



## Children's Network

### Postpartum Depression "You're Not Alone" Campaign

In collaboration with the County-wide  
Maternal Health Working Group

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Children's Network of San Bernardino County concerns itself with at-risk children (minors) who, because of behavior, abuse, neglect, medical needs, educational assessment, and/or detrimental daily living situations, are eligible for services from one or more of the member agencies of the Children's Network Policy Council. A variety of public and private agencies deliver a broad and occasionally confusing array of services to these children.

The overall goal of Children's Network is to help at-risk children by improving communication, planning, coordination, and cooperation among youth-serving agencies.





- The County-wide Maternal Health Work Group was established in 2014 to address gaps in services and barriers to accessing maternal health care (esp. for Postpartum Depression)
- Chaired by Department of Behavioral Health and Children's Network



Collaborative members include:

- Department of Behavioral Health
- First 5 San Bernardino
- Department of Public Health
- Children's Network
- Inland Empire United Way 2-1-1
- Arrowhead Regional Medical Center
- Inland Empire Health Plan
- Molina Healthcare
- SART Centers
- Family Resource Centers
- And other community partners

**“I love my baby. So why do I feel so blue?”**





- **1 in every 10 women** will experience depression during pregnancy
- **8 in 10 women** will experience the “Baby Blues” after birth
- **1 in every 8 women** experiences Postpartum Depression
- **1 in every 1,000 women** will experience Postpartum Psychosis

“She told me that God told her to do it, that she had to do it, that it had to happen.”



Baby Garrison Burchett, killed in 2009 by mother suffering from untreated Postpartum Depression



Postpartum Depression occurs in women following childbirth arising from a combination of hormonal changes, psychological adjustment to motherhood, and fatigue

## Symptoms include:

- Irritability or hypersensitivity
- Difficulty concentrating
- Anxiety and worry
- Crying or tearfulness
- Anger
- Negative feelings such as sadness, hopelessness, helplessness, or guilt
- Loss of interest in activities you usually enjoy
- Difficulty sleeping (especially returning to sleep)
- Fatigue or exhaustion
- Changes in appetite or eating habits
- Headaches, stomachaches, muscle or backaches





Recommendations to mothers experiencing Postpartum Depression:

1. Seek Professional Advice and Care
2. Accept Support from Family and Friends
3. Find a Support Group

**Dial 2-1-1**

## If I Have Postpartum Depression, What Can I Do?

Some women may find it hard talking about Postpartum Depression. They may be unsure if they have it or how to discuss it. They may wish to deal with their problem secretly and hope that it goes away on its own.

These feelings are more common than one would expect. Postpartum Depression affects thousands of women and can be treated successfully. It is possible to feel better. Here are some things that can help:

### 1. Lean on Family and Friends

There are many ways that family and friends can help you. A few hours of weekly child care can give you a much needed break. When you share your feelings openly with friends and family, it allows them to provide the important support that you need.

### 2. Talk to a Health Care Professional

Screening for Postpartum Depression should be a routine part of your health care during and after pregnancy. Health care professionals are familiar with Postpartum Depression. They know ways to help and can explain options to you.



### 3. Find a Support Group

Although you may not know it, there are probably other women in your community suffering from Postpartum Depression. Finding them can give you a chance to learn from others and to share your own feelings. Ask your health care professional how to find and join a support group.

## Advice for Fathers, Family, and Friends

If you know a woman who has the symptoms of Postpartum Depression, this is how you can help.

### As a Spouse or Partner:

- **Encourage her to seek help.** This is the quickest path to recovery.
- **Offer support and encouragement.** Your positive actions and words can reduce some of her suffering.
- **Listen.** Her feelings are real. Let her express them to you.
- **Allow her to focus on her own needs.** Physical and social activities help women suffering from Postpartum Depression feel stronger, relaxed, and better about themselves.
- **Take time for yourself.** It is important for spouses and partners to continue with their work, hobbies, and outside relationships.

