiliary to physical health care; lack of integrated care for expectant, birthing and postpartum mothers
- Lack of universal perinatal mental health screening; progress but not universally assessed
- Need for screening to assess the particular contextualized risks for adverse poor mental and behavioral health during pregnancy.

Key Issues



- Inequities for community based treatment for prenatal and postpartum mental health care
- Need for diverse maternal mental health providers
- Essential training for addressing the needs of pregnant WOC regardless of the background of the provider
- Misdiagnosis

Key Issues



- Lingering beliefs (disbeliefs) about mental health and WOC
- Stigma and Shame (weakness, crazy and abnormal, some other group's ailment)
- Lacks of information and knowledge
- The spectra of suicide
- Addiction

Opportunities



- National Focus on Mental Health and Covid-19
- Elevated focus on U.S. maternal mortality rates; Birth Equity for Black expectant, birthing and postpartum mothers
- Telemedicine
- Innovation: community health workers and home visitors
- Advocacy

What are the main challenges your Healthy Start project is facing around supporting perinatal mental and behavioral health?

Main Challenges Connected to Healthy Start

Kenn Harris

Healthy Start TA & Support Center



Key Challenge # 1

Impact of historical trauma on communities of color.



Key Challenge # 2

Widespread lack of informed, respectful, and culturally-responsive care



Key Challenge # 3

Fragmentation in the mental health services system forces people to rely on health care workers to pull various services together



Key Challenge # 4

Stigma and the lack of a shared language prevents people from identifying mental health issues and promoting wellness within themselves and their community



Key Challenge # 5

Traditional MCH services focus solely on the mother and child and there is a lack of inclusion of the entire family and broader community,

Case Studies:

How Some Healthy Start Sites Are Supporting Perinatal Mental and Behavioral Health

Danette McLaurin Glass, Atlanta HS

Lisa Matthews, Moms First HS

Mom's Voices Are Critical:

Valuing the Consumer's Voice in Care, Research and Advocacy for **Maternal Mental Health** Disparities

Presented by: Danette McLaurin Glass, Senior Strategist, First TEAM America





“If you want to go quickly, go alone. If you want to go far, go together.” – African Proverb

Introduction

This presentation is a snapshot of how **limited** research of perinatal mental health results in **insufficient data** for evidence-informed MMH care.

To achieve the best MMH equity outcomes for mothers; **culturally and contextually responsive interventions responding to a woman's lived experiences is vital.**

Opportunities and Objectives

- 1) **Establish** a research, promotion and advocacy plan to address disparities, service delivery, biases and stigma with consumers/community partners.
- 2) **Understand** the vital role of Healthy Start Family Support Workers (Community Health Workers, Resource Moms, etc.) with identifying PMADS.
- 3) **Provide** opportunities for consumers to advocate to care providers, legislatures and state agencies on the need for extensive perinatal mental health services.

Why Maternal Mental
Health ?

Our CAN

The CBPR Approach

Our
Journey

Onward



CBWW

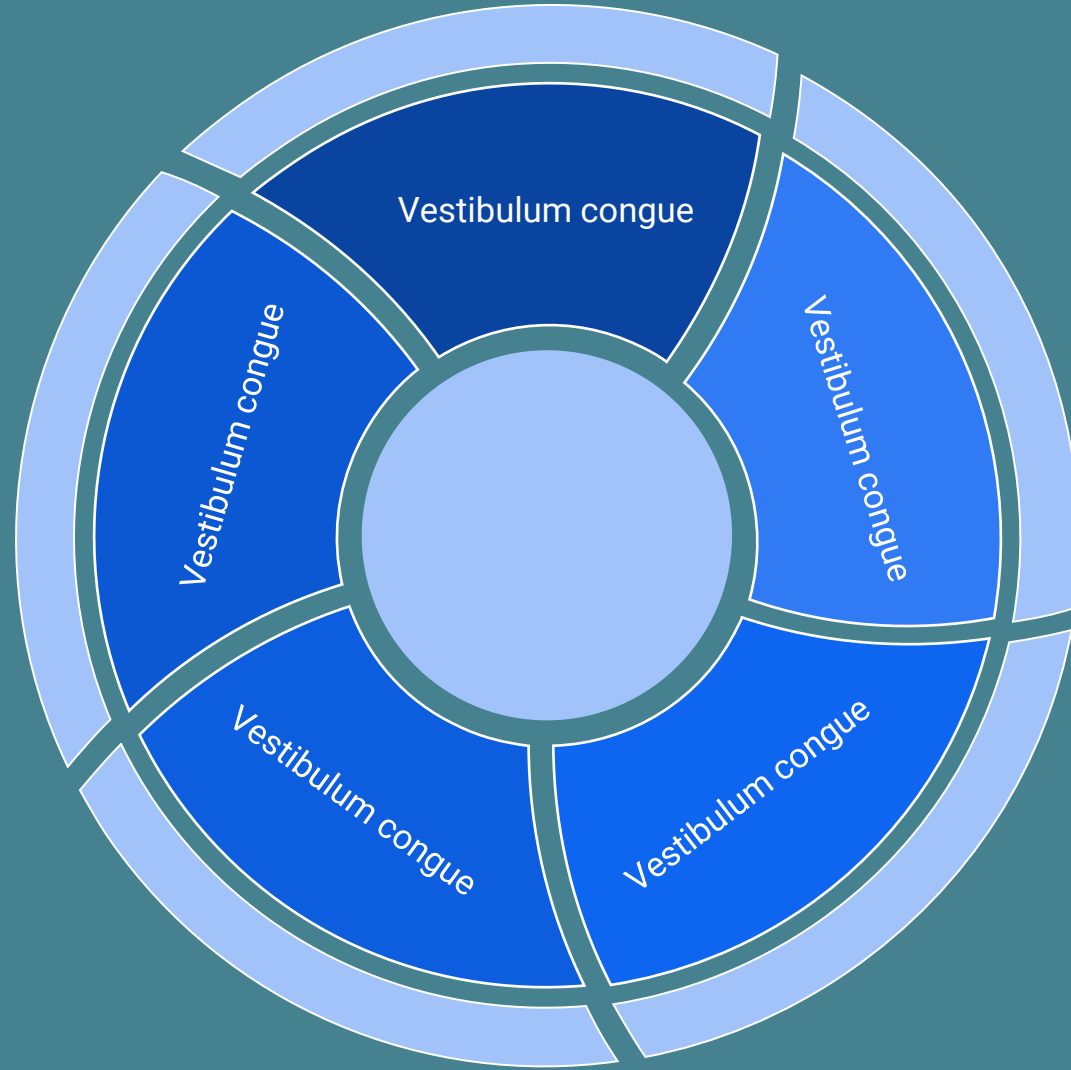


- Community based non-profit health center with 30+ year history
- Serves women and families in Metro Atlanta, with special attention to NPU-V
- Provides holistic care, focused on physical, mental, and economic well-being



Center for Black Women's
Wellness

Drivers



2019 Maternal & Infant Health Policy Breakfast

Addressing Disparities // Making an Impact



Presented By:



Outcomes



About Us

Danette McLaurin Glass, Senior Strategist

First TEAM America, LLC Strategic Partnerships and Infrastructure Development Consultants

Facilitator and Coordinator, AHSI- Community Action Network of the Center for Black Women's Wellness, Inc. Regional Board President, The Center for Family and Community Wellness , Inc.

