

Maternal Wellness



**IMPROVING MENTAL HEALTH
AND WELL-BEING FOR FAMILIES
BEFORE AND AFTER DELIVERY**

Amador-Calaveras
Perinatal Wellness Coalition

The logo for the Amador-Calaveras Perinatal Wellness Coalition features a stylized heart shape formed by two blue figures holding hands, with a green figure in the center. The heart is outlined in green.

Extraordinary Groups



1. COMPELLING PURPOSE
2. SHARED LEADERSHIP
3. JUST-ENOUGH STRUCTURE
4. FULL ENGAGEMENT
5. EMBRACE DIFFERENCES
6. UNEXPECTED LEARNING
7. STRENGTHENED RELATIONSHIPS
8. GREAT RESULTS

Coalition Members



- First 5 Amador
- First 5 Calaveras
- Amador-Tuolumne Community Action Agency (A-TCAA)
- Baby Welcome Wagon (Amador County Public Health)
- Behavioral Health – Calaveras County
- Child Protective Services – Amador County
- Head Start (A-TCAA)
- Mariposa, Amador, Calaveras, Tuolumne (MACT) Indian Health Board, Inc.
- Maternal, Child, and Adolescent Health (MCAH) – Amador County
- MCAH – Calaveras County
- Mental Health America of Northern California
- Mental Health Services Act (MHSA) – Amador County
- MHSA – Calaveras County
- Nexus Youth and Family Services
- Operation Care (Domestic Violence)
- Probation – Amador County
- Public Health – Amador County
- Retired Obstetrician
- The Resource Connection – WIC
- Sutter Amador Pediatrics
- Sutter Women’s Health Center
- Therapists in Private Practice

Strategic Prevention Framework

Assessment: What does the problem look like and what is driving it?

Capacity: What do you have to work with and who can help?

Planning: What are you going to do about it?

Implementation: Do it!

Evaluation: Did it work?

Source: Maternal Depression – Making a Difference through Community Action: A Planning Guide, Mental Health America and SAMHSA, 2008

Assessment

Data/Indicator	Amador County	Calaveras County
# and Location of Births	283 births <ul style="list-style-type: none"> • 187 (66.0%) born in Amador County • 96 (34.0%) born in other counties 	337 births <ul style="list-style-type: none"> • 141 (41.8%) born in Amador County
Teen Births	2.4%	9.8%
Poverty Rate (under age 5)	24.3%	29.2%
Screening	Inconsistent, so prevalence is unknown	
Mental Health	<ul style="list-style-type: none"> • Depression = 29% (<i>California = 24%</i>) • Bipolar disorder = 22% (<i>California = 14%</i>) • Anxiety disorders = 20% (<i>California = 11%</i>) 	<ul style="list-style-type: none"> • 1/3 of teens experience some sort of mental health disorder
Child Abuse and Neglect	Substantiations for ages 0-5 = 39.7% General neglect is #1 = 47.1%	<ul style="list-style-type: none"> • Majority have parents with substance abuse issues

Capacity

- Advocates had been working to raise awareness
- Diverse professions and agencies – public and private – came together
- Leaders engaged, not just line staff
- Retired obstetrician joined the effort
- Already began to reduce stigma
- First 5 Amador is the convener
- The Strategies Center at Youth for Change™ acted as facilitator and provided documentation for 1½ years

Planning



Professional Development/Education



Community Awareness and Education



Screening, Referral, Support and
Treatment

Implementation - Accomplishments



Develop Vision & Mission

Vision: Improved mental health and well-being for Amador and Calaveras families before and after delivery.

Mission: Working together to promote the mental health and well-being of families through perinatal education, support and advocacy.

Priorities

1. Advance education and awareness about perinatal mood and anxiety disorders for health care and social service professionals and the public.
2. Develop and implement the infrastructure for effective perinatal wellness screening, referral, support, and treatment.
3. Create and maintain community partnerships that advance the Coalition's mission.
4. Become a recognized leader in perinatal support and advocacy.

