



Local Learning Community Perinatal Mental Health

March 19th, 2024



What is a Learning Community?

Learning communities will provide space for shared learning around implementation of MCH priority work across ALL local public health agencies, regardless of contract mechanism (PSD or OPHP). All calls will serve to facilitate **connections and collaboration** across regions and the program to share spectacular successes and fabulous failures.



COLORADO
Department of Public
Health & Environment



Meeting Objectives

Participants learn about perinatal mental health in Colorado, recommendations for systems improvement, and hear examples of on-the-ground community collaboration, training and capacity building.



Who you will hear from?

1. Maternal Mortality Prevention Data and Recommendations
Jessica Bass (CDPHE)
2. Perinatal Ambassador program for Latine Communities
Susana Arreola (Cuenta Conmigo Denver Metro)
3. Elevator speech, other practical tools
Ginger Hillyard (Larimer County)



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Polls

1. How familiar are you with perinatal mental health needs in your community (its prevalence, who it affects, resources available)?

1 (not familiar at all) to 5 (very familiar)

2. Poll: Perinatal mental health is a concern in my community

(Strongly Agree, Agree, Somewhat Agree, Disagree, Not sure)



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What is Perinatal Mental Health and why is it important?

Perinatal mental health refers to a birthing parent's health throughout the pregnancy and postpartum periods.

Perinatal mood and anxiety disorders (PMADS) are the most common complication in pregnancy/postpartum (the first 12 months after delivery).

Untreated perinatal mental health during pregnancy - birther more likely to have hypertension, gestational diabetes, preterm birth, & other poor outcomes.

Untreated postpartum mental health - could affect lactation, bonding, able to care for self/others, child emotional development and behavioral problems, risk of maternal mortality.



**YOU ARE NOT ALONE.
YOU ARE NOT TO BLAME.
YOU CAN GET HELP.**

postpartum.net/colorado
1.800.944.4773 (se habla español)



Maternal Mortality in Colorado, 2016-2020

Jessica Bass, Maternal Mortality Prevention Program Manager

2016-2020 Maternal Mortality Data

Pregnancy-associated deaths

Pregnancy-associated deaths

All deaths that occur during pregnancy or within one year of the end of pregnancy, regardless of the cause of death. Pregnancy can end by live birth, stillbirth, fetal death, miscarriage, or abortion.



Pregnancy-related deaths

A subset of pregnancy-associated deaths, where the death is due to a pregnancy complication, a chain of events initiated by pregnancy, or the aggravation of an unrelated condition by the physiologic effects of pregnancy.

From 2016-2020 there were

174 pregnancy-associated deaths

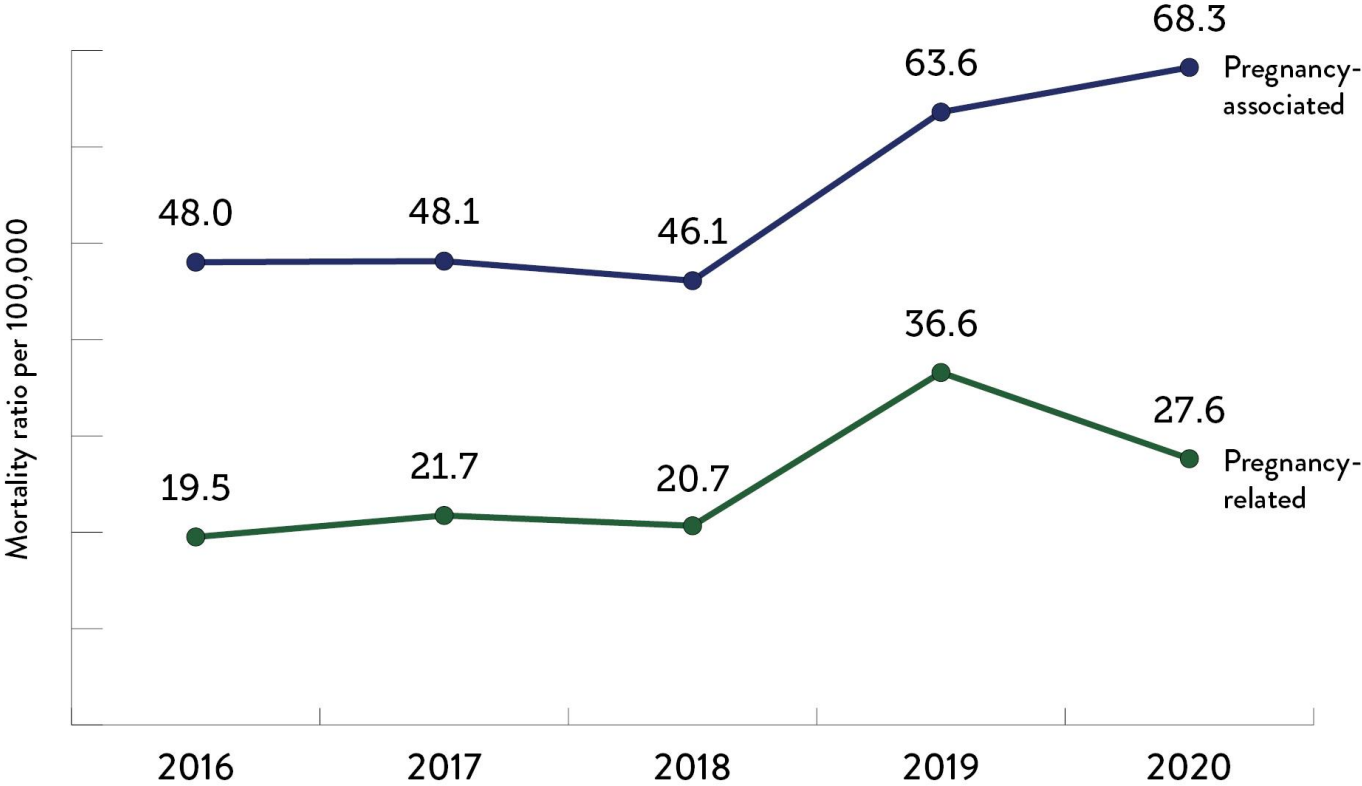
54.7 pregnancy-associated deaths per 100,000 live births



