



## **Maternal Depression Task Force**

**1/13/22 10:30-11:30am**

### **Virtual Meeting-Minutes**

- **In attendance:** Mary Wilson (Barnstable and D-Y CFCE, MDTF Coordinator), Patty Watson (Cape Cod Children's Place), Pauline Cronin (Nantucket Community School/CFCE), Aimee Facchini (Therapist, Private Practice), Ann Macdonald (Cape Cod Hospital), Bethany Gay (Coalition for Children), Krista Sullivan (Monumental Beginnings Doula Services), Molly Schwartz (LCSW & Parent), Julie Campbell (CLC, Baby Yoga/Infant Massage/Prenatal Yoga Instructor & Parent), Shelby Riley (LCSW & Parent), Suzie Hauptmann (Falmouth Human Services), Dori Knope (Early Intervention)

- **Falmouth Human Services Grant Update**

- 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 9<sup>th</sup> 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.

- **Cape Cod Healthcare Grant # 2 -Patty**

- Patty shared the evolution of grant work that has been accomplished through a grant from Cape Cod Healthcare last fiscal year, the current grant provided through Falmouth Human Services, and now the

new award of \$20K from Cape Cod Healthcare that will support our continued efforts through Postpartum Doula Home Visiting, more professional development, the development of a website for the Cape & Islands Maternal Depression Task Force and multilingual outreach and translation services.

Patty mentioned that the grants and the work we are doing with them are all building on one another with the goal to create a sustainable system of care. She said that the first grant through CCH last year reported findings that home visiting had filled a more important need and filled gaps more than the support groups.

Mary mentioned that there are online support group meetings for families:

<https://groupeersupport.org/gps-groups/>

- **Open Forum Discussion and Updates from Task Force Members**

-Some discussion took place about gaps in service delivery when it comes to mental health assessment. Mary shared that in trying to get a mom in crisis seen by the Psychiatric Mobile Assessment Team, found out that they will only see individuals covered under Mass Health. The only other option is to go to the ER which comes with its own set of challenges. The Cape & Islands Suicide Prevention program was mentioned as a possible resource and that they may refer out after an initial assessment. Aimee Facchini offered to be a contact person in a crisis as she has had knowledge and experience with crisis management. Members were invited to text her in advance of any crisis referral at (508) 360-8578. Patty said that these gaps in services/service delivery are possible areas where future grants can help.

-Message from Lauren Melillo/Mary reported that Lauren wanted to share the following:

“I wanted to let the group know that I received a message from Jacqueline Barber of United Way, and they will be holding another “drop off” Community Baby Shower since in person is still so iffy. It will be held in mid-April. If folks have relevant information to include in the resource binder that goes to high-need moms of infants, as well as small gifts (think bibs, booties, etc.) they may want to consider putting together 50 or so of these items for distribution. In Sandwich this winter, we are doing Walk and Talk Stroller groups alternating with Baby Sign Zoom classes when the weather is too bad to be outdoors.”

-Patty shared that Cape Cod Children’s Place has a program called “First Steps Together” that works with families experiencing opioid and substance use disorders. To learn more, visit their website: <https://capecodchildrensplace.com/family-support/first-steps-together/>

-Krista dropped the flyer for the Postpartum Doula Home Visits being provided under the Cape Cod Healthcare grant for all families in Barnstable. (See the attached flyer)

-Pauline mentioned the Parent Education Series workshop for next month entitled “Re-wiring Your Stress Pathways” with Tina Toran. Bethany’s program is hosting this virtual program for families. (See the attached flyer)

- **Date for next meeting: Thursday, March 3<sup>rd</sup> 10:30am-11:30am**