Advocacy Interests: Maternal Mental Wellness, ACES, Child Welfare, Justice Reform, Family Wellness, Health Disparities, Trauma Responsive Communities and Governments



Natalie D. Hernandez, PhD, MPH

Assistant Professor, Department of Community Health and Preventive Medicine

Morehouse School of Medicine

Social and Behavioral Scientist

Research Interests: CBPR, Social Determinants of Health, Maternal and Child Health, Health Policy





Why Maternal Mental Health



Maternal Mental Health Disparities

Black women and women of color more generally, have a much higher risk of developing PMAD

Black women are screened for PMADS at lower rates

Common screening tools used to assess PMADS may not accurately assess symptoms in women of color

60% of women of color do not receive proper treatment or support for perinatal emotional concerns

Purpose

To assess the mental/emotional health challenges of underserved women in Atlanta

To examine local priorities and sources of care for mental health among underserved women in Atlanta

Understanding What Impacts Mom

Challenges

Stress Factors

Research Studies / Info

No baseline Data

Sparse Research

Understood correlation between stress, MMH, Depression, Poor birth outcomes

Jackson-Hogue Scale



A Mother's Cry

Listening to understand ...

Community Partners, Community Health Workers and Family Members provided their input from observations, interactions and assessments:

- Agitation
- Depression
- Anger
- PMADS

Please note: The Edinburgh screening is performed for all HS participants.



The Value of a Mother's Voice

How we value voice

PICTURE



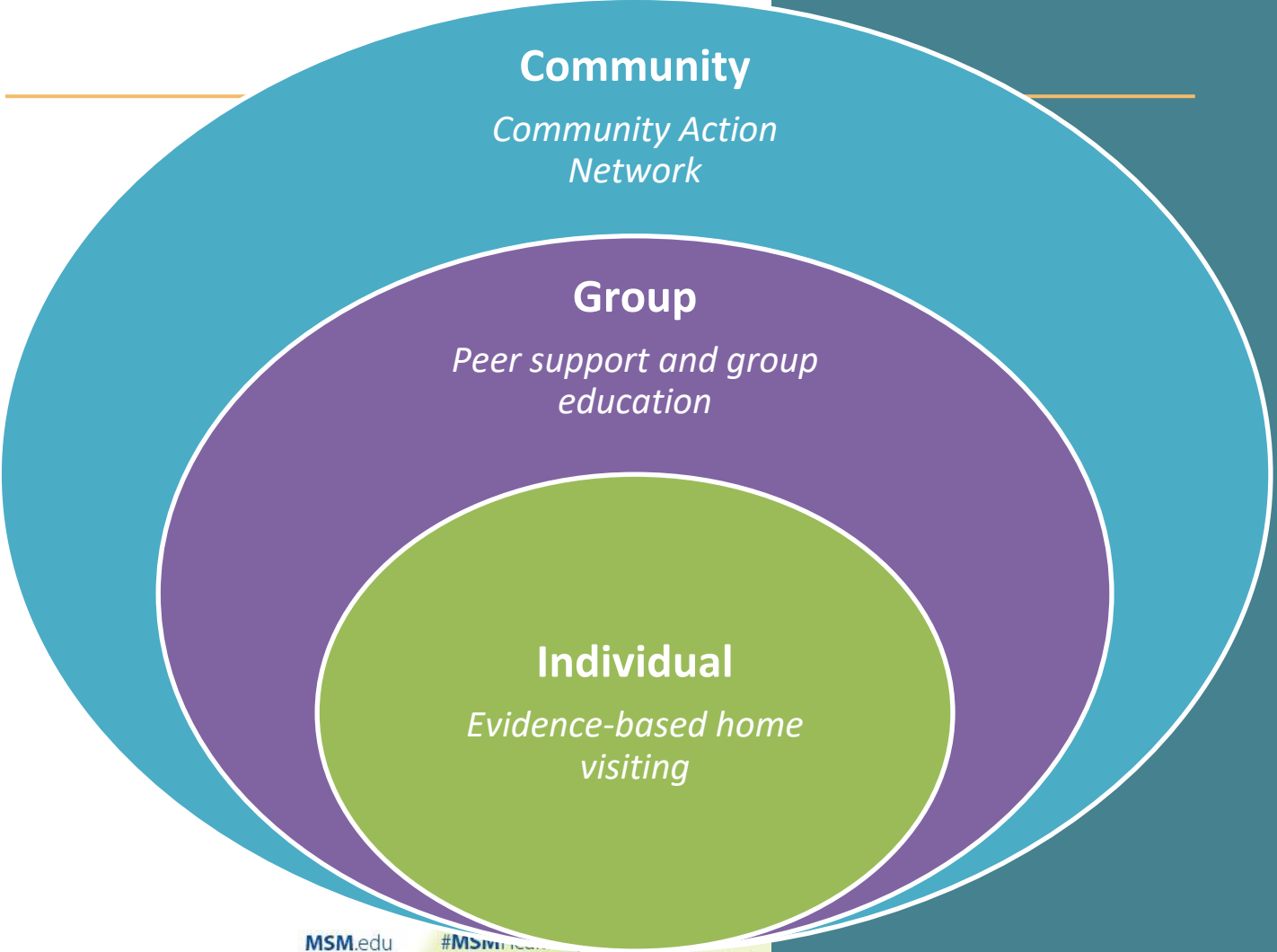
Perinatal Mood and Anxiety Disorders (PMADs)



Up to **1 in 5** women develop mental health problems during pregnancy or in the first year after childbirth



Atlanta Healthy Start Initiative (AHSI)





Community Action Network (CAN)



Community Action Network

Yes We CAN!

- Collective Impact Framework
- Common Agenda
- Established Workgroups
- Strong Backbone Support
- Over 200 community members representing families, agencies, public and private entities.



Collective Impact Framework

- **Common Agenda**
- **Established Workgroups**
- **Strong Backbone Support**
- **Continuous Communication**
- **Mutually Reinforcing Activities**
- **Over 200 community members representing families, agencies, public and private entities**