80 pregnancy-related deaths

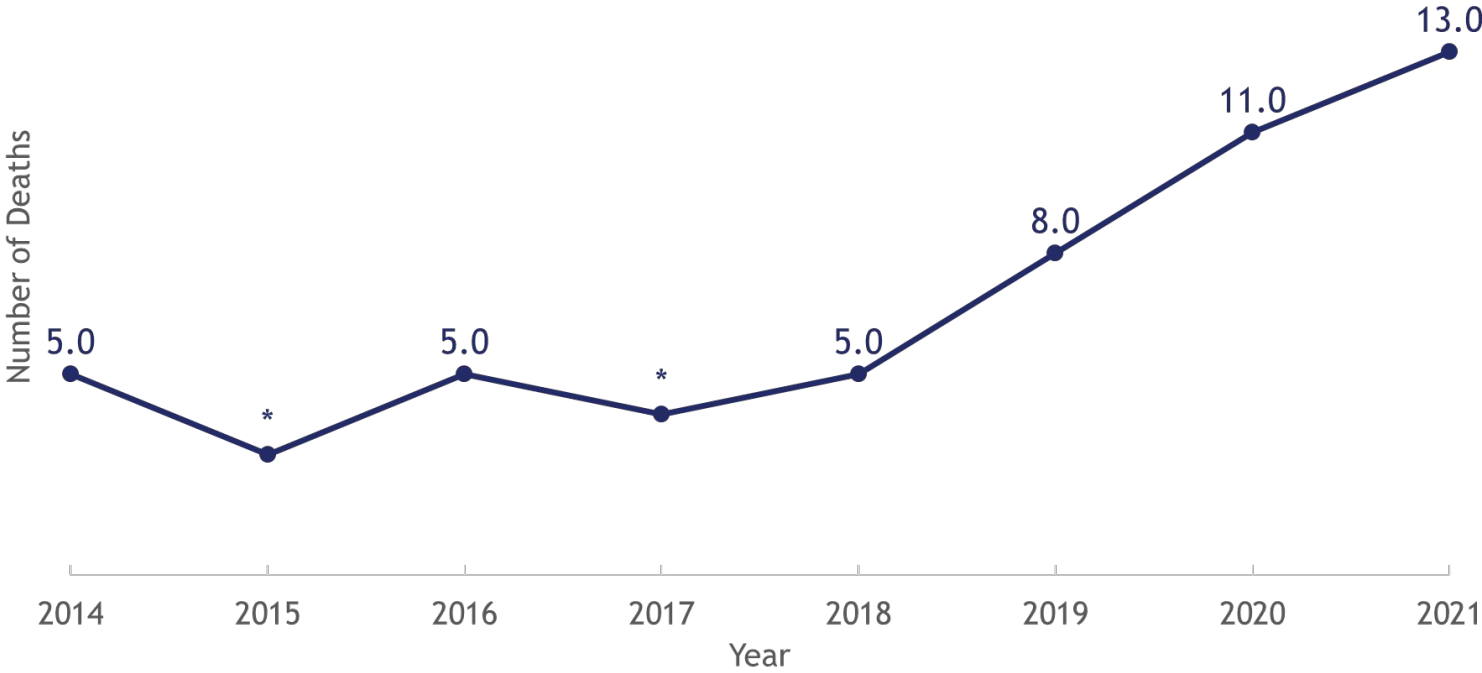
25.1 pregnancy-related deaths per 100,000 live births

Pregnancy-associated mortality ratios increased in 2019 and 2020 compared to previous years.



Number of pregnancy-associated unintentional drug overdose deaths, 2014-2021

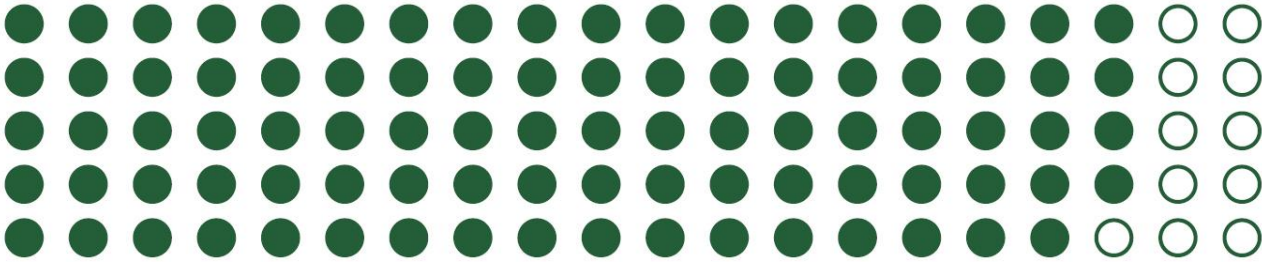
Pregnancy-associated unintentional drug overdose deaths have been increasing over time.



