Perinatal Mood and Anxiety Disorders

FAR BEYOND THE BABY BLUES

photo by Don Usner
SUFFERING IN PLAIN SIGHT

Anxious/obsessive
sad
flat
exhausted
isolated/cut off

photo by Don Usner
Infancy and early childhood are the times when capacity for relationships and resiliency is built. When a mother is suffering from postpartum depression, her ability to respond to her infant is diminished which impacts their relational bond.
Perinatal Maternal Risks

- Single parenthood
- Stressful life events/ACES
- Young age
- Food insecurity
- Housing Insecurity
- Exposure to violence
- Family separations
- History of psychopathology
- History of substance abuse
- Poverty/Low income

photo by Don Usner
Low socioeconomic status is the single greatest predictor of Maternal Mental Health disorders in the United States. California has the highest poverty rate in the nation with 4 in 10 living in or near poverty. Among those living in poverty, the prevalence can soar up to 50 percent in some communities versus 15 to 20 percent among the general population.
MONTEREY COUNTY DATA
Of all women giving birth in 2013-2015:

- 9% experienced intimate partner violence during pregnancy
- 17% of women or their partners lost their job during pregnancy
- 22% experienced two or more hardships during childhood (ACES)
- 59% of births were covered by Medi-Cal
- 50% fall below the 100% Federal Poverty Guideline
- 77% are Latina
- 25% were uninsured postpartum
- 37% did not have a usual source of pre-pregnancy care
Prevalence of Maternal Mental Health Disorders in CA & Monterey County

Information taken from California task force report on maternal mental health
The Annual cost of untreated maternal depression in California is estimated at: $2.5 billion dollars.
Postpartum disorders can be the first ACE a child experiences

Parents with histories of mental health problems or trauma have higher rates of post partum disorders. These parents deserve help before and after birth; this support lessens chances that relational pain from the past does not get passed on to their child.

photo by Don Usner
Babies can suffer in relationships & the impact can last...post-partum depression can affect baby deeply particularly if a mother is socially isolated.
Because of brain plasticity, relationships are central in the development of wellness.

*Relationships are a series of experiences that change the brain*

photo by Don Usner
Support and Treatment are...

**PARALLEL PROCESSES**

Parallel process describes how the emotional content and phenomena of one relationship is recreated in another relationship (i.e., home visitor-parent & parent-infant)

photo by Don Usner
What is happening in Monterey County to support mothers and babies?

• Maternal Mental Health Task Force
• Monterey County First 5 Programs and Training Series
• Monterey County Behavioral Health Early Childhood Services
• Parenting Connections Warmline and Support Groups
• Monterey County Birth Network
• Annual Social Marketing Campaign 2020Mom
• Educational Presentations and Training
Normalize and De-stigmatize

You are here for you.
You are not alone.
You can! I believe in you.
You are a good mother.
Everything is going to okay, believe me.
I am here for you.
How do you feel?
We are here for you.
What can I do?
Lets take it one step at a time.

Everything is going to okay, believe me.
You are not alone.
You can! I believe in you.
You are a good mother.
Everything is going to okay, believe me.
I am here for you.
How do you feel?
We are here for you.
What can I do?
Lets take it one step at a time.

10 THINGS YOU CAN SAY TO BUILD HOPE
What is on the horizon to support Monterey County mothers and their babies?

• Health Department Clinics submitted an application for funding through Central California Alliance for Health (CCAH) to increase maternal mental health care and treatment

• CSUMB and First 5 submitted applications for funding through CCAH to focus on maternal mental health issues

• MCBH is proposing to allocate funding through the Mental Health Services Act 3-Year plan to increase community based services to mothers during the perinatal period

• MCBH is exploring options to expand treatment capacity and provide training to staff working with women during the perinatal period
Community-based services to address needs of women, and women & babies

• Peer-to-peer interventions
• Social support/home visiting
• Mother/baby/child play groups
• Yoga/Meditation, pre-natal yoga
Thank you!!

For helping bring this silent suffering out of the closet and making a difference.

#AskHer
How She’s Really Doing