



Perinatal e-News

LA BEST BABIES NETWORK



Healthy Babies. Our Future.
Presented by First 5 LA



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www.LABestBabies.org

Issue #24

- Network Hosted Workshop on Maternal Depression
- PBS Series 'UNNATURAL CAUSES. Is Inequality Making Us Sick?'

LA Best Babies Network Hosted Workshop to Address Maternal Depression

More than 150 participants attended LA Best Babies Network's **Building Capacity to Address Maternal Depression Workshop** on March 19, 2008.

"Providing quality care includes depression screening, so women are identified early. Depression has a devastating impact on maternal health and infant development," said Carolina Reyes, MD, executive director of LA Best Babies Network. "Just by asking the right questions we're being supportive and helpful. It's amazing to see the change in client's face."

Workshop participants were challenged to define what they could do in a week, a month and a year to identify and help women vulnerable for depression. The ultimate aim is to identify women with depression early and begin treatment to minimize the long term impact on infant development.

Emily Dossett, MD, MTS, clinical faculty member at Los Angeles County + University of Southern California (LAC + USC) Women's and Children's Hospital, who served as moderator for the workshop considers the proper screening and treatment of depression to be "preventive psychiatry" because of the devastating consequences depression can have on mothers, newborns and their families.

The goal of the workshop was to focus on the importance of screening for maternal depression, and to connect Network members with available resources in L.A. County for mothers needing mental health services.

Workshop speakers included, Emily Dossett, MD, MTS,

Stephanie Morales, LMFT; Andrea Schneider, LSCW; Leticia Ximenez, PsyD; Gabrielle Kaufman, MA, ADTR, NCC; Ellen Shannon; Liz Ramirez; and Diana Lynn Barnes, PsyD, MFT, who highlighted the following for participants:

- The impact of maternal depression on women, infants and families.
- The importance of social support in prevention and recovery from maternal depression.
- Strategies for providing culturally appropriate maternal depression care.
- Building capacity for individuals and organizations to effectively screen for maternal depression.
- Building skills to identify and assist someone experiencing maternal depression.
- Resources and reimbursement mechanisms for low-income women needing maternal depression services.

Workshop participants received a number of useful resources, such as:

1. "[Mental Health Coverage During Pregnancy](#)" - a fact sheet, developed by Maternal and Child Health Access, that lays out the available mental health coverage for low to moderate-income pregnant women.
2. The Department of Mental Health provided:
 - The [contact information](#) of service coordinators, who can direct individuals needing mental health services to the appropriate resources.
 - A [fact sheet](#) with information on the Full Service Partnership Program for [Transition Age Youth](#) and [Adults](#), Partnership for Families and [Project ABC](#).
3. Telephone support services and referrals to community resources provided by Postpartum Support International through 1-800-994-4PPD (4773) or by visiting, www.Postpartum.net.
4. "[New Moms Connect](#)" - a free support group open to new mothers of all faiths available through the Jewish Family Services of Los Angeles.
5. Referrals to various resources in L.A. County are provided by [211 LA County](#) - a free telephone service.

The Network also provided participants with the "[Perinatal Depression Resource Guide for Los Angeles County](#)" that

was produced in partnership with 211 LA County.

View PBS Series 'UNNATURAL CAUSES. Is Inequality Making Us Sick?'

Beginning April 6, 2008, KCET-TV will air a seven-part documentary series entitled "UNNATURAL CAUSES. Is Inequality Making Us Sick?" The series will explore the racial and socioeconomic health inequalities in the U.S. Episode two, entitled "When the Bough Breaks" will examine the social conditions that negatively affect birth outcomes especially among African Americans.

The series is accompanied with a public campaign aimed to spark a national dialogue on the health inequities and hopes to facilitate a movement towards creating healthier, equitable living conditions for all Americans.

The "Unnatural Causes" campaign aims to:

1. Raise awareness on the health disparities in the U.S.
2. Promote how socioeconomic status and ethnic inequalities affect health outcomes in all Americans.
3. Demonstrate how our social conditions influence our health outcomes.
4. Promote a preventive infrastructure.
5. Expand social and economic policies to encompass health-promotion.
6. Draw attention to community-based health initiatives that promote social justice.

Get Involved

Individuals and their organizations are encouraged to visit the series' companion [Web site](#) to learn how they can get involved in the national campaign and what they can do to address health inequalities. The interactive Web site provides individuals with the tools and resources that will enable organizations to **raise awareness** on health inequities, take action to **address** the health issues affecting their communities, and become **advocates** for health equity.

The "Unnatural Causes" Web site includes:

- Video clips
- Interactive activities

- Case studies
- An action toolkit
- A policy guide
- A directory of health equity organizations
- Discussion guides
- Lesson plans for educators

For information on the series, the national campaign, and how you can get involved visit, www.unnaturalcauses.org.

To find out when "UNNATURAL CAUSES. Is Inequality Making Us Sick?" is airing in your city, visit www.unnaturalcauses.org/check_tv_listings.php for TV listings.

Visit our [Web News & Events](#) section.

We invite you to contribute story ideas and event listings for our consideration in *Perinatal e-News*. To submit items please e-mail contact@labestbabies.org.

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