* numbers are suppressed due to data suppression guidelines to protect individual confidentiality

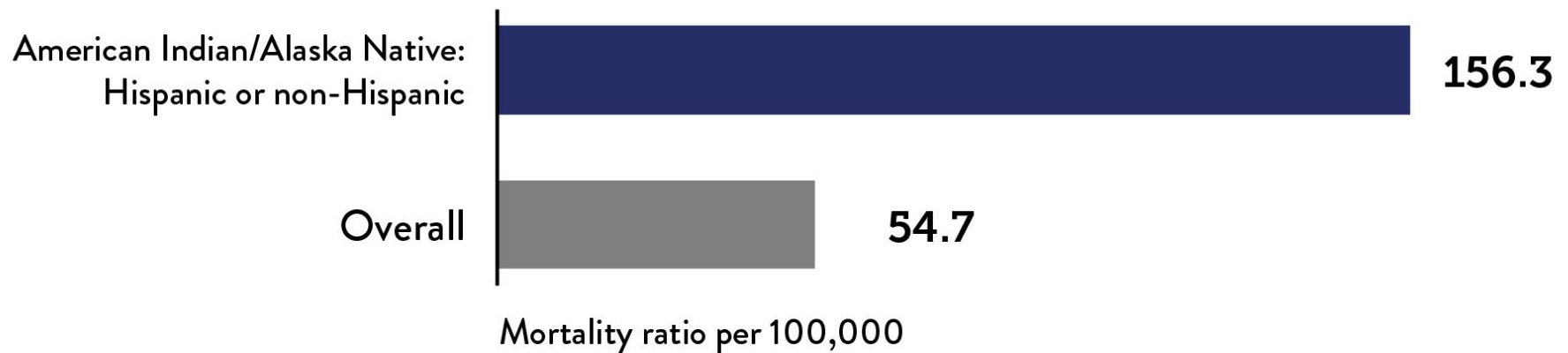
Preventability

89%



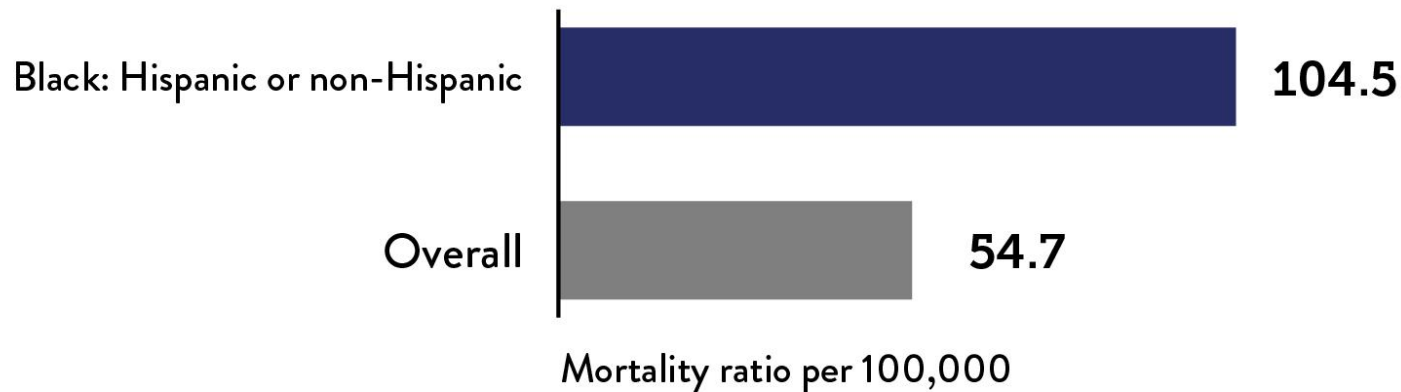
of pregnancy-related deaths were preventable.