Community
Awareness



Health
Promotion



Education/
Training

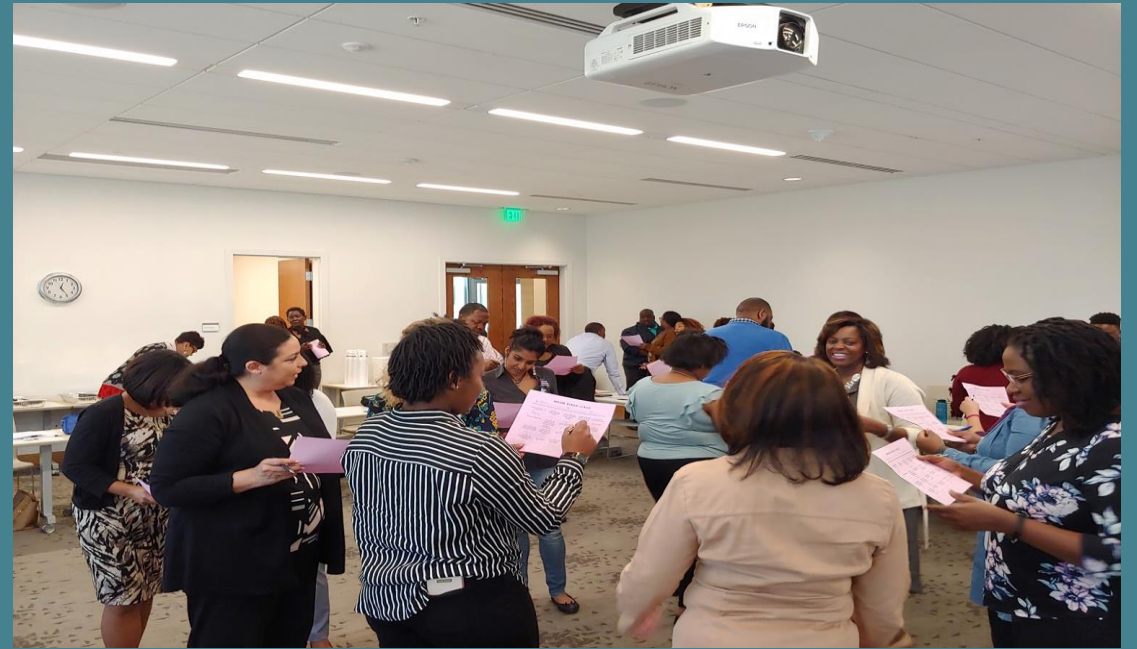


Community
Engagement



2017-2019
AHSI - CAN Strategy

Topic Prioritization



Community Action Network

Identified 3 Focus Areas

Breastfeeding

Early Learning Literacy /
Early Brain Development

Maternal Mental Health



Workgroups



Community
Action
Network

After 3 years...
Maternal Mental Health
became the CAN's
“Common agenda”



Community Based Participatory Research

Why CBPR ?

Because its a partnership approach to research, and...

- Equitably involves all partners in all aspects of research
- Enables all partners to contribute their expertise, with shared responsibility and ownership
- Enhances understanding of a given phenomenon
- Integrates the knowledge gained with interventions



Unethical Research Practices

Traditional Research



Distrust



Ineffective
interventions



Individual Focused

Benefits of CBPR Approach



- Provides resources for communities involved
- Joins partners with diverse expertise to address complex public health problems
- Increases trust and bridges cultural gaps between partners
- Has potential to translate research findings to guide development of interventions and policy change



Pilot: Integrating Perinatal Mental Health Services in Community-Based Settings

- Funded through Detroit Community-Academic Urban Research Center, University of Michigan School of Public Health (federal flow-thru)
- Mixed Methods
 - Collective Impact Framework
 - Topic identified as a priority by community

Ethical Concerns Expressed by Stakeholders

- Community consent
- Fetal safety
- Maternal risk
- Informed consent
- Information sharing and community re-engagement



**"Unity is strength...
when there is
teamwork and collaboration,
wonderful things
can be achieved."**

- Mattie J.T. Stepanek



Outcomes

CBPR BMMH Project Documents

Maternal Mental Health
Facts and figures you should know.

What is Maternal Mental Health? Start with these 6 simple facts:

- Maternal mental health refers to a woman's mental health during pregnancy and the postpartum period.** Perinatal Mood and Anxiety Disorders (PMADs) are the number one complication of pregnancy and childbirth. They include anxiety, depression, obsessive-compulsive disorder or (rarely) psychosis during pregnancy and after.
- Up to 1 in 5 women develop a mental health issue during pregnancy or in the first year after childbirth.** Black women have a much higher risk of developing a PMAD compared to white women. Research found that 44% of Black women reported depressive symptoms two weeks after delivery, compared to 31% of white women.
- Black women are screened for maternal mental health concerns at lower rates.** Studies show that Black women rarely recognize symptoms of PMADs. Research also shows that Black women suffering from PMADs are more likely to describe their symptoms in physical terms instead of emotional ones.
- Where we live, learn, work and play influences a woman's risk of experiencing a maternal mental health.** Lack of housing, finances, inadequate childcare, not enough social support, limited access to good medical care, and single parenthood all increase stress, which is a proven contributor to developing a PMAD.
- More than half of women of color do not receive the treatment or support for their maternal mental health concerns.** Left undetected and untreated, these conditions can lead to negative health outcomes for the mother, and can negatively affect the mother-child bond and the child's long-term physical, emotional, and developmental health.
- Additional research focused on inequalities and women of color is needed.** There is still not enough data that take into account the lived experiences of women of color and the information needed to address their mental health needs.

The Black Maternal Mental Health Study is being conducted to understand the maternal mental needs of Black women in Atlanta and ways to address those issues. To learn more about the study, please contact nhernandez@msm.edu

Professional Standards for Administering CBPR- MMH Survey
Atlanta Healthy Start Initiative's Community Action Network and Morehouse School of Medicine

Topics	Questions and Comments
<ul style="list-style-type: none"> Please familiarize yourself with the survey and all study documentation. If you are implementing surveys you should know the survey, informed consent, and eligibility criteria. Please also familiarize yourself with the study protocol. 	
<ul style="list-style-type: none"> Dress appropriately to the local culture. Every community is different, so familiarize yourself with your community 	
<ul style="list-style-type: none"> Arrive to the site early to meet your local hosts, check out the room, and set up equipment and materials before participants arrive. 	
<ul style="list-style-type: none"> Greet, meet, and mix with the participants as they arrived. 	
<ul style="list-style-type: none"> Give the welcoming remarks, and make overall announcement about purpose of the study and what they will be doing. 	
<ul style="list-style-type: none"> Introduce study staff at the beginning of the meeting to show who can help with survey. 	
<ul style="list-style-type: none"> Speak clearly and slowly; however, be enthusiastic. 	

For Internal Use Only – To Develop Flow Charts and Orientation PPT – For Training Purposes
Dr. Natalie Hernandez, Co-PI and D. Glass, Study Coordinator

DID YOU KNOW THAT WE NEED YOUR CONSENT?

We invite you to take part in a survey because you are pregnant or have had a baby in the past year.

WHO CAN PARTICIPATE?

You must be at least 18 years old, live in Georgia, and have a baby!



INFORMATION:

Your mental health during pregnancy is important to us! Help us to understand your experiences. This includes your visits with doctors and how they treated you.

EXPLANATION OF PROCEDURES

- WHAT YOU WOULD BE ASKED TO DO?**
- Fill out a survey.
 - Time? 12 minutes.
 - Where? Wherever you are getting care at.

- HOW YOUR INFORMATION IS KEPT**
- No person details shared.
 - No one will know you did the study.
 - Your survey will NOT include your name and is locked away.

WHAT TO EXPECT

- BENEFITS**
- Helping other women in the future.
 - Receiving information on the topic.
 - You will receive a \$10 gift card for completing the survey.

- POTENTIAL RISKS OR DISCOMFORTS**
- Some questions might make you uneasy.
 - Should you feel that way, we are here to help you.

WHAT HAPPENS IF YOU BECOME HURT OR ILL FROM THE STUDY?

WE WILL HAVE CARE PROVIDED FOR YOU!



PEOPLE TO CONTACT:

- Dr. Natalie Hernandez: (404) 286-4122
- Dr. Dionne Hooley: (404) 286-2842
- MSM's Research Subject Advocate: (404) 286-1140

DISCLAIMER!

