

# Supporting Healthy Start Performance Project NEWSLETTER



*Strengthening Healthy Start to support family health and well-being*

## SHSPP News & Updates

### Fatherhood Talk Tuesday

Thank you for joining us for the TA Center's relaunch of the Fatherhood Talk Tuesday (FTT) webinar series. Our first webinar featured Kenn Harris of the TA Center, Quinney Harris of the National Women, Infants, and Children (WIC) Association, and Todd Mountin of the Washington State Department of Health's WIC Program. Participants learned about the new Healthy Start requirement of engaging 100 fathers each year, and received an overview of the WIC program and its many benefits.

If you were not able to attend or wish to review the webinar, click [here](#) to access the slides and recording of the November 26 FTT. We will not have a FTT in December but we look forward to seeing you for the January 2020 FTT! Stay tuned.

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## Resources

### Promoting Maternal Mental Health

A survey conducted by the National Alliance on Mental Illness (NAMI) found that 64% of people said they are affected by the “[holiday blues](#),” or feelings of anxiety or depression that are associated with the stress, expectations and memories that accompany the season. People who already live with a mental health condition should take extra care of their health – both physical and mental – during this time.

Depression is the most common complication of pregnancy and within the first year of delivery,<sup>1</sup> and is experienced by one in seven women<sup>2</sup>. Be mindful of the mental health of mothers (and fathers!) in your community this holiday season and beyond. For more information about maternal mental health, read the articles and resources below.

[1] American College of Obstetricians and Gynecologists 2015 committee opinion (Reaffirmed 2016), Screening for Perinatal Depression. Retrieved 7/2017 <https://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Screening-for-Perinatal-Depression>

[2] Gavin NI, Gaynes BN, Lohr KN, Meltzer-Brody S, Gartlehner G, Swinson T. Perinatal depression: a systematic review of prevalence and incidence. *Obstet Gynecol* 2005;106:1071–83.



### **Depression and Anxiety During and After Pregnancy**

Perinatal depression and anxiety are common health conditions that need to be treated. Visit the [Healthy Start EPIC Center](#) to download two helpful brochures about depression and anxiety during and after pregnancy. One brochure is specifically for moms and describes the signs and symptoms of perinatal depression and anxiety. The other describes how fathers, partners, family, and friends can support women in addressing perinatal depression and anxiety.

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### **Barriers to Accessing Treatment for Postpartum Depression**

An [article](#) published by NPR describes two recent studies, which explore the rate of postpartum depression and barriers to accessing treatment, especially for women of color. One study found that only 1 in 10 women who screened positive for postpartum depression sought any kind of treatment in the following 6 months. Another study – which reviewed 3 years’ worth of Medicaid claims – found that white women were nearly twice as likely to receive treatment compared to women of color.

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### **Staff Meeting Training Package on Perinatal Depression**

Use the [Healthy Start Staff Meeting Training Package](#), available on the Healthy Start EPIC Center, to engage staff in a conversation about perinatal depression. Discuss how to screen, support, and refer the women in your community to treatment.



### **CDC Mental Health Resources**

Click [here](#) to access the CDC's list of community resources, educational initiatives, and screening tools related to postpartum depression. You can also view and compare the rate of postpartum depression in your state, among other maternal health indicators, [here](#).

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### Self-Care for New Moms

The University of North Carolina at Chapel Hill's 4<sup>th</sup> Trimester Project recently launched [NewMomHealth.com](https://www.newmomhealth.com), the first postpartum self-care resource designed for new mothers, by new mothers. Visit the site to access the latest medical evidence and hear real stories about women's postpartum experiences.

### Postpartum Toolkit

The American College of Obstetricians and Gynecologists' (ACOG) [Postpartum Toolkit](#) includes sections on perinatal depression and substance use disorder. The toolkit provides tips for screening and diagnosis, treatment options, and additional resources for providers and patients.

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### Postpartum Support International

[Postpartum Support International](#) (PSI) provides direct social support to families, provides trainings to professional who serve families, and creates a bridge to connect them. Pregnant and postpartum parents, families, and providers can call the PSI helpline at 1-800-944-4773 for information, support, and resources. Information is available in both English or Spanish.

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Hosting or attending an exciting event or webinar?

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to [healthystart@nichq.org](mailto:healthystart@nichq.org).

Have questions? Either respond to this email or contact the sender on [healthystart@nichq.org](mailto:healthystart@nichq.org)

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