Pregnancy-associated mortality ratios by race



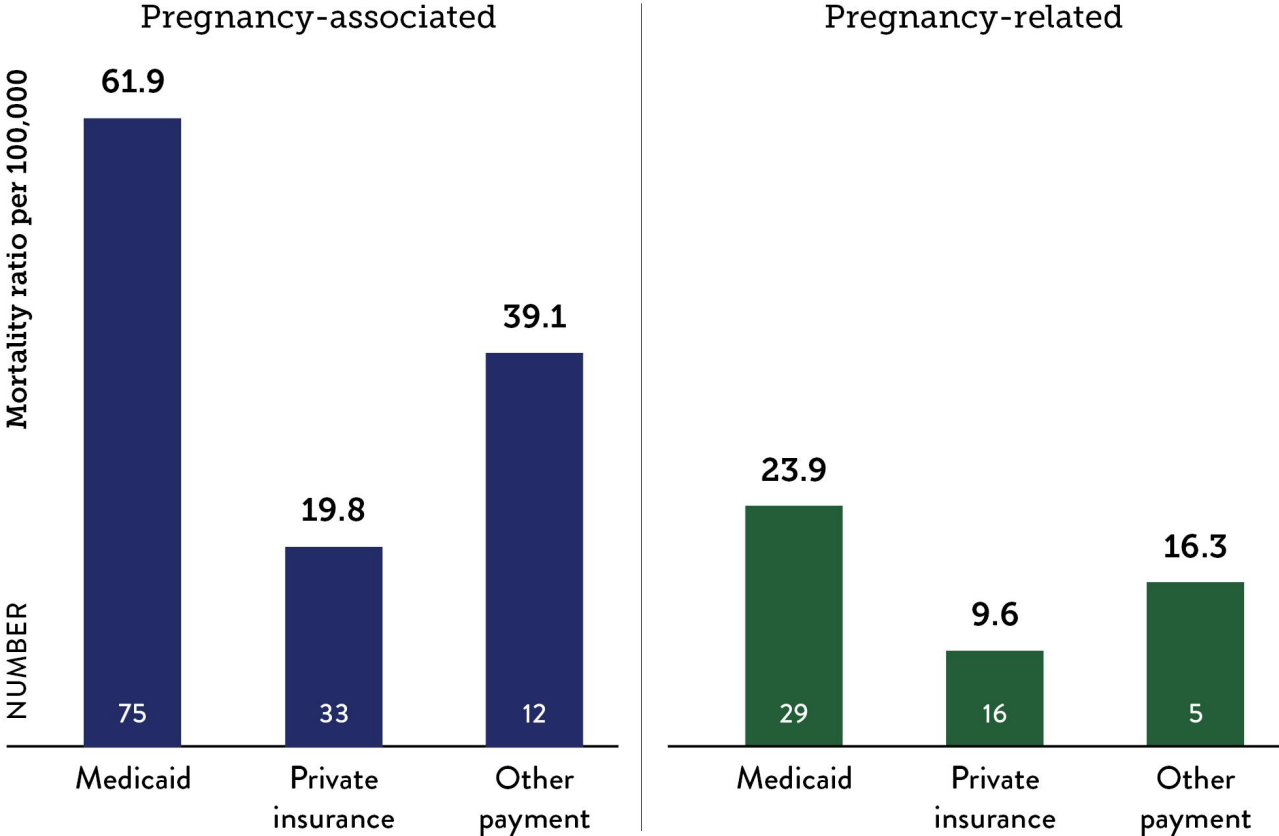
American Indian/Alaska Native pregnant and postpartum people were **2.9 times more likely to die** during pregnancy or within 1 year of the end of pregnancy compared to the overall population.

Pregnancy-associated mortality ratios by race

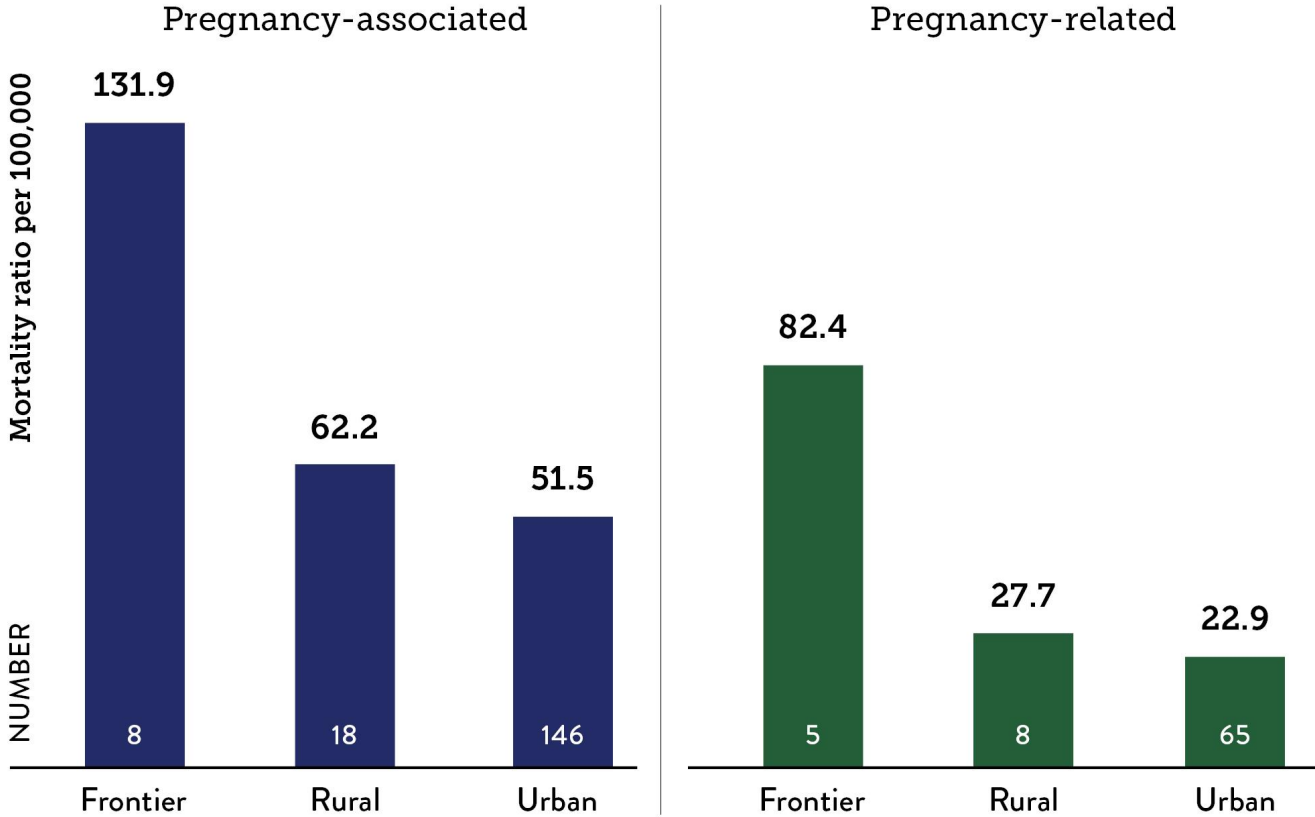


Black pregnant and postpartum people were **1.9 times more likely to die** during pregnancy or within 1 year of the end of pregnancy compared to the overall population.

