



Maternal Depression Task Force

11/18/21 10:30-11:30am

Virtual Meeting-Minutes

- **In attendance:** Mary Wilson (Barnstable and D-Y CFCE, MDTF Coordinator), Valerie Pereira-Brown (Health Imperatives/WIC), 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), Anna Blair (Center for Breastfeeding Healthy Children Project), Meg Payne (VNA), Shannon Outchcunis (Cape Cod Baby/Doula Services and Bereavement Support), Krista Sullivan (Monumental Beginnings Doula Services), Jessie Colbert (MA PPD Fund)
- **Cape Cod Healthcare Current Grant Final Report-Patty**

Patty Watson reported that the grant-funded /task force-initiated projects were a great success. We were able to meet the needs of Barnstable County families in a flexible way by providing 19 Breastfeeding Support Groups and 23 New Mom Support Groups with 41 families served. Postpartum Doula services were offered through an extended period of October. There were 139 Home Visits provided with 48 unique families served. Baby Bags with PPD info were distributed through the United Way Cape Cod Baby Shower. Evaluation survey results of the programs offered showed high results with 100% of respondents stating that the programs helped them.

Patty mentioned that CCCP applied, on behalf of the Task Force, for funding through Falmouth Human Services and received \$20,000 to provide Falmouth Residents with Postpartum Doula Home Visiting, a New Mom Support Group with Breastfeeding support, professional development for multidisciplinary professionals working with new families, and a PPD Work Group that will focus on the needs of families in Falmouth and work toward sustainability of services for families.
- **Falmouth Human Services Grant Update**

We received \$20,000 from Falmouth Human Services to provide programs and services in the Town of Falmouth for Falmouth Residents.

-Postpartum Doula Home Visits-Krista

Krista Sullivan described the PP Doula Home Visiting services where families would receive up to 3 visits from a Postpartum Doula for 3 hours per visit. Families would choose what support they needed (resource discussion, baby care, opportunity to get rest or go to a doctor's appointment, etc.). A screening using the Edinburgh PPD tool is provided to each participant. Aimee Facchini has been helping with that process and follows up with the families after the PP Doula visits to provide additional resources as needed. Krista says that the visits are well utilized, but the challenge is getting people to learn about it. Families are reporting that they find out primarily by word-of-mouth and that we, as a Task Force, need to promote the opportunity more. A story was shared about a Falmouth family who was experiencing the loss of a child. The Task Force network was initiated by Bethany Gay and the family was able to receive support and Postpartum Doula services through the grant with Shannon Outchcunis who specializes in

infant loss/bereavement support. The referral and services provided to the family were seamless and the family was able to get the support they needed.

-New Mom Support Group-Mary

Mary reported that Catherine Roy, the Lactation Consultant who is facilitating the New Mom Support Group, was not available to join the meeting, but reported that the group is small, but she is hoping to grow it and that those who attend are happy to have a place to come together. Bethany Gay reported that the group takes place in her office space, and she has noticed that the families are consistently coming, engage in asking questions, have their babies weighed, and stay longer than the allotted time engaged in conversation and connecting while reducing isolation. She said that Catherine is doing a fantastic job.

-Professional Development Training-Mary

Mary Wilson reported that there will be a professional development opportunity on a virtual platform and that Deborah Issokson would be facilitating it in the evening from 6-8pm. The date has not been confirmed yet, but the Task Force will be notified of it and all members will be encouraged to share the opportunity within their networks. The training will be for multidisciplinary staff that interface with new families.

-PPD Work Group-Mary

Mary Wilson reported that a PPD Work Group for Falmouth will convene its first meeting directly after this meeting. This group will focus on existing services for Falmouth Families, identify gaps in services/resources and develop a plan to sustain/serve Falmouth Families in order to prevent and treat Perinatal Mood Complications.

● **Cape Cod Healthcare Grant Proposal # 2 Status-Patty**

Patty Watson reported that Cape Cod Children's Place, on behalf of the Task Force, applied for and will be receiving a \$20,000 grant through Cape Cod Healthcare to provide programs and services with a regional focus for all of Barnstable County. The programs/services will include: Postpartum Doula visits, a website for the Task Force to post resources and updates, translated materials in Spanish and Portuguese, a professional development opportunity for clinicians (somehow translated), and a regional work group that will focus on sustainability. We will be relying on the members of the Task Force that also includes the Barnstable County Public Nurse, the MA PPD Fund, and Health Imperatives. The grant cycle is from January-September 2022.

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

-Jessie Colbert reported that MA PPD Fund will be launching its new website and wants to include the Cape & Islands Maternal Depression Task Force.

-Pauline Cronin reported that Nantucket needs support group assistance. They are trying to get childbirth education services in person and are far behind. There is a lack of resources on Nantucket. They will be doing in-person breastfeeding support with WIC staff soon.

-Anna Blair reported that the Center for Breastfeeding is offering free telehealth breastfeeding visits through the CFB Healthy Children Project. They are still not doing any in-person programs yet. They are offering a (CLC) Lactation Counselor Training online and suggest anyone interested to go onto their website to learn more.

-Valerie Pereira Brown reported that there is an incredible Breastfeeding Support person on Nantucket

-Ann Macdonald reported all Cape Cod Hospital Childbirth Education classes are free and online-accessible to all families. She also started that she was not able to find any Postpartum Support Groups and that Erin Soderstrom, who was running groups, is not returning her attempts to get in contact with her. Krista suggested reaching out to Postpartum Support International for virtual Postpartum Support Groups since they have those resources available.

-**Shannon Outchunis** reported that she recently worked with 3 families on Martha's Vineyard and was surprised how little there is available to families for supports. She said she was willing to go to MV to help.
-**Aimee Facchini** reported that there are a lot of virtual opportunities for people to get support

Resource for Postpartum Support Groups:

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

- **Date for next meeting: Thursday, January 13th 10:30am-11:30am**