YOU DID NOT have to take part in this survey. It is your right to begin the study and stop at any given time. If you decide not to take part in the study, we will still give you important information about your health. Please let the study staff know if you decide to leave.

With Love,
MOMMY & DADDY
 Wellness Resources for Mommy and Daddy

- Wellness/Fitness Trainings*
- Resource Fair
- Household Product Giveaway*
- Door Prizes
- Gift Cards
- Childcare offered
- AND MUCH MORE!

*First 40 families guaranteed a household basket!
 *Comfortable shoes are recommended for the fitness demonstration

**Saturday
 May 18,
 2019
 11AM - 2PM**

**FREE TO
 THE
 PUBLIC!**

Dunbar Center, 477 Windsor Street SW,
 Atlanta, GA 30312

The Center for Family & Community
 MHA Mental Health America of Georgia
 MOREHOUSE SCHOOL OF MEDICINE



Survey Administration Activities

Promoting Local Systems Change

Black Mamas Matter
Alliance

Maternal Mortality Review
Action Committee

Maternal Health
Stakeholder Group

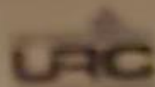
Post Partum Support
International-GA Chapter
Advocacy Committee

Georgia Perinatal Quality
Collaborative

March of Dimes Maternal
and Child Health Committee

Black Mother Breastfeeding
Association

Mental Health Advisory
Council



COMMUNITY-BASED PARTICIPATORY RESEARCH
PARTNERSHIP ACADEMY SYMPOSIUM

PROMOTING CBPR TOWARD ACHIEVING HEALTH EQUITY

MAY 29-30, 2019

UAB Burnett Center
2643 Woodward Avenue, #100
Birmingham, AL 35295
www.albirmingham.org



MICHIGAN
ROOM





Center for Black Women's
Wellness

Preliminary Data - Quantitative

- 63% of the participants (n=39) self-reported they had a maternal mental health concern.
- Reasons cited for lack of comfort talking to a health care provider:
 - not being asked (34%)
 - feeling embarrassed or ashamed (20%)
 - concerned about it being noted in medical records (25%)



Next Steps

- Data Collection
- Dissemination
 - Diversified Strategy
 - CityMatCH, Journal Article, Webinars, Bioethics Conference, HeLa Conference, GEERS Tour Bus
- Sustainability efforts
 - New partners
 - Grant Proposals






Special
Acknowledgements
for your consistent
support of the
BMMH-CBPR Project

The Atlanta Healthy Start Initiative Community Action Network, Morehouse School of Medicine, Center for Black Women's Wellness, The Center for Family and Community Wellness and the Atlanta Healthy Start Initiative, Healthy Mothers-Healthy Babies Coalition of Georgia, Odyssey Family Counseling Center, Emory University, Mental Health America of Georgia, Prevent Child Abuse, Georgia Department of Public Health, WELLCARE, Amerigroup, Sheltering Arms, Atlanta Public Schools, GA Society of OBGYN, First TEAM America

Key Factors

- Identify strong community partners
- Build or strengthen community coalition for engagement
- Identify a common agenda
- Strong backbone support for effective project execution
- Conduct a formal or informal community needs assessment
- Include community in every aspect of planning, training and execution of research
- Celebrate milestones along the way
- Continue to listen to community shifts and adjust accordingly



A Call to Action ~ A Call to Heal ACES – Trauma Prevention “The Reconvening Roundtable”

**Thursday, August 6, 2020
6:00pm - 7:30pm EST
or
Friday, August 7, 2020
12:00pm-1:30pm EST**

Thank you for participating in the ACES and Trauma Prevention Symposium six weeks ago. Please join us to continue this VERY critical conversation and establish a collective action plan.

Please register TODAY:

<https://us02web.zoom.us/meeting/register/tZ0pc--vrjksHddcVvTFQtg8SbWU8UTxOKyT>

After registering, you will receive a confirmation email containing information about joining the meeting.

Thank you.



For More Info: 706-302-9101, Nic Anderson or 678-613-7716, Danette Glass

“ACES and Maternal Mental Health - The Trauma of Childhood Manifesting in Moms”
April 7, 2020 – General CAN Session



Naeshia McDowell, MPH
Director of Training



Jewell Gooding, MBA, LPC
Executive Director



Lauren Kowalski, MPH, MSW
Project Manager



The ACES (Adverse Childhood Experiences) and Maternal Mental Health Impact Teams

SELF-CARE FOR "CARE" GIVERS

A Time To Reflect, Exhale And Achieve Personal Mental Wellness

WELCOME



AHSI – CAN Partner
Mental Health America of Georgia
Jewell Gooding, MBA, MA , NCC
Executive Director



<https://www.mhga.org/jewell-gooding/>

Screening of the award-winning
documentary Resilience with
community discussion

Thursday, March 25, 2021
11:30-1:30pm



[facebook.com/ResilienceImpactDoc](https://www.facebook.com/ResilienceImpactDoc) | twitter.com/DocResilience

For More Information:



Danette McLaurin Glass, CAN Facilitator / Consultant
Atlanta Healthy Start Initiative - Community Action Network

Atl.healthy.start@gmail.com

678-613-7716



Natalie Hernandez, PhD, MPH, Co-PI
Assistant Professor , Morehouse School of Medicine

nhernandez@msm.edu



Thank You!





TM

Moms First



MomsFirst Virtual Platforms



- In September 2020 MomsFirst launched Moms Clubs and Fatherhood Talks to enhance virtual services provided to participants and promote behavioral and mental health among mothers, fathers and families served.
- In addition to providing education and resources on topics such as preterm labor, breastfeeding, family planning, etc. the goal was to build **peer-to-peer** support among each group of participants as well as **improve connection** for new participants to the program and their CHW.



Baby Basics Tools: Moms Club Curriculum



- 24 Curriculum Activities
- Bilingual handouts
- Helps home visitors and health educators teach important prenatal health information
- Teaches health literacy skills in a pregnancy context
- Can be used for group or individual education

Moms Club Facilitation

- Moms Clubs are held weekly and facilitated by Community Health Workers.
- Moms are recruited and grouped by due date to participate in monthly sessions.
 - Example: In the month of March, the first week's session includes Moms due in March; the second week, Moms due in April; the third week, Moms due in May; and the 4th week, Moms due in June.
- Provide opportunities to openly discuss concerns with other women and an intimate setting to provide dialogue.
- Incentives are provided.
- Beginning in February 2021 the Fatherhood Coordinator began attending Moms Clubs to introduce the fatherhood program to attendees.

You are Invited!

Virtual Moms Club

For Moms Due in June



WEDNESDAY, MARCH 31 @ 1:00 PM:

Healthy Pregnancy Lifestyle

WEDNESDAY, APRIL 21 @ 1:00 PM:

Eating for Two & Breastfeeding

WEDNESDAY, MAY 12 @ 1:00 PM:

Preparing for Labor & Delivery

WEDNESDAY, JUNE 2 @ 1:00 PM:

Ready for Baby

All attendees will be entered into a raffle for gift cards!

Text or call your CHW for the Zoom link

“I like being with other women who are pregnant because it doesn’t matter what your background or situation is, we are all going through the same things.”

Father Talk



THE MOMSFIRST FATHERHOOD PROGRAM
INVITES YOU TO LEARN MORE & JOIN!

