Tackling Perinatal Mood and Anxiety Disorders through Collective Impact

LEARNING OBJECTIVES

- Understand effects of untreated Perinatal Mood and Anxiety Disorders (PMADS) on women, children and families
- Recognize potential partners to create community-driven PMAD collaboration
- Identify significant collective impact activities
- Discover existing tools and materials available for your PMAD collaborative

SCOPE OF THE PROBLEM

Postpartum depression and anxiety is the **#1 complication of childbirth** - very significant impact on mother and fetus, infant, child and family.

Nationally, 1 in 7 mothers will suffer

Prevalence increases to 40% in low income communities

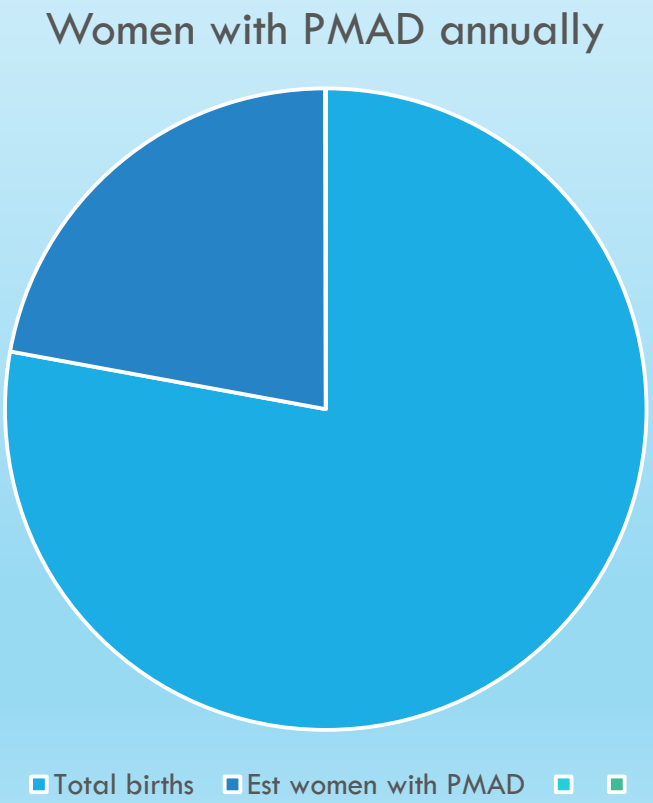
BUTTE COUNTY ESTIMATES: 2014 DATA

2479 Total Births

- 1:7 or 354 women on PMAD spectrum

1356 deliveries paid by Medi-Cal

- 54.6% of all births
- 4:10 or 542 women on PMAD spectrum



TYPES OF PMAD

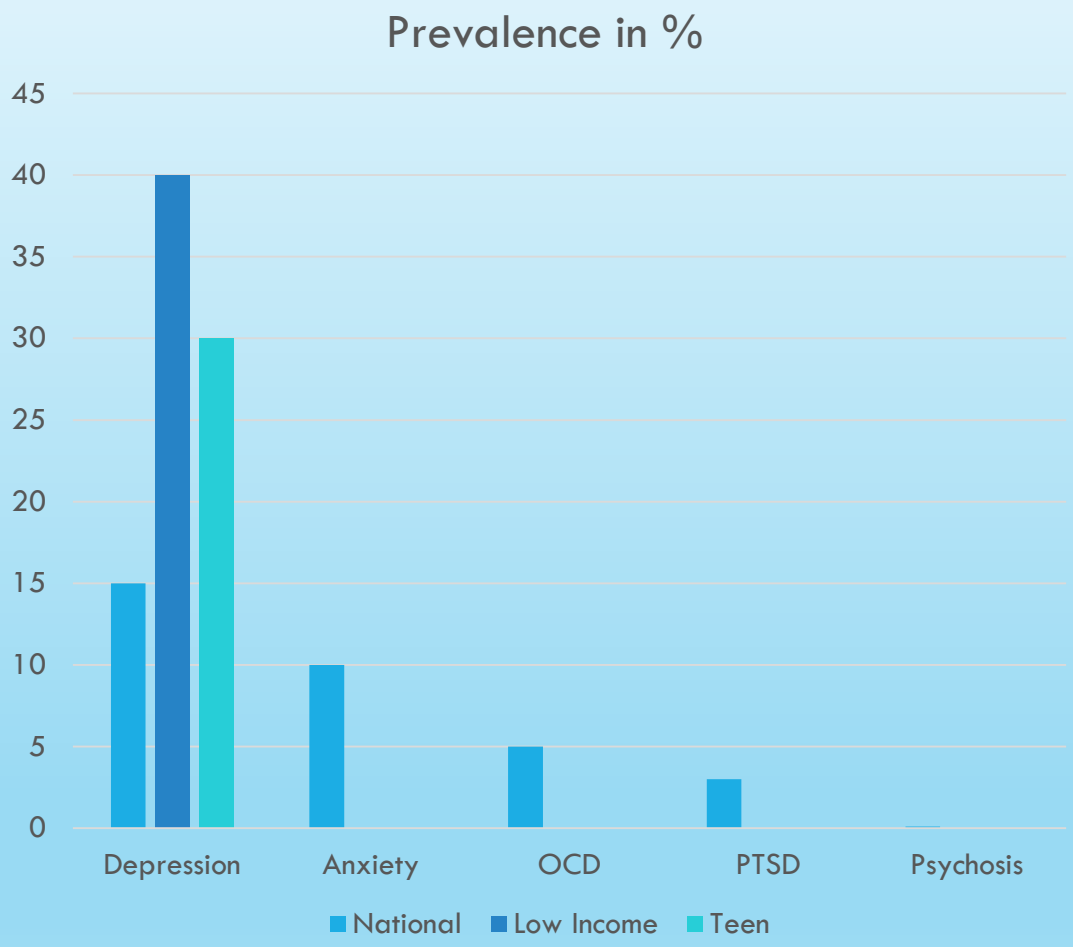
Depression

Anxiety

Obsessive Compulsive Disorder (OCD)

Post Traumatic Stress Disorder (PTSD)

