



Yolo County Perinatal Mental Health Collaborative Annual Report

2016

Mission Statement

We promote MATERNAL WELLNESS by developing & maintaining a system of care for Yolo County mothers at risk for and/or experiencing maternal mental health disorders.

"Women in their childbearing years account for the largest population of Americans with depression. Depression is one of the most common complications during pregnancy and the number one risk factor for postpartum depression. Approximately 1 in 10 women will have major or minor depression sometime during pregnancy and the postpartum period." (ACOG, May 7, 2007.)

~You are not alone. You are not to blame. With help, you will be well~ Postpartum Support International

Goal #1

Assure Perinatal Mental Health resource information is easy to access by all community members



access
education
collaboration

ACCOMPLISHMENTS

Travelling Blue Dot Social Media Campaign invited to present at the County Health Executives Association of California (CHEAC), June 2015

Development of a Maternal Wellness Resource Guide - a Yolo 2-1-1, Help Me Grow & Yolo Family Strengthening Network Collaboration

"Travelling Blue Dot" Social Media Campaign replicated by 3 Public Health Agencies/Counties: Welcome Santa Clara, Butte, Monterey and Humboldt Counties!

Blue Dot Social Media Campaign invited to present at the 2016 National Postpartum Support International Conference, San Diego, June 2016

6 Collaborative Members received Postpartum Support International (PSI) 2 day certificate training in Perinatal Mood & Anxiety Disorders

Hosted our first Maternal Wellness Summit on May 12, 2016!



STOP



Humboldt County

Yolo County's efforts are replicated in 4 Counties!



Monterey County

Butte County



Santa Clara County



Goal #2

Maintain a strong county-wide and multidisciplinary collaborative.

Coming together is a beginning. Keeping together is progress; Working together is success.

Accomplishments

11 meeting consisting of 12-18 steering committee members every time

Goal oriented, action oriented, every meeting

Collaborative rep serves on the California Taskforce on the Status of Maternal Mental Health



Goal #3

Develop platform (s) that give providers/professionals access to local tools, research and best practices around screening, assessing, referring and treating maternal mental health disorders.

Accomplishments

Participation in the development of implementation blueprints for the "Maternal Mental Health Safety Bundle" - National Council on Patient Safety in Womens Health

County Wide Healthcare Provider Mapping Project completed May 2016: Family Practice, OB/GYN and Pediatric Providers

Development of a C.A.R.E.S toolkit - training for non licensed paraprofessionals working in community based agencies.

Maternal Mental Health Safety Bundle Implementation Blueprint Convening Washington, DC
June 2016

Provide technical assistance to healthcare providers around MMH Safety Bundle
Summer 2016

Launch Moving Beyond Depression for home visitation programs
October 2016

Yolo County Perinatal Mental Health Collaborative

"Children are our future & their mothers are its guardians"

-Kofi Annan
2001 Nobel Peace Prize Winner

