

MOTHERS STRONG

Butte County PMAD Learning Community



- ▶ First 5 – Healthy Births Initiative
 - ▶ Perinatal stakeholders identified mental health as top unmet need.
- ▶ Sponsored 7 to attend PSI Conference
 - ▶ Committed to working with First 5 to create pathways to care
 - ▶ Early successes:
 - ▶ Mothers Well – collaboration with Behavioral Health and CBO/leverages FFP
 - ▶ CNM/FNP - collaboration with RHC CPSP and RHC Behavioral Health
- ▶ Sponsored multiple trainings
 - ▶ Target audience MDs, doulas, therapists, nurses and home visitors
 - ▶ Training alone did not produce tangible results

EARLY YEARS

- ▶ CA Health Collaborative offered to provide leadership
 - ▶ March 2014– Convened a much larger stakeholder group
 - ▶ Shared successes of Fresno County's comprehensive strategic plan
 - ▶ Conducted another gap analysis
 - ▶ Broke the group up into 3 workgroups to tackle gaps identified
 - ▶ Resource List
 - ▶ Outreach and Education
 - ▶ Support Groups

PMAD LEARNING COMMUNITY



▶ Consultation

- ▶ Site visit with Shasta County MCAH – Thank you Brooke and Robin!
- ▶ Telephone consult with Tulare County – Thank you Tammy and Cathy!
- ▶ Many conversations and encouragement from Anna Sutton Yolo County!
- ▶ Telephone consult with Catherine O'Brian – Sacramento PSI Chapter
- ▶ Joy Burkhard with 2020 mom project

INTERVENTION STRATEGIES

MOTHERS STRONG – HELP FOR POSTPARTUM DEPRESSION AND ANXIETY

Mothers Strong is a group dedicated to bringing vital mental health information to moms and families in the North State area.

Please note that Butte 2-1-1 and Mother Strong do not provide therapy or counseling. We do not provide a hotline or a warmline, and cannot provide advice via email. However, if you feel that you or a loved one may be suffering from pregnancy-related or postpartum depression/anxiety, we strongly encourage you to reach out for help by calling 211 to find support, counseling and other resources in your community. If you are outside of Butte County you can ask for help by reaching out to Postpartum Support International at 1-800-944-4773 or www.postpartum.net, or by speaking to your healthcare provider.

If you have thoughts of harming yourself or your baby or if your pregnant/postpartum loved one is exhibiting frightening or bizarre thoughts/behaviors call 911 immediately. A phone call is the first, and sometimes the hardest, step toward getting well.

The following is a list of resources compiled by Mothers Strong for women suffering from pregnancy-related or postpartum depression in Butte County. For additional parenting and family resources you can call 2-1-1 or visit our searchable database.

ONLINE RESOURCES:

• Mothers Strong on Facebook

 Mothers Strong Facebook

The Mothers Strong Facebook page shares links, resources, articles and local events that focus on



Building Strong Families



NEWS & EVENTS

Butte County Public Health Tips for Excessively Hot Days

Outdoor Residential Burning Suspended – Butte County

Let's Get Moving – Free and Low-Cost Activities for the Summer

2015 Summer Camp Lists

Family & Kids Activity Calendar – Chico

text4baby – Messages for Moms

2013/2014 Low Cost No Cost Guide

Guía de Servicios Gratuitos o de Bajo costo 2013/2014

More News & Events

RESOURCE LIST

"1 in 7 families will be affected by perinatal mood and anxiety."



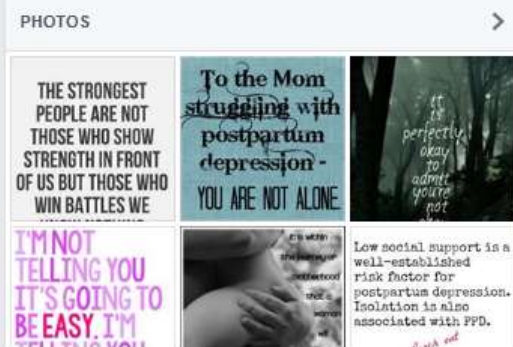
Join the conversation
Mothers Strong. Building Strong Families.
Community Organization

Liked Following Message

Timeline About Photos Likes More

188 people like this
Melissa Carpenter-Sanseverino and 26 other friends
Invite friends to like this Page

ABOUT
Mothers Strong is a collaborative group of new mothers, families and agencies working to help mothers impacted by perinatal mood and anxiety.
<http://www.helpcentral.org/mothersstrong/>



Post Photo / Video
Write something...
Post

Mothers Strong via The Postpartum Stress Center
16 hrs · 🌐
Depression doesn't always look like we think it does. One woman's story of the way makeup can be deceiving. An interesting perspective.
"One day, you won't look in the mirror and think , Christ alive, another day of gritted teeth with a fake smile in public , I promise. One day soon you will look in the mirror and think , I feel a bit better I feel like I can face the world without that metaphorical mask and I feel ok."

