

Healthy Moms

*Developing a model for integration of services
to address behavioral health issues*



California Health Collaborative

The California Health Collaborative (CHC) is a community-based nonprofit 501 (c)(3) organization committed to enhancing the quality of life and health of Californians, particularly the underserved and underrepresented.

Founded in 1982 and headquartered in Fresno, CA, CHC has offices in Sacramento, Chico, Merced, Oakland, San Bernardino, Corcoran and Bakersfield, but provides services throughout California.

CHC builds strong partnerships at the local, regional, and statewide levels enabling its programs and services to be linked into broader systems of prevention and care.

Our History with Maternal Depression

- In 2010 CHC was part of a group of stakeholders convened to address the issue of maternal depression in Fresno County.
 - Maternal depression is the #1 complication of childbirth
 - It is estimated that it occurs 20% of all pregnant and postpartum women, but it affects the whole family. In addition to the physical risks to a pregnant woman :
 - Increase risk of substance abuse, marital discord and child abuse
 - With the mother-child bond affected, the social emotional development of the infant and other children in the family is compromised. These children have a increase risk of social-emotional issues and cognitive issues that can last a life-time.
- As part of a year-long strategic planning process, CHC convened several work groups over a nine month period including extensive data evaluation
- In 2011, CHC completed a strategic plan, “A Call to Action”, presented to the First 5 Fresno Commission and was approved for County wide implementation
- In 2014, Madera’s Coalition began
- In 2016, the United States Preventive Services Task Force(USPSTF) recommended that all pregnant and postpartum women be screened for depression

The Integration Model

The model that has evolved is unique in that it addresses several facets of maternal depression.

- Through collaboration, the model utilizes existing strengths of a community in order to create systems change that ultimately serves women better and at a lower cost
- Delivers education to providers and community organizations that serve women
- Increases screening for PMAD
- Can appeal and reach more women through the use of a variety of supportive services in addition to therapy and medication
 - Telephone support
 - Resource navigation
 - Classes and support groups
 - Mommy groups
- Integrates into community locations where it is easier for women to receive help and creates a “no wrong door” system of care
- Focuses on reducing stigma

How were we successful?

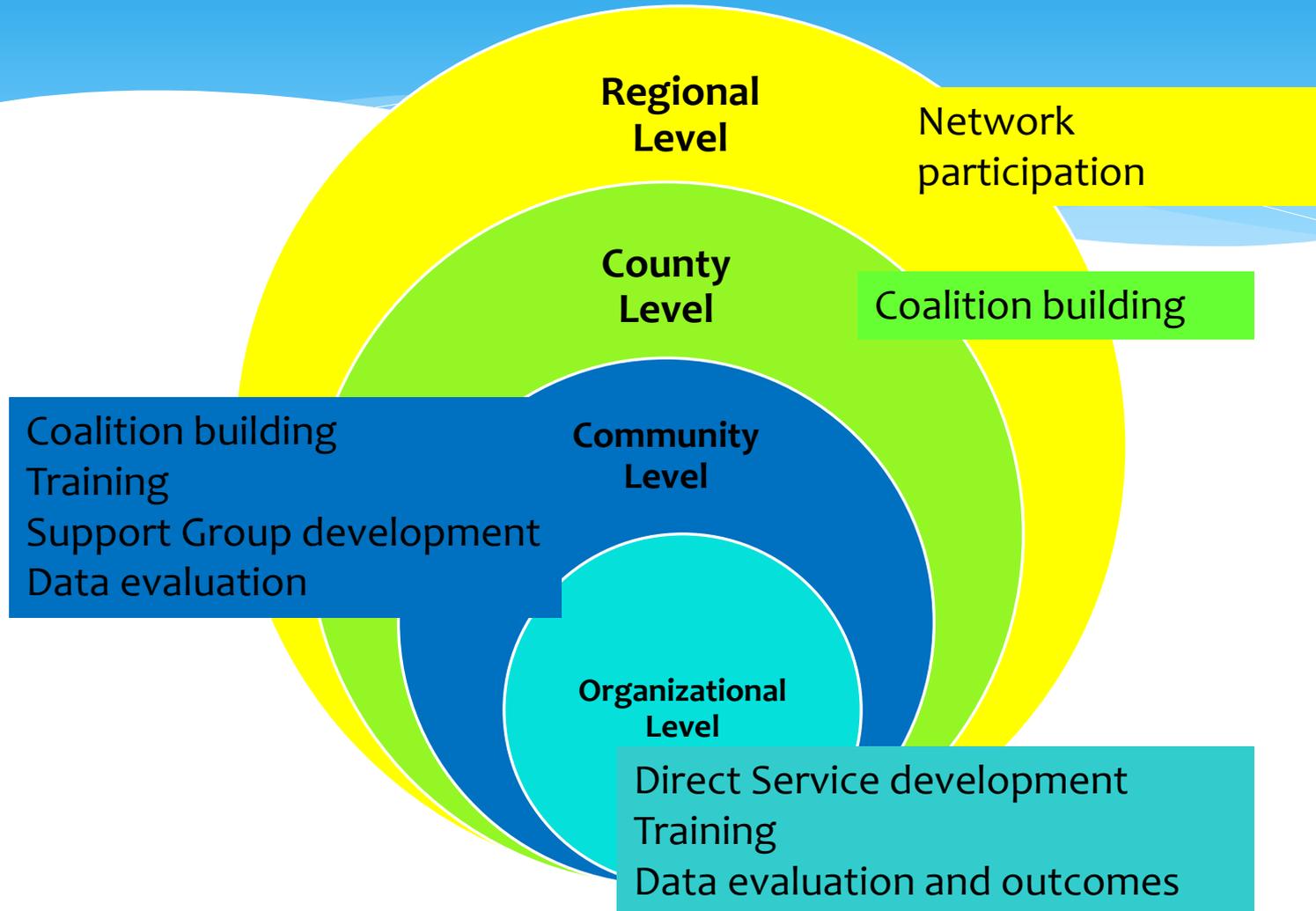
- The key to systems change was collaboration
- CHC established a coalition group in both Fresno and Madera Counties
- In Fresno, the group was called the “Architects Committee” and it was tasked with helping to develop the program and establish guidelines
- In Madera County, the group is called the Maternal Wellness Coalition and it is tasked with defining referral pathways, community education and shared training of Community Health Workers
- The strength of this group is in it’s membership :
 - Department of Public Health
 - Behavioral Health
 - Local FQHC’s
 - WIC
 - Obstetricians
 - Local Hospitals
 - Department of Social Services
 - Other community organizations serving women and children

Results

The project's primary goal was to create systems change. Systems change is needed to change the minds and behavior of the community at large to facilitate substantive changes toward the treatment of maternal depression. Systems change is illustrated through:

- Effective PMAD- physician Integration
 - Increased provider referrals
 - Expansive PMHIP reach
 - Strengthening collaboration
 - Increased PMAD awareness among the community at large
 - Women identified and treated who presumably would not have been
-
- Overall strengthening collaboration (currently 79.5%)
 - Overall satisfaction among stakeholders (87%)
 - Workshop trainees “found the PMAD workshop to be useful”(87%)
 - Providers trained to date in Madera and Fresno: 700
 - Clients survey said they would both, come back to N2N and recommend it to a friend (100%)
 - Madera and Fresno Referrals to date: 950+

How the Model Can Scale for Reach



Why?

Our experience has shown that the development of coalitions and collaborating with existing services is the most effective way to create sustainable systems change. It is through the efforts of a network of providers and community based organizations that innovative and cost effective treatments can be used effectively to assist women and their families with maternal depression.