*Father Talk
Tuesday*

DECEMBER 8, 2020
8:00 - 9:00 PM
TEXT RON AT 216-571-8807 FOR ZOOM LINK

- Father Talk sessions are held twice/month.
- A recruitment session is held on the second Tuesday of the month for dads not enrolled in the MomsFirst Fatherhood Program.
- On the fourth Thursday of the month a session is held for enrolled dads on various educational topics.
- Recruitment is done by CHWs and the Fatherhood Coordinators.
- Sessions are held in the early evening and incentives are provided.

Father Talk



One of the unexpected positive impacts we have witnessed is the **networking** between participants. Dads are exchanging phone numbers and bartering with each other to support one another with the skill sets they possess.



Lisa Matthews, MBA

MomsFirst Project Director
Cleveland Department of Public Health
75 Erievue Plaza
Cleveland Ohio 44114
(office) 216-664-4281
(fax) 216-664-2501
lmattews@city.cleveland.oh.us
www.momsfirst.org

What strategies is your HS project using to support perinatal mental and behavioral health?

Main Strategies for Healthy Start

Kenn Harris

Healthy Start TA & Support Center



Strategy 1: Address trauma throughout the perinatal continuum (before pregnancy and beyond)



Strategy 2: Create space for community members and community-based organizations to be at the table and drive interventions – without burdening communities – through Healthy Start CANs



Strategy 3: Create a centralized place to connect people to mental and behavioral health services and support



Strategy 4: Adopt community-based, culturally-supportive interventions (from the culture, by the culture)



Strategy 5: Recognize the role of spirituality in forming and sustaining relationships for communities of color



Strategy 6: Develop shared language around mental health to combat stigma and shift focus to wholeness and wellness

Potential Partnerships & Resources

Wendy Davis, PhD, PMH-C, Postpartum Support International

Kay Matthews, Shades of Blue

America Paredes, Mental Health America

Postpartum Support International



[Donate](#) [En Español](#) [Contact Us](#) [Subscribe](#) [Join A Climb](#)

1.800.944.4773

[Get Help](#) [Learn More](#) [Mind The Gap](#) [Professionals](#) [Resources](#) [News & Blog](#) [About](#) [Join Us](#) [Search](#)

Get Help

PSI Helpline:

1-800-944-4773

#1 En Español or #2 English

OR TEXT:

English: 503-894-9453

Español: 971-420-0294

[FIND LOCAL RESOURCES](#)

*The PSI Helpline does not handle emergencies. People in crisis should call their local emergency number or the National Suicide Prevention Hotline at 1-800-273-TALK (8255).

PSI Support for Families

- **Toll-free Helpline 800-944-4PPD** support to women and families in English & Spanish
- **PSI Support Coordinator Network**
<http://www.postpartum.net/get-help/locations/>
 - **Specialized Coordinators**
- **Online Support Groups**
www.postpartum.net/get-help/psi-online-support-meetings/
- **PSI Facebook Group -**
<https://www.facebook.com/groups/25960478598/>



**Specialized
Support
Coordinators**

- Postpartum Psychosis
- LGBTQIA+
- Adoptive Parents
- Birth Mothers
- Dads
- Grandparents
- Military Families
- Teen/Young Parents
- Breast & Body-Feeding
- Insomnia
- Parents of Multiples
- Teen & Young Adults
- Children with Special Needs
- Feeding Complications
- Hyperemesis Gravidarum (HG)
- Pregnancy/Infant Loss
- NICU Parents
- Infertility
- Maternal Near Miss Survivors
- Substance Use
- Muslim Families
- Bed Rest
- Post-Abortion
- Spanish Support
- Arabic Support

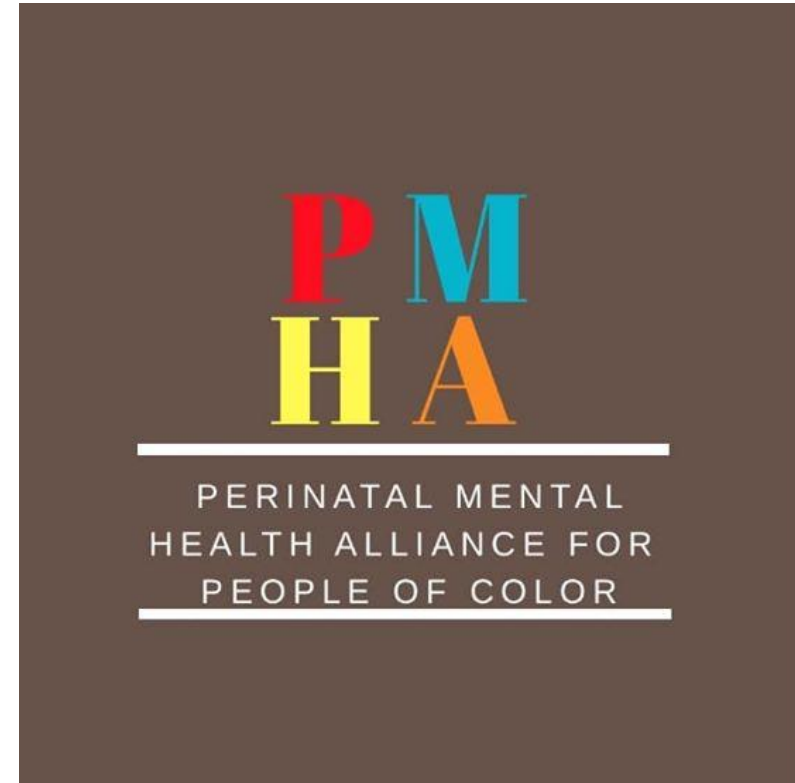
Perinatal Mental Health Alliance for People of Color

A program within PSI

Vision: To provide a safe space for clients, families, and professionals of color around perinatal mental health. Every person of color will be heard and supported around perinatal emotional wellness.

<https://www.pmhapoc.org/>

<https://www.facebook.com/pmhapoc/>





WEEKLY ONLINE SUPPORT GROUPS

Come as you are and join other moms, dads, and parents in one of our many online support groups. The environment is very casual and babies and children are welcome. You are not alone, and we are here for you.

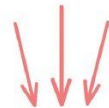
- MON:**
- Perinatal (Pregnancy & Postpartum)
 - Loss Support for Parents

- TUE:**
- Perinatal (Pregnancy & Postpartum)
 - Apoyo Perinatal
 - Black Mamas Matter Group

- WED:**
- Pregnant Moms
 - Military Moms (Pregnant or Postpartum)
 - Perinatal (Pregnancy & Postpartum)
 - Queer Parents

- THU:**
- Perinatal (Pregnancy & Postpartum)
 - NICU Parents

- FRI:**
- Perinatal (Pregnancy & Postpartum)
 - Loss Support for Moms (Pregnancy or Infant loss)

