

WNY Community Needs Assessment

Background

- 1 in 5 women will experience, mental health conditions during or the first year following pregnancy (Seleni).
- 75% of women who experience Maternal Mental Health symptoms go untreated (MMHLA).
- 38% of new mothers of color experience perinatal complications and anxiety, 2x the rate of white women (PMHAPOC).
- Moms of color living on low incomes are most likely to experience postpartum depression, and least likely to receive care (ShadesofBlue).
- Only 5.3 percent of psychology professionals are black (APA).
- Women of Color typically do not receive treatment because of social, cultural, and economical limitations.

Method

Community-based interviews in person and virtually, and online survey of network providers.

Meetings with leaders from Positive Directions and Associates, Millard Fillmore Suburban Hospital, Jericho Road, Her Sacred Way, WNY Perinatal Bereavement Network, The Department of Social Services, Women of Color with Postpartum Depression (WOCPPD), and Buffalo Prenatal Perinatal Network (BPPN).

Challenges

- Fear of a CPS call or Immigration Services
- Lack of Insurance Coverage
- Social + Cultural Stigma
- Lack of trust with the system
- Transportation
- Limited access to resources for people with Medicaid
- Childcare Difficulties
- Implicit bias of medical professionals and recipients of care
- Limited education around PMADS
- Strong Black Women Syndrome
- Gender Discrimination
- Limited appointment hours (doesn't fit into schedule)
- Limited providers in high-risk areas
- Food Deserts
- Financial Limitations + Economic Insecurity
- Language barriers
- Lack of culturally appropriate care
- Diversity among service providers (PMHAPOC) (MMHLA).

Diversity

- Improved outcomes seem to be more prevalent when workers come from the communities that they serve.
- Lack of diversity within service professionals may contribute to women seeking care.
- There needs to be established trust between the recipient of care and the service professional.
- Non-Hispanic white workers make up the vast majority (60-85%) of service professionals (National center for health workforce analysis).



References

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Community Recommendations

- Encourage communication between patients and medical providers
- Advocacy Resource: Consider using this tool to talk with your provider: https://www.postpartum.net/wp-content/uploads/2021/05/2021_05_21-Discussion-Tool-ENGLISH.pdf
- Community outreach - be present in underserved communities, build trust
- Reduce stigma, normalize PMADS among women
- Community education - provide information where people will see it (salons, stores, etc)
- In-home services - removing barriers by bringing services directly to clients
- Increase resources for Medicaid eligible clients
- More specialized training for medical professionals-BIPOC, cultural, PMADS
- Outreach to OB/GYN providers - awareness of services and supports available
- Improve partnership among agencies and professionals in the community
- Create a formalized group of diverse providers/participants to address community needs

Resources

WNY Postpartum Connection: www.wnypostpartum.com/families

Jericho Road: www.jrchc.org/programs/priscilla-project

Buffalo Prenatal Perinatal Network: www.bppn.org/programs

Postpartum Support International: www.postpartum.net

Postpartum Resource Center of New York: www.postpartumny.org

For local resources - 211: www.211.org