



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)

Infant Low Birth Rate (2016-2020)

- > 77% of Pregnancy Related Deaths
 - 42% Before Hospital Discharge
 - 35% After Discharge

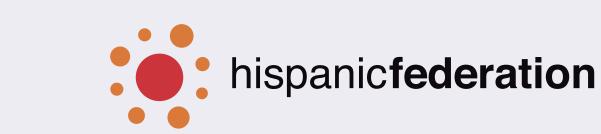
Infant Preterm Births (2016-2020)

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

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







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12.9% of infants had low birth rate in Leon County $\boldsymbol{\boldsymbol{\lambda}}$

- » 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



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.

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

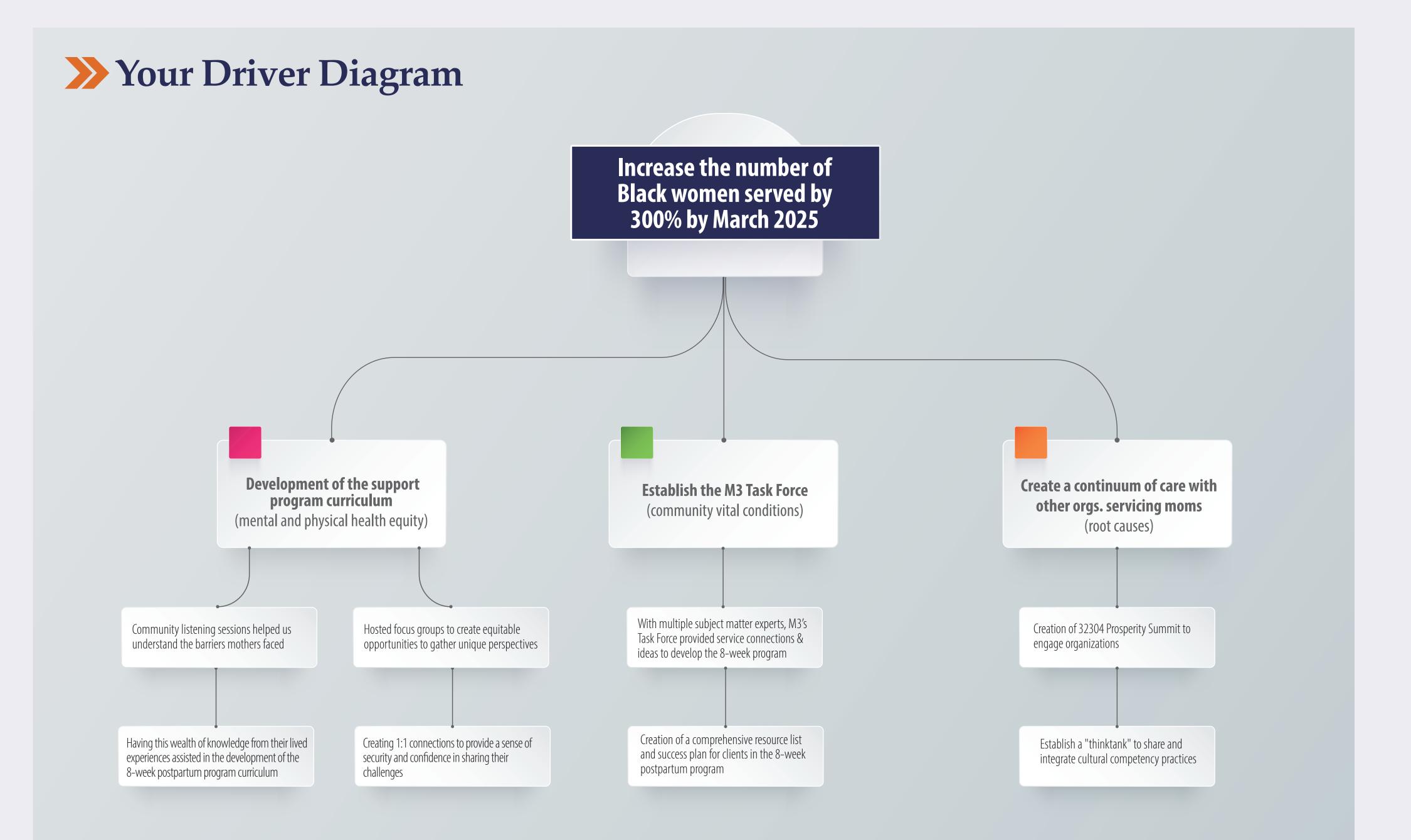
(2022) The Rate per 1,000 Live Births of Infant Mortality Was:

- » Gadsden County 17.2
- » Florida 6.0

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

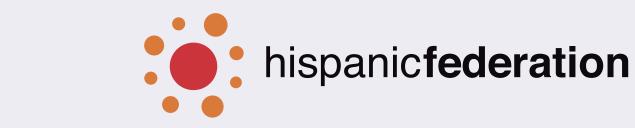
Source: Florida Department of Health, https://www.flhealthcharts.gov/

- » 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









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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

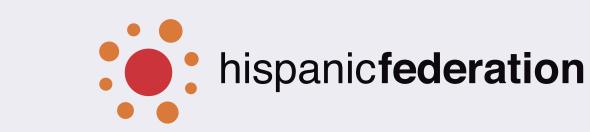


The 8-Week Program & Service Linkage

- » 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



















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



- » 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