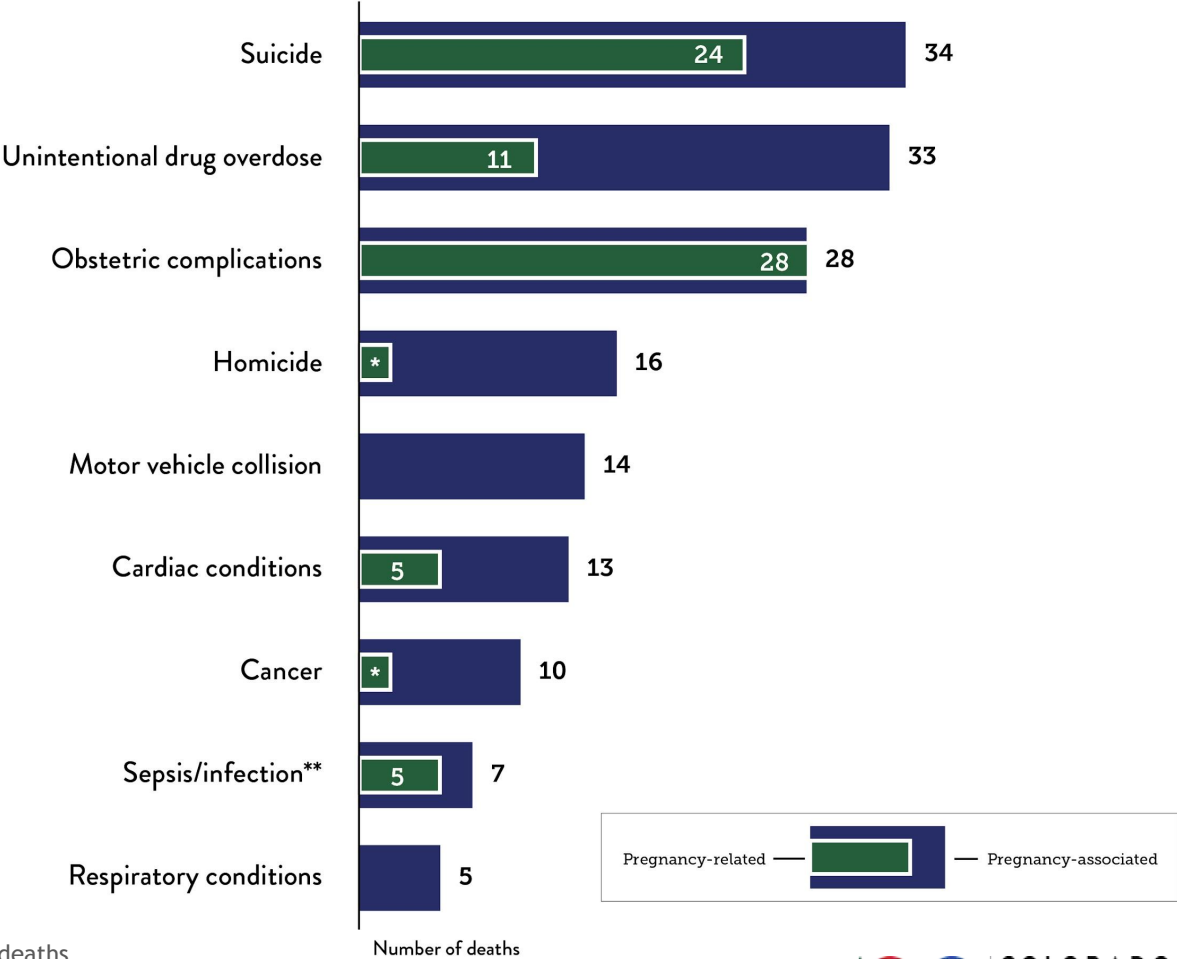
Pregnant and postpartum people with Medicaid at delivery were **2.5 times more likely to die** from pregnancy-related causes than those with private insurance.



Pregnant and postpartum people living in frontier counties were **3.6 times more likely to die** from pregnancy-related causes than those in urban counties.



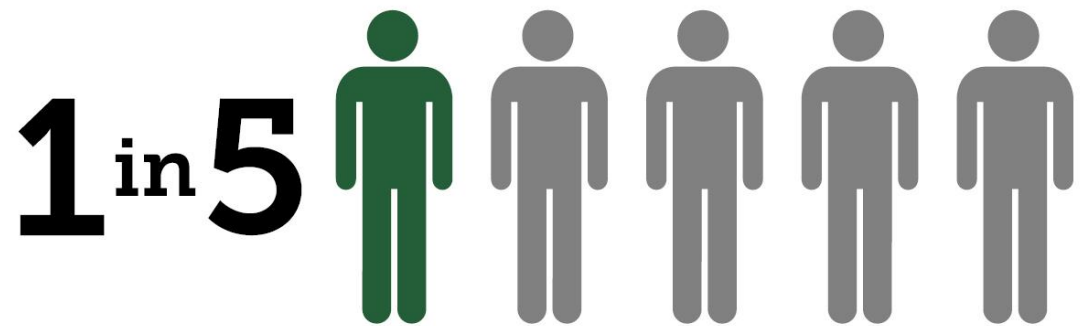
Causes of pregnancy-related deaths



*There were fewer than 5 pregnancy-related homicide and cancer deaths.
 **Sepsis/infection includes COVID-19 infection.
 There are 14 additional pregnancy-associated deaths that do not fall into the above categories.

