

Northeastern Ontario Postpartum Mood Disorder Project

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Postpartum Mood Disorder Project

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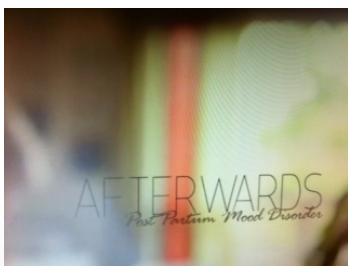
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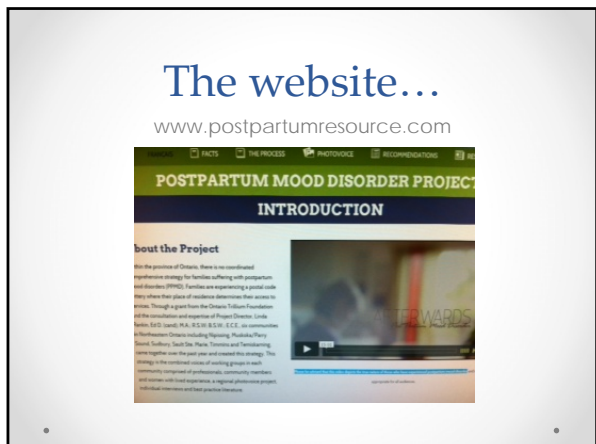
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• Mother with lived experience
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The film...





Our goals were achieved through

1. a literature and global initiatives review;
2. informed by a PhotoVoice project, a film documentary and individual interviews;
3. and the formation of six working groups (one working group was formed in each community; comprised of over 50 individuals, representing over 35 agencies front-line service providers and women with lived experience, who were highly invested in improving services for families).

1. Literature Review and Global Initiatives Review

[Mother First](#) (2008) Canada, Saskatchewan

[Perinatal Mental Health National Action Plan](#) (2008 - 2010)
Australia

[Health Beginnings](#) (2011) New Zealand

[ECHO](#) (2012) Ontario

2. Informed by Lived Experience

Photovoice

- Photovoice is a process for people to identify and represent their experiences and bring about positive changes in their community through the use of photography.
- Photovoice has three goals: (1) to document a community's strengths and challenges; (2) to promote critical dialogue; and (3) to build public awareness and influence policy developers (Wang, 1999).

"how were you feeling"



What I needed



How I got help



What others should know



3. Working Groups (6)

- Aboriginal health providers
- Addiction service providers
- Adult mental health providers
- Best Start Network representatives
- Child care providers
- Children's mental health providers
- Community health providers
- Early Years Centres
- Health Units
- Interested community members
- Nurse Practitioners, G.P.'s
- Women with lived experience

Our communities identified

- discrepancies regarding best-practices and the availability of identified evidence-based practice services, as well as numerous global initiatives that can provide further direction;
- the existence of stigma, isolation, and a lack of PPMD awareness;
- gaps and disparities in available services; and
- that community collaboration can improve access to services

3 Recommendations

1. A holistic, timely, comprehensive sustainable continuum of care, based on best practices, providing a menu of services for the entire family is created through an inter-ministerial partnership.
2. Upon the creation of the system of care, we enact a coordinated system of competency building within our communities.
3. Upon facilitation of competency building, we engage in a systematic and creative community awareness and education campaign.

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So what...

- First strategy for Ontario
- 2nd for all of Canada
- 5th in the world

***Second in world to connect Infant attachment and maternal mental health.

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What is needed?

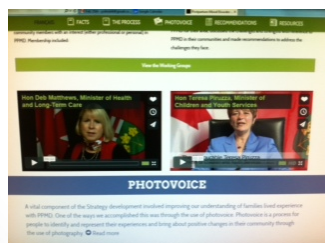
- Postal code lottery remains
- Stepped recommendations
- Risks of implementing recommendations out of order
- NEEDED: Champions in EACH geographic regions

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Babies at risk

	Births per year	1-5	Per day
• Northeastern Ontario	13,000	2,700	7
• Ontario	140,000	28,000	76
• Canada	383,822	76,000	208

Messages of Ministry Support



Next Steps

- 2014-15 – All of Northern Ontario PPMD Strategy Proposal - Trillium?
 - 2015-16 - All of Ontario PPMD Strategy?
 - 2017 - National PPMD Strategy?
- ***Infant attachment and adult mental health
- **What can you do to implement the first recommendation?**
 1. A holistic, timely, comprehensive sustainable continuum of care, based on best practices, providing a menu of services for the entire family is created through an inter-ministerial partnership.

The Secret

- Audio recording found on the website www.postpartumresource.com

Q and A
