



# MOMD BREAKOUT SESSION: RESOURCES AND CARE COORDINATION

CHAUNDA CUNNINGHAM, LSW



## ABOUT ME

- Chaunda Cunningham, LSW
- Director of Clinical Practice and Home Visiting at Healthy Start, Inc.
- Birth doula, perinatal mental health therapist
- Proud mother
- PA PQC Moving on Maternal Depression (MOMD) Co-Chair



# PERINATAL DEPRESSION

- Stigma
- Guilt
- Fear
- Pain
- Shame
- Isolation
- Dangerous/fatal
- Overwhelming/suffocating

# WHERE DOES ASKING FOR HELP BEGIN?

- Healthcare professionals and supportive staff can provide mental health care to community members in many ways:
  1. Obtaining self-report for mental health challenges
  2. Witnessing challenges and having honest conversations next steps
  3. Professionals completing evidence-based assessments that lead to referrals
    - Ex: Edinburgh Prenatal Depression Screening, Patient Health Question (PHQ-9), Beck Depression Inventory (BDI)
  4. Psychiatric evaluations by licensed professionals that lead to referrals (voluntary or mandated)

# WHAT IS NEEDED IN ORDER TO START CARE COORDINATION?

- Establish rapport between professional and community member
- Understand of their needs (what else could be impacting their MH?)
- Be aware of the community members' access to resources
- Understand the community members' willingness for services
- Validate their feelings and experiences

# WHAT ARE DIFFERENT TYPES OF COMMUNITY SERVICES AND SUPPORTS?

1. Mental Health Services
2. In-Home Services
3. Community based and Peer based programs

# MH-SERVICES OUTPATIENT SERVICES AND INPATIENT HOSPITALIZATIONS

1. In-patient treatment for severe mental health challenges
2. Medicine Management + therapy
3. Medicine Management independently
  - Important to address safe medications for pregnant and breastfeeding patients
4. Least restrictive to intensive outpatient services
  - Assessing the availability and level of support that is needed
5. Individual to group therapeutic models

There are mother treatment groups like AHN Mothers of Color at Women's Behavioral or IOP group at Magee Women's Hospital called NEST

# PGH TREATMENT OPTIONS

- Birthing Hospitals may have mental health services i.e. Magee Women's Hospital and Midwife Center
- Mothers of Color Support Group at AHN Behavioral Health Services
  - A group designed for women who had diagnosis of depression and has worked individually with a therapist and now working within a group, providing weekly support across 3 months.
- Magee Women's Hospital NEST IOP
  - A mother-baby intensive outpatient program offered to women pregnant or up to 12 months postpartum receive about 9 hours of IOP treatment to help manage depression and anxiety around childbearing.



## IN-HOME SERVICES

1. Maternal and child health programs that provide prenatal and postpartum support within their homes
2. Eliminates the concern for access (in-person/virtual)
3. Most programming is free based upon eligibility
- 4..Addresses basic needs of individuals/families (food, housing, employment, health insurance)
- 5.. Family-focused, culturally competent
6. Promotes buy-in for additional services or referrals needed
7. Some programs have in-home mental health professionals

# Home Visiting

BIDIRECTIONAL REFERRAL

## INTERNAL SUPPORT REFERRAL PROGRAMS

- Health Education
- Strengths and Risk Assessment
- Care Management from Multidisciplinary Team
- Peer-Professional Staffing Model
- Evidence-Based Screening Tools
- Evidence-Based and Evidence-Informed Interventions
- Strong Internal and External Referral Streams
- Cultural Humility and Equity Focus
- Fatherhood Program / Family Systems Approach

### TANGIBLE GOODS

- Diapers
- Pack n Plays
- Safety Items
- Educational Toys

### FATHERHOOD/ PARTNER INVOLVEMENT

- Education
- Emotional Support
- Care Management
- Resource Referral

### BREASTFEEDING

- Healthy Start Center for Urban Breastfeeding
- Education and Support

### DEPRESSION

- Universal Depression Screening
- Referral to Moving Beyond Depression
- Referral to Outside Therapist

### PARENTING SUPPORT

- Life Skills
- Nurturing Parenting

## BENCHMARKS

- Health Insurance
- Reproductive Life Plan
- Postpartum Visit
- Usual Source of Care
- Well Woman Visits
- Safe Sleep
- Initiating Breastfeeding
- Sustaining Breastfeeding
- Smoking Abstinence
- Birth Spacing
- Well Child Visits
- Depression Screening
- Intimate Partner Violence
- Father/Partner Prenatal Involvement
- Father/Partner Parenting Involvement
- Reading to Child
- Engaging Program Participants
- Quality Improvement/Evaluation