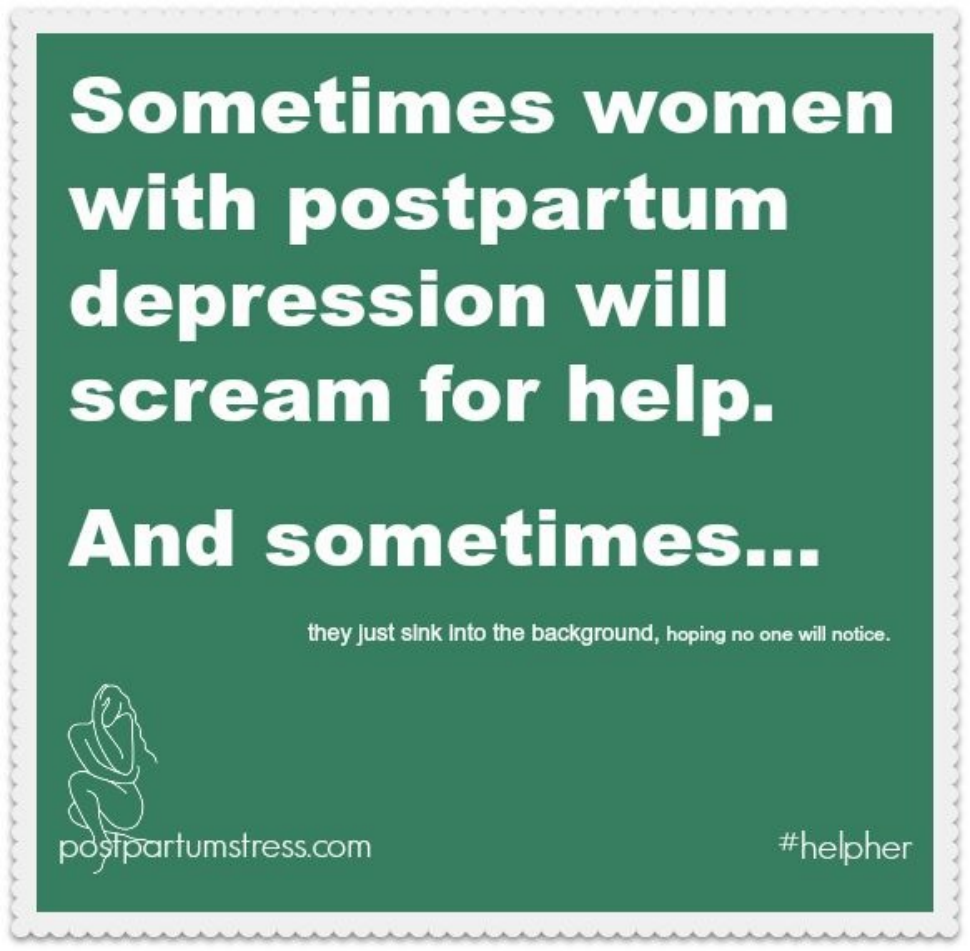
Post Partum Psychosis



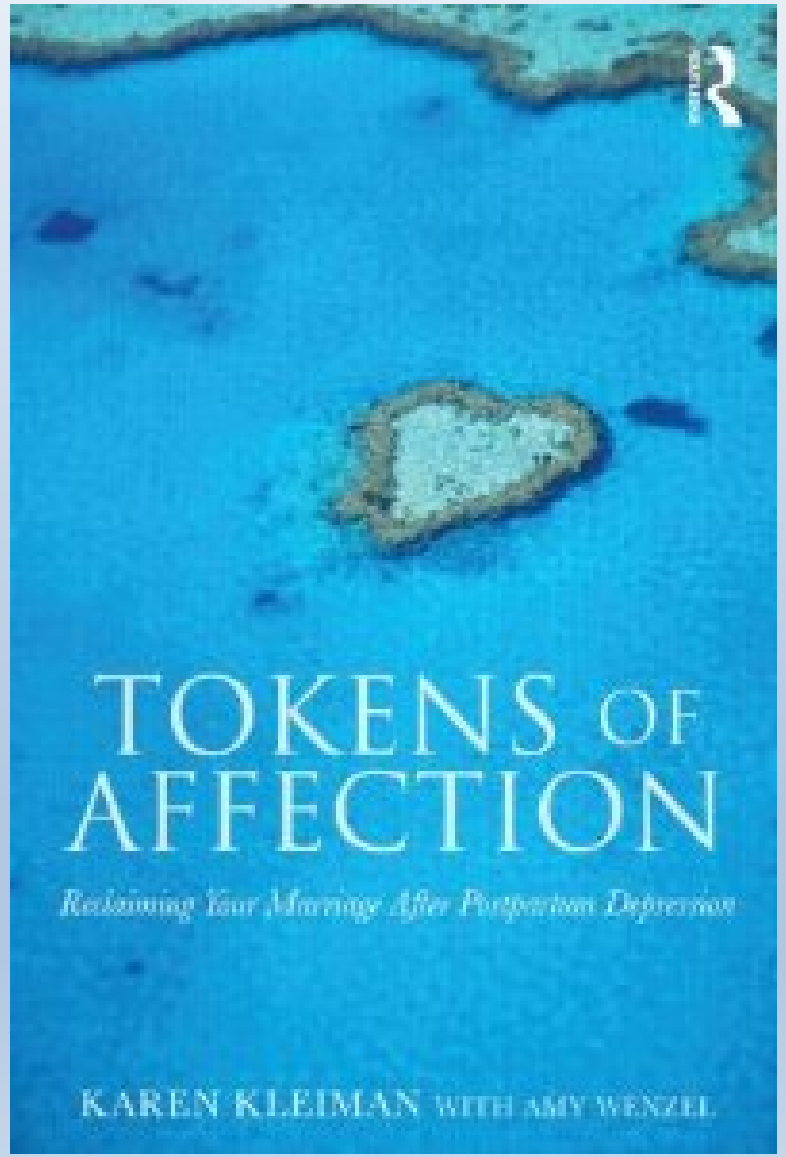
How does un-treated PMAD impact the child?

- Cognitive and emotional delays
- Poor school readiness
- Developmental delays and affective disorders
- Higher rates of depression and psychiatric disorders

Impact on mothers



Impact on Families and Relationships



What does this mean for our community?

- Perinatal depression and anxiety has far reaching and damaging impacts to children, families and the community. It is treatable.

If a mother is experiencing postpartum emotional complications, but is surrounded by a strong support system, the adverse impact can be mitigated.