'You can't be depressed dear, the forestry commission don't have to be called to trim your bush'
You can't be depressed dear, you're wearing mascara ! Said the wizard to the fairy one summer...
SMALLTIMEMUM1.WORDPRESS.COM

OUTREACH & EDUCATION

Cover photo shows features our "Champion Moms"

Facebook Page – Being maintained by a Champion Mom!

Please "Like" us!

This is a free event and all mothers are welcome!

Join local moms for a day dedicated to celebrating the joys and challenges of motherhood.

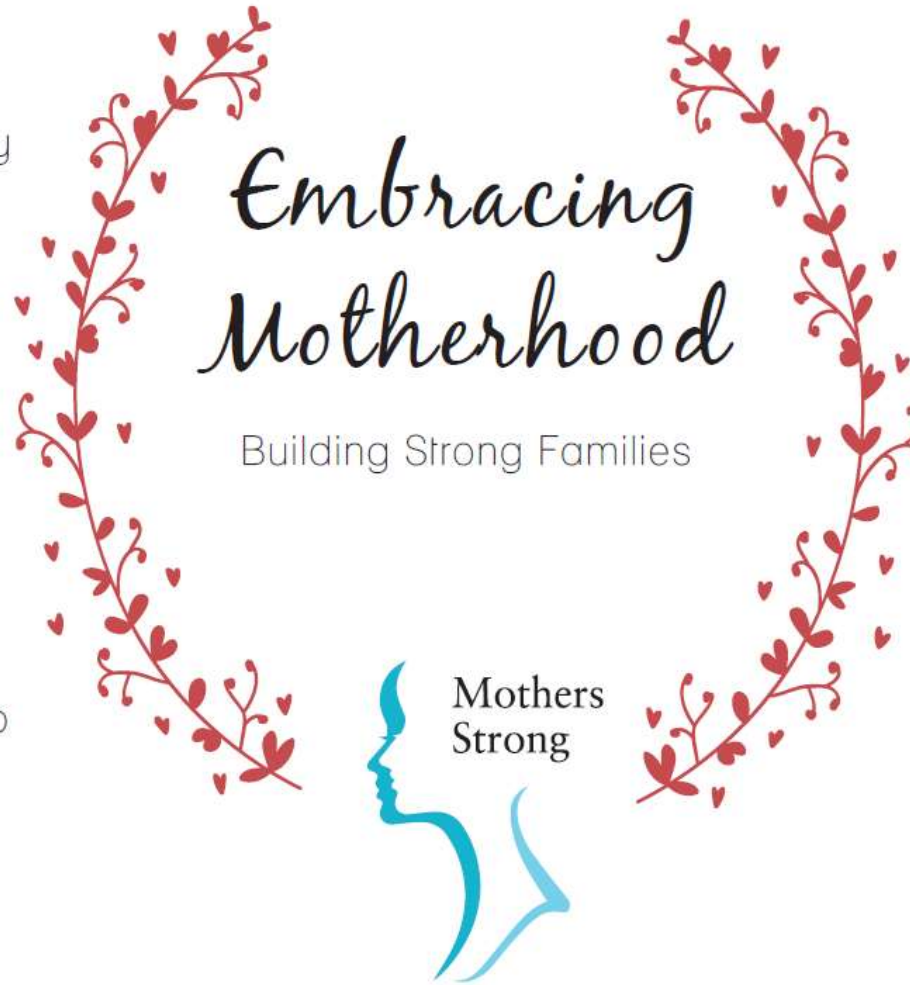
Saturday May 9th
From 10 a.m. – 2 p.m.

At the
Enloe Conference Center
1528 Esplanade, Chico

Registration is required. Visit:

Mothers Strong Facebook Page 

or call 



Mothers Strong was created to build a supportive community for mothers of young children and their families. Join the conversation and know that you are not alone.

