Center for Thriving Communities

A YEAR OF—
ACTION

M3 Maternal Mental Health & Well-being

▶▶ About Melanin Mothers Meet

Who We Are:
Nonprofit Organization Supporting Black Maternal Mental Health Outcomes.

Mission:
Provide practical tools/resources to support and educate African American women, mothers, and families on how to have healthy pregnancies, postpartum care, and successful breastfeeding experiences.

▶▶ About Our Communities

Where We Serve:

Tallahassee, Florida (32304 Zip Code)
Poorest ZIP Code in the state of Florida (by median household income)

Gadsden County, Florida
The only majority minority county with African Americans in the state of Florida (55% of the population in Gadsden is Black or African American, 2022 American Community Survey 5-Year Estimates)

▶▶ Our Equity Action Lab Design Team and Leadership Team

» 2 Licensed Mental Health Clinicians
» 2 Maternal Mental Health Content Experts
» 4 Lived Experienced Moms
» 2 Community Outreach Members
» 1 Data Expert
» 1 Project Manager
» 1 Midwife

▶▶ The Need in Leon County (32304)

Deaths in the Postpartum Period (6-8 weeks post pregnancy)

» 77% of Pregnancy Related Deaths
  ▪ 42% Before Hospital Discharge
  ▪ 35% After Discharge

Infant Preterm Births (2016-2020)

» 12.9% of infants born in Leon County were preterm (224 resulted in postpartum loss)
» Statewide preterm birth- 10.3%

Infant Low Birth Rate (2016-2020)

» 12.9% of infants had low birth rate in Leon County
» County: 10.1%
» Florida: 8.7%

Infant Mortality Rate in 2022 per 1,000 Live Births

» Leon County: 9.0
» Florida: 6.0

Postneonatal Mortality 2022 per 1,000 Live Births

» Leon County: 1.8
» Florida: 2.1

Source: Florida Department of Health, https://www.flhealthcharts.gov/

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» The Need in Gadsden County

Infant Mortality Rate

» Lack of access or knowledge of resources, more births to women who did not receive prenatal care, low access to maternity care and mental health services.

» Reflects the health and well-being of the county's population of women of reproductive age and their infants, as well as the quality of healthcare available.

(2022) The Rate per 1,000 Live Births of Infant Mortality Was:

» Gadsden County - 17.2
» Florida - 6.0

Postneonatal Mortality is associated with risk factors related to infant health, safe sleep, injury prevention, and infection.

Source: Florida Department of Health, https://www.flhealthcharts.gov/

The rate per 1,000 Live Births of Postneonatal Mortality
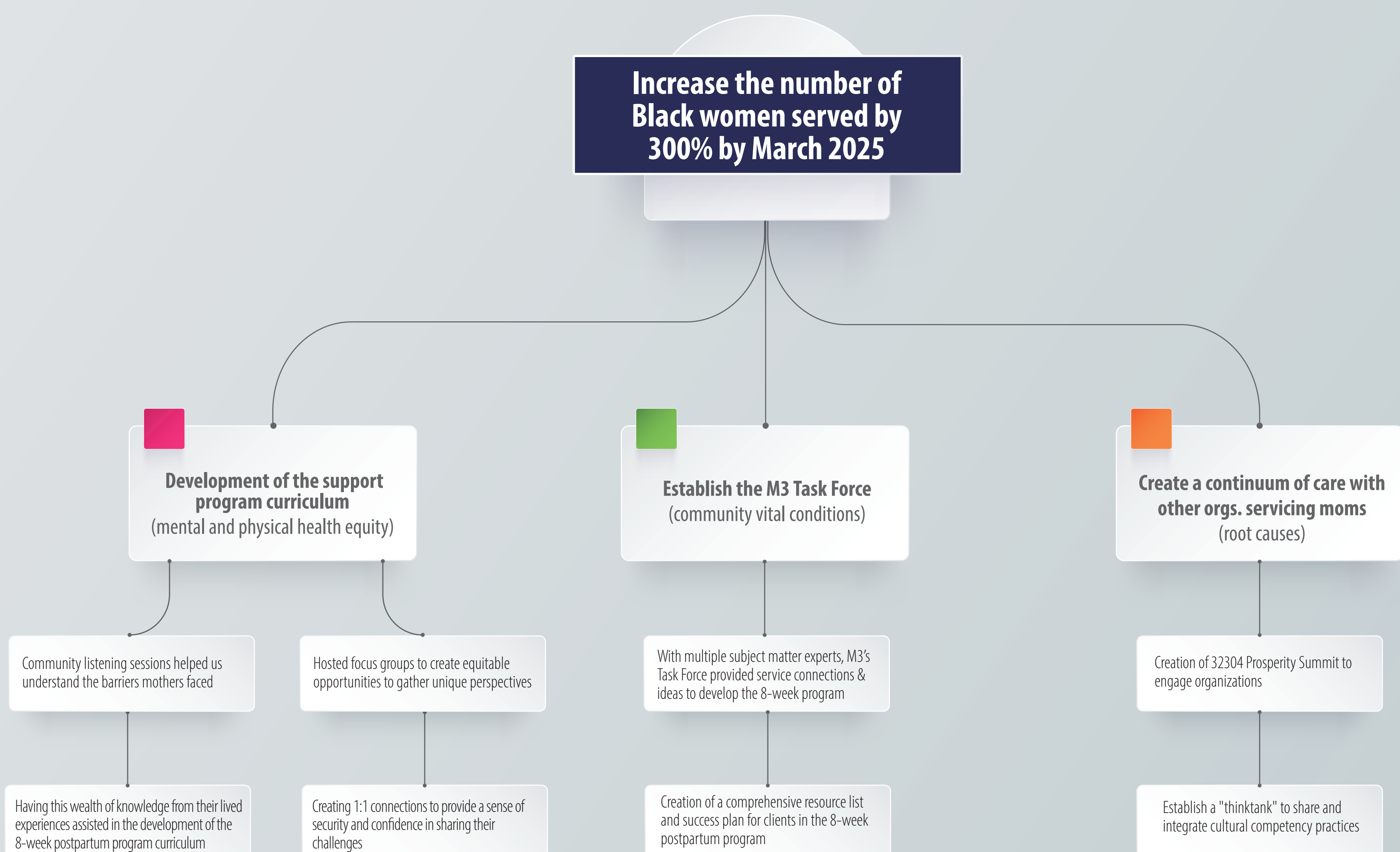
» Gadsden County – 6.5
» Florida - 2.1

