

Madres de Maryland: Trabajando Juntas Para Brindarle Un Mejor Servicio

Maryland's Mothers: Working Together to Serve You Better



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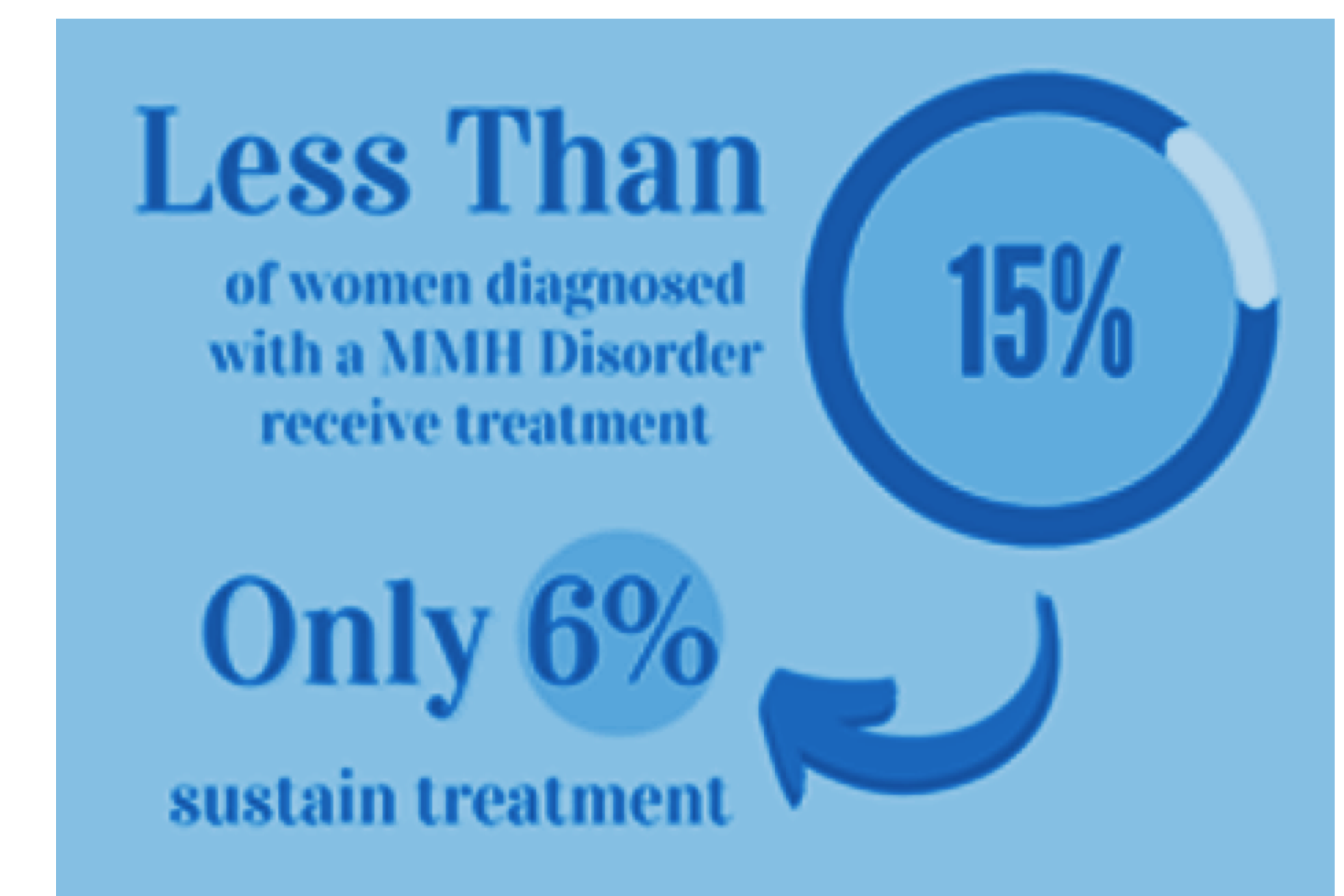
¿POR QUÉ? | WHY?

Perinatal depression affects as many as **one in seven women.**

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Perinatal depression can have significant consequences for women, their infants and families

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¿QUÉ? | WHAT?



A program to prevent postpartum depression. It is guided by cognitive behavioral therapy and attachment theory.

¿QUIÉN? | WHO?



+ mothers
+ facilitator
+ co-facilitator

¿DÓNDE? | WHERE?



Judy Center Early Learning Hubs provide early childhood education programs and intergenerational support services for children 0-5

¿QUÉ DICEN LOS PARTICIPANTES? | PARTICIPANT FEEDBACK

Yes, for me yes, it has been helpful. I don't get as stressed as before, I don't despair, I don't get angry as easily as before. I feel like, yes, it has helped me so much, to talk, and say what I feel and what I want.

Our parents raised us their way because there wasn't what there is now, talks and all that, like to be a better person. I feel like no mother should miss these opportunities that you all are giving us to learn how to be better parents, to learn to control our rage, our stress, our anger, everything. And to learn how to live with our children, to learn how to develop our children for a good future.

PRÓXIMOS PASOS | NEXT STEPS

- Offer Mothers & Babies in Spanish at a pediatric primary care practice
- Provide Mothers & Babies training to staff at 29 of 53 Judy Centers in Maryland
- Continue close partnership with local Baltimore City Judy Centers
- Continue to evaluate current Mothers & Babies program
- Determine how to address food insecurity among participants