



Maternal Mental Health and Stigma Reduction Roundtable Discussion Series



Roundtable 2

Maternal Mental Health Support Programs and Solutions to Overcome Stigma

Co-Sponsored By

BEHAVIORAL HEALTH NEWS



Office of
Mental Health

Housekeeping and Continuing Education Information

- This roundtable is being recorded. The recording and presentation slides will be available to view and download after this session.
- Use the Q&A window for all questions, and Paige will address as many as she can with the panelists during the Q&A session at the end.
- The Chat is open for networking and brief on-topic comments during the discussion but not required for CEUs. Feel free to click the “ X ” on the chat window to close it at any time.
- If you are experiencing any technical difficulties, please send a direct message to Isabella Hou in the chat box.
- For those applying for CEUs, a survey will be emailed to you after the event. **You must complete survey by Nov 27th to receive CEUs.** You can expect CEU certificates **1-2 months** after the event via email.
- Please email CEU questions to: Karin.wagner@omh.ny.gov

Continuing Education Statements

“New York State of New York Office of Mental Health is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists **#PSY-0122**, psychologists who attend this class in its entirety will receive **2.5** contact hours toward renewal of their psychology license.”

“State of New York Office of Mental Health SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers **#0227**. Licensed Master Social Workers (LMSWs) and Licensed Clinical Social Workers (LCSWs) who attend this class in its entirety will receive **2.5** contact hours toward renewal of their social work license.”

Roundtable 1

“Understanding Maternal Mental Health and Stigma”

View the Recording, Presentation Deck, and Speaker Bios:

[Behavioralhealthnews.org/stigma](https://behavioralhealthnews.org/stigma)

Meet the Panelists

Obianuju “Uju” Berry, MD, MPH, Director of NYC Health + Hospitals Domestic Violence Mental Health Initiatives, Clinical Associate Professor, Department of Child and Adolescent Psychiatry, NYU

Ahna Red Fox, Tribal Citizen of the Shinnecock Nation, Founder of Wuttahminneoh Birth Work, Full Spectrum Indigenous Birth Worker (doula), Indigenous Lactation Counselor

Sonia Murdock, PMH-C, Executive Director and Co-Founder, Postpartum Resource Center of New York

Dariann Raven Rickerson, MPH, Program Manager, PCORI Maternal Health Equity Study, Public Health Solutions

Ellen Tourtelot, MD, Associate Professor Emeritus, University of Rochester Medical Center

Maternal Mental Health Continuum of Care

Perinatal Mood and Anxiety Disorders (PMAD) Prevention

- Public Awareness
- Psychoeducation
 - Preconception Counseling
- Prevention Programs
- Screening
- Referral/Resources
- Provider Education & Support
 - Psychiatric Access Programs

Support for Mild Symptoms

- Birth/Postpartum Support Programs
- Peer Support Programs
- PMH Peer Support Specialists
- Support Groups
- Community Health Workers

