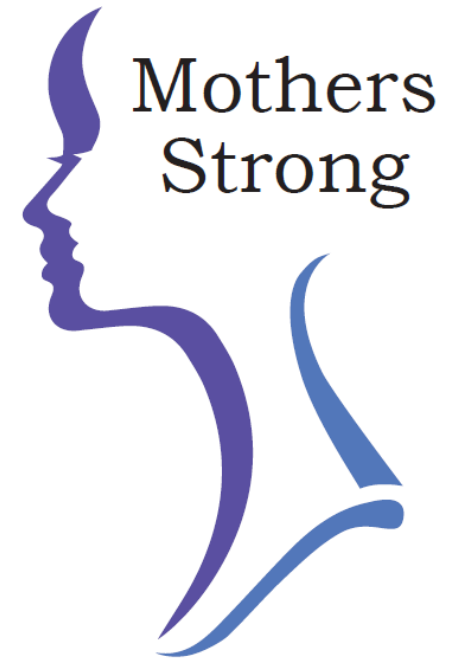


# Butte County Maternal Wellness Workgroup



Building Strong Families

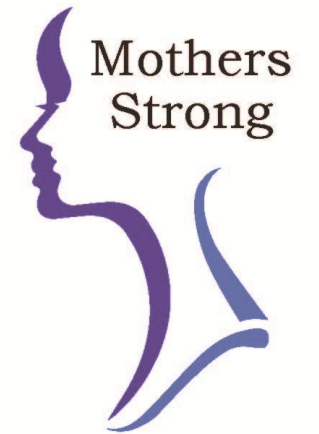
# We are pleased to meet you...

## Anna Bauer

- ▶ Mother of two young children ages 5 & 7
- ▶ Program Manager for First 5 Butte County Children and Families Commission

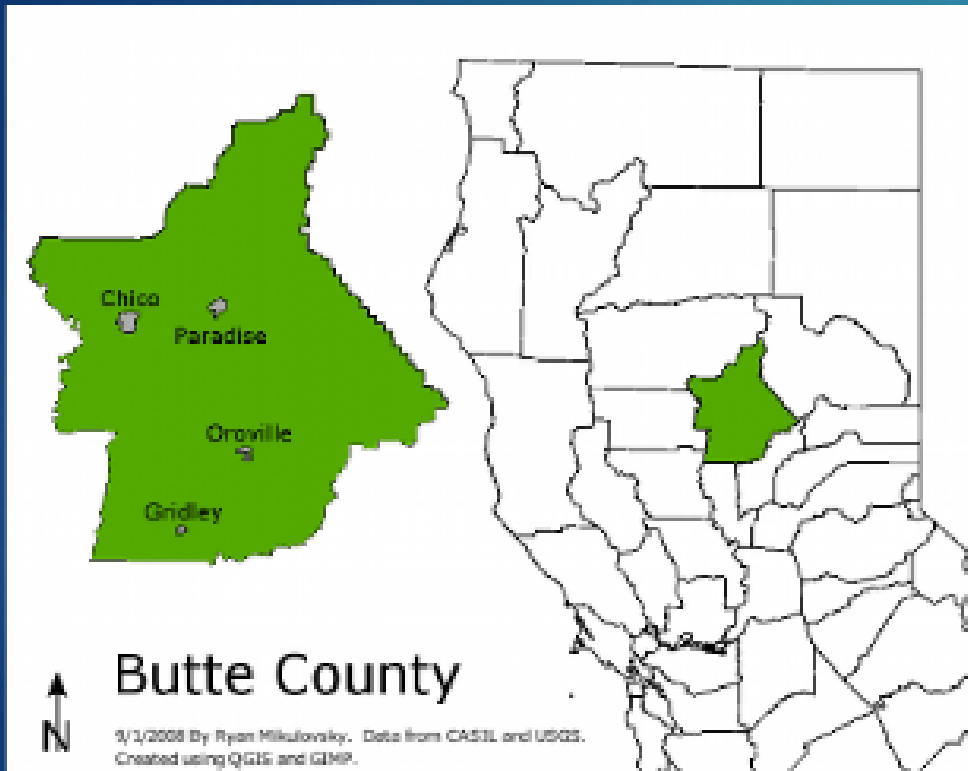
## Ann Dickman

- ▶ Mother of 3 adult children
- ▶ Grandmother of 3 beautiful grandbabies
- ▶ Maternal Child Adolescent Health Director Butte County Public Health



