

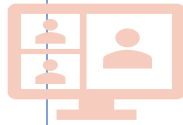


Perinatal Mental Health Task Force

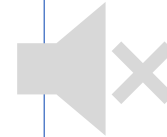
April 25, 2023



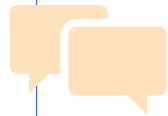
Virtual Meeting Processes



To increase engagement, turn on your video



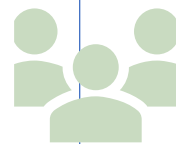
Mute your microphone upon entry, and until you are ready to speak



Use the chat function to introduce yourself: **Name, Title, Organization** (if any)



If you have comments or questions, please use the '**Raise Hand**' feature and speak clearly



If you are not a member of the Task Force, kindly hold your questions till the end of the meeting or add your questions to the chat!



Meeting Overview



- Welcome and Overview
- Observations of Individuals with Lived Experiences
- Perinatal Quality Collaborative
- DCPCA Maternal Health
- Subcommittees
- Public Comment



Perinatal Quality Collaborative



DCPCA Maternal Health Equity Action Lab

Maternal Health Equity Action Lab

Presentation for

Perinatal Mental Health Task Force

April 25, 2023



Maternal Health Equity Action Lab

- Frontline providers of maternal care and people in the District impacted by maternal health inequity to a **shared table**
- Identify, prototype and test solutions



What is Human-Centered Design (HCD)?



INSPIRATION

Carry out unstructured, deep dive interviews to truly understand the needs of the people you are designing for.



IDEATION


Generate tons of ideas and prototype them quickly, sharing them with the end user, to collect immediate real-world feedback.



ITERATION

Continue adapting your solutions to suit the needs of the people you are serving in order to land on solutions that are effective and sustainable.

Women make care seeking decisions based on reputations and perceived quality of community health centers and hospitals.



We as black women, we need other women like us ... we've been through a lot ... shelters." Of the providers: "Where's the passion? Where's the love?"

Mother of four, Ward 4

"I felt like she was trying to treat me like a business...At [hospital] they are kind of pushy ... they don't let you control your health.

We're supposed to work together. Not just you tell me what to do. They don't expect the mothers to care."

-First time mom from Ward 7 switched providers at 33 weeks because she was so unhappy with the care.

On [hospital]:

"I didn't want to. I heard bad stuff ... heard the nurses were not good."

She delivered there because she was told that was the only provider her insurance would cover.

- Mother of one, Ward 4

All women and most providers expressed a lack of postpartum care.



“Being with a baby is hard. I don’t have a family...When I went into labor, it was only my boyfriend and his mom. Now I just feel all alone.”

- Mother of three, Ward 8

One provider shared their postpartum follow-up rate is only 50 percent.

- OBGYN

“After I had the baby, everything dropped.”

-Mother of five, Ward 8

An Equity Action Lab:

Engages Context and Content experts together at a shared table

- Enables stakeholders to set a goal that is important to them and design and take action over a 14 week period to make progress toward that goal.
- Includes a 1 day intensive planning session where goals and action plans are set
- Includes a 100 day “sprint” period where solutions are tested and iterated in the community
- Culminates in a 1-day Momentum Lab



DESIGN TEAMS

1. RESPECTFUL CARE

2. AWARENESS/ACCESS

3. POSTPARTUM
SUPPORTS

4. CONTINUUM OF CARE

5. SEXUAL AND
REPRODUCTIVE HEALTH



Ebony Marcelle



FOR HEALTH WORKERS

TOP 5 DO NO HARM CHECKLIST



CHECK YOUR SYSTEMS

Change punitive systems into supportive spaces. From the parking lot to the exam room, is your space clean, inviting, and comfortable? Would you seek care at your facility? Do you have a generous late policy and walk-in option, for example?



CHECK YOUR CARE TEAM

From the front desk, to the providers, to the billing staff, each worker a patient interacts with is responsible for ensuring the patient is respected and treated like a guest. All staff should put themselves in their patients' shoes and remember many people have experienced racism and trauma.



CHECK YOUR BIASES

Everyone is biased, even you. Take the Harvard Implicit Bias test to understand and address bias. Microaggressions happen frequently and can drive patients away from needed health care resulting in bad outcomes.



