



Maternal Mental Health Virtual Reconvening

Resources Shared and Topics Discussed

April 26, 2024

Resources Discussed

Topic	Resource	Description
Fathers	Brownsville Fatherhood Initiative Program	
Non-custodial parents	Montefiore Hero (Healthy, Empowered, and Open) Dads	Program “HERO is a FREE federally funded program that offers non-custodial parents (both Fathers and Mothers) a combination of relationship/parenting skills workshops, financial empowerment, and family support services.”
Perinatal, parents of color, finding care, racism and bias in maternity and infant care	Irth	App “Irth (as in Birth, but we dropped the B for bias) helps Black and brown women and birthing people have a more safe and empowered pregnancy and parenting experience by allowing you to see how other parents of color, just like you, experienced care at a doctor or hospital.”
Prenatal care, group support, group sessions	Jamaica Hospital CenteringPregnancy	Prenatal Program “During a Centering modeled prenatal care visit, a group of women with similar due dates meet regularly, to participate in sessions facilitated by doctors, nurses and midwives.”

		Contact: 718-526-5713
Family support, couples, healthy relationships	Montefiore-Einstein Supporting Healthy Relationships	Couple Support Program “Montefiore-Einstein’s Supporting Healthy Relationships (SHR) is a FREE program designed to empower low-income couples to achieve family success, by improving their communication skills, learning how to reduce destructive conflict, and gaining financial stability.”
Diapers, material resources	Hope and Healing Family Center Brooklyn Diaper Bank	Diaper Bank Clients must fill out an Intake Form.
Resource referrals	UniteUS (previously NowPow)	Resource referral platform “...integrated health and social care network connecting people to the resources they need — from food and housing assistance to counseling, caregiver support and more.” When sending texts, providers have the option to use their clients’ language.
Perinatal, birth doulas, postpartum doulas, baby specialists, lactation consultants	The New York Baby	Program “We provide expecting and new families with birth and postpartum doula services, overnight support with a pp doula or night nanny, live in baby specialists, classes and lactation consultations.”
Perinatal, women’s mental health, menopause	Women’s Mental Health @Ob/Gyn	Program/center WMH is an embedded mental health service in the dept of obstetrics and gynecology at Columbia Medical Center. We provide short term psychotherapy and medication management to patients suffering from an array of perinatal specific mental health challenges, but also

		<p>treatment women across the lifespan. Patients must be current patients of an OBGYN at Columbia in order to be eligible for services.”</p> <p>Accepts most commercial insurance.</p> <p>Offer weekly postpartum drop in groups on zoom.</p> <p>Contact: Kristina D'Antonio, LCSW at kmd2223@cumc.columbia.edu or 646 306 2232</p>
Perinatal, parent support, material support	https://www.nyc.gov/site/doh/health/neighborhood-health/neighborhood-health-acton-centers.page	<p>Program/center Material support</p> <p>“A place based MCH intervention where families are provided with resources to help alleviate their anxieties, increase confidence and become self advocates. We provide emergency diapers, car seats for prenatal families and portable cribs. The FWS also provides a range of health education offerings ranging from childbirth education, postpartum care, parenting classes and more.”</p>
Clinical therapy, professional development	Seleni Institute	<p>Clinical Therapy Service Contact: reception@selin.org or 212 929-7200</p> <p>Maternal Mental Health Professional Training Contact: programs@seleni.org</p>
Perinatal support, doula services, breastfeeding support, creating supportive environments	Supporting Our Mothers Initiative	<p>Program</p> <p>“Full service program providing support for families, communities, and businesses to support parents through birth, breastfeeding, and the postpartum period.”</p>
Parenting,	Boro Pregnancy	Center

material assistance, counseling	Counseling Center	“Parenting support, material assistance, counseling, referrals to community resources- services offered in English & Spanish- Chinese coming soon!”
Prenatal and postpartum depression, postpartum anxiety, postpartum psychosis	The Motherhood Center	Center “Comprehensive treatment center for new and expecting mothers/birthing parents experiencing prenatal and postpartum depression, postpartum anxiety, and postpartum psychosis.” Contact: 212-335-0034
Perinatal support, BIPOC	JustBirth Space	Support program “FREE virtual perinatal support to individuals worldwide over the course of pregnancy, labor and birth, postpartum, and beyond.” Provide text, phone or video, and group support. Contact: Charline Ogbeni at Charline@justbirthspace.org
Early Childhood Treatment Center	Association to Benefit Children	Provide PCPP, PREPP, and consultation around perinatal needs. Contact: Carrie Wolleman-Stein 929-288-4320 cwolleman-stein@a-b-c.org
Early Childhood Treatment Center	Child Center of New York	Perinatal Intensive Outpatient Program Contact: Seline Bearman 718-530-6892 selinebearman@childcenterny.org
Early Childhood Treatment Center	Northside Center for Child Development	Contact: Chenshen Wang 212-426-3400 cwang@northsidecenter.org
Early Childhood	Staten Island Mental Health Society	Contact:

Treatment Center		Pilar Brzyski 718-818-6727 pbrzyski@rumsci.org
Early Childhood Treatment Center	Ohel Children's Home and Family Services	Contact: Raizel Keilson 718-382-0045 ext 6302 raizel_keilson@ohelfamily.org
Reproductive Psychiatry	Northwell, Queens General Hospital, Bellevue Hospital	All take Medicaid.
Perinatal resources	Center for the Transition to Parenthood	"Think tank, research to practice center (for patient facing and provider facing materials, and future website for networking across perinatal resources."
Various	<u>Misc:</u> Libraries Postpartum doula Parenting Journey, PREPP, and P-CPP Family Wellness Centers Social Media Internet East Harlem Health Action Center Power of Two Parenting Program and Bridge the Gap	

Key Challenges Discussed

Stigma

- MH stigma in the community and cultural taboos
- Preconceived notions of needing to be a supermom, feeling prohibited from asking for help due to stereotypes like "the strong black woman" or generational thinking like "I should be able to do this, so many others did it before me"
- Social Worker PR problems (from Queens/SI breakout room)

Knowledge and Information

- Lack of awareness and understanding about postpartum depression and maternal mental health
- Expectant parents lack education on challenges they may face, including baby care, breastfeeding, support services available to them

Access to care

- Disconnection and railroading across the system
- Lack of screening for depression at hospitals
- Limited availability in childbirth preparation classes (someone mentioned Bronx and Manhattan specifically)
- Lack of insurance, particularly among immigrant families
- Long wait times for appointments and high dropout rates from initial referrals

Support System

- Lack of support from families and friends, especially for younger parents
- Transition of community support services like WIC to fully remote during the pandemic