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RECOVERY STATE OF MIND

I.N.S.P.I.R.E METHOD

Improving Maternal Mental Health
Outcomes for Women of Color

SHADES of BLUE
PROJECT

A photograph of three Black women standing outdoors, smiling and looking towards the right. The woman on the left is wearing a white lace top, the middle woman is wearing a white top, and the woman on the right is wearing a white top with black polka dots. The background is slightly blurred, showing some greenery and a building.

The I.N.S.P.I.R.E Journal Method

TOPICS TO DISCUSS

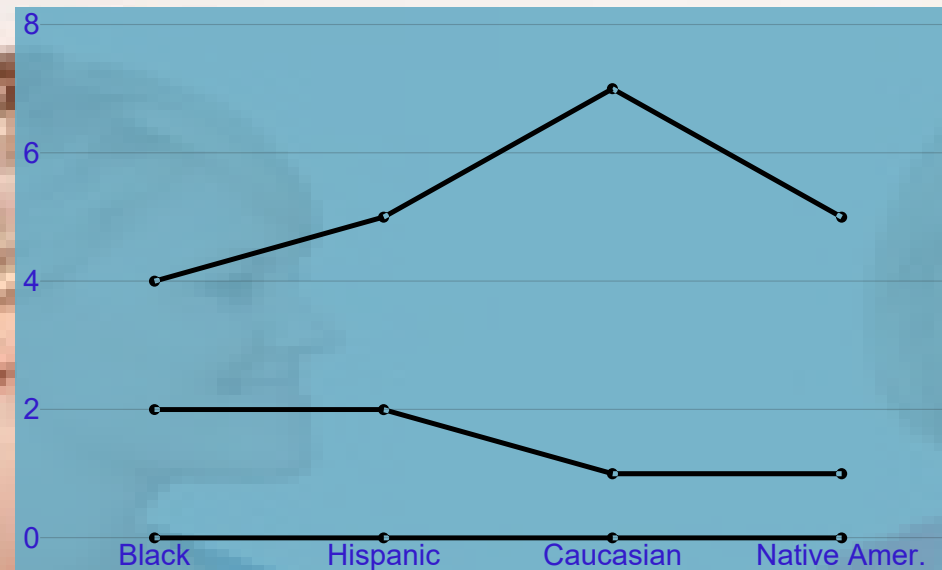
Identifying unique stressors in women of color dealing with MMH complications

Prioritizing Maternal Mental Health in our communities

What you can do to change the current outlook of maternal mental health in women of color

