

Butte County Mothers Strong

Meeting Notes

Friday, April 4, 2025

9:00am-10:30am

Virtual | Meeting ID: 753 882 2614

link: <https://us02web.zoom.us/j/7538822614>



Building Strong Families

Meeting Agenda

I. **Welcome, agenda review & introductions-**

In attendance: Anna Bauer, First 5 Butte; Georgia St. Louis, First 5 Butte; Nancy Gagon, Enloe Health; Ashly Lowenhaupt, BCBH Stepping Stones; Carolyn Iverson, BCPH MCAH; Gail Garcia, Perinatal Healing; Kelly Doty, Wayfinder Family Services; Kim Taylor, Butte Baby Steps, Lynn Edward, E-Center; Macy McClellan, BCPH MCAH Intern, CSU Chico; Mariela Sanabria, First 5 Butte Intern; Tracy Weeber, Enloe Health; Romy Kullar, First 5 Butte Commission, BCBH Practitioner, Private Practice Therapist.

II. **Discussion: [May is Maternal Mental Health Month](#)**

May is Maternal Mental Health Month. First 5 Butte shared a [draft proclamation](#) and encouraged partners to consider using it as a template to bring forward within their organizations. The proclamation will be reviewed by the First 5 Butte Commission at their April 25th meeting.

- Gail Garcia noted that maternal mental health will be highlighted during one of the Perinatal Healing scheduled support group sessions in May.

- Kim Taylor shared that a new [maternal mental health group](#) will be offered by the Family Center at Esperanza House in Gridley starting the first Tuesday in May.

III. **Updates: [Butte County Maternal Child Adolescent Health](#)**

Carolyn Iversen, new MCAH Director, provided an update on perinatal and infant loss resources and the current landscape of doulas in Butte County. She discussed her role as SIDS coordinator and her efforts to connect families to grief support through home visits, phone calls, and referrals. Carolyn is also working on building a support system for families experiencing perinatal loss, including a resource directory of licensed therapists specializing in this area by reaching out to local partners such as funeral homes, hospices, and Enloe's Forever Loved Program to strengthen supports.

- Gail Garcia shared that in her experience, individual therapy is often more effective than support groups in addressing perinatal loss, particularly early on. She also talked about the importance of therapists with the specialty education in PMAD and using the therapists on Mothers Strong's site.

- Discussion followed regarding the limited number of providers accepting Medi-Cal due

to reimbursement challenges.

- Romy added her name to the [BCPH therapist resource list](#) and shared information on the psychiatry residency program at Chico Community Counseling Center, which may soon expand capacity for clients under age 25. Self-referrals are accepted for this program; new residency participants may allow up to 10 additional clients.

- Nancy Gagon inquired about the possibility of utilizing a nurse practitioner student, and mentioned an RN with maternal mental health expertise seeking employment. Romy & Nancy to connect offline.

- Public Health is constantly updating their Doula list will share the updated list with the group.

IV. **Information: Triple P: Positive Parenting Program**

- First 5 Butte provided an overview of Triple P for Baby, a light-touch parenting class for pregnant caregivers and parents of children under 12 months.

- The Family Center in Gridley, at Esperanza House, will host [Triple P for Baby](#) sessions during May to align with Maternal Mental Health Month.

- These classes offer reassurance and basic parenting strategies for new parents.

V. **Partner Announcements and Mothers Strong Website Updates**

- The Mothers Strong website and calendar were reviewed.

- Updates were shared on local perinatal and postpartum support groups. Enloe's support group is currently on hold.

- Macy shared about her work with reproductive justice efforts at Chico State and invited collaboration. Contact her at mmcclellan@csuchico.edu for more information.

VI. **Next Meetings Scheduled for 2025-**

July 11 & Oct 3. Location TBA.