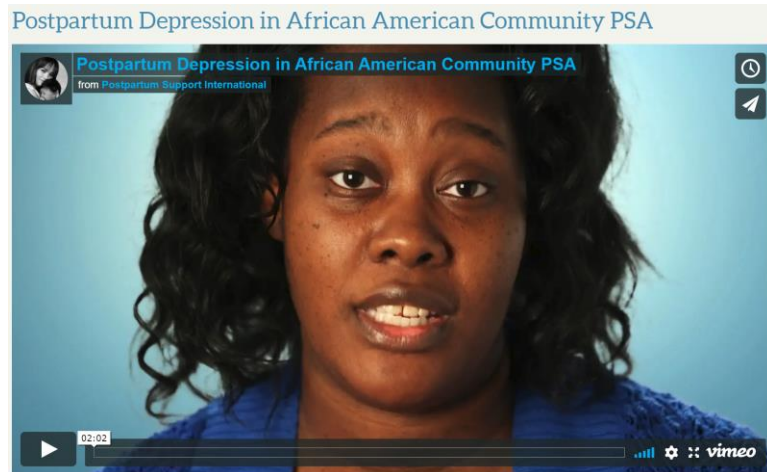


Check our website for group times:
<https://www.postpartum.net/get-help/psi-online-support-meetings/>

Register:

www.postpartum.net/get-help/psi-online-support-meetings

EDUCATIONAL VIDEOS



- **PSI Educational DVDs - promo/trailer link**
<https://vimeo.com/ondemand/postpartumvideo>
- **PSI Public Service Announcements**
 - 7 PSAs available to view or download/share on Vimeo
 - www.postpartum.net/news-and-blog/publicserviceannouncements/

Healthy Start Support Groups led by PSI

<https://www.supportgroupscentral.com/psi>

HEALTHY START STAFF SUPPORT GROUPS

for Project Directors & Managers



MONDAYS @ 2:00 P.M. (EST)

THIS SUPPORT GROUP WILL BE OPEN ONLY TO HEALTHY START PROJECT DIRECTORS AND OTHER MANAGERIAL-LEVEL HEALTHY START STAFF MEMBERS.



JANA GLASS, LPC, PMH-C



RANDIESA SPIRES, LCSW

Facilitated by Postpartum Support International (PSI) Peer Providers



HEALTHY START STAFF SUPPORT GROUPS

for Frontline Staff Members



WEDNESDAYS @ 3:00 P.M. (EST)

THIS SUPPORT GROUP WILL BE OPEN ONLY TO HEALTHY START FRONTLINE STAFF SUCH AS: CASE WORKERS, COMMUNITY HEALTH WORKERS, ADMINISTRATIVE STAFF, LACTATION CONSULTANTS, ETC.



JABINA COLEMAN, LSW, IBCLC



BIRDIE MEYER, RN, MA, PMH-C

Facilitated by Postpartum Support International (PSI) Peer Providers





SHADES *of* BLUE

SHADES *of* BLUE

Kay Matthews
Executive Director
Shades of Blue Project

SHADES OF BLUE PROJECT



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



TRAINING

—RECOVERY STATE—

OF MIND

—RECOVERY STATE—

OF MIND

BREAKING CULTURAL BARRIERS IN MATERNAL MENTAL HEALTH

SHADES of BLUE
PROJECT



I.N.S.P.I.R.E METHOD 2021 TRAINING

DESCRIPTION

Participant will learn the I.N.S.P.I.R.E Method and how it applies to maternal mental health and selfcare for both patients, providers and community based leaders. Training will include compassion care methods that participants can use in their everyday professional practice when working with and inside the community. This training is specific to inclusion of all with a specific focus on delivery of care for women of color, and can be implemented by other professionals such as doulas, midwives, clinicians and those facilitating support groups within organizations.

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

Initiate Change
Nourishment &
Exercise

Spirituality & Prayer
Patience

Involve Others

Rest & Relaxation

Each Day is a New Day to Start Again

RECOVERY



State

OF MIND

- Identifying unique stressors in black women and minorities dealing with Maternal Mental Health complications
- Implementing the I.NS.P.I.R.E method into everyday practices for selfcare alignment and prioritizing this method in practices for the community.
- What you can do to change the current outlook of maternal mental health in black women and minorities and understanding the social determinants of health and cultural barriers.
- Demonstrate our method of compassion care strategy for patients and providers including mindfulness, hug therapy, music and more.
- Webinar Training on Specific Topics associated with continued implementation of the training

New Trainings

August 2021

Online & In person

How to Contact us:

Website:

shadesofblueproject.org

Email: kaym@bcbtx.org



Mental Health America

America Paredes



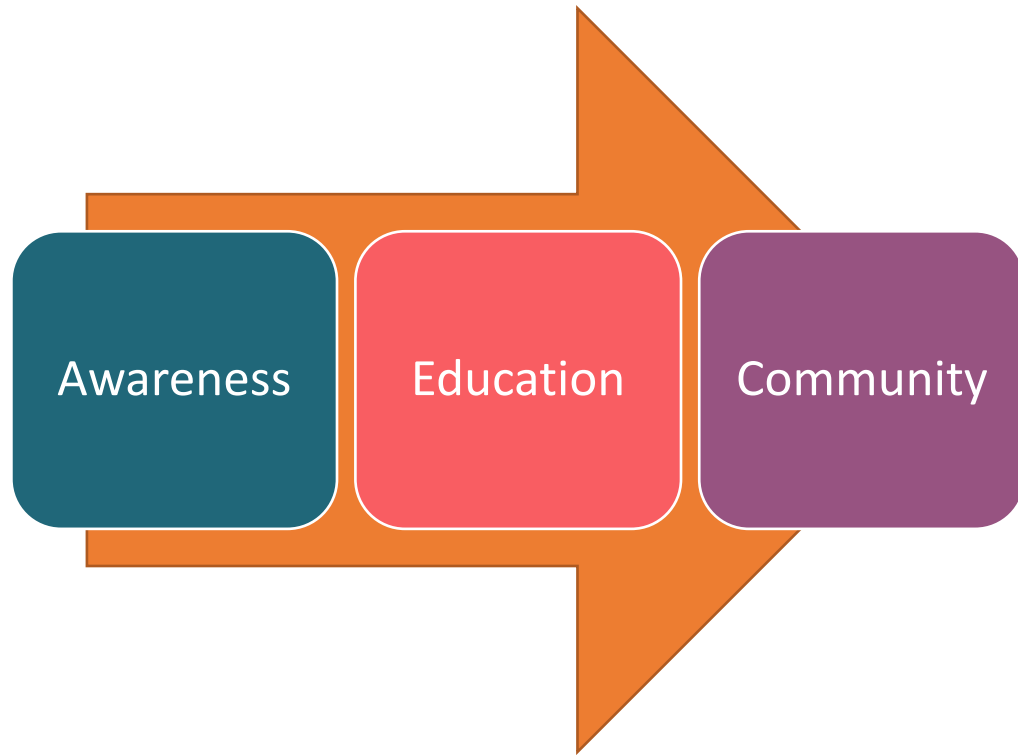
MHIA
Mental Health America
B4Stage4



Who is Mental Health America

- We work to change the laws that help people get mental health help when they need it.
- We teach people about mental health to help them understand that what they feel is normal.
- We go out into the community to talk about mental health so that we do not ignore the problem.

