



MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families

IMPACT REPORT 2024

FY24: 7/1/23 – 6/30/24



The mission of Maternal Mental Health NOW
is to remove barriers to the prevention,
screening and treatment of prenatal and
postpartum depression in Los Angeles County.

**Thank you for your support in making
Los Angeles County the best place in the
country to give birth!**



VOICES OF LA COUNTY'S BIRTHING PEOPLE

Storyectomy* Baby Bumps Excerpts:



At 18 weeks 5 days, I went in for my anatomy ultrasound... The doctor said, “I see something concerning.” Our daughter, Evelyn, had a severe form of skeletal dysplasia. Some of her bones had stopped growing. I didn’t know if she’d live or die but if she lived she would have a painful life. I made the hardest decision as a mother and chose to terminate the pregnancy. In other words, I had an abortion. Some people don’t like that word, but that’s what it was.



People think infertility is really really wanting a baby. And it is - but it’s also daily grief, attempts at hope, lost hope, waiting rooms, awkward family events, pangs of jealousy that get you when you least expect it.



We all inherit things from our parents. I inherited my smile, generational trauma, my 14 fibroid tumors. I have been in-accurately told by multiple doctors that my fibroids are a product of my race, like being a black woman wasn’t hard enough without being racially profiled by my vagina.



The first time I saw my son was in a photo. It was a photo on my husband’s phone. Our son was in the NICU covered in wires. This wasn’t how it was supposed to go.

TRAINING & TECHNICAL ASSISTANCE

Maternal Mental Health NOW increases the capacity of individuals, organizations and systems to identify and respond to the perinatal mental health and whole person care needs of LA County’s birthing people and their family members through training, coaching, quality improvement, and care. During FY24:

51

COMPREHENSIVE TRAININGS

were delivered on perinatal mental health, reaching over 2,179 health care and mental health care providers who serve pregnant and postpartum birthing people and families.

432

PROVIDERS ENROLLED

in online trainings, which includes the Bringing Light to Motherhood foundational training, which qualifies for Postpartum Support International’s Certification in Perinatal Mental Health (PMH-C) pathway.

121

ATTENDEES

explored the intersection of perinatal mental health and sexual wellbeing and expression at our Sex & Perinatal Mental Health conference.

SANA SANA: PERINATAL PEER SUPPORT

Maternal Mental Health NOW increases access to culturally responsive and community-vetted resources addressing perinatal mental health and whole person needs through peer support and systems navigation services, including the 1-888-823-SANA warmline and My Queer Parenting Journey support group.



79
LA COUNTY
BIRTHING
PEOPLE

received peer support and system navigation services through 116 interactions

100%
OF SANA SANA
CALLERS

reported that the program has somewhat helped reduce their symptoms of anxiety and depression and connected them to the resources and support they were looking for.

97
ATTENDEES

served through Your Queer Parenting Journey, a free weekly peer-led support group for members of LA County's queer community who are planning to, in the process of and/o have recently welcomed a child to the family.

100%
OF SUPPORT
GROUP
PARTICIPANTS

reported that the group has made them feel more supported.

340
REGISTERED USERS

shared over 780 community resources and experiences through mmhn.streetwyze.com, a digital story-mapping resource directory. 4,404+ online visitors have accessed these holistic resources.

PUBLIC AWARENESS

Maternal Mental Health NOW supports the healing journeys of individuals who have lived experience with perinatal depression, anxiety, trauma, loss, and other hardship and reduce stigma through storytelling.



STORYECTOMY* BABY BUMPS

Through an innovative partnership with with The Crow (Comedy Reflects our World), a comedy club and educational space at the intersection of art and community located in Santa Monica, CA, MMHN hosted a free six-week course - Storyectomy* Baby Bumps - that culminated with a final storytelling show featuring program participants alongside professional comedians that have also been affected by perinatal mental health conditions.



EXPRESS YOURSELF BASH

Over 110 people gathered and celebrated all the work being done to make LA County the best place to give birth on May 3rd at our inaugural Express Yourself Bash. There was delicious food, joyous dancing, riveting storytelling, and a drag show by Anya Body, Lawanda Wakanda, and Abigail Beverly Hillz, which was the highlight of the night.

BLACK BIRTH WORKERS COMMUNITY

The goal of the Black Birthworkers Community is to build capacity, create community, and provide support to Black birth workers in order to improve access to holistic, culturally appropriate perinatal mental health care for Los Angeles County's Black birthing population.



WELLNESS SERIES

Members of our Black Birth Workers Community gathered for a series of events dedicated to care for the caregiver. At January 2024's half-day [wellness retreat at The Tree Yoga Cooperative](#), community members participated in mindfulness activities, yoga, a sound bath, and journaling exercises. February saw community members participate in a R&B yoga session at the Pluto Helipad, followed by a meal at a local café. In March, community members brought their kids and loved ones to join partner [Walk Good LA](#) in a Family Hike at Griffith Park. Light stretching, intention setting and introductions were included.

ENRICHMENT FUND

In September 2023, MMHN launched the pilot of Black Birth Workers Enrichment Fund, which aims to care for Black providers who serve LA's Black birthing population through stipends that support recipients' education, personal and self-care needs. Initially, the fund was available to a small subset of applicants that participated in past BBW community events. Maternal Mental Health NOW received 26 applications within three days of launch! We awarded a total of \$10,400 to 17 Black birth workers, primarily for education and training purposes.

TESTIMONIALS



The thing I enjoy most about serving on the Black Birth Workers Advisory Council ...

Getting to see how much is being done in the community by such smart and capable people.

-Black Birth Workers Advisory Council member



The thing I enjoy most about serving on the Black Birth Workers Advisory Council ...

Collaborating with like minded professionals to support Black birth workers which in turn supports the black birthing community.

-Black Birth Workers Advisory Council member



The thing I enjoy most about serving on the Black Birth Workers Advisory Council ...

Sharing beautiful ideas and having a safe space to reflect.

-Black Birth Workers Advisory Council member



The most difficult aspect of my work is being disciplined in radical self-care for myself, which allows me to fully show up for clients....Grants for independent or freelance birth workers are essential. This line of work is often seen as “free” or “volunteer” work, which can give folks the impression that birth workers do not work for a rate that is equivalent to the cost of living, but we do.

- Sydney Lawler, Black Birth Workers Enrichment Fund recipient



Durga was a great listener and provided a safe space for me to share my feelings.

-Sana Sana user



The facilitators do a good job of making sure everyone is able to participate and have their needs met and a chance to talk about what is going on in their lives and their kids' lives.

-My Queer Parenting Support group participant

SUPPORTERS



COMMUNITY IMPACT
ARTS GRANT PROGRAM

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Over the past seventeen years, Maternal Mental Health NOW (a project of 501(c)(3) fiscal sponsor Community Partners) has **prepared over 30,000 health care and social service providers** to identify and respond to perinatal mood and anxiety challenges and **helped over 57,000 birthing people and their family members** feel more comfortable speaking out about their experiences and seeking support. Maternal Mental Health NOW is the only organization in LA County solely dedicated to improving the system of perinatal mental health care by centering the community members' voice.

Thank you

for your support of LA County's
birthing people and families!