

San Bernardino County Maternal, Child and Adolescent Health

Quarterly Newsletter

Purpose

Welcome to our new quarterly newsletter! We are excited to share all things maternal, child, and adolescent health (MCAH) that are happening locally as well as nationally. We hope this newsletter brings us closer together as we continue to strive for healthier families. We welcome like-minded feedback or highlights you wish to share with our community of providers and agencies.



Supporting Mom

October is National Depression Screening Month

Maternal anxiety and depression are the most common complications of childbirth, impacting up to 1 in 5 women, yet they are not universally screened for, nor treated.¹⁻³ We want to remind and encourage you to screen women using a validated screening tool, such as the **PHQ-9**.

Bright By Text Provider Supports

A free text messaging resource is available that offers families pregnancy and parenting tips specifically based on the child's due/birth date.

If you would like to support family enrollment into the service, you may **order outreach material** to share in your office.

PREGNANCY TIPS Bright by Text

Text BabyIE to 274448
for FREE Tips on pregnancy & parenting

Maternal Health Network
of San Bernardino County

Preconception Care

Why is talking to patients about family planning important?

- The health of young adults now impacts the health of the next generation
- Birth outcomes are worse in the United States than in many other developed countries⁴
- More than half of all pregnancies in the United States are unplanned⁵



Here is a training to learn about family planning counseling:

Introduction to the Quality Family Planning Recommendations eLearning



October is Sudden Infant Death Syndrome (SIDS) Awareness Month

Continue spreading safe sleep messages to your patients. If you need more Safe to Sleep campaign materials, click [here](#). It's FREE!

Community Resources

Connect IE

Search for free or reduced cost services like medical care, food, mental health support, and more.



988
SUICIDE & CRISIS
LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

PEP22-06-03-054

9-8-8 Suicide & Crisis Lifeline

24/7 confidential support to people in suicidal crisis or mental health-related distress
Promote the Lifeline, order material to share in your facility [here](#)



Public Health

Family Health Services Section
Quarterly Newsletter is an internal publication for local CHDP and CPSP providers and others interested in improving maternal, child, and adolescent health

For more information about MCAH, please call 1-800-227-3034

Citations

- 1 Gavin NI, Gaynes BN, Lohr KN, Meltzer-Brody S, Gartlehner G, Swinson T. Perinatal depression: a systematic review of prevalence and incidence. *Obstet Gynecol.* 2005;106(5 Pt 1):1071-83. doi:10.1097/01.AOG.0000183597.31630.db.
- 2 Fairbrother N, Janssen P, Antony MM, Tucker E, Young AH. Perinatal anxiety disorder prevalence and incidence. *J Affect Disord.* August 2016;200:148-55. doi:10.1016/j.jad.2015.12.082.
- 3 Ryan D, Kostaras X. Psychiatric disorders in the postpartum period. *British Columbia Medical Journal.* 2005;47(2):100-103. <http://www.bcmj.org/article/psychiatric-disorders-postpartum-period>.
- 4 American Public Health Association. Health Rankings. <https://www.apha.org/topics-and-issues/health-rankings>
- 5 March of Dimes. Planning Your Pregnancy. <https://www.marchofdimes.org/pregnancy/planning-your-pregnancy.aspx>