



MATERNAL MENTAL HEALTH NOW  
supporting the well-being of growing families

# IMPACT REPORT

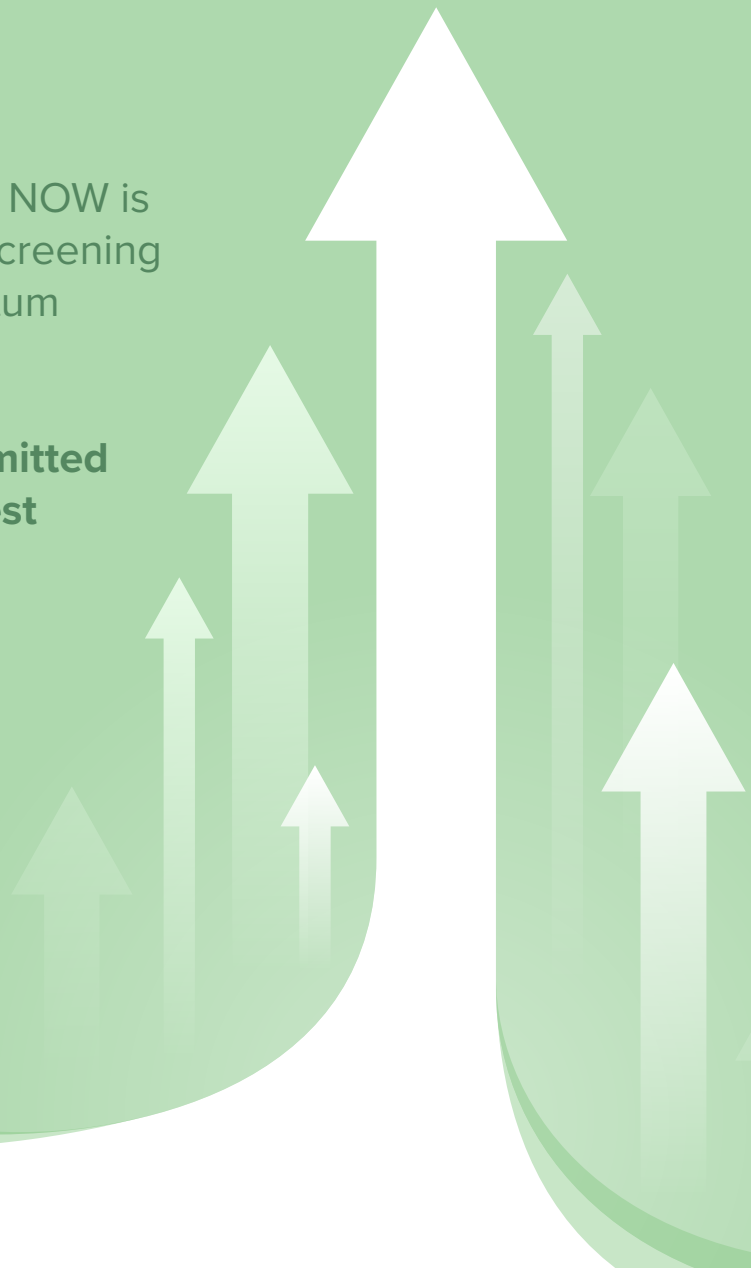
## 2022-2023

FY23: 7/1/22 – 6/30/23

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The mission of Maternal Mental Health NOW is to remove barriers to the prevention, screening and treatment of prenatal and postpartum depression in Los Angeles County.

**Maternal Mental Health NOW is committed to making Los Angeles County the best place in the country to give birth.**



# TRAINING & TECHNICAL ASSISTANCE



Maternal Mental Health NOW centers community voices in its systems-change approach to improving the system of perinatal mental health care experienced by Los Angeles' new and growing families.

## DURING FY23:

# 94

comprehensive trainings were delivered on perinatal mental health, reaching over 2,300 health care and mental health care providers who serve pregnant and postpartum birthing people and families.

# 576

downloads of the **Queer and Trans Perinatal Mental Health Toolkit**, a digital resource for providers, birth workers, and those supporting queer and trans birthing people.

Enrolled and awarded

# 73

certificates for the **Bringing Light to Motherhood foundational training**, which qualifies for Postpartum Support International's Certification in Perinatal Mental Health (PMH-C) pathway.

Explored issues around reproductive justice, including the mental health implications of the reversal of Roe v. Wade, with

# 200

virtual and in-person participants at the **Legal and Ethical Dilemmas in Perinatal Mental Health Conference**.

# COMMUNITY RESOURCES



Maternal Mental Health NOW empowers community members affected by perinatal mental health conditions to define and share the resources that they find most valuable at helping to prevent and/or relieve their feelings of depression, anxiety and stress during the perinatal period.