CHECK EACH OTHER

Sometimes the person causing harm does not realize they are doing so. If you see harm being done, intervene. Only when we call out harm will we stop it.



CHECK YOUR LISTENING SKILLS

Believe what patients are telling you. Take time to get to know your patient and understand she may be facing a lot of challenges outside the health system. Be aware of the impact of your words and apologize if you cause harm or discomfort.

TO READ THE FULL DO NO HARM GUIDE

Visit: www.dcpca.com

Respectful Care Mini-Training

Pre-Phase: (20 minutes, participants on their own)

Step 1: Take [pre-survey](#) (5 minutes)

Step 2: Take the [Harvard Implicit Bias Test](#) – Select “Race IAT” (15 minutes)

Mini-Training: (1 hour)

Step 3: Vox ProPublica video: [The US medical system is still haunted by slavery](#) (8 minutes)

Step 4: Top 5 “Do No Harm” Checklist (10 minutes)

Step 5: Discussion and scenario practice

Post-Phase (20 minutes, participants on their own)

Step 6: Post the infographic in offices (10 minutes)

Step 7: Take post-survey (10 minutes)

Results: 100% of participants indicate that they think there entire organization should do the training

On a scale of 1 to 10, with 10 being the best/most important how would you rank the training's focus/relevance for your organization's services and programs?

Scale Ratings: 10, 9-10, 10, 9

Honestly, we were “blown away” by the training; a couple of different things that we remember: the training was a short amount of time but packed so much in! I feel like how the information was presented--presenters and the patients/clients—it was so easy to receive and the staff received the information and messaging so readily...Prior training we held recently to having this training was an 8 hour-long training...the take away from the team was we gained so much more from this training than any other.

Postpartum: Women Needs Survey

▶ Quality of postpartum care from health care provider:

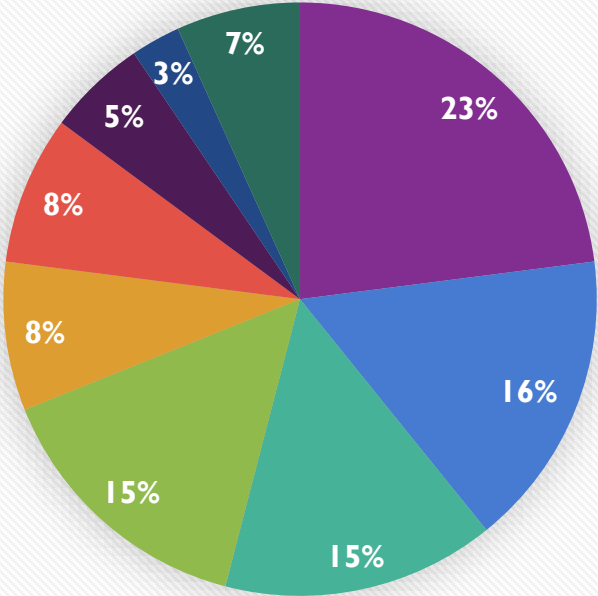
- ▶ **27.5% rated care as poor or fair**
- ▶ 21.8% rated care as okay
- ▶ 50.6% rated care as good or excellent

▶ Quality of postpartum mental health care:

- ▶ **23% rated care as POOR**
- ▶ 17.2% rated care as fair
- ▶ 20.7% rated care as okay
- ▶ 37.9% rated as good or excellent

Postpartum: Women Needs Survey

Biggest Challenge



- Breastfeeding
- Mental Health
- Physical Health
- Sleep
- Childcare
- Personal Care
- Transport
- Housing
- Other

