

## Butte County Mothers Strong

### Meeting Notes

Friday, October 4, 2024

9:00am-10:30am



Building Strong Families

**In attendance:** Anna Bauer, First 5; Georgia St. Louis, First 5; Evelyn Jones, MCAH; Tiffani Lang, LCSW Priv Prac; Carrie Powers, NVCSS; CC Pace, NFP; Gail Garcia, LCSW Perinatal Healing; January Giles, LCSW Cloverleaf; Jaymee Sifers, NVCSS; Kathryn Harrigan, PH Cannabis Prevention; Kelly Dotty, Wayfinder; Kim Taylor, NVCSS; Kimberly Nelms, BCOE; Monica Soderstrom, PH; Nancy Jorth, Y4C; Keri Dowell, NVIH; Michelle Thorpe, NVCF; Kate Sheehy, WIC.

I. **Welcome, agenda review & meeting updates-**

II. **Discussion: [CA surgeon general sets goal of reducing maternal mortality by 50%](#) |**

*Resources: [Data, Strong Start & Beyond - Fact sheet](#), and [CA Maternal Health Blueprint](#)*

GSL provided an overview of materials. Key points discussed:

- **Local GYN Access:**
  - **EJ:** Enloe prioritizes pregnant women, advising others to seek GYN primary care elsewhere.
  - **KS:** NVIH limits GYN services to focus on pregnant women and considers integrating pediatric and postpartum visits. Oroville Hospital may still offer GYN care.
  - **MS:** Stressed the importance of perinatal care access in Butte County after Adventist Health ceased birth services. BCPH and Partnership are working to expand capacity.
- **Maternal Health Insights:**
  - **MS:** Shared Dr. Ramos's focus on pre-conception risk assessments and preventable maternal deaths (80%). Complications like high blood pressure and gestational diabetes increase long-term health risks. Maternal depression likely poses similar risks.
  - Hispanic maternal deaths in California are rising.
  - Previewed *PREMA Quiz* launch in February for Cardiovascular Awareness Month.
- **NICU Family Support:**

- **GG:** Highlighted challenges for out-of-town NICU families accessing postpartum and mental health services. Suggested referral pathways to connect families to therapy and resources.

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

Evelyn Jones(EJ) shared an updated list of doulas, including three approved for the Medi-Cal benefit, each able to take 2–3 clients. She noted the potential for a collaborative.

Keri Dowell (KD) met with Dr. Colleen Townsend (Partnership) to discuss recruiting more doulas. Morgan offered support for those seeking Medi-Cal certification. Noted a need for a more diverse and multilingual doula workforce.

***For up-to-date information on local Doula's that accept medical, please reach out to [Butte County Public Health's Maternal Child & Adolescent Health Program](#)***

IV. **Discussion:** [Cannabis use during the Perinatal Period](#) | Resources: [ACOG Guidelines](#) & [FAQ's](#) ; [CDC Information Page](#); [USDA Guidelines](#)

GST inquired about a campaign addressing cannabis use during pregnancy.

- **MS:** Highlighted that as cannabis becomes more accepted, women often assume its use during pregnancy is safe. Unlike alcohol, there's little messaging about marijuana's potential effects on pregnancy. MS proposed forming a community mini-workgroup to address this issue, as it often intersects with mental health self-medication. Suggested involving BCPH to co-lead and checking in with BCBH Stepping Stones and prevention teams.
- **EJ:** Recommended using motivational interviewing as a strategy.

*BCPH Cannabis Prevention Unit staff was unable to attend this portion of the meeting*

V. **Partner Announcements and Updates**

- GG (Perinatal Healing):** The Perinatal Healing support group has strong participation, with moms actively engaging. Support group details are available online.
- KS (WIC):** WIC offers peer counselor support and promotes certified lactation educators. Most WIC staff are certified and can assist with breastfeeding questions via phone.
- KD (Wayfinder):** Wayfinder hosts a caregiver support group for grandparents and kinship care. KD will share a flyer.
- Tiffani Lang (Private Practice LCSW):** Shared challenges with Carelon not contracting with therapists, delaying panel access. TL, trained in Accelerated Resolution Therapy

(ART), has seen success resolving trauma quickly and offers super bills and a sliding scale. GG offered assistance with Carelon contacts.

- e. **EJ (MCAH):** Highlighted the need for an infant loss support group, as local resources are lacking. Suggested connecting with Alisha, who specializes in this area. GG suggested Evelyn explore further.
- f. **January Giles (Cloverleaf Family Counseling):**
  - Announced CYBHI funding for *Attachment Bio-Behavioral Catchup (ABC)* and *Child-Parent Psychotherapy (CPP)* services, which are free.
  - Cloverleaf has a new bilingual (Spanish-English) clinician with limited availability.
  - Partnership Health contract is signed; billing details pending.
- g. **Michele Thorpe (CARE Team):** CARE Team supports families and youth dealing with suicide and self-harm. Activation Line: **530-783-CARE**.
- h. **October Awareness:** October is SIDS Awareness Month. Training is available in Shasta County. Subsequent pregnancies after infant loss increase PPD risk. Infant deaths have occurred locally this year.

**VI. Meeting Schedule for 2025-** meetings added as needed; Locations TBA

- *January 3*
- *April 4*
- *July 11*
- *Oct 3*

**Non Agendized:**

*Upcoming trainings & educational opportunities:*

- CYBHI Program Survey- [Complete here](#)
  - First 5 Butte is aiming to gather information on the new programs for 0-5 year olds brought to the county through CYBHI funding.
- [2024 Maternal Mental Health Conferences](#)
- [Postpartum Mental Health Resources for Dads](#)