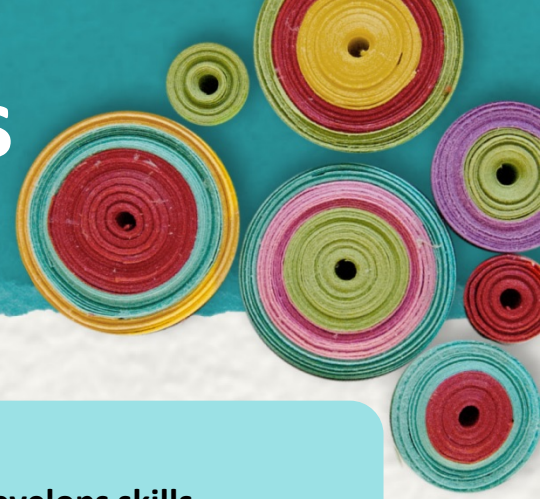




First 5
San Diego

Supporting Maternal Mental Health in an Integrative Relational Model

We use our ACES to treat ACEs



A

Approach

- Relationship based
- Builds on families' strengths and develops skills
- Focuses on parent-child interaction and promotes nurture

C

Coordination

- Systems coordination
- Family care coordination and case management
- Continuum based on need

E

Excellence in service delivery

S

Supports for our providers and families



Up to
12% of all pregnant or post partum women
experience depression each year

In California
1 in 5
mothers experience
depression

Rate is
2X with mothers who
experience poverty
and trauma



44,000
live births



8,800
women with
depression



A close-up photograph of a woman with long dark hair smiling warmly while holding a baby. The baby is wearing a white, textured knit sweater. The background is a soft-focus field of golden-brown autumn leaves.

Impact of maternal wellness on healthy child development

- **A child's healthy development depends upon nurturing and responsive caregiving and quality parent-child interactions**
- **Addressing maternal mental health is essential for healthy child development**

A mother's depression



McGrath, Records, & Rice, 2008; Sohr-Preston & Scaramella, 2006



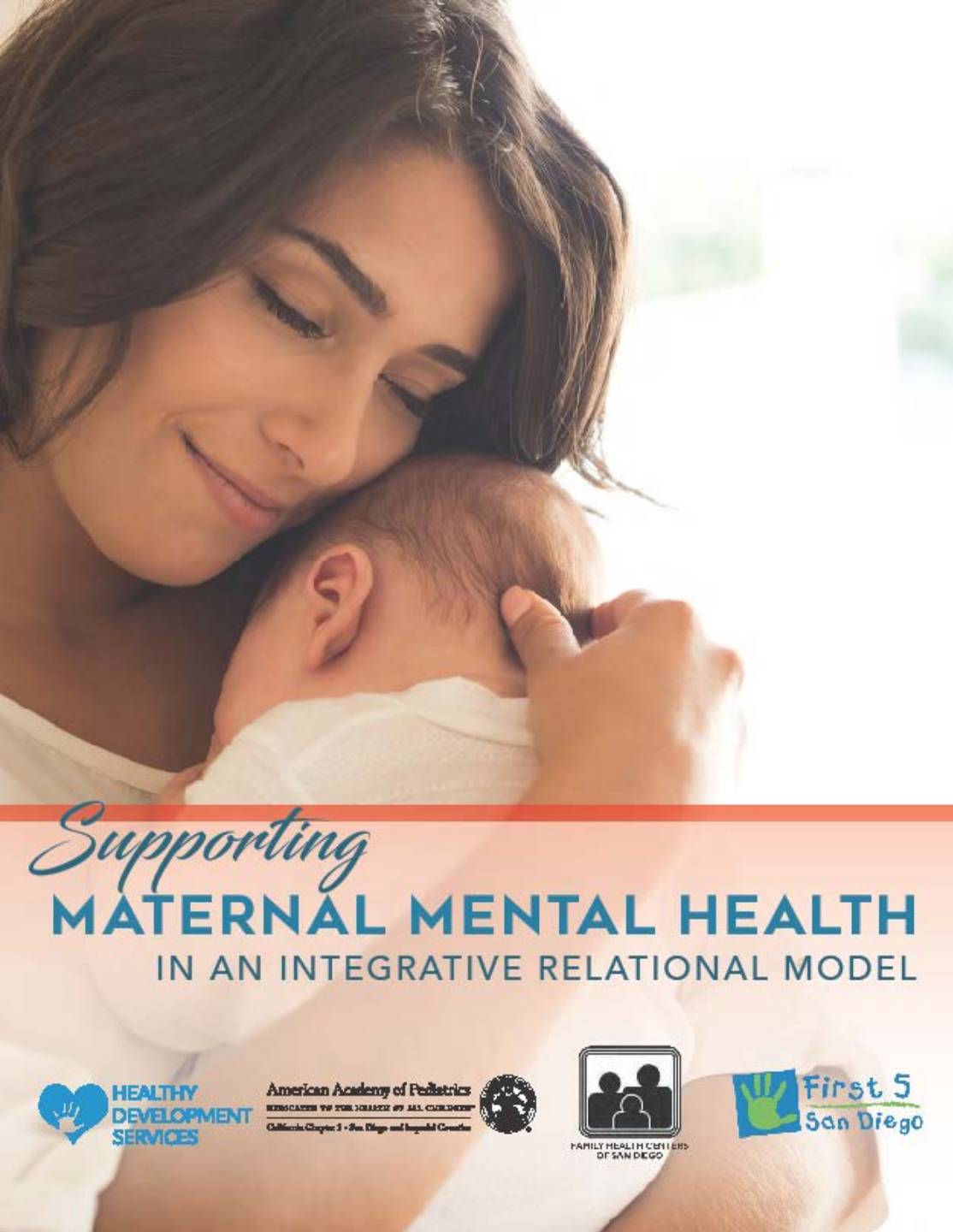
Dyadic Therapy

- **Supports mother, infant, and their relationship**
- **Reduces mother's depressive symptoms**
- **Increases mother's affect, attunement, resonance, and synchrony with infant**
- **Supports infant's healthy development**

Opportunities



- **Funding treatment services**
- **Expanding family supports and intensive case management**
- **Training Mental Health Professionals**
- **Moving further upstream**



Supporting Maternal Mental Health in an Integrative Relational Model

Report available at:
[https://aapca3.org/
healthy-development-
services-hds/](https://aapca3.org/healthy-development-services-hds/)

Supporting **MATERNAL MENTAL HEALTH** IN AN INTEGRATIVE RELATIONAL MODEL



HEALTHY
DEVELOPMENT
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California Chapter 3 • San Diego and Imperial Counties



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Thank you to our partners!



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