

Healthy Start Virtual Grantees' Meeting
Perinatal Mental Health Breakout Session
June 25, 2020

Angela Isaac: Their comfort zone

Lilly Smith: Relationship development with the family,

MARTA WHITE: normalizing feelings

Efua Ansah-Eleazu: they feel safe with you

Daisy Artiles-Strekis: Trust

Eunice: You meet patient where they are

harrtam: Client prefers face-to-face contact

gwilson: A familiar face and they trust

Cristina Rodriguez: developing a rapport first and once understanding their culture, then explain

Daisy Artiles-Strekis: Non-judgemental

Efua Ansah-Eleazu: their body language tells a lot rather than talking over phone

LaToya Barnes, APRN, FNP-C: Making home health visits gives clients a greater sense of privacy and ability to want to express themselves more. We are meeting them in their safe haven. They feel less intimidated.

James.Cox@centerstone.org: Living with the stresser

Berenice Kernizan: lack of privacy

Efua Ansah-Eleazu: abuse in the home

Lilly Smith: Fear of losing their child

Stephanie Fletes: Distractions in the home; not really one-on-one time

Daisy Artiles-Strekis: sometimes their own view of mental health

Amy R: cultural beliefs , it can be seen as weak thing, not acceptable in certain cultures

Miriam:agree

Efua Ansah-Eleazu: being embarrassed about resources and what they are lacking in their home

Miriam:I come across that a lot

Efua Ansah-Eleazu: mixing ASC with healthy start

Efua Ansah-Eleazu: ACS

Miriam:CPS in SC

gwilson: CPS in Mississippi

Cristina Rodriguez: at assessment with participants we address that even though we are mandated reporters we are there to empower and encourage them not to remove the child

Angela Isaac: Men want to be involved

Miriam: I have encountered some participants where their children have already been removed from the home and have worked with them to get them where they need to be so that their children can come back home.

Miriam: some men are reluctant to participate in programs thinking that we are connected with the government in a negative way

gwilson: I have several participants that was a referral from CPS.

Efua Ansah-Eleazu: do men experience PPD or PMD?

Miriam: that's a good question Efua

Miriam: Anxiety

Efua Ansah-Eleazu: money or lack of resources can lead to a man experiencing anxiety and mood disorder

gwilson: Yes! it sure can Efua

Efua Ansah-Eleazu: especially now during this Pandemic, losing your job, being unemployed can lead to Post Traumatic Stress

gwilson: I agree. I have a father that just does odd jobs and he is having a hard time with the pandemic.

Efua Ansah-Eleazu: yes gwilson,

dsmill: I work with fathers and I have seen them experience mood shifts and anxiety because they didn't feel like they could do anything within the first few weeks (not being able to feed the baby, not knowing how to take care of a baby, not having a father themselves). We have to teach them the many ways fathers can support and contribute to their family.

hlmabi: Look how many people were depressed BECAUSE they were with their children during the Covid!

Efua Ansah-Eleazu: noticed women who are in domestic violence or experience anxiety during their pregnancy are worse after delivery

hlmabi: And I mean school age children, not new babies.

hlmabi: I mentioned vulnerability and surrender in the breastfeeding café. It is the very tender and dangerous space

Efua Ansah-Eleazu: difficulty with feeding baby

Efua Ansah-Eleazu: problems with breastfeeding after delivery can lead to anxiety

Efua Ansah-Eleazu: successful breastfeeding, latching baby on, skin to skin increases oxytocin levels which can lower moms stress and lowers her risk of experiencing post partum depression.

Daniella Lesch: what about "Baby Pinks"?

hlmabi: How do we get providers and support people to address this with Black Women and Brown Women and what we are dealing with right now? What about families that have issues with CPS and Families in family court?

Miriam:something happened to the sound

MiriamSingley: okay thanks I am back in

Diamond Crumby: OCD can also manifest as messiness, disorganization, "hoarding"

Rosa, Staff: I had a client who asked me to contact the provider for her and was willing to prescribe antidepressants without speaking with the client first

Carolina Alshon: Antidepressants can help with physical symptoms of depression, allowing moms to feel "better" physically; however, psychological symptoms need more time and the help of a expert mental health professional to address them and gain tools to overcome them.

01:26:23 Karla Reyes: where do we access the checklist?

01:27:30 Janet De Lucio: Is there a way that we can have the powerpoint

01:27:49 Healthy Start healthystart2@nichq.org: Janet, the session slides and recording will be posted to the EPIC website

01:28:10 Janet De Lucio: Thank You

01:28:16 Karla Reyes: thank you!

01:29:23 iPad: Excellent Presentation! Thank You!

01:30:15 Raeesa: Hello, I'm a support coordinator for the Chicagoland area! PSI is amazing!

01:34:22 Efua Ansah-Eleazu: I will love to volunteer

01:34:40 hlmabi: Amazing. Thank you Wendy <3