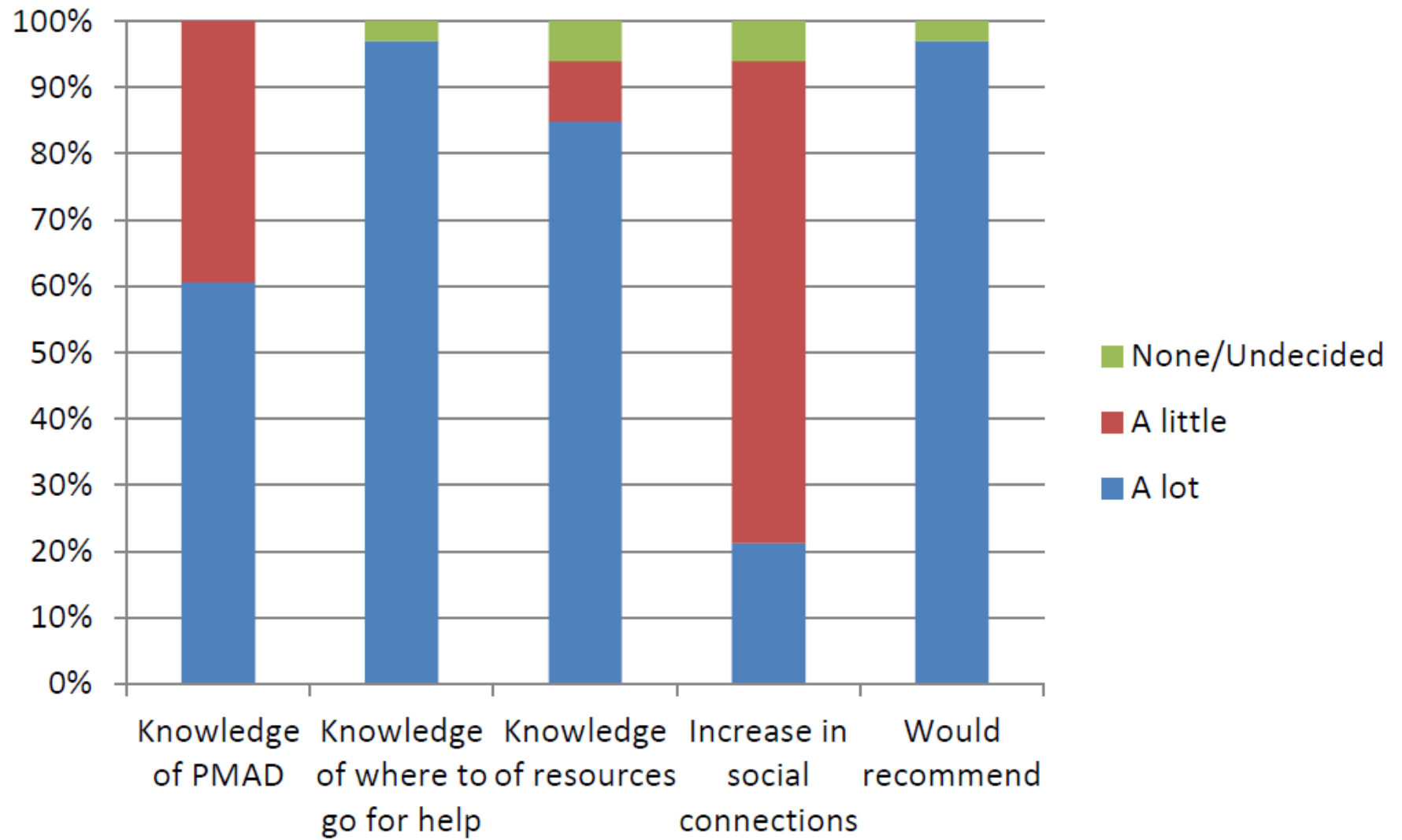
Come listen to:

Prominent author
Dr. Shoshana Bennett
talk about maternal
mental wellness.

Lunch catered by Bacio.

Childcare not provided but
babies in arms welcome.





EVALUATION RESULTS

- ▶ 10 identified at the summit
- ▶ 6 came to a meeting (with kids!!)
 - ▶ Warm Line
 - ▶ Increase information on PMAD offered at prenatal & after baby classes
 - ▶ Mom “Mentors:
- ▶ Additional Champion Moms are being identified through the Chico support group but they are not willing to step out yet!

