**2020 Mom Forum**

**Emerging Considerations in Maternal Mental Health**

The 2020 Mom Forum was held at the end of January at the California Endowment and focused this year on supporting families through birth loss, grief support, and also included a panel exploring four model maternal mental health programs in hospitals.

This year’s program featured presenters from California and as far as Minneapolis and Massachusetts.  Kiley Hanish gave an incredible opening to the day by sharing her personal story of birth loss, followed later in the day by a screening of her film, *Return to Zero*, which provided attendees with a greater and very personal understanding of losing a child and its impact on maternal mental health. A four-person panel discussed model maternal mental health programs in leading hospitals across the nation, providing ideas and direction for those wishing to establish similar programs in their own institution or practice.

Attendees

* 82 in-person attendees
* 102 webcast attendees
* Total of 184 professionals reached
* Approximately 75% of attendees were from the Southern California area

Webcast

* All presentations have been archived on our YouTube page at <http://bit.ly/1oZCfZZ>
* Webcast sites
  + Colorado Department of Public Health, Denver, CO
  + Central California Perinatal Mental Health Collaborative, Fresno, CA
  + Psychotherapy & Healing Associates, Minneapolis, MN
  + Central California Alliance for Health, Salinas, CA
  + Empty Arms Bereavement Support, Westhampton, MA

Evaluations

* 91% of attendees felt that the conference expanded their knowledge
* 77% reported that the Forum challenged their thinking
* 92% learned of new resources and ideas
* 96% would recommend the Forum to others

One attendee, a licensed family counselor, shared *“2020 Mom really coordinated an exceptional conference.  I just wanted to share with you that the topics that were brought up were so relevant, and so true to my personal passions and personal experiences. At last year's conference I wrote an in-depth question on a pink post-it on how the trauma of infant loss impacts moms, the development of PPD, and the attachment process of subsequent children following loss; and I felt that this ENTIRE conference addressed that very question and more!  So, thank you so much for putting on a wonderful conference, and for allowing me to be a part of it.”*

Other attendees commented that the conference had many strengths, especially the illustration of best practices and specific approaches to these issues and the range of applicability of the presentations to different provider groups (ie. doctor, therapists, group therapists, nurses, etc.)

Additionally, Rana Limbo, our keynote speaker, shared the following: *“I am grateful that I was invited to participate. There was something extraordinary about the event—the sense of togetherness, collegiality, and warmth. I felt that attendees had this spirit of communication—so many came up to me and chatted, even briefly, about their own stories or they asked questions. Something about the conference itself opened these channels. I can’t thank you enough.”*

One particularly meaningful takeaway from the event was an email we received a few days after the Forum. Attendees from the Colorado State Department of Public Health &amp; Environment (CDPHE) were giving further thought to what they learned about birth loss at the Forum, and noted that many women lose home visitation services immediately following a stillbirth or miscarriage.  When a mother experiences miscarriage or birth loss,she is immediately exited from the program. The Colorado staff decided to take action and contacted developers of the Parents as Teachers home visiting model, who agreed that the model needs to support the practice of a more thoughtful and trauma informed transition out of services.  As a result, they are working to change their national guidance regarding pregnancy loss to include additional visits following the loss.  It appears that these additional visits will likely be funded with federal MIECHV dollars and really will represent improved transitions for families experiencing loss.

Financials