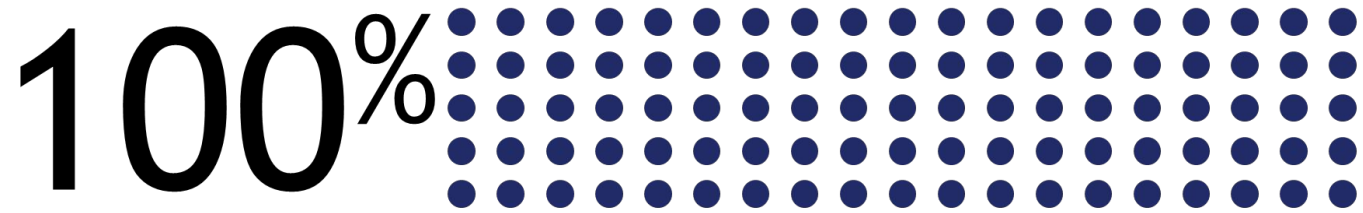


Mental health or substance use were contributing factors in 1 in 2 pregnancy-related deaths



Mental health or substance use were contributing factors in 1 in 5 pregnancy-related deaths that were NOT due to suicide or unintentional drug overdose

Preventability

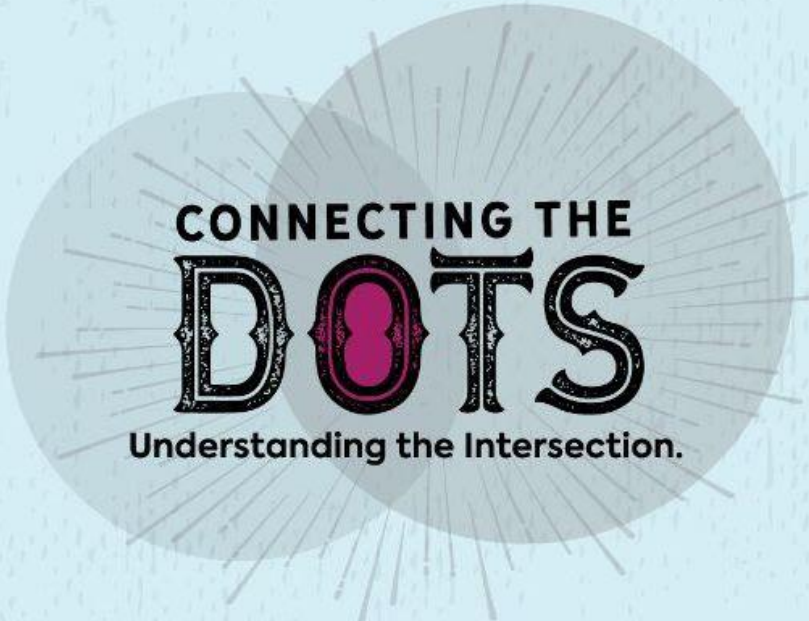


of pregnancy-associated unintentional drug overdose deaths

Recommendations

- Equity, Bias, and Discrimination
- Clinical Quality
- Screening and Follow-Up
- Care Coordination and Transitions
- Provider Training
- Capacity and Access
- Community-Based Solutions and Engagement
- Overdose Prevention
- Firearm Violence Prevention
- Workforce Diversification and Expansion
- Education and Public Awareness
- Reproductive Autonomy
- Equitable Reimbursement and Insurance Coverage





**CONNECTING THE
DOTS**

Understanding the Intersection.

.....

**Maternal Mental Health
and Substance Use
During Pregnancy and
Early Parenthood**

.....

THIS TRAINING IS BROUGHT TO YOU BY:



Read the full report:



<https://cdphe.colorado.gov/maternal-mortality>

Want more data?

preventmaternalmortality@state.co.us

Thank you

Maternal Mortality Prevention Program
preventmaternalmortality@state.co.us

Perinatal Behavioral Health Community Ambassador Program



**PUBLIC HEALTH
INSTITUTE**
AT DENVER HEALTH™

Cuenta Conmigo

Coop

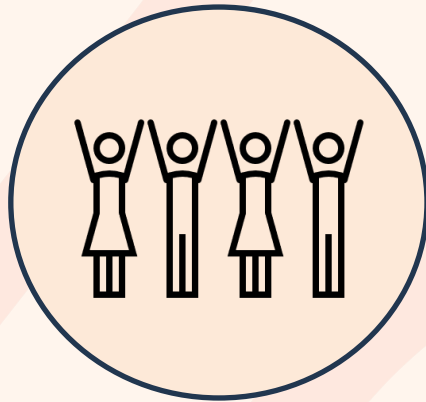


Susana Arreola
Esther Caldera
Cynthia Zapata
Lucy Guereca
Paulina Erices

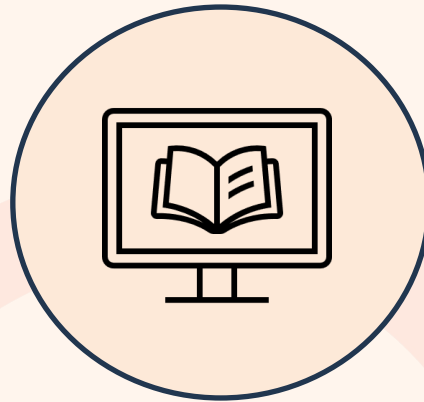


Our mission

Cuenta Conmigo Coop is an inclusive group focused on maternal and child health that supports and strengthens families, communities and organizations to achieve health and well-being for all.