COMMUNITY EDUCATION

- Community Health Advocate
- Parent Cafe
- Men of Standard
- HSCUB Education Series
- Satellite Outreach Sites



MCH POLICY, ADVOCACY  
AND SYSTEMS  
CAPACITY/COORDINATION

- Pennsylvania Perinatal Partnership
- Pennsylvania Perinatal Quality Collaborative
- Allegheny County Infant Mortality Committee
- The Pittsburgh Study Pregnancy Cohort Co-Lead
- Plan for a Healthier Allegheny
- Child Death Review
- Allegheny County DHS Family Support Evolution Team
- Allegheny County Breastfeeding Coalition

EVIDENCE-BASED / EVIDENCE-INFORMED PRACTICE AND INTERVENTION

# HEALTHY START, INC.

- Mission: reduce infant/maternal mortality and improve poor birth outcomes
- Program that has been providing care to pregnant and postpartum families for over 30 years in Allegheny County (Pittsburgh). We are 1 of 101 sites nationally.
- Multi-disciplinary team: trained community health workers, nurses, doulas, certified lactation counselors, therapists, fatherhood coordinator and more
- Free program with no eligibility requirements outside of residential zip code
- Support is provided regardless of income, race, ability, insurance
- Provide case management, education, resources and care coordination





# Moving Beyond Depression™

In-Home Therapy for  
new mothers struggling  
with depression

Photo:  
Lisa Millerick Photography

Depression affects up to 45 percent of all mothers.

MBD seeks to help new mothers receive the care they need  
by meeting mom where they are in their home.

### MBD may be right for you if you:

- Are feeling overwhelmed
- Have difficulty concentrating
- Feel anxious, sadness, or guilt
- Feel isolated and alone

### MBD can help:

- Improve relationship and parent bonding
- Increase social supports and coping skills
- Reduce anxiety and stress
- Increased ability to function at home,  
work, and school

70% of moms get better after completing the Moving Beyond Depression Program



Moving Beyond Depression™  
Brought to you by Healthy Start Inc.

(412) 247-1000 | 400 N LEXINGTON ST, PITTSBURGH, PA 15208

# MOVING BEYOND DEPRESSION PROGRAM

# COMMUNITY BASED AND PEER BASED PROGRAMS

- Organizations where community members can work to get their basic needs met during perinatal phase (baby items, educational classes, prenatal & postpartum support through birth worker supports and professionals)

## Examples:

- Pittsburgh Brown Mamas- virtual support group for Black mothers where resources, testimonies and support is shared
- Pittsburgh Black Breastfeeding Circle- virtual and in-person support group for Black Breastfeeding women
- Maya Organization- in-person agency that provides education and support
- Genesis- in-person agency that provides education and support and tangible goods
- Organizational and freelance doulas

## WHAT IS A DOULA?

- Non-clinical support person that provides support to birthing person, and their partner and/or relatives during labor and delivery and early postpartum
- Doula meets with birthing individuals and their partners to discuss birth plans of what they want during the most vulnerable time in their lives
- Doulas provide emotional, physical and mental support to the family where stress is inflicted based on external circumstances before, during and after labor



YOUR *Doula* AWAITS!  
*Healthy Start provides doula support*



*Lyanna Bridges*   *Gerria Coffee*   *Siriena Stewart*   *Jona Reyes*   *Ngozi Tibbs*

Birth support is a human right; no woman should have to be alone or unsupported during birth. Healthy Start provides birth support to women birthing in Allegheny County hospitals at no cost to them. Doulas can provide in-person birth support or use virtual technology to connect with families.

Doulas will the following:

- An introductory session
- Up to (2) prenatal sessions
- Bi-weekly check-ins
- Virtual or in-person labor and birth support
- (1) postpartum session

Doulas can also provide support and coaching to partners, support with birth plan development, education about up-to-date hospital policy and general advocacy.

For more information or to enroll scan here



Or call/ text  
(412) 224-7040

 healthystartpittsburgh.org   (412) 224-7040   dhorsley@hsipgh.org

## WHERE DO I FIND RESOURCES?

PA PQC birth hospitals participating in MOMD initiative should locate resources within their communities

- SAMHSA's national helpline

I-800-662-HELP (4357) treatment referral routing service

via text message: 43748 (HELP4U) or TTY: 1800-487-4889 is confidential, free, 24-hr, 365 year for individuals and family members facing MH or substance use disorders. They provides local referrals to treatment facilities, support groups, community-based organizations.