Support for Moderate Symptoms

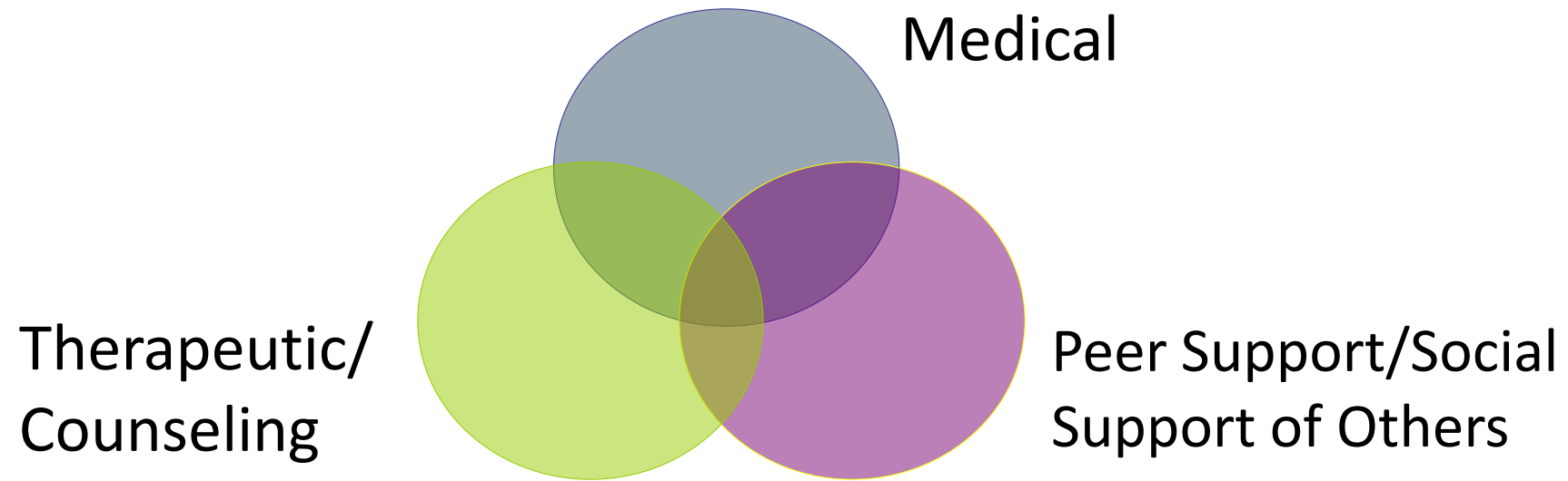
- Specialized Perinatal Outpatient Treatment
 - Perinatal Therapy
 - Reproductive Psychiatry
- Perinatal Intensive Outpatient Programs (IOP)

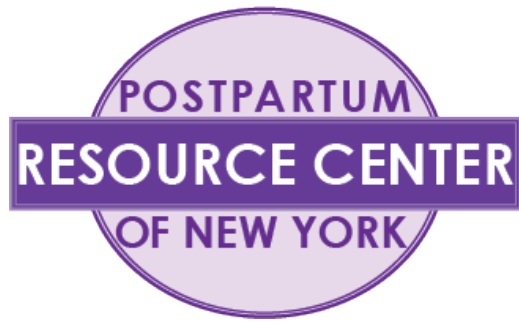
Support for Severe Symptoms

- Perinatal Inpatient Hospitalization
- Perinatal Partial Hospital Programs (PHP)
- Mother-Baby Units

PRCNY Take Care of You Action Plan

Community Support Resources





Postpartum Resource Center of New York

Parental Mental Health: Finding the Help You Need

Statewide non-profit since 1998 offering free emotional peer support, educational information, healthcare, and support group resources.

PRCN's Vision: postpartumny.org/project62

Statewide Toll-Free Helpline: 1 (855) 631-0001 (7 days/week, 9am–5pm)

Request help online: www.postpartumny.org/email

Websites: postpartumny.org En Español: pospartony.org

Statewide PMAD Resource Directory: www.postpartumny.org/resourcedirectory

Free Virtual Support Groups: EMERGE Black Moms, Support for Dads, Spanish Mom Support

Training Institute:

- 2-Day PMAD Training
- Workshops, In-Service Trainings, 1-Day Doula Trainings
- Circle of Caring & The Next Step: Navigating the Fourth Trimester Support Group Programs

NYC Health + Hospitals Domestic and Gender-Based Violence Mental Health Initiatives

Website: www.nychealthandhospitals.org/services/domestic-and-gender-based-violence

- Free, culturally, co-located, and trauma-informed mental and behavioral health services at each of the [NYC Family Justice Centers](#) and [NYC Domestic Violence Shelters](#)
- Universal screening of behavioral needs of adults and children
- Rapid connection to mental health evidence-based interventions based on symptoms and developmental age, offering:
 - Individual therapy
 - Group therapy
 - Medication management
- Assistance with long-term and aftercare connection to behavioral health services and medical services
- 24/7 crisis support for clients
- Extensive support and training to non-medical staff



Wuttahminneoh Birth Work

Contact: heartberrybw@gmail.com • [Instagram](#) • [Facebook](#)

Wuttahminneoh Birth Work Provides:

Full Spectrum Birth Support Services - Supporting birthing people and families through pregnancy, birth, postpartum, lactation, and early parenting, including pregnancy release and pregnancy loss.

