

"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.)

# 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.

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

Goal

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



access education

### ACCOMPLISHMENTS

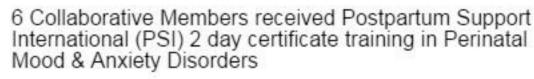
Travelling Blue Dot Social Media Campaign invited to present at the County Health Executives Association of California (CHEAC), June 2015



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

the 2016 National Postpartum Support International Conference, San Diego, June 2016

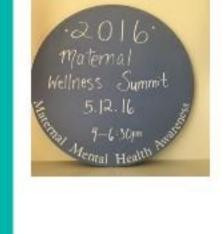
Blue Dot Social Media Campaign invited to present at



Hosted our first Maternal Wellness Summit on May 12, 2016



STOP



Yolo County's efforts are replicated in 4 Counties!





Butte County



START

CONTINUE







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

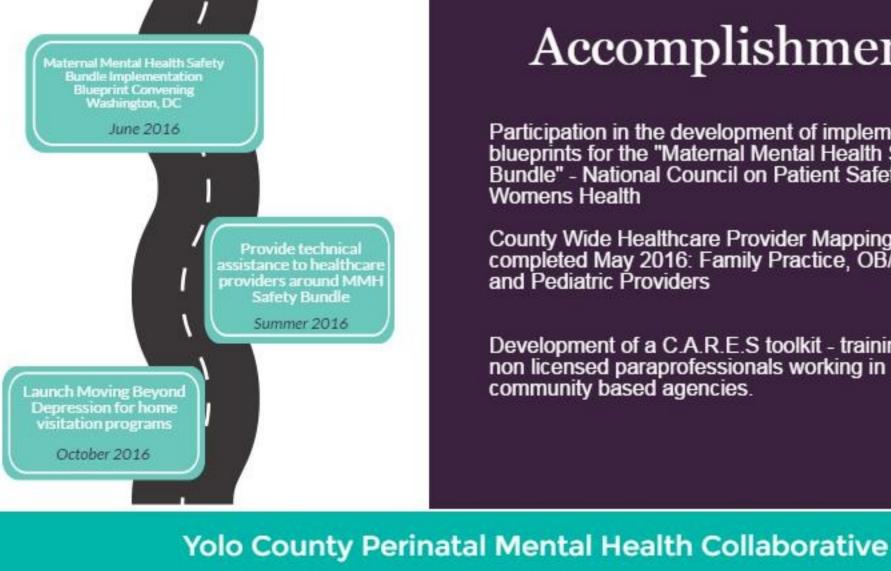
Collaborative rep serves on the California Taskforce on the Status of Maternal Mental Health

#3

Goal

tools, research and best practices around screening, assessing, referring and treating maternal mental health disorders.

Develop platform (s) that give providers/professionals access to local



# Accomplishments

blueprints for the "Maternal Mental Health Safety Bundle" - National Council on Patient Safety in Womens Health County Wide Healthcare Provider Mapping Project

Participation in the development of implementation

completed May 2016: Family Practice, OB/GYN and Pediatric Providers Development of a C.A.R.E.S toolkit - training for

community based agencies.

non licensed paraprofessionals working in

guardians" -Kofi Annan 2001 Nobel Peace Prize Winner

& their mothers are its

"Children are our future