CHAMPION MOMS

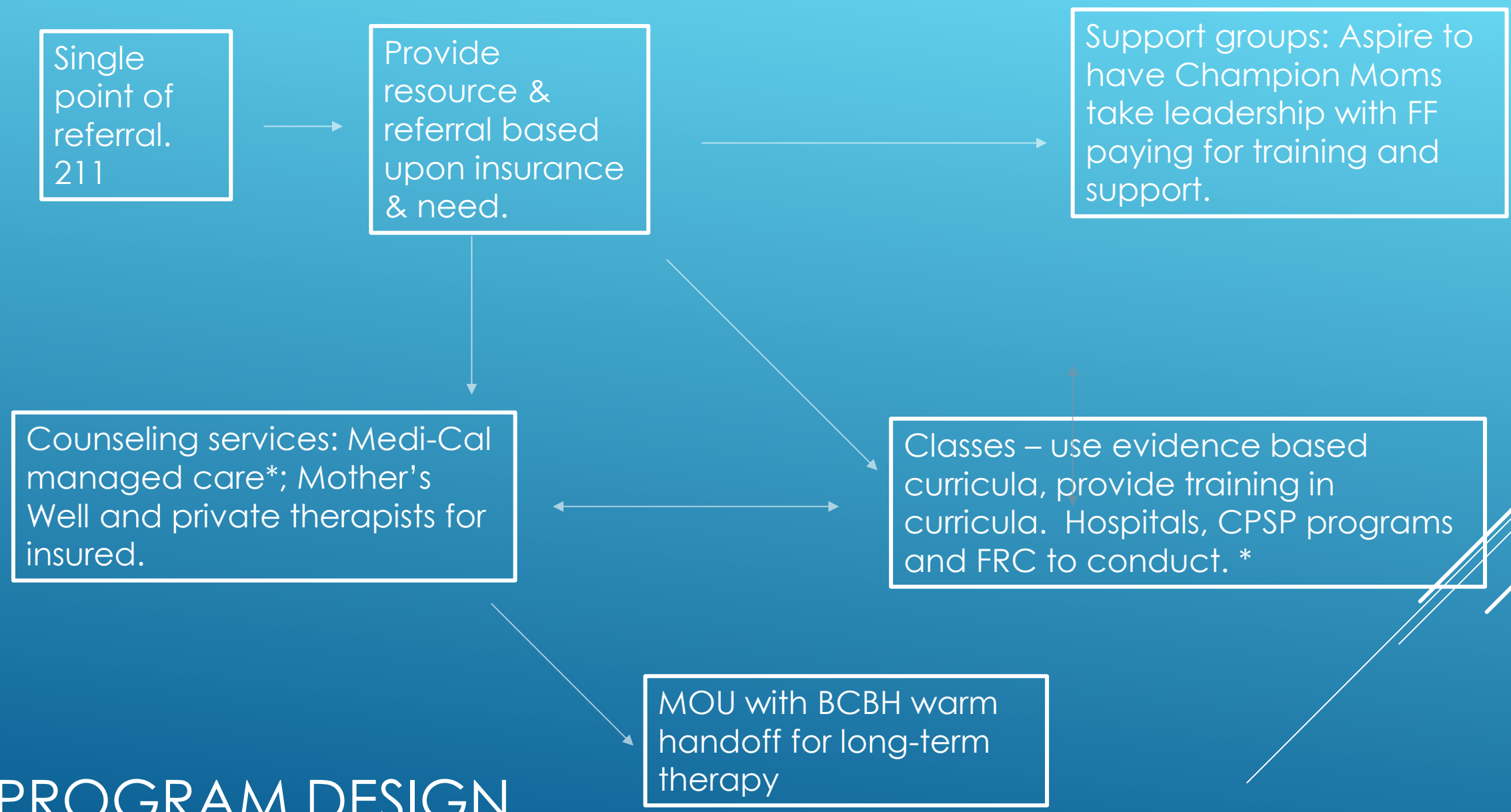


- ▶ Mothers Strong Support Group
 - ▶ The Nest in Chico – rent by CAPC
 - ▶ Alternating leadership
 - ▶ MotherWoman model
- ▶ Guardian’s Light Support Group
 - ▶ FRC – Paradise
 - ▶ Part of “Strengthening Families” Program funded by First Five.
- ▶ Next Steps
 - ▶ Oroville Support Group
 - ▶ Will be added to SOW for MothersWell staff
 - ▶ Gridley Support Group
- ▶ Train & Support Facilitators
 - ▶ PEP model
 - ▶ Quarterly support meetings for facilitators!