No Health Without Mental Health

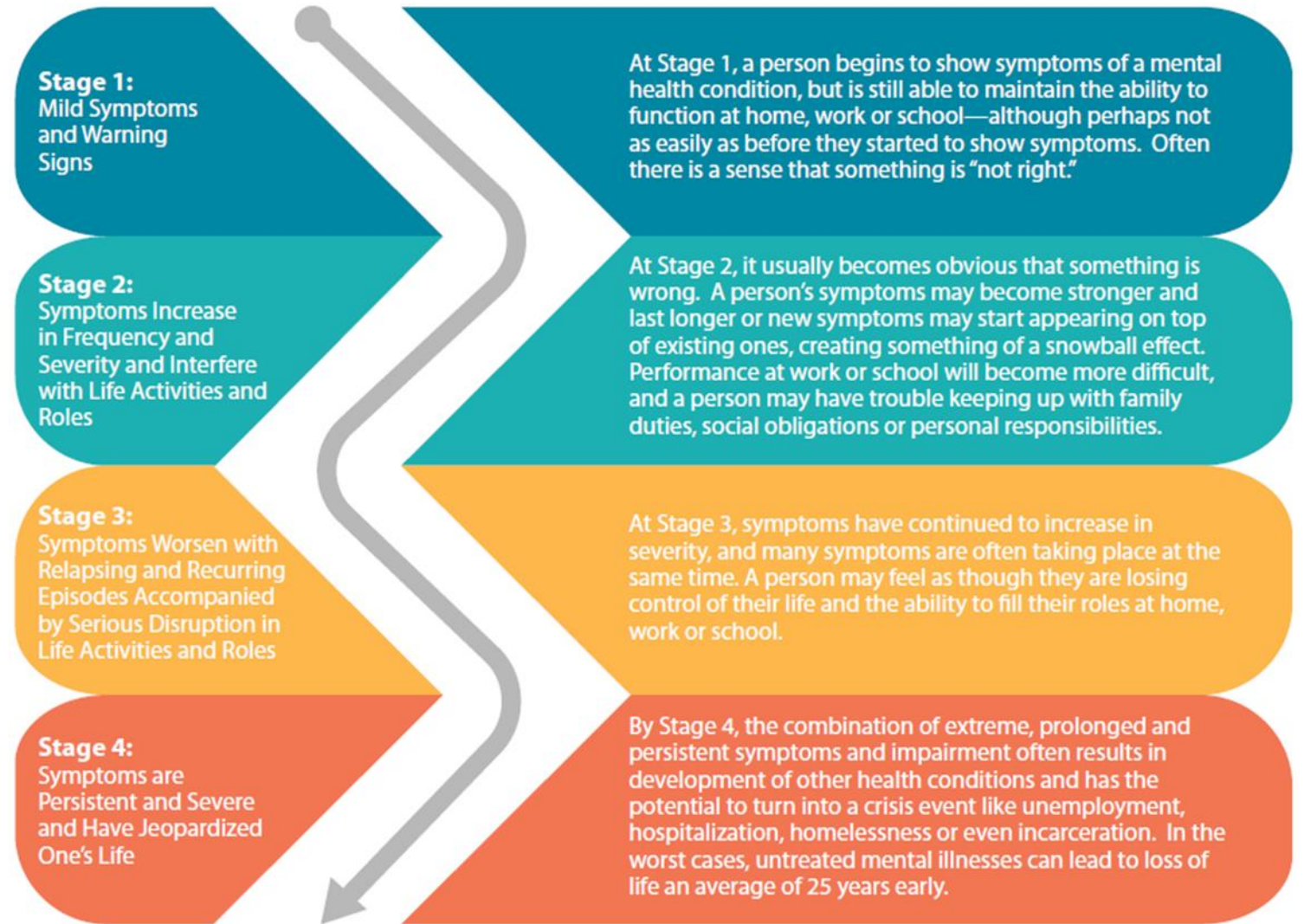


- Half of all mental disorders begin by age 14 and three-quarters by age 24.
- These frequently go undiagnosed for up to ten years after symptoms emerge.
- Young adults aged 18-25 had the highest prevalence of any mental illness (AMI; at 26%) compared to other adults.
- Young adults are feeling the effects of the pandemic more deeply than any other age group – with greater levels of anxiety and depression.

We believe mental health is a part of overall wellness.

- Prevention
- Early identification and intervention
- Integrated care, services, and supports
- Recovery as the goal

Stages of Mental Health Conditions



MHA Screening Program

www.mhascreening.org

- It's free for anyone to use
- It's anonymous, which increases the likelihood that people will be honest
- People can play around vs take it once in an office
- People can print, email, and save results
- Learn more after screening
Get connected to others and support

Take a Mental Health Test

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

DEPRESSION TEST

+

POSTPARTUM DEPRESSION TEST

+

ANXIETY TEST

+

PSYCHOSIS TEST

+

BIPOLAR TEST

+

EATING DISORDER TEST

+

PTSD TEST

+

PARENT TEST

+

YOUTH TEST

+

ADDICTION TEST

+

PRUEBA DE ANSIEDAD (ANXIETY TEST - SPANISH)

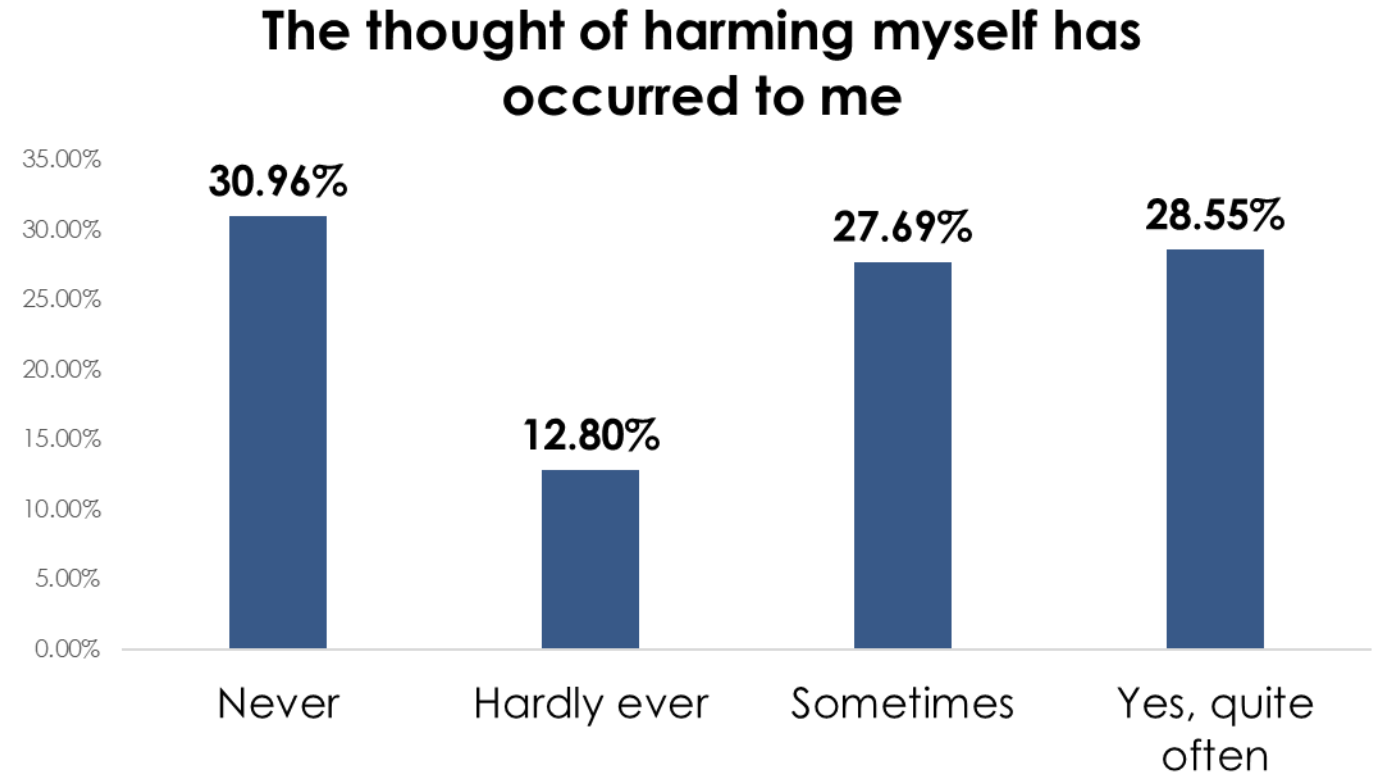
+

PRUEBA DE DEPRESIÓN (DEPRESSION TEST - SPANISH)