Biomedical Perspective

- Postpartum depression and anxiety identified through spectrum of symptoms.
- Appropriate treatment = medication and therapy.
- Medical providers and professionals need to be aware of the issue and engaged in treatment.

Psychosocial Perspective

- Isolation, history of trauma, lack of social support, financial hardships, lifecourse theory of psychosocial stresses, ACES, toxic stress. ..
- Appropriate intervention = home visiting, counseling, case management and lots of social services.

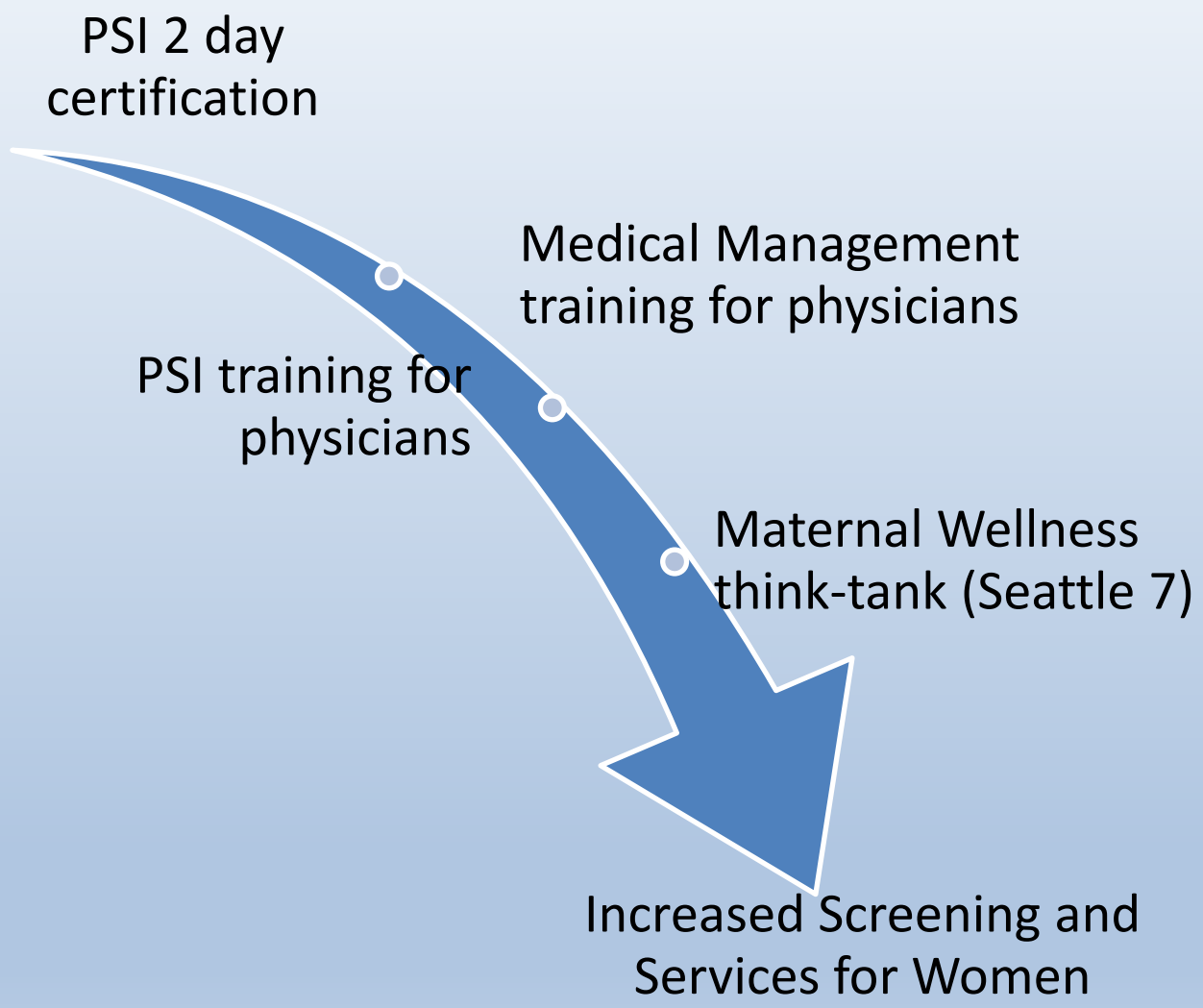
Socioeconomic Causality

- Highest indicators of perinatal emotional complications:
  Poverty and economic stress = 40-60%.
- Teen mothers: 25-33%.
- Appropriate Intervention = food security, economic support, transportation, diapers, referral to services.