Implementing the I.N.S.P.I.R.E method into your everyday practices

1 in 7

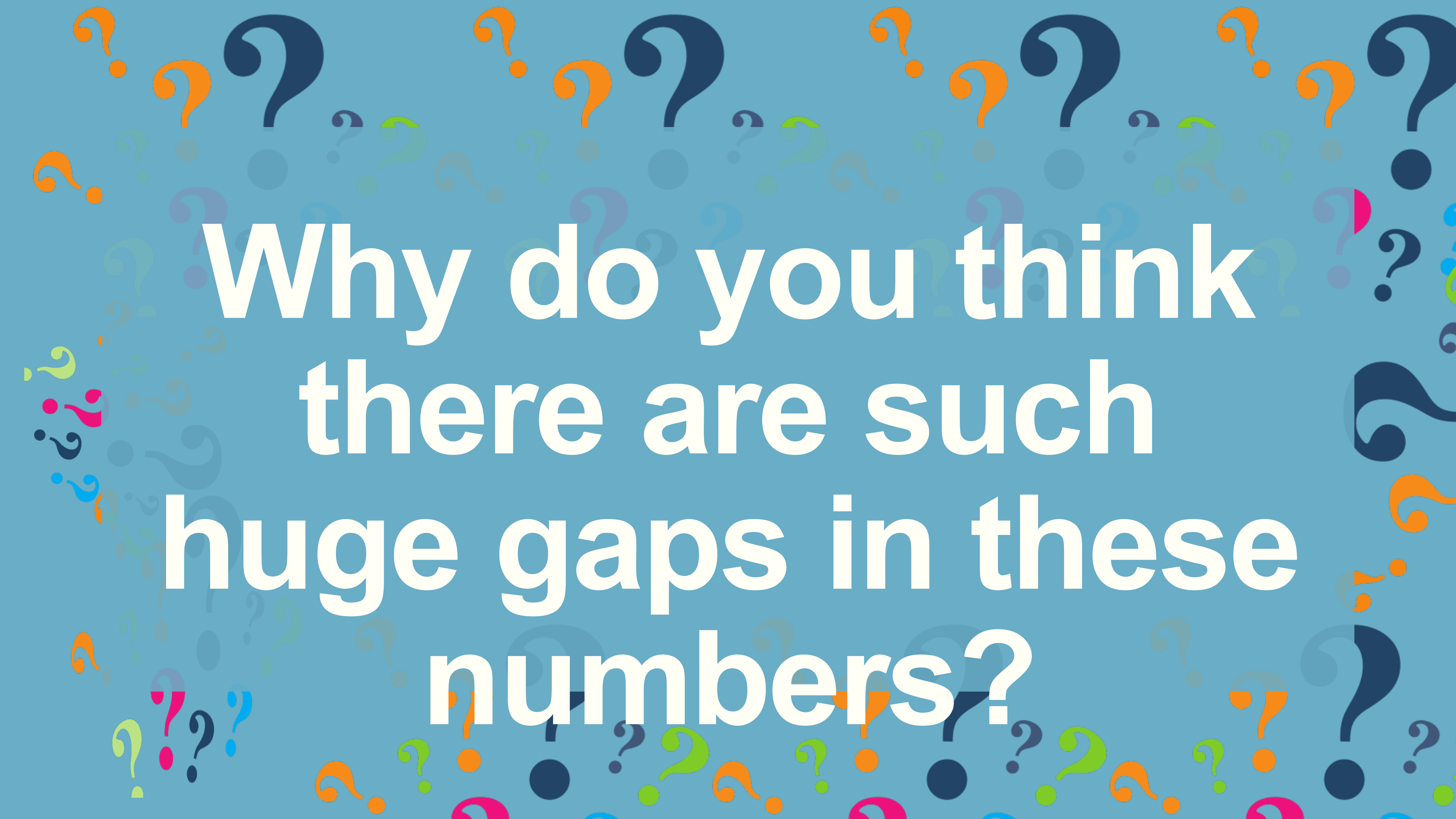


THERE IS CURRENTLY A
LACK OF SUPPORT FOCUSED SPECIFICALLY ON
ADDRESSING PPD COMPLICATIONS IN WOMEN
OF COLOR. CURRENT STATISTICS SHOW THAT 1 OUT OF 7
WHITE WOMEN EXPERIENCE PPD

1 in 4



WHILE WOMEN OF COLOR ARE 1 OUT OF 4 TIMES LIKELY TO EXPERIENCE PPD AND THEIR SYMPTOMS OFTEN GOING UNDIAGNOSED.

The background is a solid blue color, densely populated with question marks of various sizes and colors. The colors include dark blue, orange, light blue, green, pink, and yellow. The question marks are scattered across the entire frame, creating a pattern that suggests a state of inquiry or confusion.

Why do you think
there are such
huge gaps in these
numbers?



“I Feel Fine (now)”

“I’m busy caring for a new baby”

TOP BARRIERS DURING THE

"What will my family say"

“I don’t have coverage” “I FORGOT”

POST-PARTUM PERIOD

"My doctor doesnt listen to me "

“I’m too tired”

"My mental health is not that important"

“I was worried about what to do with my other children”

“It’s time to turn my attention my baby’s care, not mine”

"I can't afford to take off of "work

"Last time I asked for help I thought they would take my baby away from me "

“I don’t want to see that doctor again”

“I THOUGHT MATERNITY CARE WAS DONE”