Building Strong Families

# Where is Butte County?

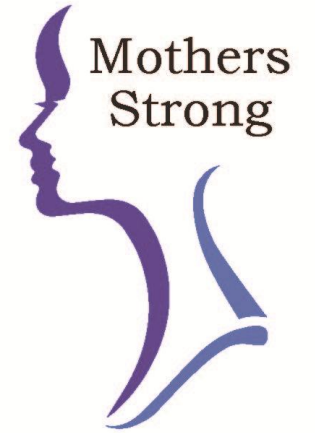


- ▶ 60 miles north of Sacramento
- ▶ 222,316 total population\*
  - ▶ 74% White
  - ▶ 15% Hispanic
  - ▶ 4.7% Asian/PI
  - ▶ 2.4 American Indian/Alaska Native
  - ▶ 1.8% Black/African American
- ▶ 2415 live births 2013\*\*
  - ▶ Medi-Cal factor- 58.3%
- ▶ 26.3% of children living in poverty\*\*\*

\* US Census 2013

\*\* AVSS 2013

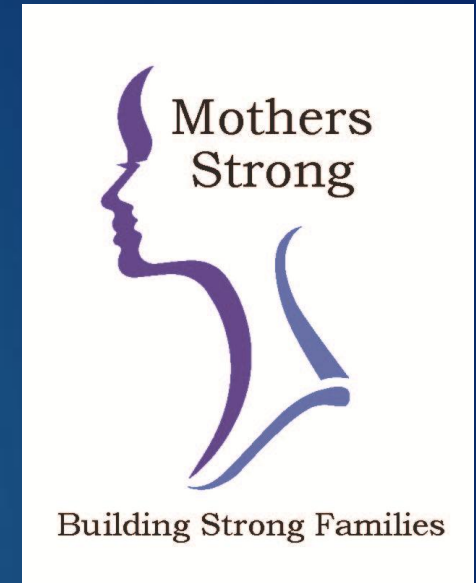
\*\*\* Kids Data



Building Strong Families

# 2011-2013 – Collaboration Building

- ▶ First 5 Butte County Children and Families Commission–
  - ▶ Health Initiative
  - ▶ Perinatal stakeholders identified maternal mental health as a top unmet need.
- ▶ Sponsored 7 professionals to attend PSI Conference (2011)
  - ▶ Committed to working with First 5 to create pathways to care
    - ▶ Early successes:
      - ▶ MothersWell – F5 contract with Behavioral Health and CBO/leverages FFP



# 2011-2013- Provider Education

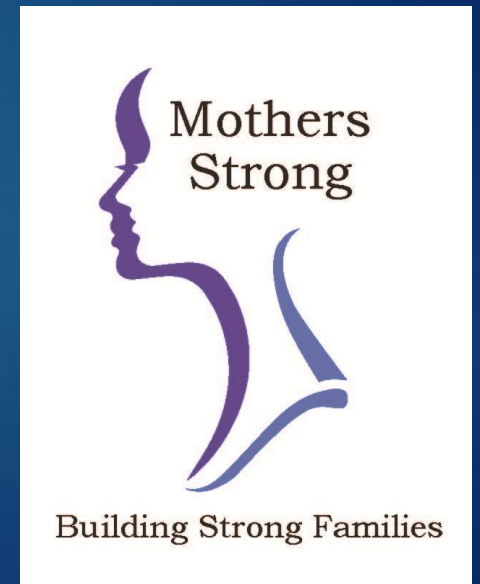
- ▶ Sponsored multiple trainings
  - ▶ Pec Indman provided 1-day training (2011). Target audience MDs, doulas, therapists, nurses and home visitors
  - ▶ PSI 2-day certification with Indman and Cribari (2012)
  - ▶ Dr. Caroline Cribari (2013) provided MD education “Medical Management”
- ▶ Lessons Learned



Building Strong Families

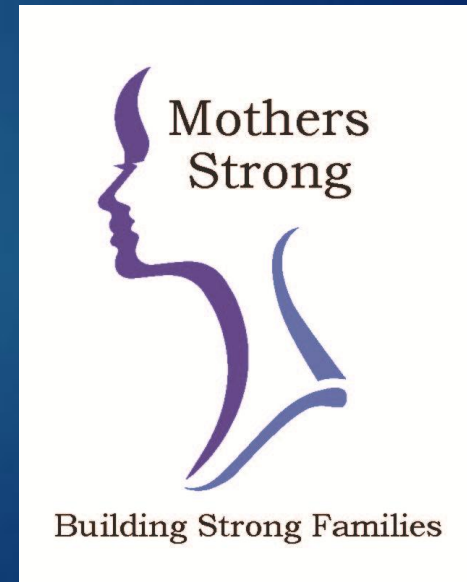
# 2014-2015- Revitalized Workgroup

- ▶ CA Health Collaborative offered to provide leadership
  - ▶ Convened a large group of stakeholders– conducted a gap analysis
  - ▶ Goal Statement: *We will strengthen and promote Butte County comprehensive maternal depression systems of care available to all women and their families.*
- ▶ Four workgroups:
  1. Outreach and collaboration with Medi-Cal Managed Care
  2. Resource Mapping
  3. Education and Outreach
  4. Support Groups



