Yolo County Perinatal Mental Health Collaborative
A community collaboration to address....

Collaborative Overview

Launched March 2014 at the recommendation of the Yolo County Fetal/Infant Mortality Review Program and the MCAH Advisory Board.

12-15 attendees per meeting representing 22 different agencies in Yolo County

Women in their childbearing years account for the largest group of Americans with depression.

11 monthly meetings resulting in a committed, consistent and action oriented team.

Mission

Promote maternal wellness by developing and maintaining a system of care for Yolo County mothers who are at risk for or experiencing perinatal mood and anxiety disorders.

Postpartum depression is the most common complication of childbirth.

Yolo County women ages 15-44 have higher rates of hospitalization for mood disorders than the State.

Despite the prevalence, Maternal Depression goes largely undiagnosed and untreated.

So why is this so hard to address?

Very little awareness Screening rates are too low Shortage of treatment Doctor's can't do this alone.
Why Maternal Mental Health Matters

Untreated depression doesn't just impact the mother's own sense of worthiness and wellbeing. It impacts the baby's development, her relationships with a partner and family members, her job performance and employer. The overall health of a community can be seen in the health of the mother and child.

Our local call to action

**Goal 1**
Assure Perinatal Mental health resource information is easy to access by all community members.

**Goal 2**
Maintain a strong county-wide and multidisciplinary collaborative.

**Goal 3**
Develop platform(s) that give providers/professionals access to local tools, research and best practices around screening, assessing, referring, and treating maternal mental health disorders.

**Accomplishments to date**
- Multi-Year Action Plan
- Traveling Blue Dot Stakeholder Outreach Project
- Screening & Treatment mapping project
- First Responder Palm Card in development

...Designed using Piktochart...