- National Alliance on Mental Illness (NAMI): <http://namikeystonepa.org> for support groups and mental health resources

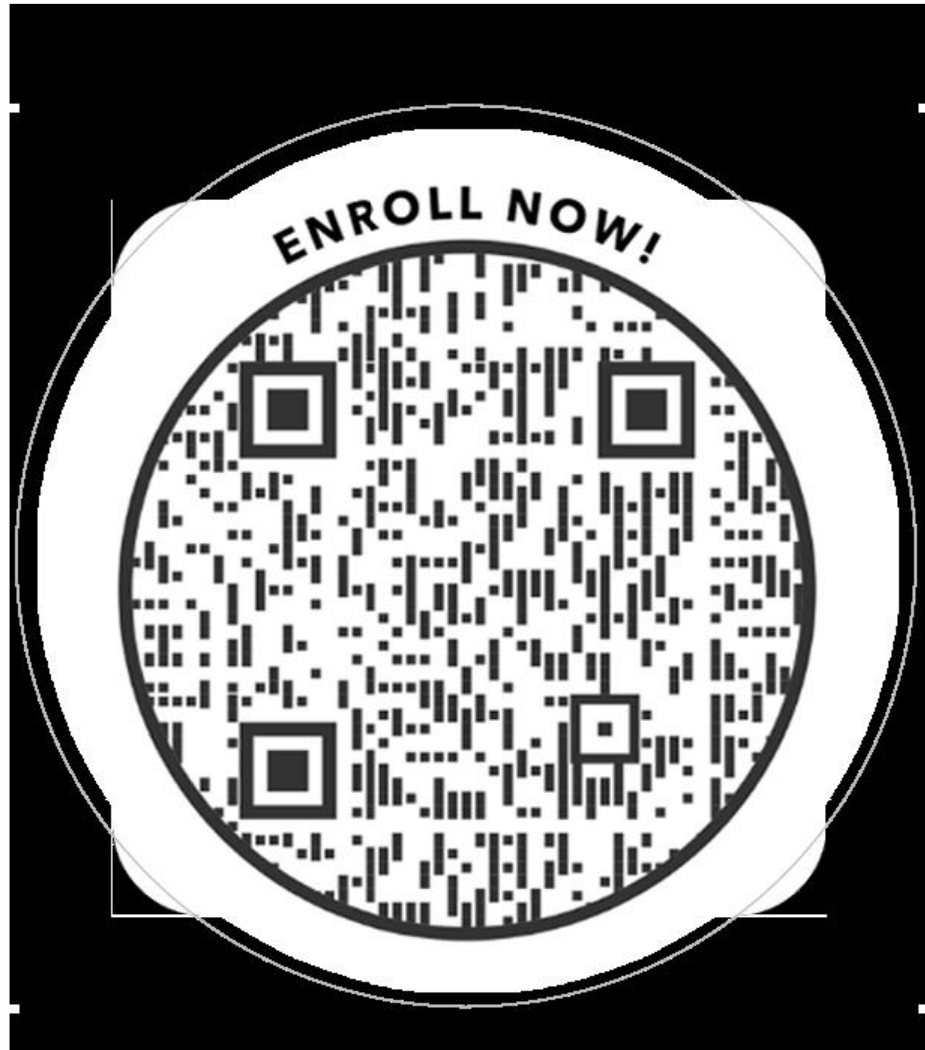
## WHERE TO FIND RESOURCES (CONTINUED)?

- PA Department of Human Services
- Local resources
  - Utilize county/community helpline/crisis
    - Ex: Allegheny Links 2-1-1 or Westmoreland County Mobile Crisis
  - Department of Human Services or County Health Department
  - Assess birthing hospitals, PCPs and family doctor offices that community members seek care for resources for MH treatment options
  - Search for maternal child health or social service programs for pregnant and postpartum mothers
  - Look up PA and local support groups, doulas
  - Psychology Today or Call number on back of insurance card



## CONTACT INFORMATION

- Chaunda Cunningham, LSW
- [ccunningham@hsipgh.org](mailto:ccunningham@hsipgh.org)
- 412-588-3913



# THANK YOU

IF INTERESTED IN HEALTHY START, HERE IS  
OUR QR CODE