## ACCESS TO CARE

**318**

registered users shared over 668 community resources and experiences through [mmhn.streetwyze.com](https://mmhn.streetwyze.com), a digital story-mapping resource directory.

**2,200+**

online visitors have accessed these holistic resources.






# PUBLIC AWARENESS



Maternal Mental Health NOW supports individuals who have first-hand experience with depression, anxiety, loss or other trauma during the perinatal period in sharing their stories in order to lessen the stigma for individuals seeking help for mental health issues during the perinatal period.

## 609

participants from across the country joined our virtual **Courageous Conversations** series:

-  This Time Around: Expanding Family After Experiencing Perinatal Mental Health Disorders;
-  Dads & Postpartum Mental Health; and
-  Navigating Trans & Queer Perinatal Health.

## 250

guests gathered at the **2023 Speak Up When You're Down Gala** to celebrate the **powerful voices advancing and uplifting Black birth equity, justice, and joy at the county and state level.**

Honorees included the California Surgeon General, Dr. Diana E. Ramos, and intergenerational leaders in Black birth equity: Wenonah Valentine, MBA, Founder in Residence and Executive Director, i.D.R.E.A.M. for Racial Health Equity; Adjoa Jones, MBA, CLES, Doula, Los Angeles County African American Infant and Maternal Mortality (AAIMM) Prevention Initiative; and Dr. Sayida Peprah-Wilson, PsyD, Executive Director, Diversity Uplifts, Inc.



## LA COUNTY BLACK BIRTH WORKER'S COMMUNITY

Maternal Mental Health NOW launched the **Black Birth Workers (BBW) Advisory Council**, consisting of ten care professionals who serve **Los Angeles' Black birthing community**. The advisory council informs program development in a co-design model to create community, build capacity, and provide support to Black birth workers in order to improve access to holistic, culturally congruent perinatal mental health care for Los Angeles County's Black birthing population.

# 100+

Black birth workers have opted into this community for shared learning, referral pathway strengthening, celebration, care, and support.

## ONLINE TRAINING LEARNING PATHWAYS: Perinatal Mental Health 101 & 201

Maternal Mental Health NOW and the **UCLA +Dept of Mental Health (DMH) Prevention Center of Excellence** developed two free, easily accessible, and sustainable **online training learning pathways** for safety net providers in LA County, enabling them to identify and care for perinatal mental health conditions: Perinatal Mental Health 101: What to Know; and Perinatal Mental Health 201: How To Help.

In the first quarter of the launch,

# 264

registrants enrolled in the first pathway.



For parents in Los Angeles County.

Sharing community wisdom for your journey through parenthood.

**1-888-823-SANA**

1-888-823-7262 | sana@maternalmentalhealthnow.org

**CALL, TEXT OR EMAIL**  
MONDAY - FRIDAY | 9 AM - 5 PM PST  
AVAILABLE IN SPANISH & ENGLISH

MATERNAL MENTAL HEALTH NOW  
Supporting the well-being of growing families

This program is offered by Maternal Mental Health NOW. The mission of Maternal Mental Health NOW is to remove barriers to the prevention, identification and treatment of perinatal mood and anxiety disorders in Los Angeles County. This program is supported by the Conrad N. Hilton Foundation.

## SANA SANA (PERINATAL PEER SUPPORT PROGRAM)

In April 2023, we launched Sana Sana, a supportive peer program for expectant and new families in LA County that provides:

- Culturally congruent and gender affirming support
- Connections to local resources
- Access to free support groups
- Weekly follow up
- Co-created care plan

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“**Sana sana colita de rana. Si no sanas hoy, sanarás mañana.**” is a popular nursery rhyme in the Spanish language. Its literal translation is “**Heal heal little frog’s tail. If you don’t heal today, you will heal tomorrow.**” When presenting on the Sana Sana program at Postpartum Support International’s annual conference, a workshop attendee recognized the song from their childhood and sung it for all to hear!

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The first few calls that our team of peer supporters fielded were from a group of guidance counselors at various South Los Angeles public high schools. Each caller was calling on behalf of a pregnant student seeking resources specific to this population. **In each case, the Sana Sana peer supporter found resources for online support services as well as local in-person support groups that are specifically designated for pregnant teens.**



# SPONSORS, FUNDERS & PARTNERS



Atlas Family Foundation



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UCLA PREVENTION CENTER OF EXCELLENCE





Over the past sixteen years, Maternal Mental Health NOW (a project of 501(c)(3) fiscal sponsor Community Partners) has **prepared over 19,000 health care and social service providers** to identify and respond to perinatal mood and anxiety challenges and **helped over 33,000 birthing people and their family members** feel more comfortable speaking out about their experiences and seeking support. Maternal Mental Health NOW is the only organization in LA County solely dedicated to improving the system of perinatal mental health care by centering the community members' voice.

*Thank you*

**for your support of LA County's birthing people and families!**