# Mothers Strong Members

- ▶ Enloe Medical Center OB Director
- ▶ Feather River Hospital CPSP
- ▶ Children's Health Center LCSW
- ▶ MCAH Director & PHN Supervisor
- ▶ First 5
- ▶ California Health Collaborative
- ▶ Northern Valley Catholic Social Services (CBO that hosts MothersWell)
- ▶ Private Practice Therapists
- ▶ Butte County Behavioral Health Clinician
- ▶ Child Abuse Prevention Council
- ▶ Youth For Change (CBO)



# Who we've learned the most from-

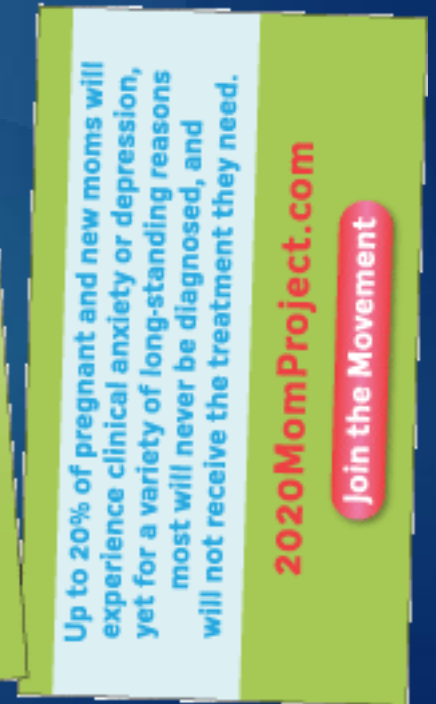
- ▶ Consultation
  - ▶ Site visit with Shasta County MCAH
  - ▶ Telephone consult with Tulare County
  - ▶ Telephone consult with Catherine O'Brian – Sacramento PSI Chapter
  - ▶ Telephone with 2020 Mom Project and Anna Sutton, PSC for Yolo County.
  - ▶ Champion Moms



