

What is Perinatal Mental Health?

Perinatal mental health refers to the psychological well-being of individuals during the perinatal period, which encompasses pregnancy and the postpartum period (typically up to one year after childbirth). It encompasses a range of mental health conditions that can affect pregnant individuals and new parents, including but not limited to:

- ❑ Perinatal Depression
- ❑ Perinatal Anxiety
- ❑ Perinatal Psychosis
- ❑ Perinatal Adjustment Disorders

Why have Perinatal Support Groups in LA County?

Los Angeles County has a vast and diverse population and face unique challenges and opportunities in addressing maternal mental health, specifically in the African American and Latin communities. Establishing perinatal mental health groups in Los Angeles is critical for the following reasons:

- ❑ Infant and maternal mortality rates – Black babies and mothers dying at alarming rates.
- ❑ To Support diverse populations
- ❑ High Instances of Mental Health Disorders
- ❑ Decrease barriers and lack of resources to mental health services
- ❑ A need to support marginalized communities
- ❑ Decrease adverse maternal health outcomes

Benefits of providing Perinatal Mental Health Support Groups

- ❑ Reduce Stigma and isolation to birthing people
- ❑ Promote early intervention and treatment
- ❑ Improve maternal and infant outcomes
- ❑ To address and improve mental health conditions
- ❑ Peer support offers a sense of camaraderie and understanding among mothers who may be facing similar challenges.
- ❑ Validation of feelings and experiences helps mothers realize they are not alone in their struggles and reduces feelings of isolation.
- ❑ Support groups provide a non-judgmental environment where mothers can express themselves openly and receive empathy and encouragement from others.

Service Area 1

Total Perinatal MH Groups: 8 total groups running in SA 1

Name of each group and average # of participants attending weekly:

- ❑ Through the loss of a child (pregnancy and infant loss) - 0 participants enrolled
- ❑ MEND - Men's and Fatherhood Group - 3-4 participants weekly
- ❑ Mom Squad - 2-3 participants weekly
- ❑ AIM- African American Empowerment for Women - 8-10 participants weekly (Group runs twice)
- ❑ The Village - African American Support Group for parents - 5-6 participants weekly
- ❑ Operation Motherhood with Spanish co-facilitator- 5-7 participants weekly
- ❑ Maternal Health Support Group - 6-10 participants weekly

**** 2 bilingual groups, English and Spanish and 3 groups specific to African Americans

How are referrals received in SA 1 ?

SA 1 receives an average of **8-12** referrals monthly from the following sources;

- ❑ Department of Health Services consult
- ❑ MAMA's Neighborhood Program
- ❑ Referrals are received from staff at Directly Operated Clinics by members of client's treatment team (PSW, MCW, CHW, Psychologist, Psychiatrist)
- ❑ Woman's and Infant Pavilion - AV Hospital
- ❑ Kaiser
- ❑ Community Provider referral
- ❑ DPSS
- ❑ WIC



**2 additional groups are being created and will begin in March at AV Child and Adolescent Program

Service Area 2

Total Perinatal MH Groups: 1 group running in SA 2

Name of each group and average # of participants attending weekly:

- ❑ Mother's Support Group in English and Spanish - 7 average participants attending

How are referrals received in SA 2?

SA 2 receives 3-4 referrals monthly from the following sources;

- ❑ DHS MAMA's Neighborhood Program
- ❑ Client's social worker

**1 bilingual group. No group specific to African Americans



Service Areas 3-5

- Service areas 3-5 did not report groups specific to Perinatal Mental Health, but reported running parenting, men's support groups, and being in the process of creating perinatal groups. See Slide 13 for more information

Service Area 6

Total Perinatal MH Groups: 5 total groups running in SA 6

1 Perinatal MH Group will begin in

Name of each group and average # of participants attending weekly:

- ❑ Fatherhood Support Group for Veterans- 3-4 participants weekly
- ❑ Paternal Health Group- 3-20 participants weekly
- ❑ Drum Circle for Fathers- 3-20 participants weekly
- ❑ Guided Art and Instruction for Fathers- 8-10 participants weekly
- ❑ Parent Support Group - 6 to 10 participants weekly
- ❑ Perinatal Depression Group - To begin in March

** Spanish groups are in the process of being created

**Groups are inclusive to all members of the community



How are the referrals received in SA 6

SA 6 receives 10-15 referrals monthly from the following sources:

- ❑ DHS MAMA's Neighborhood Program
- ❑ Community Partners
- ❑ Peer Resource Center
- ❑ WIC
- ❑ Library
- ❑ NAMI
- ❑ African American Infant and Maternal Mortality Community Action Team

Service Area 7

Total Perinatal MH Groups: 2 groups running in SA 7

Name of each group and average # of participants attending weekly:

- ❑ MEN - Men's Emotional-support Network - 5 participants attending weekly
- ❑ Perinatal Support Group - 5-7 participants weekly

How are referrals received in SA 7?

Referrals are received by the following sources;

- ❑ MAMA's Neighborhood Program - DHS
- ❑ DMH Peer Resource Center

** The groups are bilingual- English and Spanish

**No Specific groups for African Americans



Service Area 8

- ❑ DMH Service area 8 has no active running perinatal mental health or paternal health groups running currently but are in the process of creating a DBT/CBT perinatal mental health group.

DHS SPA 8 currently has clients attend pre-natal classes facilitated in Spanish by their Health Educators

Group Snapshot by Service Area

Group Name	Service Area	# of Participants	Day	Time	Method	Spanish/Bilingual	Specific to AA
Through the Loss of a Child	1	0	Mon	2p-3:30p	In Person / AVMHC		
MEND- Men and Fathers Group (Mentally Empowering & Needed Development)	1	3 to 4	Tues	10-3p	In Person /AVMHC		
Mom Squad	1	2 to 3	Thurs	10:30p	In Person / AVMHC		
AIM - African American Womens Empowerment Group	1	8 to 10	Friday	12p	In Person / AVMHC		X
AIM - African American Womens Empowerment Group	1	8 to 10	Friday	3p-4p	Virtual		X
The Village - African American Perinatal MH Support Group	1	5 to 6	Friday	4p-5p	Hybrid / Community Wellness Center		X
Operation Motherhood	1	5 to 7	Tues	4p-5p	Hybrid / Community Wellness Center	X	
Maternal Health Support Group	1	6 to 10	Thurs	3p-4p	Virtual	X	
Mothers Support Group	2	7	Wed	2p-3p	Virtual	X	
Parenting Support	3	3 to 5	Thurs	10a-11a			
Men's Support Group Not specific to Perinatal MH)	4	2 to 4	N/A	N/A	N/A		
Perinatal Mental Health Group	5	In process					
Fatherhood Support Group for Veterans	6	3 to 4	Fri	12p-2p	In Person / MLK		
Paternal Health Group	6	3 to 20	Fri	12p-2p	In Person / MLK		
Guided Art and Interaction for Fathers	6	8 to 10	Fri	12p-2p	In Person / MLK		
Drum Circle for Fathers	6	3 to 20	Fro	12p-2p	In Person / MLK		
Parent Support Group for Spanish Speaking	6	6 to 10	Tues	9:30a-10:30a	In Person / MLK	X	
Perinatal Depression Group	6	Begins in March					
Perinatal Support Group	7	5 to 6	2nd Wed of the Month	1p-2p	Virtual		
Men's Emotional Support Group	7	5	2nd and 4th Thurs	1p-2p	Virtual		