Cultural Perspective

- Expectations of motherhood vary across cultures
- Appropriate Intervention: Culturally sensitive services that include input from community members.

In 2011 - what we thought would work…



Re-Group: Mothers Strong

California Health Collaborative conducted stakeholder meeting in March 2014. Following needs were identified:

- ❑ Central Point of Navigation
- ❑ Sustainable Services
- ❑ Network of Stakeholders
- ❑ Community Outreach and Education
- ❑ Healthcare Champions
- ❑ Supportive Services for Mothers
- ❑ Prescribers

Collective Impact

Common Agenda

Common Progress Measures

Mutually Reinforcing Activities

Communication

Backbone Organization

Common Agenda

MOTHERS STRONG MISSION:

"TO PROMOTE AND STRENGTHEN BUTTE COUNTY MATERNAL DEPRESSION SYSTEMS OF CARE, AND ENSURE HELP IS AVAILABLE TO ALL WOMEN AND THEIR FAMILIES"

Mothers Strong Structure

Common Progress Measures

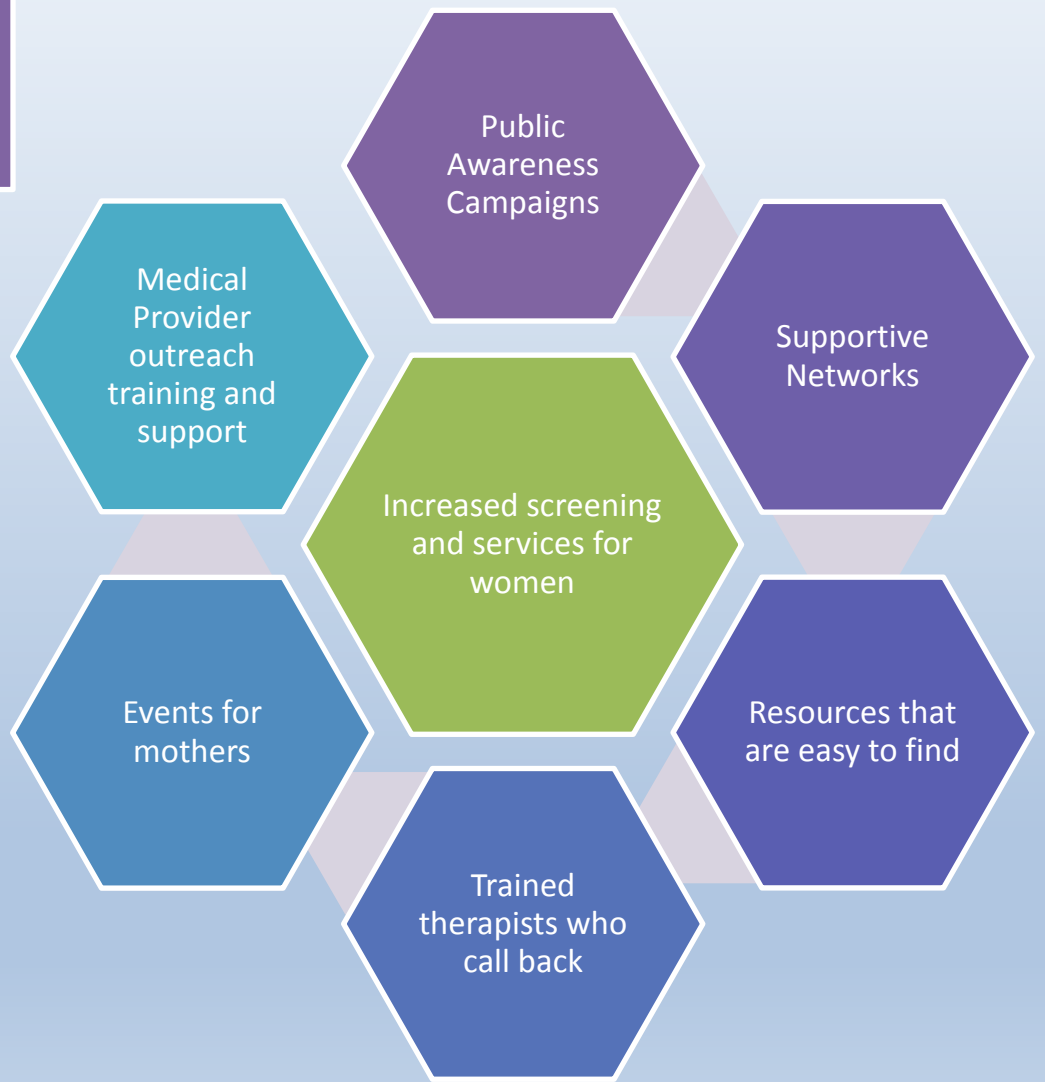
Steering Committee

Communication

Workgroups:

Collaborative

Mutually Reinforcing Activities:



Mothers Strong Membership

- Butte County Public Health
- Butte 2-1-1
- California Health Collaborative
- Child Abuse Prevention Council
- Enloe Medical Center
- First 5 Butte County
- WIC
- Local Mothers and Survivors
- Northern Valley Catholic Social Services
- Northern Valley Indian Health