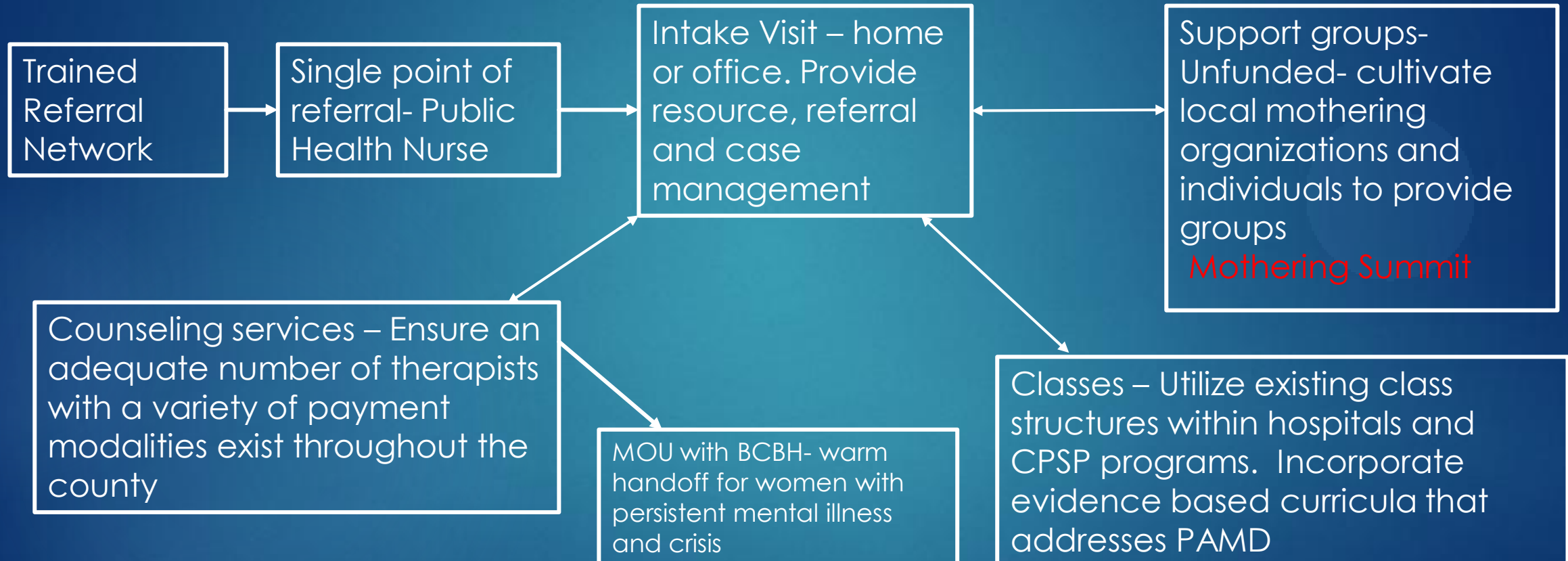


# Awareness Campaign

- ▶ Assure that all stakeholders are thinking and talking about PAMD
- ▶ Borrow from 2020 Mom, National Coalition for Maternal Mental and others
- ▶ Multiple media modalities



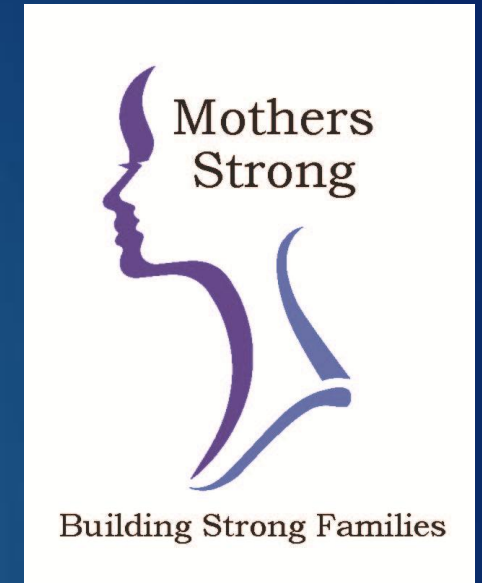
# Pathways to Care



Ongoing – Awareness Campaign, Capacity Building and Systems Coordination for Sustainability

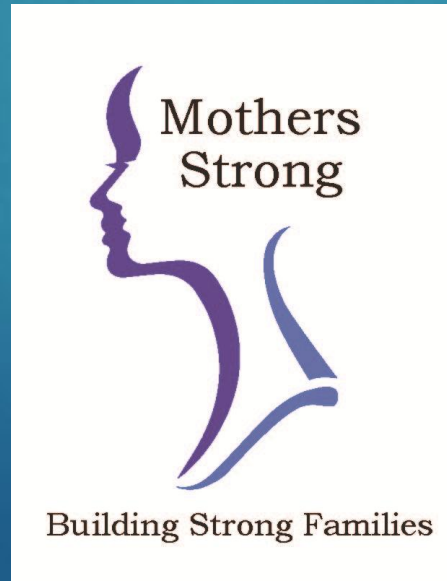
# Mothering Summit

- ▶ Hosted in May during Maternal Mental Health Awareness month
- ▶ Target population- Women who are currently pregnant and/or mothers of young children.
- ▶ Goals
  - ▶ Primary- to bring awareness to and normalize maternal depression and anxiety.
  - ▶ Primary- to identify and engage a committed group of local women who desire to carry forward peer support systems for women struggling with the transition to motherhood.
- ▶ Ultimate sustainability plan
  - ▶ Educate women to identify PAMD in themselves and their friends/family, and encourage women to seek help from medical providers and other resources.
  - ▶ Inspire women to become proactive in supporting each other.
  - ▶ Mothers Strong network provides tools, networking and support to encourage long-term sustained systems of peer support.



# Final thoughts...

Paradigm shift from minimizing the impact and frequency of Perinatal Anxiety and Mood Disorder to validating and providing services to all affected women.



"Why didn't somebody warn me?"

**The #1 complication of childbirth is depression.**

One in eight new moms have postpartum depression. It is treatable! Call 1-800-944-4773.

*Learn more about postpartum depression and how to get help at [www.postpartum.org](http://www.postpartum.org)*

Call our toll-free number and connect with Postpartum Support International. 1-800-944-4773 [www.postpartum.org](http://www.postpartum.org)

The advertisement features a photograph of a woman looking at a baby. The text is set against a dark purple background with a white border around the photo.