

# VIBRANT MOMS NEWSLETTER

September 2024



## Coalition Meeting Recap – September 2024

Our September VIBRANT MOMS Coalition meeting had 22 attendees from 14 organizations. Thank you to all those who joined and provided input, insights and guidance!

An overview of preliminary data highlighted key concerns such as preeclampsia, affecting 6.6% of deliveries, along with gestational diabetes, obesity, and mental health issues. Challenges like Medicaid access and delays were discussed, particularly in rural areas. Focus group feedback showed that pregnant mothers trust their providers but face different barriers depending on whether they are urban or rural and Spanish or English-speaking.

Planning of the phase II project is now accelerated, with a proposal deadline moved up to March of 2025. This means that our next Coalition meeting in November will be used to make critical decisions and developments for our 5-year project that will begin next fall!

Our community health needs assessment survey will roll out in October! We will distribute this when it is available and appreciate your help sharing on your own social media sites!

Please join us in person on November, 20th in Amarillo!



## Introducing Casa Del Llano

We are thrilled to welcome Casa Del Llano from Hereford, Texas, as the newest member of our coalition! Casa Del Llano is dedicated to serving the community through a range of impactful programs and services, including immigration assistance, job placement, notary services, ESL classes, translations, job fairs, computer classes, and community development initiatives. They also collaborate with various partners to offer a wide array of services in and around Hereford.

Their commitment to enhancing the well-being of families and individuals aligns perfectly with our coalition's goals. Casa Del Llano brings valuable experience and resources to our collective efforts, and we look forward to the new opportunities this partnership will bring.

Together, we will continue to work toward our mission of improving community health and supporting families across the region. Please join us in extending a warm welcome to Casa Del Llano!



Virtual “Coffee Conversations” are held every 3rd **Thursday from 10am-12pm**. Join us to share events, celebrations, news, and discuss ideas related to the project and the communities we reach and serve.

**Next Meeting is October 24, 2024**

Zoom Link:

<https://ttuhsc.zoom.us/j/96795698042>

## DON'T FORGET

Our next Coalition meeting is scheduled for November 20th at 10am-2pm. The meeting will be held in-person at TTUHSC.

We look forward to your participation and valuable contributions as we continue to advance our shared goals. Please mark your calendars and let us know if you have any questions or need further details.

## Suicide Awareness Month

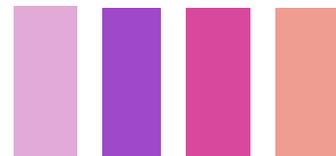


As we observe Suicide Awareness Month this September, we emphasize the importance of mental health and the crucial need to support those in crisis. This month is dedicated to raising awareness, reducing stigma, and encouraging open conversations about mental health challenges.

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## 🌟 Vibrant Moms Phase 2 Focus: Preeclampsia! 🌟

We are pleased to announce that after careful deliberation, the focus for Phase 2 of the Vibrant Moms Project has been decided. With valuable input from coalition members during our recent meeting, the project will center on **preeclampsia** as the primary area of concern.



Preeclampsia, a potentially life-threatening condition that affects pregnant women, has been a growing concern in maternal health. This decision follows extensive discussion around other important maternal health issues, including gestational diabetes (GDM), maternal mental health, sexually transmitted infections (STIs), and substance abuse. However, the overwhelming support for prioritizing preeclampsia highlights the urgency of addressing this condition.

We are excited to move forward with this focus, as it aligns with the ongoing mission of improving maternal health outcomes in communities throughout the Texas Panhandle. By targeting preeclampsia, the Vibrant Moms Project aims to enhance awareness, screening, and care coordination to mitigate the impact of this condition on mothers and their families.

Thank you to all coalition members for their thoughtful contributions, and we look forward to your continued support and collaboration as we progress into Phase 2.

## Maternal Mental Health: An Important Update

We are excited to continue our collective efforts towards improving maternal health and addressing postpartum mental health challenges. Recently, data from the state revealed some crucial insights:

From 2010 to 2021, there has been a significant increase in postpartum depression rates across different racial and ethnic groups:

- White mothers: up 60%
- Hispanic mothers: up 110%
- Black mothers: up 140%
- Asian/Pacific Islander mothers: up 280% (Getahun et al., 2023).



<https://www.renewell.org/mmchw>

Despite this alarming trend, only about 15% of women diagnosed with postpartum depression receive the treatment they need (Policy Center for Maternal Mental Health, 2023). This highlights a critical gap in care that needs to be addressed.

The 170-hour **Maternal Mental Health Community Health Worker Training Program** offers a comprehensive curriculum that integrates maternal health, mental health, and community health worker competencies, adhering to national and federal quality standards. With over 1,100 trainees enrolled to date, this program represents a valuable resource in the mission to enhance maternal mental health support.

Please feel free to share this certificate and information within your community to help spread awareness and promote better care for mothers. Together, we can make a significant impact on maternal health outcomes.

