

CONFERENCE: APRIL 23 & 24 2021

ENGAGING WITH RURAL COMMUNITIES
TO IMPROVE MATERNAL MENTAL
HEALTH OUTCOMES

ATTENDEES: PATIENTS, CLINICIANS, RESEARCHERS
& COMMUNITY BASED/ADVOCACY ORGANIZATIONS

1 IN 5
MOTHERS



1 IN 10 FATHERS
HAVE A PERINATAL
MOOD OR ANXIETY
DISORDER

EACH
COMMUNITY
IS UNIQUE

**ADDRESS
BARRIERS**
TO CLEAR THE ROAD
TO CARE



GET CREATIVE
ABOUT WHO IS AT THE TABLE
WHEN DESIGNING STUDIES



**OVERCOMING
THE STIGMA**
THRU EDUCATION, PEER SUPPORT & BY
NORMALIZING DISCUSSIONS ABOUT MENTAL HEALTH



**PERSON
CENTERED
APPROACH**



**RURAL ACCESS
PROGRAMS**

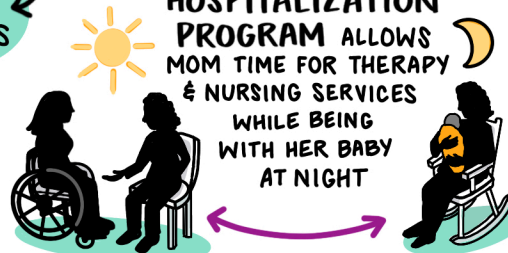
CREATE THE BRIDGE



BUILDING TRUST
WITHIN THE COMMUNITY CAN
OFFSET A CULTURE OF STOICISM
& SUSPICION OF OUTSIDERS



**PARTIAL
HOSPITALIZATION
PROGRAM** ALLOWS
MOM TIME FOR THERAPY
& NURSING SERVICES
WHILE BEING
WITH HER BABY
AT NIGHT



**FOCUS ON
PREVENTION**



**ADDRESSING
INSURANCE COVERAGE
AND EXPANDING
MEDICAID TO A
FULL YEAR POSTPARTUM**



COLLABORATIVE
APPROACH
TO

CARE



**DEPRESSION
EDUCATION
BEFORE THE BIRTH**

IT'S ALL
ABOUT
ACCESS



**PRE & POSTNATAL
CARE
MENTAL HEALTH
PROVIDERS**



**NEEDS
BEING MET
CAN ALLEVIATE SOME
MENTAL HEALTH ISSUES**

**CONNECT
PEOPLE TO
RESOURCES**

