







Moderated By:

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Overview / Key personnel

Three central aims:

- 1. Raise awareness of perinatal mental health in the region
- 2. Decrease the stigma associated with perinatal mental health
- 3. Increase the capacity for our region to meet the needs of those with perinatal mental health concerns.





Appalachian Perinatal Mental Health Alliance Timeline

Founders initial meeting (Spring 2017) 1st Maternal Health Forum (CME event for providers and families)

Bloom Training in Peer Run Support Groups (Oct 2018)

Host PSI Training (April 2019) 2nd Maternal Health Forum (Aug 2019) Released local perinatal mental health resource guide (Oct 2019)

























APMHA becomes nonprofit Climb out of the Darkness (June 2018) 1st Official APMHA Board Meeting (Aug 2018) First Support Group (Jan 2019) Climb out of the Darkness (June 2019) Attended MONA Perinatal Mental Health Conference and received 2020 Mom Innovation Award! 1st Annual Board Strategic Planning Retreat (Jan 2020)

Source of Initial Funding / Sustainability

The alliance started out with \$0 and a conversation. Since then it has sustained funding through community outreach programs and corporate sponsorships.

- Climb Out of Darkness Event.
- In June 2018 APMHA officially became a nonprofit under the TN chapter of the Postpartum Support International as the Appalachian Branch.









Evidence of Impact

- 4 proclamations for the Maternal Mental Health month of May including the State of Tennessee
- Brought PSI Training to our region
- Hosted two Climb out of the Darkness events
- Bloom trained peer support groups
- Co-hosted two CME events around perinatal mental health
- Invited talks in community and at conferences



Scalability

- Chapter of the Postpartum Support International TN, Appalachian branch.
- APMHA continues to be sustained by the input of board members who participate in the conversation while remaining active in the region they are serving.
- To maintain course APMHA will continue to engage the region by providing a local, compassionate resource that can help coordinate community efforts to address perinatal mental health concerns.

THANK YOU!



Upcoming Webinars:

Tuesday Jan 14 – Better Postpartum, Social Media Campaign (Community Solutions)

For more Information and to register: https://www.2020mom.org/innovation-awards

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