

# Maternal Mental Health Certified Peer Specialist Training

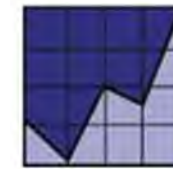
## Pilot Study

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Lisa A Melchior, PhD  
Michelle Quezada, BA  
The Measurement Group LLC

Joy Burkhard, MBA  
2020 Mom

2020 Mom Maternal Mental Health FORUM  
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**The  
Measurement  
Group**

Funding provided by:

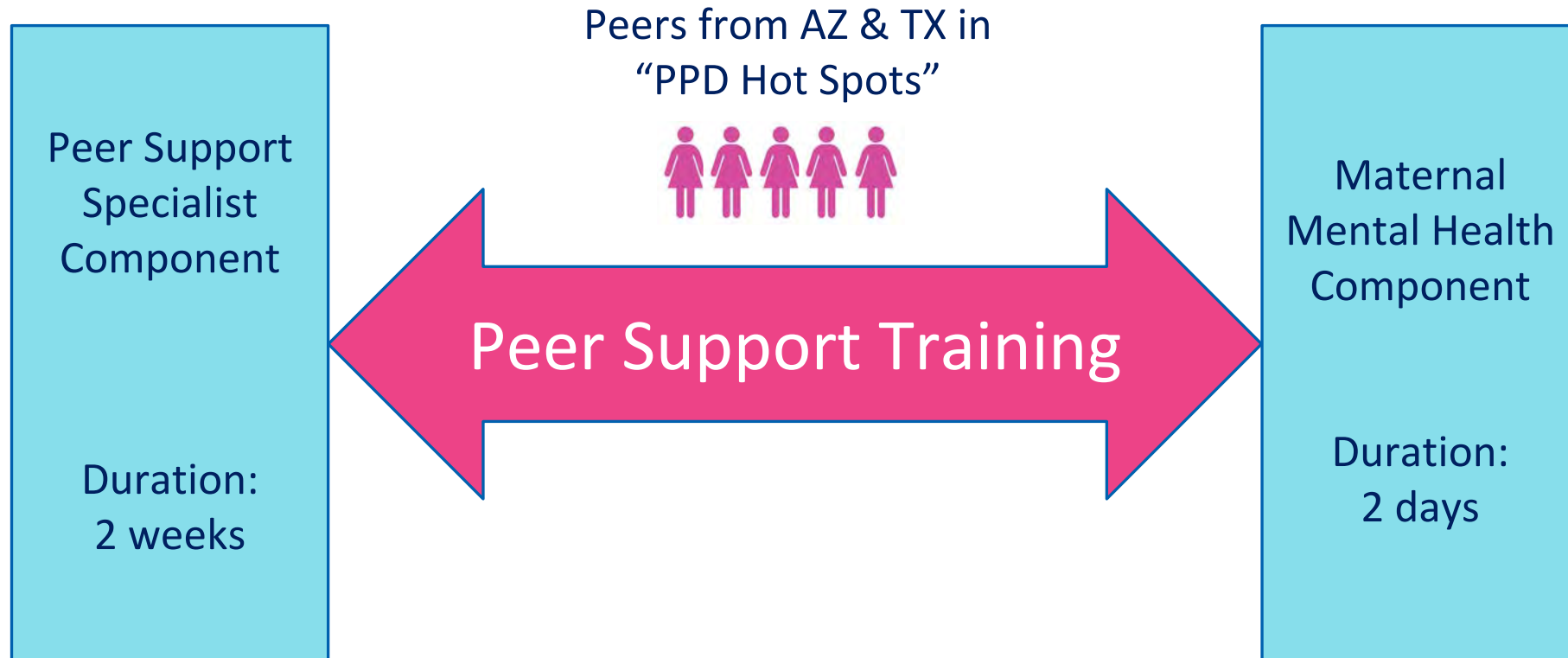


Advisory support from:



# Peer Support Training Model: Peer Support Specialist Training + MMH Training

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## Study Partners

- Women's Health Initiative (Project Facilitator & Lead for AZ Pilot)
- "RI" - Training Group in AZ (and now TX)

## Study Design

- Participant surveys (n = 6)
  - Retrospective design
  - Knowledge and confidence
  - Peer support skills
  - Maternal Mental Health skills
- Follow-up interviews (n = 9)
  - Work in MMH
  - Use of info from training
  - Open ended feedback
  - Peers and supervisors

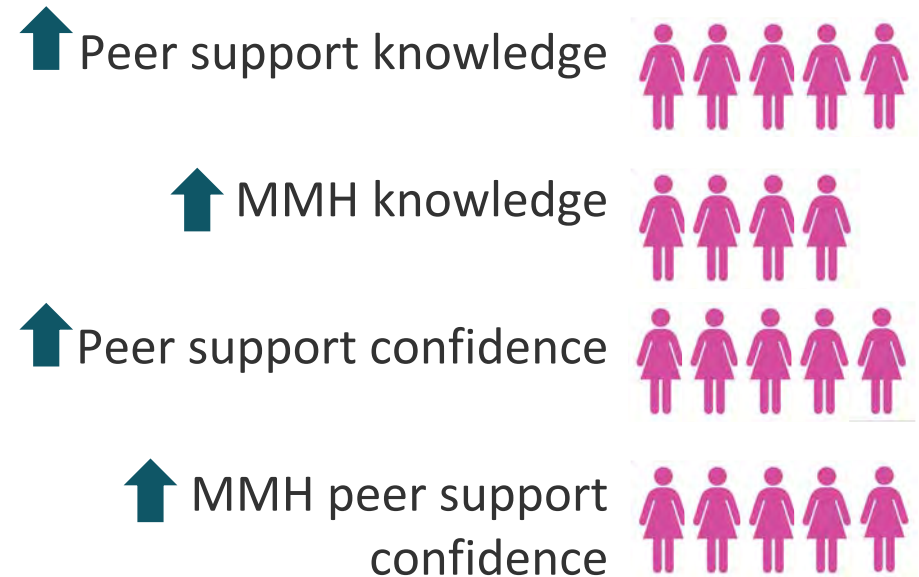
Have you used any of the information from the peer support training in your work?  
How useful was the training for this work?

Since you participated in the training, would you say that you have enough support to use what you learned about maternal mental health?

How confident are you in your ability to provide peer support specifically for maternal mental health?

# The training increased knowledge and confidence to provide MMH peer support

“The facilitator of course made information very clear for my understanding. The tools and statistics were very helpful and I gained more knowledge.”



# Findings show promise for MMH peer support training

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## Useful

Impact on MMH peer support

Impact in work and personal settings

Challenges: MMH peer support

- Ongoing support
- Need for clear professional path - “Now what?”

Challenges: About the training

- General peer support vs. MMH specific
- Environment sensitive to needs of new moms
- Training logistics [distance learning]

## Recommendations

- Resources and networking
- Gender-specific trainings
- Integrate MMH content
- Support and guidance post-training



## What Next?

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Dissemination of Peer Support Study to Peer Training Orgs

Apply for Grant for Development of:

- “Living” MMH Curriculum Accessible to Peers At All Times
- Job Promotion w/ Clinical Partners Throughout CA (to start)
- Certified Peer “Support Circle” & Supervisor “Support Circle”  
(On-line Collaboration)

**Launch Mom-Only MMH Add-on Training and Support Circles  
by 7/1**