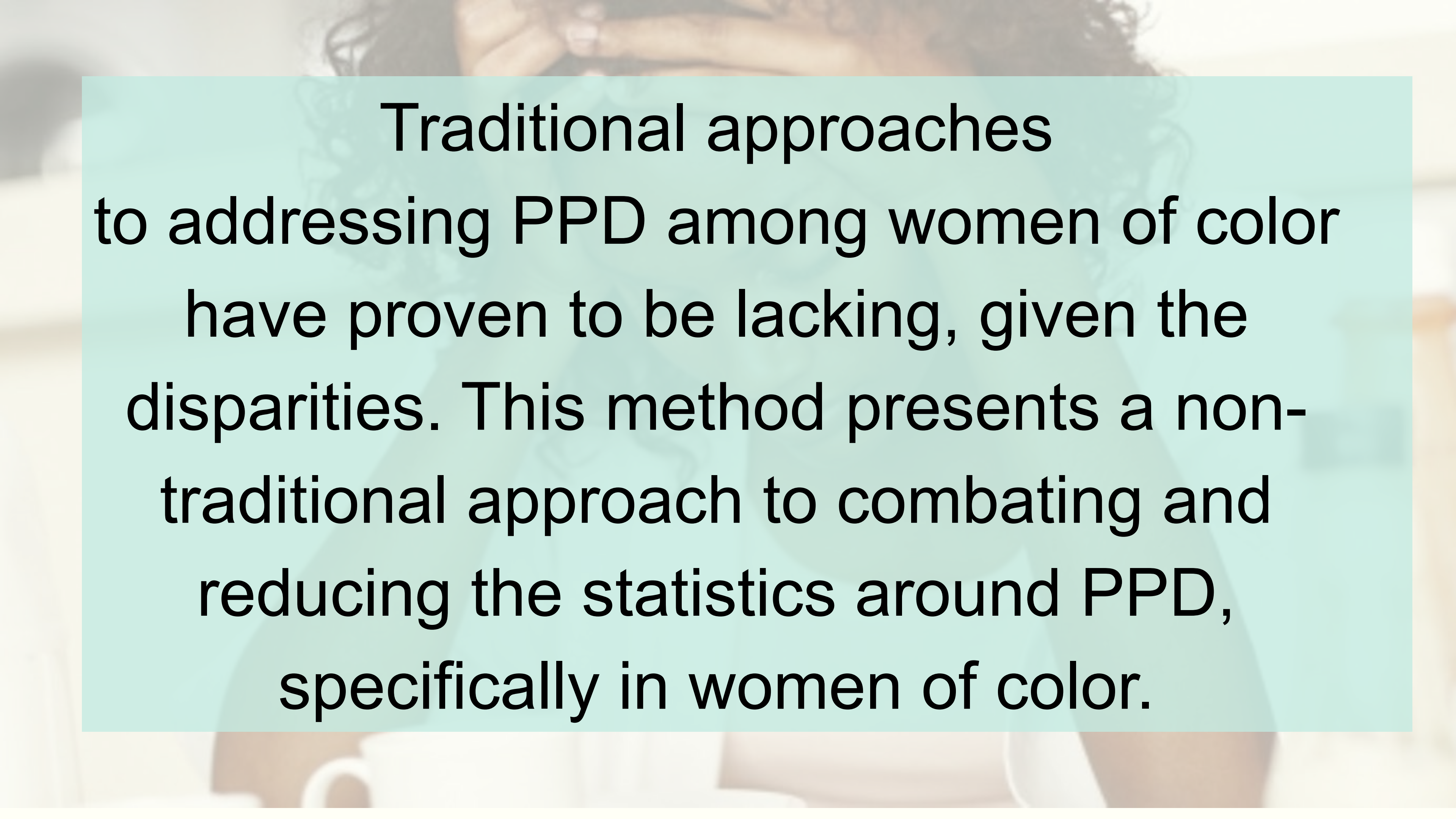
TOP BARRIERS DURING THE

POST-PARTUM PERIOD

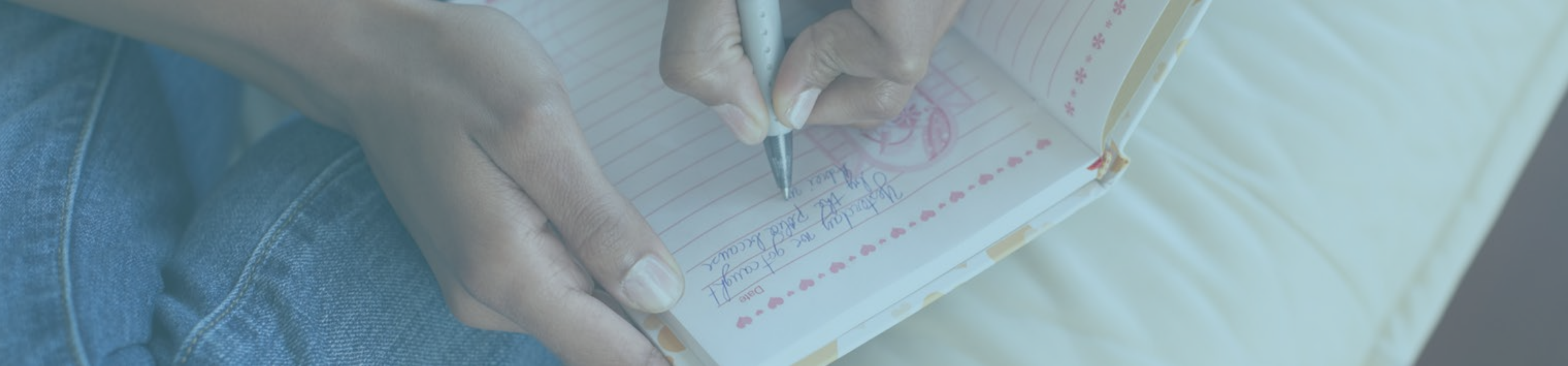
“I FORGOT”

“I’m not happy with the care my doctor gave me”

“I went after my other child and didn’t think I needed to go again”



Traditional approaches to addressing PPD among women of color have proven to be lacking, given the disparities. This method presents a non-traditional approach to combating and reducing the statistics around PPD, specifically in women of color.



Over a 6 week timeframe the participants attended a 1 hour session to discuss a section of the journal, weekly, using the word INSPIRE in the following format:

RECOVERY



State
OF MIND

I.N.S.P.I.R.E METHOD

Initiate Change

Nourishment &

Exercise

Spirituality & Prayer

Patience

Involve Others

Rest & Relaxation

Each Day is a New Day to Start Again

RESULTS

Participants were screened before and after the 6 week session using the PHQ9 scale and a culturally-specific/normed stress scale for African American women created by research psychologist Dr. Fleda M Jackson. Results of the program included self reports and screening results which indicated that participants were able to increase coping skills and distress tolerance. Participants also expressed increased willingness to engage in maternal mental health counseling, and decreased stigma against seeking treatment.

3 Key Components to Successful Implementation

I.N.S.P.I.R.E Method



Acknowledgement



Respect



Support

Breaking the MMH Depression Cycle

Increased Coping Skills & Distress Tolerance

Learning to deal with issues effectively on a daily basis

Willingness to seek counseling services

Understanding how effective counseling services can be during maternal mental health complications

Decreased stigma associated with maternal mental health

Understanding that stigma is a barrier that comes from lack of understanding and has no barriers on who you are and who you hope to work towards being by seeking treatment.



CONCLUSION



The therapeutic model used by this program has proven to be both helpful to those participating and in reducing statistics around PPD in women of color. It has also proven to be a cost effective approach to addressing this issue.



What are our
next steps....

SHADES *of* **BLUE**
P R O J E C T

Our continued plan for 2021

SERVING OUR

COMMUNITY THROUGH
OUTREACH

Maternal & Mental
Health Resource Center
& Community Clinic

July 21, 2021

TRAINING COMMUNITY

LEADERS & HEALTHCARE
PROFESSIONALS ON THE
I.N.S.P.I.R.E METHOD

BLACK MATERNAL MENTAL
HEALTH WEEK

July 19 -25, 2021



**We Need You As
Our Partners**
WE'RE IN THIS TOGETHER