VIRTUAL MOMMY MEETUPS

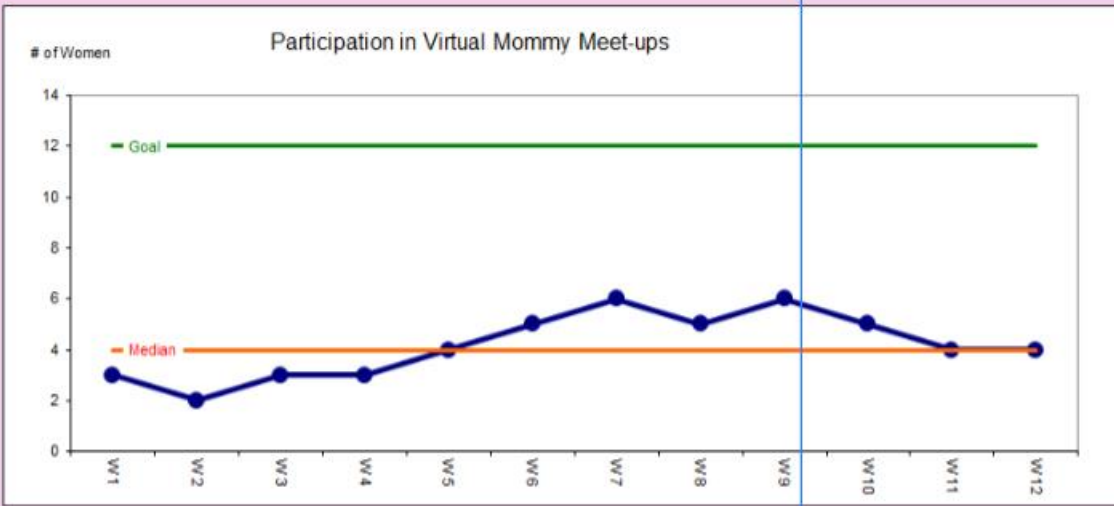


ARE YOU EXPECTING SOON?

12 WEEK VIRTUAL SUPPORT GROUP

Have questions about breastfeeding? Worried about not getting enough sleep? Let's navigate motherhood together!

RSVP TODAY, spaces are limited



\$20 VIA CASH APP

FOR 10 WOMEN WHO ATTEND THE FIRST SESSION OF

VIRTUAL MOMMY MEET UP

a 12 week virtual support group dedicated to expectant mothers seeking to develop relationships and navigate motherhood together

RSVP TODAY

TEXT 202-642-9027 OR EMAIL OLY@DCPCA.ORG

SPACES ARE LIMITED

VMM Modules Cover:

Resources for Moms and Babies

Sharing birth experiences

Breastfeeding and Nutrition

Sleep

Adjustment to Parenthood

Healthy Boundaries

Mental Health

Partners

Family Planning



Participant voices

Once Stay at Home started, It was amazing to find a group to help me keep my sanity

“As a first time mother, I had so many questions...it meant a lot to have friends to turn to”

“When I had the chance to step away from my responsibilities, it was great to laugh with other mothers who understood my life”

“One thing I would hope for is that more moms would be on each call. I loved learning from my peers”

I wish we had the opportunity to meet in person, pre-COVID..

“I didn't expect to make friends that I would remain in contact with!”

“I barely had time to myself..I couldn't join the group more than once”

“I mostly knew all of the information that they provided so it was repetative”

Facilitators

I think this group should be available to all mothers

The facilitators were confident and inviting

Impact
Sisterhood Outlet
Community
Grateful
Fun Sincere

Doula Program for Teen Parents

Currently recruiting for


BEYOND THE BUMP

TEEN DOULA PROGRAM

*Ages 19 or younger
*Delivery due dates: 4/2023-6/2023

THE PROGRAM WILL INCLUDE
REGULAR MEETINGS WITH A DOULA
DURING THE THIRD TRIMESTER
THROUGH 3 MONTHS POSTPARTUM

SCAN TO SIGN UP:



Peer-lead Sexual Health Program for Young Parents

JOIN US!

YOUNG PARENTS PEER PROGRAM (YP3)

Join other young parents to discuss, define, and achieve your sexual & reproductive health goals!

We provide:

- Birth control information
- Healthy relationships
- Accessing follow-up services
- Individual action plans

Apply Now!



<https://forms.gle/kuag6lexY2dQtkk8A>

Participants will receive FREE diapers and food from LAYC and childcare is provided!



Contact Us

Patricia Quinn, Vice President of Policy and Partnerships, pquinn@dcpca.org

<https://www.dcpca.org/resources-publications/human-centered-solutions-to-improve-reproductive-and-maternal-health-outcomes-in-washington-dc>

