

Supporting Maternal Health to Strengthen Family Resilience

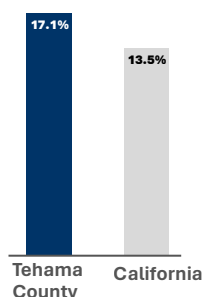
The earliest years shape a child's future and that foundation begins with a parent's well-being. Postpartum depression is one of the earliest and most crucial points for intervention because it can create serious barriers to bonding and establishing a nurturing environment. First 5 Tehama is working to identify and treat postpartum depression early, supporting moms in building secure relationships that foster lifelong resilience.

WHAT ARE THE NEEDS IN TEHAMA COUNTY?

Postpartum Depression

Postpartum depression is a mood disorder that can occur after childbirth with symptoms such as persistent sadness, anxiety, or difficulty bonding with the baby. All moms are at risk during the first year after childbirth, and teen moms are twice as likely to develop postpartum depression.¹ This issue is especially urgent in Tehama.

Tehama has higher rates of postpartum depression than the state average, affecting more than 1 in 6 women.²



Why are Postpartum Depression Rates Higher in Tehama?

Poverty: Women in poverty are more likely to experience postpartum depression.³ Nearly **1 in 3** Tehama families with young children live in poverty, double the statewide rate.⁴

Substance Use: Substance use during pregnancy puts women at greater risk of postpartum depression.⁵ In Tehama, the rate is over **4X higher** than the state average.⁶

HOW IS FIRST 5 TEHAMA RESPONDING?



Supporting Parental Mental Health

This year launched an evidence-based postpartum support program for **25** parents, offering in-person and virtual sessions to connect and talk about parenting and stressors.



100% of participants decreased depression symptoms, and parents who attended 5+ sessions experienced the greatest improvement.



Building Provider Capacity

Expanded systems capacity to promote family bonding and secure attachments, increasing the local workforce by sponsoring training for:

- 11** new providers through Postpartum Support International.
- 2** Triple P for Baby facilitators.
- 5** Community Health Workers.



Connecting Families to Early Help

Tehama County provided **907** developmental screenings and follow-up interventions and needed.

Piloted community-wide postpartum screening events, reaching **26** caregivers.

Increased social-emotional screenings from **44 to 491** helping more parents better understand and support their child's emotional well-being and development.

FIRST 5 TEHAMA IN ACTION: MARELY'S STORY

Marely is a 16-year-old single teen mom living with her mom and two brothers, ages 3 and 15. The family was connected to First 5 Tehama through Marely's independent studies school, because Marely was in need of formula, diapers and a car seat.

Marely was connected to a Help Me Grow (HMG) family liaison where she was able to share more about her needs and learn about resources. Marely also took a postpartum screening, and with the support of HMG, she gained enough bravery to join the postpartum support group at her high school for teen moms.

“HMG has helped me learn so much about my child and helped me grow and feel confident about myself. Through the massage, I learned other ways to bond with my baby

Marely also completed the Ages and Stages Questionnaire (ASQ) developmental screening to better understand her son's developmental milestones. Through HMG, she began learning how to support her son's development and has developed herself as a mom.

HMG also connected Marely to free childcare and helped her fill out enrollment paperwork and create a resume. Through this experience, she gained confidence and is currently employed part-time. Marely recently graduated high school and is interested in applying for vocational programs. She has grown significantly and her story illustrates how HMG supports families by connecting them to resources, building their confidence and skills, and helping them take meaningful steps to a better future.

1. Ladores, S., & Corcoran, J. (2019). Investigating postpartum depression in the adolescent mother using 3 potential qualitative approaches. *Clinical Medicine Insights Pediatrics*, 13, 1179556519884042.

2. Tehama County Maternal Child Adolescent Health (MCAH) Needs Assessment (2024 presentation).

3. Goyal, D., Gay, C., & Lee, K. A. (2010). How much does low socioeconomic status increase the risk of prenatal and postpartum depressive symptoms in first-time mothers? *Women's Health Issues*, 20(2), 96–104.

4. U.S. Census Bureau. ACS Table S1701, Poverty Status in the Past 12 Months (2023).

5. Pacheco et al. (2023). Substance use during pregnancy and risk of postpartum depression: A systematic review and meta-analysis. *Frontiers in Psychiatry*, 14, 1264998.

6. California Department of Public Health, Maternal, Child and Adolescent Health (MCAH) Data Dashboards (2021-2023).