Action Plan

Strategy: Professional Development/Education

Goal/s: To advance education and awareness about perinatal mood and anxiety disorders for health care and social service professionals and the public.

Activities/Tasks	Who's Responsible?	Timeline	Resources Needed	Indicators of Success	Data/Product/Decision/Output
<p>1. Provide Postpartum Support International (PSI) certificate training for health care and mental health care providers.</p>	<p>Coalition members, Strategies</p>	<p>Done May 2015</p>	<p>PSI trainers, travel, training facility, staff time to attend, training fees, funding</p>	<ul style="list-style-type: none"> • % of attendees reported increased knowledge • Increased # of those who attended who are working with clients experiencing PMADs 	<ul style="list-style-type: none"> • # of participants • Sign-in sheet • Registration • Evaluation summary
<p>2. Provide training in the basics of PMADs (Postpartum Depression and Beyond: The Perinatal Basics) for direct service providers, including home visitors.</p>	<p>The Strategies Center at Youth for Change</p>	<p>May 2015, and once annually beginning in May 2017</p>	<p>Trainers, travel, training facility, staff time to attend, training fees</p>	<ul style="list-style-type: none"> • % of attendees reported increased knowledge 	<ul style="list-style-type: none"> • # of participants • Sign-in sheet • Registration • Evaluation summary
<p>3. Outreach to therapists who work with CPS clients to ensure they are knowledgeable about PMADs. Ex: Amador-Calaveras Counseling Services, Environmental Alternatives (foster parents/care), etc.</p>	<p>Coalition members (Outreach worker was contacted by Environmental Alternatives and she provided them with some of the information and resources.)</p>	<p>September – October 2016 (when packets are completed)</p>	<p>Coalition member time, packets with rack cards, resource list, and scripting</p>	<ul style="list-style-type: none"> • Increased knowledge about PMADs among therapists who work with CPS clients 	<ul style="list-style-type: none"> • # of therapists contacted