» Our Design Day

Held on March 15th in Tallahassee, Florida

» 15 community partners in attendance

» Set a 2-year AIM

» Created teams to manage the different work streams of the project

» Identified nearly 50 more partners to engage for EAL sprint phase

» Developed a two-county strategy for outreach

» Your Driver Diagram

Increase the number of Black women served by 300% by March 2025

Development of the support program curriculum
(mental and physical health equity)

Establish the M3 Task Force
(community vital conditions)

Create a continuum of care with other orgs. servicing moms
(root causes)

Community listening sessions helped us understand the barriers mothers faced

Hosted focus groups to create equitable opportunities to gather unique perspectives

With multiple subject matter experts, M3's Task Force provided service connections & ideas to develop the 8-week program

Creation of 32304 Prosperity Summit to engage organizations

Having this wealth of knowledge from their lived experiences assisted in the development of the 8-week postpartum program curriculum

Creating 1:1 connections to provide a sense of security and confidence in sharing their challenges

Creation of a comprehensive resource list and success plan for clients in the 8-week postpartum program

Establish a "thinktank" to share and integrate cultural competency practices

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» What Was The Focus of Your Equity Action Lab?

We created a curriculum and delivered an 8-week program, titled **"After Baby, Now What?"**, supporting moms with pre and postpartum physical/mental barriers and challenges.

- » 79 people registered
- » 41 were eligible
- » **Eligibility:** Has a child 0-3 years old, and Mom is stressed, depressed, or overwhelmed
- » 42.9% of program participants have experienced mood swings
- » 42.9% of program participants have experienced anxiety
- » 50% of program participants have never sought any assistance from support groups
- » We believe most parents are unable to recognize the symptoms of postpartum depression, or often do not even know it exists

The 8-Week Program & Service Linkage

- » Local newspaper highlighting opportunities for moms
- » Mothers in 32304 engaging Task Force Members at intake event for 8-week program
- » Program recruitment by going door-to-door in Tallahassee's 32304 zip code
- » Participated in county-sponsored resource fair where M3 networked with multiple social service agencies, which helped to create a pre/post natal resource map for moms
- » Sessions 1 through 4 had 210% increase in attendance due to TV appearance and newspaper article
- » Engaging Gadsden County in community listening sessions for the 8-week program allowed for us to engage a hard-to-reach population, assuring people with living experience were represented in our model and assisted with curriculum development

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⟫ What Did We Learn?

What Didn't Work?
Understanding the disconnect of our service population when it comes to technology (Video Conferencing, Group Texting, etc.).

What Worked?
By providing resources directly to moms, we filled necessary service gaps and formed strong relationships, leading to positive success rates for our program.

Change Ourselves

⟫ What Would You Do Differently?

We would change our communication approach towards our service community.

» Partner with other non-profits, and position M3 as a resource

» Create a business structure that focuses on the administrative side of operating a non-profit as well as the social engagement required to reach community members

» Utilize executive and budget/reporting coaching, and look to continue individual and organizational growth

We would also find unique ways to build a stronger relationship between moms and task force members.

» Offering more opportunities for 1:1 conversations and developing a peer-to-peer model

» Utilize the REMIND App, a two-way communication platform that allowed large group messaging

⟫ What's Next?

» Refine the approach of recruitment of Task Force members and Process Mapping for clients

» Development of new communication systems that ensure moms are connected to our organization and each other through different platforms

» Continued support of current clients with resources and assistance needed

» Bridging the gap between services in community and underserved communities