- Feather River Tribal Health
- Private Practice Therapists
- Youth for Change
- Aegis Treatment Centers

MEDIA WORKGROUP:
PUBLIC EDUCATION AND AWARENESS

Mothers Strong connects local mothers with support, education, and resources to help with postpartum depression and anxiety.
Mothers Strong
Building Strong Families
Join the conversation.
Don't be afraid to ask for help.
Call 2-1-1 for resources or visit
www.facebook.com/MothersStrong for support
FIRST 5
211
Butte County

Building Strong Families

Mothers Strong connects local mothers with support, education, and resources to help with postpartum depression and anxiety.

Mothers Strong

Join the conversation.

Northern Valley Catholic Social Service
Reaching out in care and love to those in need

You're not alone.
Call 2-1-1 for resources or
visit www.facebook.com/MothersStrong for support.

1 in 7 Women

Will Experience Depression and Anxiety During Pregnancy and After Birth of a Baby.

You Are Not Alone.

Visit:
HelpCentral.org/mothersstrong or call 2-1-1
Join us on facebook at facebook.com/mothersstrong

If you are experiencing:
- Depressed moods
- Disturbing thoughts
- Constant worry
- Difficulty sleeping
- Changes in appetite

Talk to:
- Your doctor
- A counselor
- Your family or friends
- Call the Warmline (800) 994-4773 *(English and Spanish)*