Groups or
one-on-one visits



Classes and continuing
education



Research and program
development

Little Moments in Motherhood



Breastfeeding
support in our
language and in
all places



Family support
and so much
more



"Estamos solas"
the power of
companionship



My baby is
growing my
family is growing

Little Moments in Motherhood



Todas las mamás, en algún momento, necesitan un descanso

Para cuidar a tu familia, déjate cuidar! Tu salud, tu alma, y tu corazón son importantes

Para apoyo en español y gratis llama a Cuenta Conmigo al 720-314-8120



Cuenta Conmigo
COOP
SALUD MATERNO-INFANTIL

Narratives that:

- Recognize our collectivist culture.
- Values and accounts for moms' multiple roles in their family and their communities.
- Speaks of the fact that moms ARE many times alone.
- Integrate mothering the baby in the context of family life.



Little Moments in Motherhood



**Cuidas a tu bebé día a día,
y ¿quién te cuida a ti?**

mi hermana
YO!
mi fé me saca adelante
en mi trabajo me apoyan mucho
mi mamá está conmigo
mi grupo de amigas
mi pareja
las mamás de la escuela

Para cuidar a tu familia... déjate cuidar!
Para apoyo en español llama/texto a Cuenta Conmigo al 720-314-8120
O encuentra recursos en <https://parentsthive.org>



¡Eres el motor de tu familia!
Y a veces también necesitas descanso y apoyo

Para apoyo en español llama o envía un texto a Cuenta Conmigo 720-314-8120

Cuenta Conmigo
SALUD MATERNO-INFANTIL

Para recursos en Colorado <https://parentsthive.org>





Maternal Child Health



- ¿ESTAS EMBARAZADA O ACABAS DE DAR A LUZ?
- ¿TIENES PREGUNTAS DE LACTANCIA O ALIMENTACIÓN INFANTIL?
- ¿QUIERES APOYAR EL CRECIMIENTO DE TU BEBE?

Reserva tu consulta gratis en el horario en que te acomode. Las consultas pueden hacerse en tu hogar o virtual.

RESERVA TU ESPACIO ENVIANDO UN TEXO A 720-314-8120
 WWW.CUENTACONMIGOCOOP.COM
 facebook.com/cconmigolactancia

SERIE DE CAPACITACIONES PARA FAMILIAS Y PROVEEDORES DE CUIDADO INFANTIL

LUNES de 5 a 7 PM MT

Lunes 12 de Febrero

Grupo para mamás y familias con bebés

Cuenta Conmigo

Salud Materno Infantil en tu Comunidad

- Los primeros días de recién nacido
- Aumentar la producción de leche
- Regreso al trabajo
- Nutrición infantil
- Crecimiento y desarrollo del bebé
- Recursos comunitarios
- Facilitado por consejeras de lactancia acreditadas
- GRATIS

- Nutrición Infantil y de Niños Pequeños
- Lactancia
- Certificado de Amigo de la Lactancia
- Salud Mental Infantil
- Comunicación de Bebés y Niños Pequeños
- Reconocimiento en Salud Mental Infantil
- Preparación Comunitario en situaciones de emergencia
- Alimentación Infantil Segura en Situaciones de Emergencia

recibirá un certificado de 2 horas continua que puede usar para acreditar su CDA.

Fundaciones de Salud Infantil en alianza con la Salud Mental Infantil de Colorado.

Reservación y registros visite www.cconmigolactancia.com/CCclassSpring texto al (720)855-5455

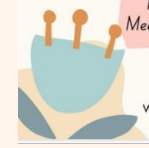
GRUPOS DEL MES

SW DENVER - ALMA LIFESPAN LOCAL
 Todos los Miercoles 10:30 am MT
 3831 W Custer Pl, Denver, CO 80219

EDGEWATER-EDGEWATER COLLECTIVE
 Segundo Martes del Mes 9:00 am MT
 2497 Fenton St., Edgewater, CO 80214

ARVADA - BIBLIOTECA DE ARVADA
 Tercer Jueves a las 9 am MT
 7525 W 57th Ave, Arvada, CO 80002

VIRTUAL
 Primer Martes del Mes 6:30 pm MT
 Meeting ID: 959 1194 2816 Passcode: 948187