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Perinatal Wellness

*This is not
how I thought
I would feel...*

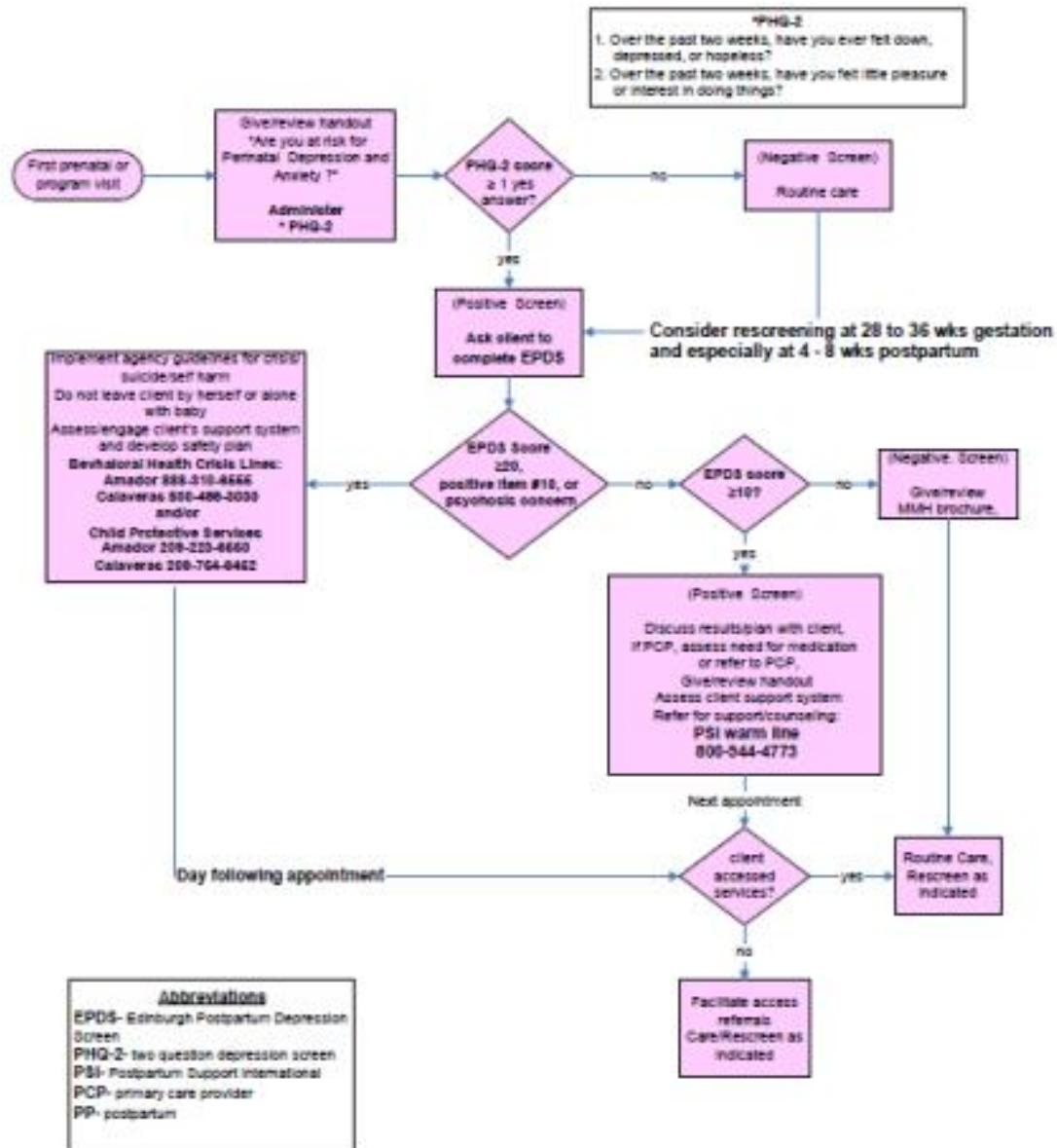


"Mom to Mom"
209-257-1092

You're not alone; there is help; you will get better.

EXACT
CHANGE

Screening and Referral Algorithm



Logic Model – Community Awareness and Education

Resources/Inputs	Strategic Actions/ Activities	Outputs	Outcomes	Impact
<i>In order to accomplish our activities, we have or will need the following resources:</i>	<i>In order to have the impact we desire, we will conduct the following activities:</i>	<i>Our activities will produce the following evidence of service delivery (data, product, documentation):</i>	<i>Our activities will lead to the following changes:</i>	<i>We expect that, if accomplished, our activities will have the following longer-term impact:</i>
→	Develop and practice scripting until it becomes conversational →	• Script →	• Reduced stigma →	→ Improved mental health and well-being for Amador and Calaveras families before and after delivery
	Help agency partners develop policies and procedures that incorporate scripting →	• # and type of agencies who have incorporated scripting into policies and procedures →	• Increase in incidence initially →	
	Produce and disseminate rack cards and other informational materials in strategic locations →	• # of rack cards disseminated →	• Increase in # of parents screened and treated →	
	Develop, maintain, and disseminate a resources list for PMADs →	• Source of rack cards (where they were picked up) →	• Increase in the # and types of professionals and paraprofessionals sharing information about PMADs →	
	Provide education on PMADS and conduct screening in New Ob classes (at Sutter) →	• Current resources list →	• Positive results for those experiencing PMADs →	
		• # of women/parents participating →	• We have stories to share	
		• # of children 0-5 living in the home →		
		• # of others in the home (dad/partner, older children, etc.) →		
		• # of referrals made		

Systems Change



- Child Welfare System (CWS) System Improvement Plan
- MCAH Plan
- Amador Child Abuse Prevention Council Plan
- MHSA Plan
- WIC – established code for tracking referrals
- Sutter Amador Pediatrics (adopted algorithm and refer back to Women’s Center or Public Health – depending on insurance)
- Sutter Amador Women’s Center – regional presentation



Questions?