



**Falmouth Postpartum Work Group
Maternal Depression Task Force
1/13/22 11:30am-12:30pm
Virtual Meeting-Minutes**

- **In attendance:** Mary Wilson (Barnstable and D-Y CFCE, MDTF Coordinator), Ann Macdonald (Cape Cod Hospital), Krista Sullivan (Monumental Beginnings Doula Services), Shelby Riley (LCSW & Parent), Dori Knope (Early Intervention)
- **Falmouth Human Services Grant Update**

All members present for this meeting had attended the previous Cape & Islands Maternal Depression Task Force meeting and had been updated with the current FHS grant activities. This was what was written in the minutes:

 - Postpartum Doula Home Visits-Krista**

Krista reported that the home visiting is going well, and the families are finding the visits helpful.
 - New Mom Support Group-Mary**

Mary reported that the in- person New Mom Support group facilitated by Catherine Roy had been going well, and that groups had slowed down for the holidays. Bethany works in the space used for the group and reported that she had overheard a mom say, “this is great-I’ve been so isolated.” Bethany said she has seen moms mentor one another, stay after the group to continue to chat and are very comfortable with Catherine Roy.
 - Professional Development Training-Mary**

Mary shared the draft flyer for the professional development training scheduled for March 9th from 6-8pm on Zoom. Dr. Deborah Issokson will be facilitating the program. Aimee Facchini and Kathleen Ecker will be working on the applications for CEU’s. The group suggested that CEU’s for LSW, LICSW and LMHC would be appropriate. Contact hours will be available for anyone outside of those disciplines and Mary will develop the certificate. Registration will go through Mary’s email. (See the attached flyer) Mary will send out the final copy with the minutes and all members are asked to start promoting the program through their networks once they receive the flyer. Suzie said she would share the flyer throughout Falmouth Human Services.
 - PPD Work Group-Mary**

The Falmouth PPD Work Group has met one and will meet immediately after this meeting. The focus right now is to pull together resources for the community of Falmouth and to build capacity by providing the training on 3/9/22. All Task Force members are welcome to attend the meeting. Mary and Patty thanked Suzie and Falmouth Human Services for supporting the work being done in Falmouth and underscored the importance of strengthening supports for families since the closure of Falmouth Hospital Maternity Department and the loss of the prenatal programs there.
- **Discussion: Strengthening the System of Care in Falmouth**

-Mary mentioned that this group is being formed to identify the strengths and gaps in services for families in Falmouth around the system of care for new families. This grant is supporting the professional development training with the hope of increasing capacity and knowledge for providers and community support staff on the topic of identification and treatment for women with perinatal mood complications. What needs to happen in tandem with that is a compiled list of resources for Falmouth families that address those needs.

-Mary mentioned that all members of the Falmouth PPD Work Group and members of the C & I Task Force would be asked to promote the professional development training once they receive the training flyer. In the earlier meeting, Suzie Hauptmann had offered to share the flyer throughout Falmouth Human Services. Krista asked if the Doulas of Massachusetts should be invited. Mary responded that we should first target providers and family support personnel in the Falmouth region first before opening it up to larger groups. The webinar format should allow for increased attendance; however, Falmouth providers are the target audience. This will be the initial PD training on this subject and the new Cape Cod Healthcare grant will be able to provide a Part 2 to this training where providers can go into the subject more in depth.

- Members suggested we reach out to the following individuals/organizations to promote the professional development:

1. Beth Israel Deaconess (Catherine Roy works there and can share)
2. Falmouth OB/GYN office (Ann can reach out to them and the Falmouth Hospital Social Worker)
3. Early Intervention Specialists serving the Falmouth region (Dori can share with EI's Upper Cape Team)
4. Falmouth Pediatrics (Shelby suggested the new Social Worker on the team be invited)
5. Little Kids Childcare (Shelby suggested reaching out to childcare providers in Falmouth)
6. Cape Cod Pediatrics (Dori mentioned the Nurse Practitioner and that they provide mental health services for children there)
7. Gosnold
8. Falmouth Human Services (Suzie will promote here)
9. Falmouth WIC
10. Falmouth Service Center-Family Support Staff
11. Cape Cod Healthy Families
12. Duffy-Danny Rodriguez
13. WE CAN
14. OB/GYN Providers serving Falmouth families
15. Postpartum Doulas
16. Lactation Consultants
17. LCSW in Private Practice

Action Plan

1. Identify existing resources-**Each participant in the Falmouth PPD Work Group will identify 5 resources they can find in the community of Falmouth and those that serve Falmouth families.** They will share what they find at the next meeting so that we can start to pull together a resource list for Falmouth families to distribute at the Professional Development Training. Mary will send everyone a copy of the current Resource List as a template to design the one for Falmouth so we can include the variety/types of resources that are helpful to families. **(See Attached)**
2. We will invite additional providers, community partners, and parents to the next meeting.
3. Updates on the grant activities including home visits, support groups, professional development and work group activities will be provided at the next meeting.

- **Date for next meeting: Thursday, March 3rd 11:30am-12:30pm**

