

CPSM TRANSFORMS COMMUNITIES

After implementing MotherWoman's Community-based Perinatal Support Model for 18 months, Franklin County, Massachusetts has:

- ✓ Established Community-based Perinatal Support Coalition with over 25 key organizations
- ✓ Increased patient and public education
- ✓ Trained over 200 healthcare professionals on perinatal depression
- ✓ Developed thriving perinatal support group
- ✓ Created community-wide triage, resource and referral protocols
- ✓ Implemented universal screening at OB, inpatient and pediatric settings

"The CPSM made all the difference in our ability to meet the needs of mothers with perinatal depression. Now we are equipped to build a strong safety net for women in our community."

Linda Jablonski, Assistant Nurse Manager
Baystate Franklin Medical Center

MOTHERWOMAN AWARDS

**2014 Healthy Mothers,
Healthy Babies Partners Award**

"For improving the quality of care for mothers, babies and families"

**2012 Excellence in Advocacy Award
MA Nonprofit Network**

"Making communities stronger"

MOTHERWOMAN'S MISSION

MotherWoman supports and empowers mothers to create personal and social change by building community safety nets, impacting family policy and promoting the leadership and resilience of mothers.

"PPD was the hardest thing I have ever gone through. MotherWoman has found a way to transform communities that haven't been successful in addressing perinatal depression into communities of care, so that moms won't have to go so long in that dark place."

Maureen Fura, documentary filmmaker
on perinatal depression
The Dark Side of the Full Moon



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MotherWoman Community-Based Perinatal Support Model[©]

PARTNERING WITH COMMUNITIES TO ADDRESS
THE BARRIERS TO CARE FOR WOMEN
WITH PERINATAL DEPRESSION



"MotherWoman's CPSM does an outstanding job of helping communities break down barriers of care for mothers suffering from perinatal depression."

Representative Ellen Story, Chair of the MA
Special Legislative Commission
on Postpartum Depression

POSTPARTUM DEPRESSION IS THE #1 COMPLICATION OF CHILDBIRTH

10-20% of mothers and 40-60% of low income mothers experience perinatal depression

The CPSM partners with multidisciplinary providers to create community safety nets for perinatal mothers

PERINATAL DEPRESSION IMPACTS FAMILIES

- ◆ Birth complications
- ◆ Cognitive and developmental delays in children
- ◆ Chronic mental health complications
- ◆ Increase in ER visits and medical costs
- ◆ Adverse stress on family system
- ◆ In rare cases, suicide and infanticide

BARRIERS TO CARE

Mothers

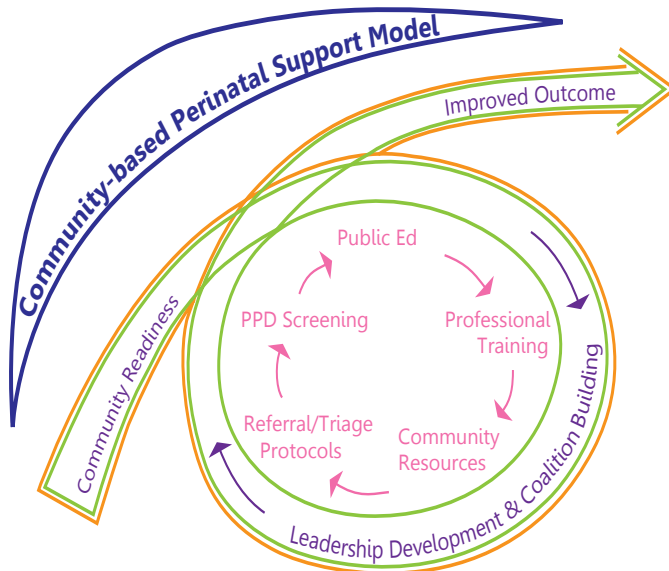
- ◆ Stigma
- ◆ Inadequate access to information and care
- ◆ Fear of losing parental rights

Providers

- ◆ Minimal training
- ◆ Limited referral resources

Systems

- ◆ Lack of system integration between medical, mental health and social services
- ◆ Lack of universal screening protocols



CPSM SUPPORTS COMMUNITIES

- ◆ Provide public education
- ◆ Train professionals on perinatal depression
- ◆ Identify and develop community resources
- ◆ Develop referral and triage protocols
- ◆ Establish perinatal support group
- ◆ Ensure universal screening

“What makes the harm to children and their parents so distressing is that depression is usually treatable—and thus, the damage to children is preventable.” Urban Institute

CPSM TRAINING PROVIDES

- ◆ CPSM Community Readiness Assessment
- ◆ Customized community action plan
- ◆ Toolkit for community transformation
- ◆ MotherWoman Group Facilitator Training®
- ◆ Technical assistance, webinars and mentorship

BENEFITS TO YOUR COMMUNITY

Integrated systems approach to caring for mothers during the perinatal period

- ◆ Mothers and families get support and access to mental health services
- ◆ Providers receive training and support for treating perinatal depression
- ◆ Communities create pathways to mental health care
- ◆ Health care costs associated with perinatal depression are reduced

MULTIDISCIPLINARY TEAMS

- ◆ Medical and Mental Health Providers
- ◆ Birth Vocations and Specialists
- ◆ Home Visiting and Early Intervention
- ◆ Social Service Providers