Mothers Strong

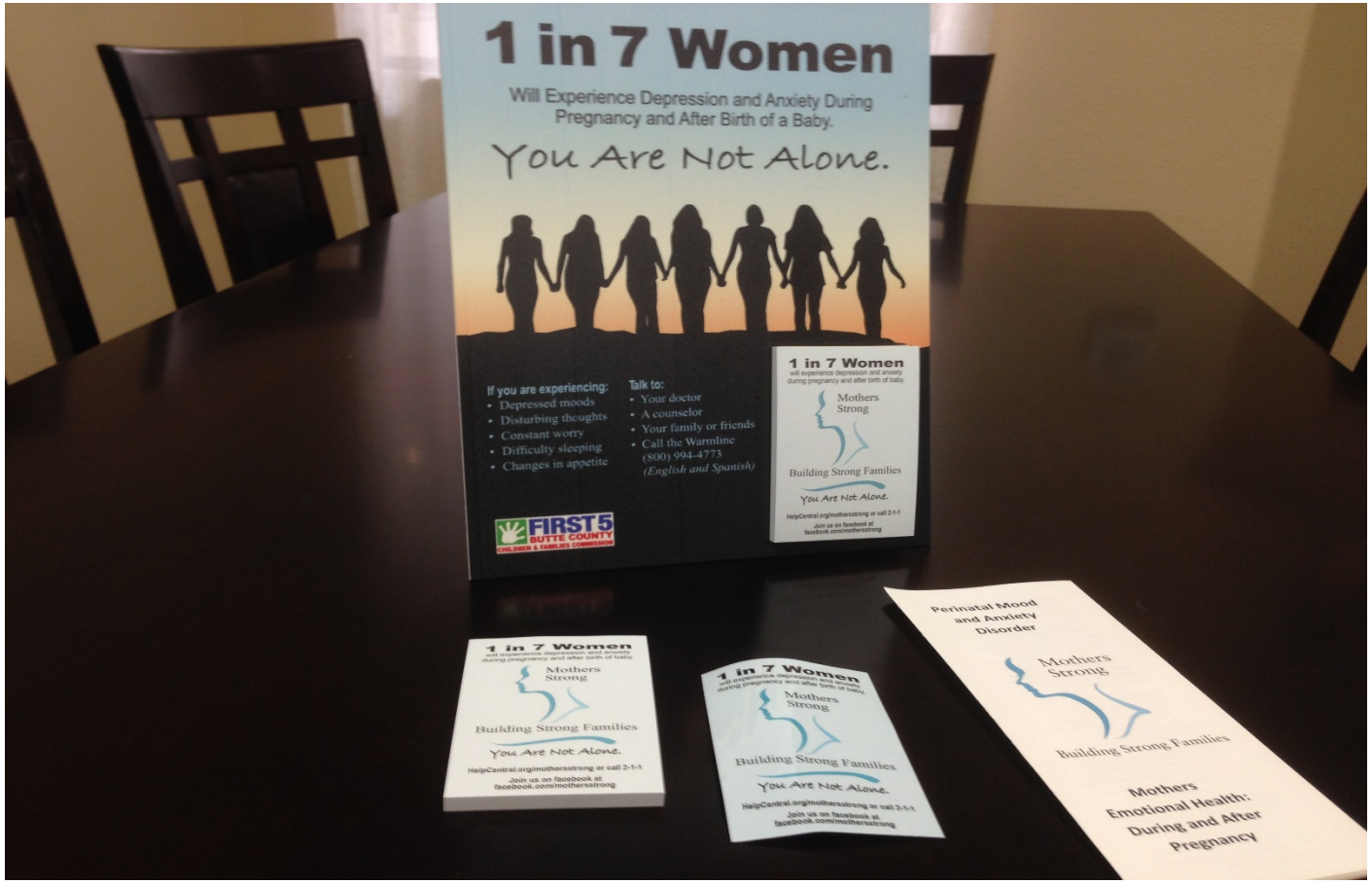
FIRST 5 BUTTE COUNTY CHILDREN & FAMILIES COMMISSION

PROFESSIONAL EDUCATION WORKGROUP: LUNCH AND LEARNS

- PMADS Education
- Resources and referral materials
- Commit to screen, refer and treat

- 70 medical providers and staff-
  - OB and PEDS
  - Training coordinated by MCAH Director, provided by collaborative partners and funded by First 5

MATERIALS FOR PROVIDER OFFICES



OUTREACH AND EDUCATION WORKGROUP: EVENTS FOR MOTHERS

Two Embracing Motherhood events have been conducted for the purpose of:

- Bringing mothers together in a supportive nurturing environment
- Providing education about PMAD
- Exposing and discussing the myths of motherhood
- Celebrating mothers

You're invited!

JOIN LOCAL MOMS AT THIS **FREE** EVENT THAT
CELEBRATES THE JOYS AND CHALLENGES OF MOTHERHOOD.

Mothers Strong

Building Strong Families

Embracing Motherhood

FIRST CONGREGATIONAL CHURCH | 1715 BIRD STREET OROVILLE

MAY 5TH | 9:00 AM - 2:00 PM

Register on Mothers Strong's Facebook page or by calling 2-1-1.
Childcare and transportation available to registered moms.

GUEST SPEAKERS
FREE GIFTS | RAFFLE PRIZES
LUNCH CATERED BY ITALIAN KITCHEN

EMBRACING MOTHERHOOD- OROVILLE

Embracing Motherhood was held in Oroville at the First Congregational Church on May 5, 2016.

Transportation and childcare were provided.

30 moms attended and were treated to guest speakers, a peer support session, raffle prizes, a beautiful lunch and a take home goodie bag.