Workshops and Educational Services - Community-centered workshops and educational sessions that cover various topics like body sovereignty, menstrual cycles, childbirth education, postpartum healing, food sovereignty, and much more.

Speaking Services - Sharing expertise during panels, community talks, and advocacy on maternal and family health, particularly in Indigenous communities.

Partnerships and Collaborations - Partnerships with organizations and BIPOC communities to provide tailored support circles, training, educational sessions and workshops.

Consultations for Tribal Nations - Guidance on initiating or strengthening maternal health and family support services.

Neetuonk Community Gathering Space & Relief Fund Grant Project - Development and management of funding to support Shinnecock tribal members access to maternal health services, doula support services, midwifery care, and family health education and community programming.



Family Connect's EMPATHS Program: Enhanced Perinatal Mental Health Spectrum of Support

Website: www.healthsolutions.org

Dariann Rickerson, Program Manager in Maternal Child Health: drickerson@healthsolutions.org

Rachel Schwartz, Senior Dir. Maternal Child Health: rschwartz@healthsolutions.org

Camille Tinder, Director, Maternal Child Health Services: ctinder@healthsolutions.org

EMPATHS is a universal perinatal mental health screening and community resource network of mental health specialists trained to support pregnant and postpartum families. Our goal is to connect new parents to the community and clinical support they deserve.

The mental health spectrum of support includes peer support groups (i.e., Circle of caring, ROSE, Becoming Us, Birth Trauma Support, Time to Relax, and Circulo de Mamas), social worker-led support groups (i.e., Remembering You, Remembering Us: Perinatal Bereavement, Dad's Dialogue, Intensive Outpatient Program), individual therapy (i.e., Agape Family Therapy, Rising Ground), and Crisis Interventions (i.e., The National Maternal Health Hotline, Postpartum Support Resource Center of NY, and 988).

No single intervention, from both a clinical and social outcomes perspective, has moved the needle on comprehensively improving perinatal mental health as a risk factor for maternal morbidity and mortality. It takes a multi-faceted, collaborative approach. EMPATHS is unique in that it unifies and increases access for a spectrum of available supports, ranging from effective peer-based models, preventive approaches, clinical 1:1 and group psychotherapy treatment, and support for more serious mental illness.

We partner with entities working from a trauma-informed, racial justice approach to behavioral health. This includes clinicians with training and awareness of historic and current day racialized and class-based responses to behavioral health disorders.



Integration of Collaborative Mental Health Care in a University-Based Obstetric Practice - University of Rochester

- Universal screening for depression, anxiety, alcohol use, and substance use at first prenatal and post-partum visit. Screening for depression and anxiety at 28 weeks.
- Follow up and monitor all positive screens by a licensed mental health therapist (Behavioral Health Care Coordinator) through the postpartum period. Includes phone calls and in-person visits where brief interventions can be done while the patient is awaiting further services.
- Feedback/communication to the patient's obstetric provider on the patient's mental health condition.
- Joint in-person visits – The patient meets with their obstetric provider and the Behavioral Health Care Coordinator at the same visit.
- For more information, contact Ellen Tourtelot at ellen_tourtelot@urmc.rochester.edu.



New York State Perinatal Association (NYSPA)

- NYSPA is an organization with members from all disciplines (physicians, nurses, social workers, community health workers, doulas, midwives) who are dedicated to improving perinatal outcomes.
- We provide EDUCATION on best practices through our yearly conference in Albany and quarterly webinars. The new website recently went live - will be adding content as the health care landscape changes.
- We ADVOCATE for funding of healthcare for birthing persons, infants and children by signing on to pending legislation and informing our members of opportunities to advocate.
- Website: www.nysperinatal.org

Resources

View This Special Issue of Behavioral Health News

“Supporting Maternal Mental Health and Reducing Stigma”

[Behavioralhealthnews.org/bhn-summer-2025-issue](https://behavioralhealthnews.org/bhn-summer-2025-issue)

Visit the New York State Office of Mental Health Maternal Mental Health Resources

<https://omh.ny.gov/omhweb/maternal-depression>



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