SUPPORT GROUPS



PROGRAM DESIGN



Single point of referral. 211

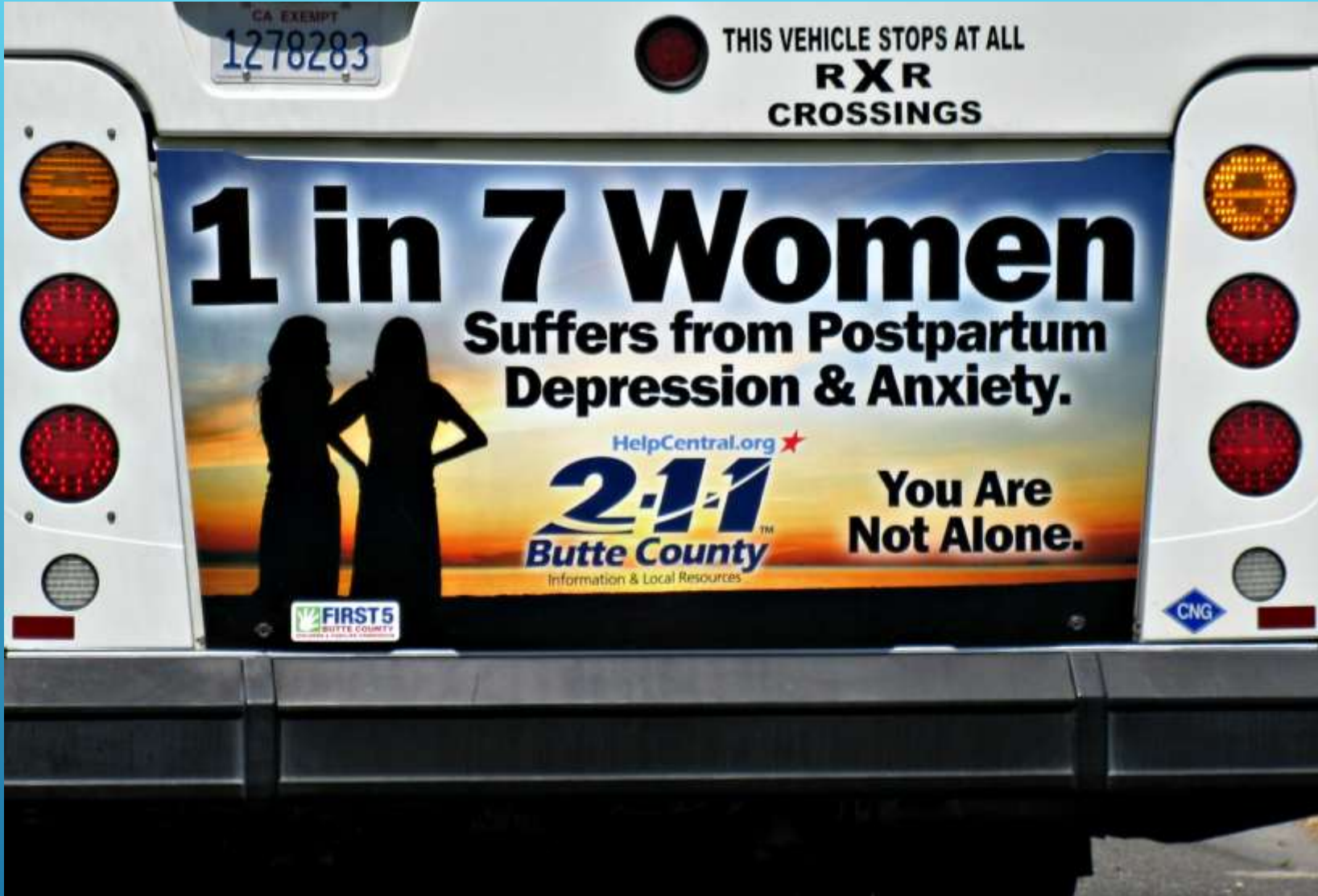
Provide resource & referral based upon insurance & need.

Support groups: Aspire to have Champion Moms take leadership with FF paying for training and support.

Counseling services: Medi-Cal managed care*; Mother's Well and private therapists for insured.

Classes – use evidence based curricula, provide training in curricula. Hospitals, CPSP programs and FRC to conduct. *

MOU with BCBH warm handoff for long-term therapy



BUS TAIL ADVERTISING