+

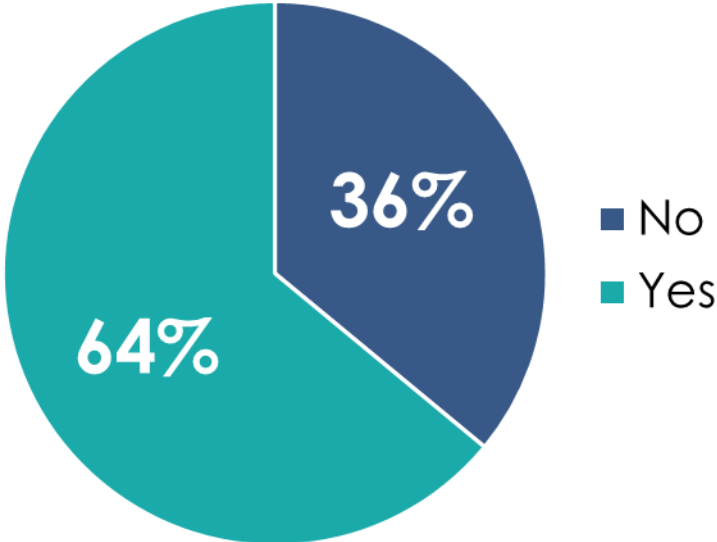
Perinatal Mental Health Screen

- Started May 2020
- 13,641 Screens
- 81% Female, 17% Male, 2% Other
- 85% scored Depression is Probable

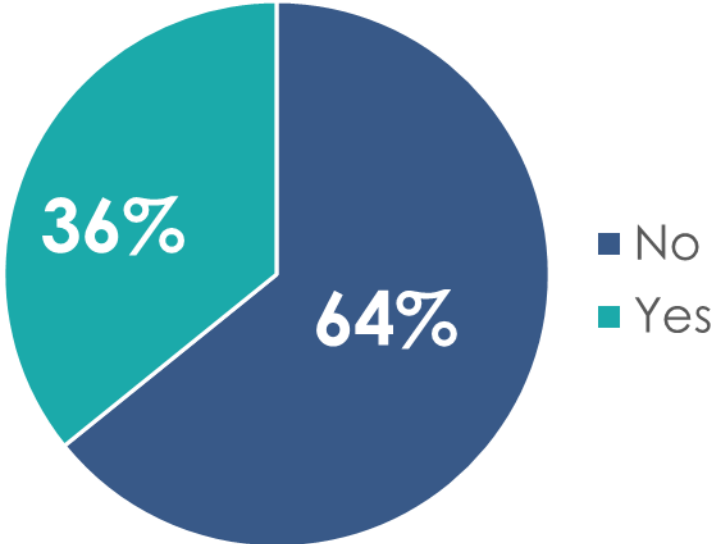


Perinatal Mental Health Care Access

Do you currently have health insurance?



Are you receiving treatment/support now?

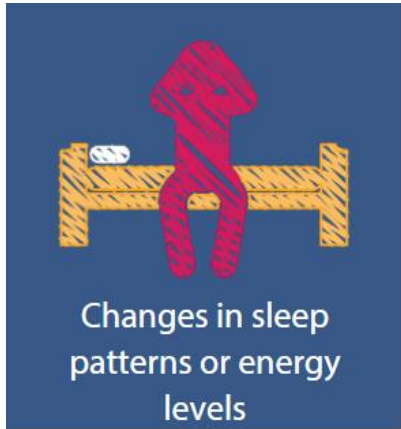


Mental Health Education Campaigns

- May is Mental Health Month
- BIPOC Mental Health Month
- Back to School
- Mental Illness Awareness Week
- Life on Campus
- COVID 19 and Mental Health



When should you talk to someone?



- When you start feeling like something is not quite right, you should talk to someone.
- Early warning signs:
 - Problems with concentration, memory, or ability to think clearly
 - Changes in eating, energy levels, and sleep patterns
 - Loss of interest and withdrawal
 - Sensitivity to sounds, sight, smell
 - Feeling like your brain is playing tricks on you

MHA Resources

- Mental Health Month (e.g., fact sheets, social media content): www.mhanational.org/may
- Support tools (e.g., In the Open podcast, DIY tools, articles): www.mhascreening.org
- BIPOC Communities: www.mhanational.org/bipoc
- LGBTQ+ Communities: <https://mhanational.org/issues/lgbtq-communities-and-mental-health>
- Youth, Parents, and Families: <https://mhanational.org/back-school>
- College Students: <https://mhanational.org/life-campus>

Additional Resources

- Warmlines
 - Hours vary by location
 - <http://www.mhanational.org/warmlines>
- SAMHSA National Helpline
 - 1-800-662-4357 Available 24/7- 365 Spanish available
 - www.samhsa.gov/find-help/national-helpline
- SAMHSA National Disaster Distress Helpline
 - 1-800-985-5990 Available 24/7 – 365
 - www.disasterdistress.samhsa.gov
- National 211
 - www.211.org

Contact Us



📍 Mental Health America
500 Montgomery Street
Suite 820
Alexandria, VA 22314



/mentalhealthamerica



@mentalhealtham



@mentalhealthamerica



/mentalhealtham



/mentalhealthamerica



America Paredes

aparedes@mhanational.org

Next Steps: Themes & Ideas to Explore in the Future

Kenn Harris
Healthy Start TA & Support Center



**Let's Take a Pause
to Digest**

What are your reactions to the ideas generated today?

What do you think about the **change ideas** and **strategies** we have discussed?





Share your thoughts, ideas, and reflections!

CIGNAL Summary Artifact

- TASC will take the ideas generated during the CIGNAL Expert Call and the discussion from this webinar and create a summary artifact
- Document will be shared with Healthy Start community



Request 1:1 TA

- Our Quality Improvement Advisor, Jane Taylor can provide 1:1 TA support to help your HS project further develop and test change idea strategies
- Visit the EPIC website to submit a TA request!
 - Click the “HS EPIC Center Tab” and select “Request Technical Assistance”



MCHB's Point of Contact for Behavioral Health Resources or Questions

- Dawn Levinson, MSW, the Division's Mental and Behavioral Health Lead
 - Email: dlevinson@hrsa.gov
- TASC is always here to support you as well!





Closing

Kenn Harris
Healthy Start TA &
Support Center





Questions?

Please email the Healthy
Start TA & Support
Center at
healthystart@nichq.org

