



perinatal outreach
& encouragement



A Program of Mental Health America of Franklin County


A comprehensive, free-of-charge mental health support program in Central Ohio for pregnant and parenting women

Program Services - Support




- Support Line: voice & text
- Support groups: in person & online
- Mentor Program
- Follow-up

Program Services - Linkage



- Referral: Specialized BH interventions
- Referral: Community services
- Ombudsman services
- Pro Bono Counseling Program
- Follow-up

Program Entry




- Provider direct refer: secure fax/ web, phone, cloud-based tool (2018)
- Self refer: talk/text, web, email
- Family/friend

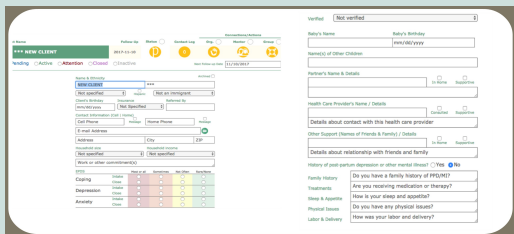
Program Outcomes

92% of responding participants reported improvement in two primary measures:

- Reduction in score (symptom reduction) on a two-item subscale of the Edinburgh Postnatal Depression Scale
- Positive increase in self-efficacy within the context of thinking patterns and coping skills (increased ability to deal with daily problems)



Program Management



Program Funding

ADAMH
African, Hispanic, and Mental Health Agency
of Franklin County

GIVE MOM THE MIC
★ ★
Tales from the Motherhood

United Way
United Way of Central Ohio
Member Agency

HRSA Gives Children and Families a HEALTHY START

THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

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