

A photograph of a woman and a young child wearing blue protective suits, being held and comforted by a person in a white lab coat. The scene is intimate and supportive, set against a dark background.

Community Solutions for Postpartum Depression

Darline Turner
Healing Hands
Community Doula Project

Elaine Cavazos
University of Texas at
Austin, School of Social
Work

Kelly Boyd
Center for Counseling
and Reproductive
Psychology

**Moderated by Adriana Kohler, Texans Care for
Children**

February 28, 2020

Pregnancy and Postpartum Health Alliance of Texas

Central Texas resource

- **Provider Directory - “Kristi’s List”** - Website with vetted directory of of services and providers in the Austin area, including: support groups, psychiatrists, therapists, wellness providers, and more
- **Trainings** for professionals, community members
- **Monthly consultation groups** for mental health providers
- **Programs** for local moms who cannot afford the help they need
 - Therapy voucher program
 - Psychiatric voucher program
 - Postpartum doula program

pphatx.org



Postpartum Support International



PSI is available in Texas and nationwide

- **HelpLine**
 - Talk: 800-944-4773 or text: 503-894-9453
 - Not an emergency hotline, but messages can be left in English or Spanish will receive response within 24 hours (usually 1-2 hours)
- **Support Coordinators**
 - All over globe - provide information, support, and local resources
- **Free online weekly support groups**
 - English- and Spanish-speaking (Tues: English @10 & 5:30 CT; Spanish @2:30)
 - Specific group for Military Moms (Wed: 5:30) & NICU parents (Thurs: 5:30)
- **Support for Dads**
 - Monthly online info session/support and Facebook group

Postpartum Support International



PSI is available in Texas and nationwide

- **Provider directory**

- Vetted directory of of services and providers in Texas and across U.S;
- Searchable by zip code, insurance, if accept sliding fee scale, if accepting new patients, and if telehealth available

Postpartum Support International



PSI Texas Chapter

- PSI Texas Chapter President Melissa Bentley
 - State PSI Volunteer Support Coordinator
- **Regional PSI coordinators** provide information, support, and local resources
 - Panhandle, Greater Lubbock Area, Abilene, Midland, Fort Worth, Dallas, Greater Texarkana, Tyler, Longview, Greater Austin, Greater Houston, Brazos county, San Antonio, Rio Grande Valley, Greater Corpus Christi
- **Support groups** in TX regions listed on PSI Texas page
 - <https://www.postpartum.net/locations/texas/>

Support Groups: Local and National

- Mamas for Mamas: South Austin, Monday evenings
- Family Emergency Center: North Austin
- Seton Northwest: N. Austin, Friday afternoons
- Any Baby Can: E. Austin, Thursdays, offers bi-lingual support groups
- Mama 4 Mama: A Fourth Trimester Group

- PSI Online Groups:
 - Military Moms
 - NICU Support Group
 - Bi-lingual support groups
 - Dad's Chat

Local Resources on Doulas

Doulas of Color in Central Texas

- Healing Hands Community Doula Project www.blackdoulasblackmamas.org
- Black Mamas Community Collective www.blackmamasatx.com
- Mama Sana Vibrant Woman www.msvwatx.org

Find a Doula in Central Texas

- Central Texas Doula Association Centexdoulas.org - listing of birth and postpartum doulas and childbirth educators

On-Call Birth Support

- Giving Austin Labor Support (GALS) www.givingaustinlaborsupport.org

Resources on Doulas

Doulas of Color in the U.S.

- National Black Doula Association www.blackdoulas.org

To find a doula in TX and the U.S.

- DONA International www.dona.org - doula directory and training
- Doula Training International, LLC www.doulatraininginternational.com - doula directory and training

To learn more about maternal health affecting Black women and to get involved:

- National Perinatal TaskForce
- Black Mamas Matter Alliance

Infusion Therapy Can Save Lives: Becoming More Available

What is Zulresso IV Infusion Therapy?

Zulresso, or Brexanolone, is an injection, that is given intravenously in patients experiencing postpartum depression. The IV infusion will be monitored and administered over a 2.5 day period in one of our Family Hospital Systems (FHS) locations.

Mothers will stay in a warm, home-like environment with board certified and licensed medical staff providing superior service and care. All FHS facilities have modern, advanced services including a full lab, x-ray, Ultrasound and CT.

Testimonial of Success with Zulresso Treatment

Alaina, an Austin, TX. mom, was one of the first patients to receive the Zulresso IV Infusion Therapy, despite many preemptive measures were taken prior to the birth of her second child including a regular course of an anti-depressant medication and psychiatric counseling.

Alaina shared her story and outcome with local news outlets. Two days after treatment, she started to feel a lot better. She stated, "I feel like I don't have a big black cloud hanging over me."

One week after treatment she added, "I feel like my prayers have been answered. I finally got the treatment I deserve and my kids have the mom they deserve."

Zulresso IV Infusion Therapy is provided at the following facilities:

Family Emergency Hospital at Lake Travis

5012 Ranch Road 620 N • Austin, TX 78732

512-851-1011

Brushy Creek Family Hospital

320 Deer Ridge Dr. • Round Rock, TX 78681

512-766-1400

Prairieville Family Hospital

37358 Market Place Drive • Prairieville, LA 70769

225-755-9765

Millard Family Hospital

14404 Stony Brook Blvd. • Omaha, NE 68137

402-979-9635



Thank You!