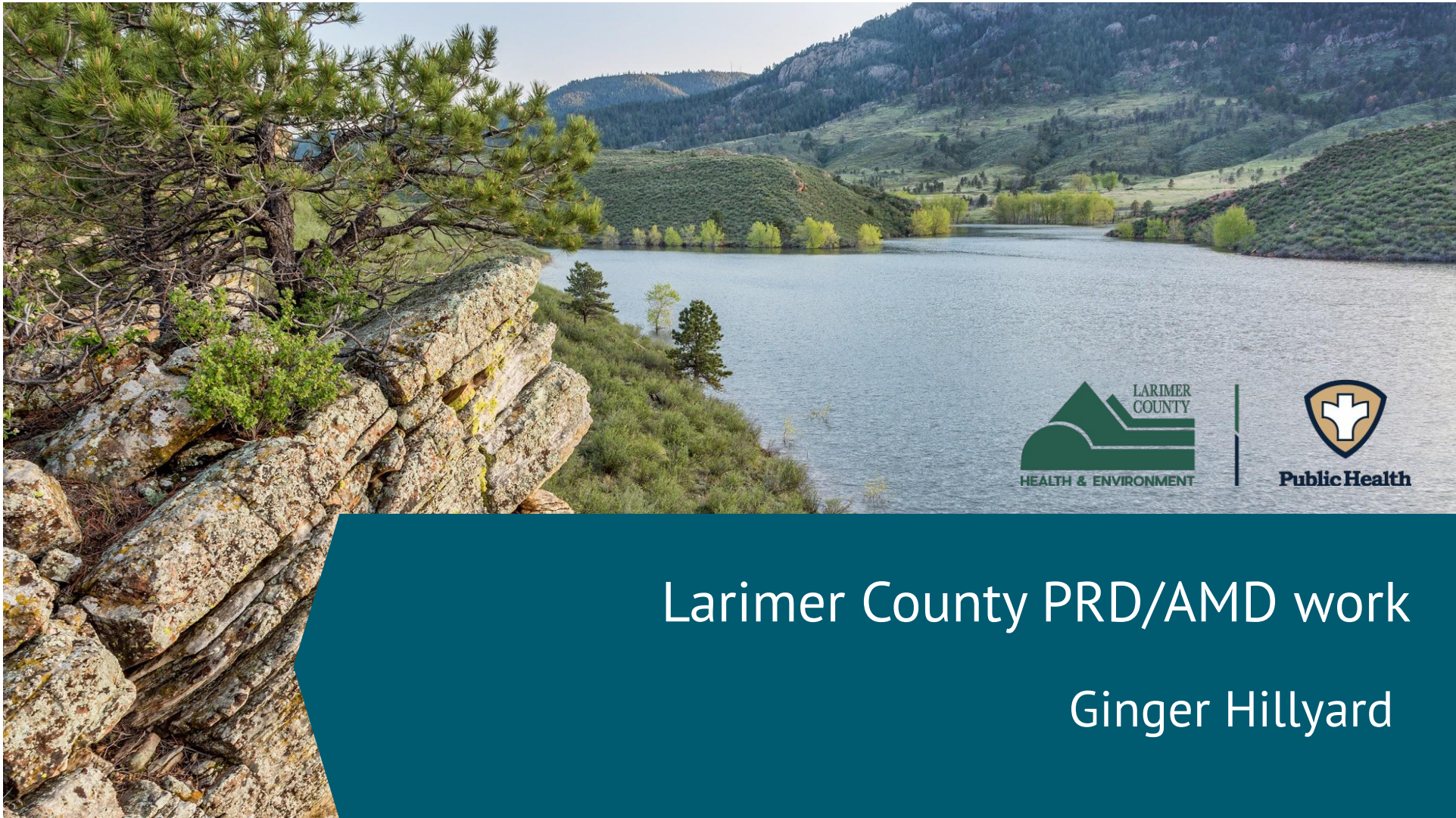


720-314-8120
www.facebook.com/cconmigolactancia
www.cuentaconmigocoop.com

How to connect with us...

- You can refer to us through the website www.cuentaonmigocoop.com
 - Interest form
- We can offer classes on:
 - Infant and toddler nutrition
 - Infant mental health
 - Emergency preparedness
 - Community preparedness
 - Infant and young child feeding in emergencies
 - Lactation counselors
- We can help facilitate research, data collection and analysis, develop recommendations, etc.





Larimer County PRD/AMD work

Ginger Hillyard

Many Faces of Pregnancy-related Depression (PRD) & Anxiety Mood Disorders (AMD)



The Why



Public Health

- The single greatest risk factor for pregnancy-related depression is a prior history of depression
- Women with pregnancy-related depression are less likely to report feelings of sadness than other persons with depression; rather, they commonly have prominent feelings of guilt or worthlessness, and experience a loss of enjoyment of usually pleasurable activities (Hirst & Moutier, 2010).

Coalition



- Community Partners
- Sharing resource information and outreach materials
- Upcoming events
- Relationship building



Outreach



-Messaging

- Pregnancy Related Depression/mood disorder impacts 1 in 5 people.
- Anxiety is reported by 1 in 3 people during the year after delivery.
- 1 in 10 partners experience a mood/anxiety during pregnancy and/or during the first year.

-The Ask

Would you be willing to talk to your friends and family who may be pregnant or have a baby in their life and check on them to see if they are doing ok, and share resources if needed

Reaching Different Populations



Families

- HCP Care Coordination/ Information and Referral
- Tabling Events
- Library Storytimes

Community Agencies

- updates during meetings
- informal and formal presentations



Group Discussion

What other work is happening in your communities around perinatal mental health that you would like to highlight? Resources you would like to share?

What is the biggest facilitator or barrier to addressing perinatal mental health in your community?

What is one takeaway you want to share from today's presenters?

Thank you!!!

You heard from:

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