

Webinar: Strategies for Improving Maternal Mental Health Locally

Date: Monday, January 26, 2015

Presenters:

? Joy Burkhard [1], MBA

Founder and Director, California Maternal Mental Health Collaborative
2020 Mom Project, Campaign

Cigna Regulatory Affairs Manager, Lead MMH Team

Tulare County

? Cathy Volpa [2], RN, PHN, MCAH Director

? Tammy Wiggins [3], Supervising Nurse I, MCAH Coordinator

Butte County

? Ann Dickman [4], PHN, MCAH Health Director

Outline and Objectives:

1. Introduce the 2020 Mom Project

? Bringing stakeholders together to increase and improve awareness, diagnosis, and treatment of maternal mental health disorders

2. Tulare County: Perinatal Wellness Program (PWP)

? Perinatal Depression Awareness Month ? May

? WIC Collaboration

3. Butte County: Mothers Strong ? Building Strong Families

? PMAD Workgroup

? Mothering Summit in May

Recording

? Streaming recording link [5]

Presentations:

? Emerging Considerations in Maternal Mental Health [6] (pdf)

? Perinatal Wellness, Tulare County MCAH [7] (pdf)

? Butte County PAMD Work group [8] (pdf)

Referenced Links and Materials

? 2020 Mom Project [9]

? National Coalition for Maternal Mental Health [10]

? Speak Up When You're Down Resources [11]

? LA Best Babies Network [12]

? California Maternal Mental Health Collaborative [13]

? NIHCM Foundation Issue Brief, *Identifying and Treating Maternal Depression: Strategies & Considerations for Health Plans* [14], June 2010 (pdf)

- ? Protocol for Perinatal Wellness Program, Tulare County Health and Human Services Agency [15] (pdf)
- ? A Lifecourse Approach to Health Development [16] (pdf)
- ? Self-care Program for Women with Postpartum Depression [17] (pdf)

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Links

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- [5] https://plus.google.com/photos/115500554113267944237/albums/6154000979904587617?authkey=CJqzv3Nge_2
- [6] https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/2020MomMCHDirActionPlans_WebinarSlides.pdf
- [7] https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/PMAD%20webinar_Tulare_1-26-15.pdf
- [8] https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/Butte_Mothers%20Strong_MMH%20Webinar_01262015.pdf
- [9] <http://www.2020mom.org>
- [10] <http://www.mmhcoalition.com/>
- [11] https://www.jlla.org/?nd=su_resources
- [12] <http://labestbabies.org/>
- [13] <http://www.camaternalmentalhealth.org/>
- [14] http://www.nihcm.org/pdf/FINAL_MaternalDepression6-7.pdf
- [15] https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/Protocol_Perinatal%20Wellness_Tulare.pdf
- [16] https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/LifeCourseApproach_HealthDev_MCH_Aug2013.pdf
- [17] https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/CanadianWomen%27sHealth_Self-care%20Program.pdf