### As a Friend or Family Member:

- Ask the mother how you can help, including baby-sitting and house cleaning.
- Let her know you are there for her, even if she doesn't feel like talking
- Understand that the father may also feel stressed from the changes that come with being a new father or by a partner who is suffering from Postpartum Depression.

If you or someone you know may be suffering from Postpartum Depression, please dial **2-1-1** for available services in your area.



08/18/14

# You're Not Alone

Recognizing Postpartum Depression



What Is

## Postpartum Depression?

Every new baby is a one of a kind and so is every new mom. Some women seem to sail through pregnancy and the first days of motherhood joyfully. Others ride a roller coaster of emotions, feeling happy and excited one minute and lonely or tearful the next. Most of the time, feelings of sadness are mild and pass quickly, but sometimes they are serious and don't go away. The important thing is to understand the difference and to get help when it is needed.

Up to 80% of new mothers cry easily or feel stressed following the birth of a baby. These feelings, known as the "Baby Blues", usually go away in a couple of weeks. However, some women feel a heavy sadness that doesn't go away. These women may have Postpartum Depression or, more rarely, a condition known as Postpartum Psychosis. A woman with one of these more serious problems may have difficulty bonding with her baby. She may feel that she is not a good mother. She may think she doesn't love her baby enough.

These feelings are upsetting. However, women need to know that treatment is available.

## You're Not Alone....

### 1 Woman in 10

Experience depression during pregnancy. These symptoms are like the Baby Blues but happen before the baby is born.

### 8 Women in 10

Experience the Baby Blues after giving birth. They may cry for no apparent reason, feel impatient, irritable, restless, and anxious.

### 1 Woman in 8

Experiences Postpartum Depression. A woman with PPD may feel sluggish, sad, confused, anxious, irritable, guilty, and have difficulty remembering things. She may have trouble eating and sleeping. She may have fears of harming the baby or herself. Her moods might change from being very happy to very sad. She may feel out of control. She may want to avoid seeing people or talking about her feelings.

### 1 Woman in 1,000

Experiences Postpartum Psychosis, which usually happens within the first three months after birth. This illness is rare, and symptoms are very severe. A woman with psychosis does not know what is real and what is imagined. She may have hallucinations or delusions. She may not be able to sleep. Her actions may be unpredictable.

## How Do I Know If I Have Postpartum Depression?

Only a trained health care or mental health professional can tell you whether you have Postpartum Depression.

However, the following checklist can help you know whether you have some of the common symptoms. Mark the box if the statement sounds familiar to you.

### During the past week or two -

- I have been unable to laugh or see the funny side of things.
- I have not looked forward to things I usually enjoy.
- I have blamed myself unnecessarily when things went wrong.
- I have been anxious or worried for no good reason.
- I have felt scared or panicky for no good reason.
- Things have been getting the best of me.
- I have been so unhappy that I've had difficulty sleeping.
- I have felt sad or miserable.
- I have been so unhappy that I have been crying.
- The thought of harming myself, my baby, or others has occurred to me.

Did you check more than one box? If so, we encourage you to visit with a trained health care or mental health care professional who can help determine if you are suffering from Postpartum Depression and advise a course of action.



AFTER GIVING BIRTH  
1 IN 8 WOMEN SUFFER FROM  
**MATERNAL DEPRESSION**

FOR RESOURCES AND INFORMATION,  
PLEASE **DIAL 2-1-1**



THIS CAMPAIGN IS MADE POSSIBLE BY AN INVESTMENT BY FIRST 5 SAN BERNARDINO



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- [www.postpartum.net](http://www.postpartum.net)
- [www.postpartumprogress.com](http://www.postpartumprogress.com)
- [www.maternalmentalhealthla.org](http://www.maternalmentalhealthla.org)
- [www.2020mom.org](http://www.2020mom.org)
- [www.camaternalmentalhealth.org](http://www.camaternalmentalhealth.org)
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