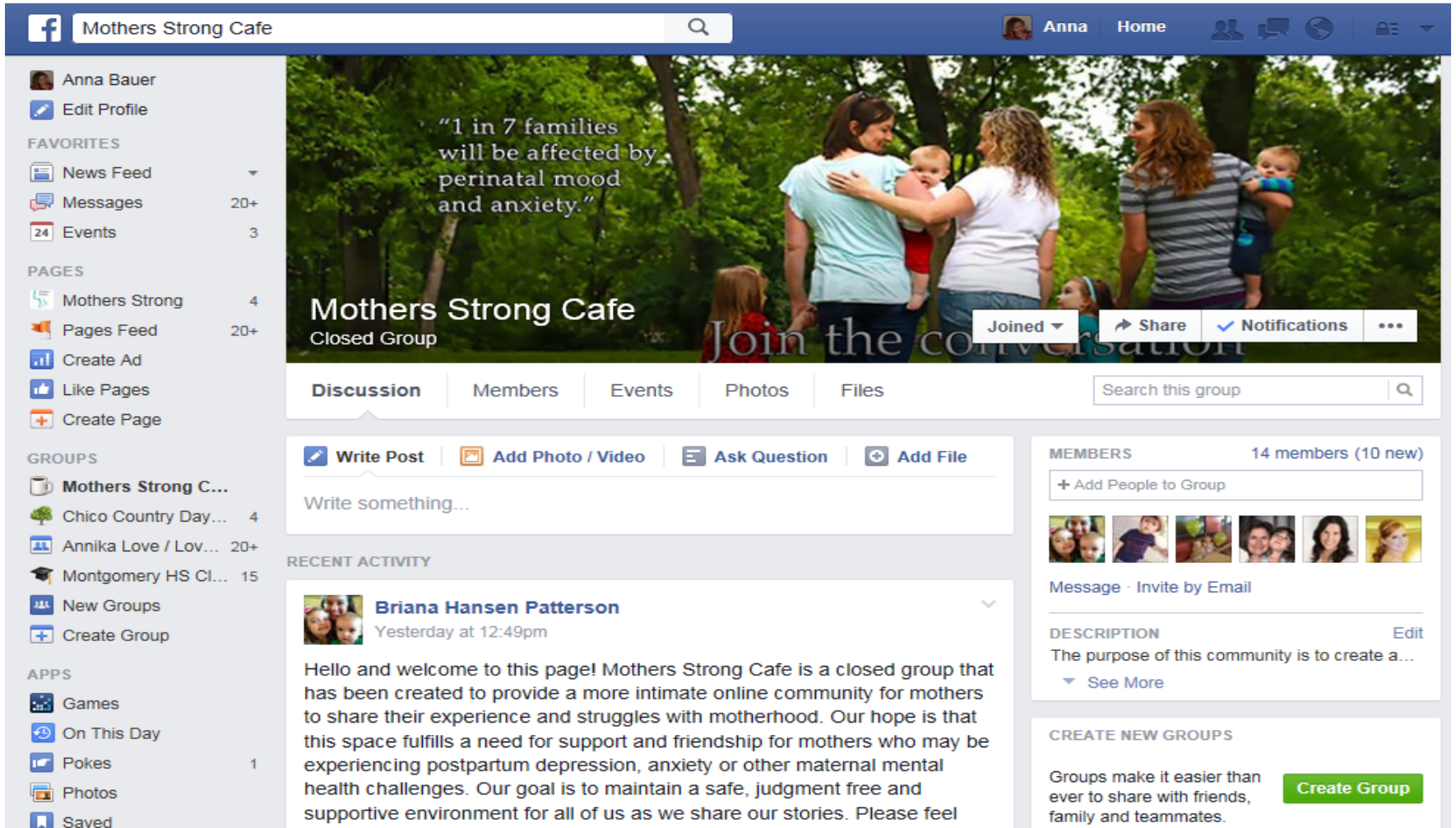
EXIT

SYSTEMS OF SUPPORT WORKGROUP

Support Groups-

FACEBOOK MOTHERSSTRONG- 1140 LIKES

CLOSED GROUP MOTHERS STRONG CAFÉ- 78 MEMBERS



WE EVEN MADE A VIDEO

NEXT STEPS:

Medication support workgroup

Foundation status

CONTACT US- WE'D LOVE TO HELP:

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THANK YOU

Mothers Strong

Building Strong Families