

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

| | | | | |
|---|--|--|-------------------|----------------|
| REQUESTOR NAME Traci Singleton | | | | |
| ORGANIZATION Madison Memorial Hospital | | TYPE OF ORGANIZATION (501(c)(3), government, other-explain): 501(c)(3) organization | | |
| ORGANIZATION ADDRESS 450 E Main Street | | CITY Rexburg | COUNTY Madison | STATE ID ID |
| EMAIL ADDRESS Traci.singleton@mmhnet.org | | REQUESTOR'S PHONE 208-359-6717 | | |
| ZIP CODE 83440 | | | | |

PLEASE DESCRIBE YOUR REQUEST, EVENT, OR ACTIVITY, INCLUDING PURPOSE AND DESIRED OUTCOMES:

Postpartum Depression and Anxiety Groups: Our vision is to bring awareness in the community about postpartum depression and anxiety, give women a safe place to express themselves and understand what they are going through, and create a community where women can learn to support and grow from each other.

| DATE OF REQUEST: | AMOUNT OF FUNDS REQUESTED: - SEE ITEMIZED BUDGET (page 2) | TOTAL ANTICIPATED COST OF EVENT/ACTIVITY/PROJECT | # OF EXPECTED PARTICIPANTS | TOTAL IN-KIND DONATIONS |
|------------------|--|---|-------------------------------|----------------------------|
| 06/21/2022 | \$ 5,500.00 | \$ 5,500.00 | 40 - 50 | \$ |

PLEASE DESCRIBE HOW YOUR REQUEST SUPPORTS THE MISSION AND VISION OF THE R7BHB

Madison Health is eager to collaborate with Region 7 Behavioral Health and other community stakeholders to fill this ever needed gap in services. Bringing awareness, treatment, recovery and overall wellbeing to those suffering from postpartum depression and anxiety is our vision and aligns with that of the Region 7 Behavioral Health Board.

PLEASE PROVIDE A TIMELINE OF EVENTS, INCLUDING WHEN FUNDS WILL BE SPENT:

There will be 4 groups offered for one year with approximately 10-12 participants anticipated in each group. Each group consists of 8 sessions. We have no specific preference on payment frequency and would be willing to entertain several different options.

PLEASE DESCRIBE HOW YOUR OUTCOMES WILL BE MEASURED:

At the beginning of group each participant is given a GAD-7 Anxiety screener and and Edinburgh Postnatal Depression Scale (EPDS). After 8 weeks the participants are given the same screener again to view progress.

PLEASE STATE HOW THE REGION 7 BEHAVIORAL HEALTH BOARD WILL BE RECOGNIZED:

We will include Region 7 Behavioral Health Board on all distributed material and advertisements regarding the Postpartum Depression and Anxiety groups.

Approved: Yes No - Reason: _____

R7BHB Board Representative: _____ Date: _____

EIPH Representative: _____ Date: _____

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

If request is approved, the requestor will provide a W-9 and Finalized Budget.
Receipts and invoices will be required prior to any reimbursement or payment being made.

| | |
|-----------------------------------|---|
| REQUESTOR NAME Traci Singleton | ORGANIZATION Madison Memorial Hospital |
|-----------------------------------|---|

ITEMIZED BUDGET PROPOSAL

| PROPOSED PURCHASE DATE | AMOUNT | DESCRIPTION OF PURCHASE | PROPOSED PURCHASE FROM | PAYMENT OPTIONS | |
|------------------------|------------|---|------------------------|-------------------------------------|--------------------------|
| | | | | Check | Credit Card |
| | \$4,800.00 | Wages for 2 counselors for 4 groups (8 sessions each group) | | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| | \$ 200.00 | Supplies - Journals and pens | | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| | \$ 500.00 | Possible wages for additional group members | | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| | \$ | | | <input type="checkbox"/> | <input type="checkbox"/> |
| | \$ | | | <input type="checkbox"/> | <input type="checkbox"/> |
| | \$ | | | <input type="checkbox"/> | <input type="checkbox"/> |
| | \$ | | | <input type="checkbox"/> | <input type="checkbox"/> |

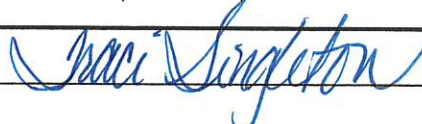
IN-KIND SUPPORT FOR THE PROJECT

| DONOR | DESCRIPTION OF DONATION | VALUE OF DONATION | OTHER COMMENTS |
|-------|-------------------------|-------------------|----------------|
| | | | |
| | | | |
| | | | |
| | | | |

REPORTING REQUIREMENTS

1. Applicants must agree to submit an evaluation of the event, activity, or project that was funded by the R7BHB grant funds as well as any receipts or invoices requested by EIPH within 30 days of completing the event. *Requests for reimbursement received 60 days after the date of the event may be denied.*
2. Applicants must agree to report to the R7BHB in person if requested.

SIGNATURE OF GRANT REQUESTOR: _____



Postpartum Support Group

8 Week Closed Support Group

Each group would contain 8-10 participants that would be referred to us by the hospital social workers and primary care physicians.

8 Week Group Topics:

| Week: | Topic Discussed: |
|-------|--|
| 1 | Why does motherhood make me blue? |
| 2 | Redirecting Negative and Self-Defeating Thoughts |
| 3 | Understanding Boundaries |
| 4 | Am I a "good enough mother?" Mom guilt and how it destroys us |
| 5 | Expressing needs Learning communication tools |
| 6 | Self-Care |
| 7 | 9 Steps to Wellness |
| 8 | Summary of information learned/Discharge |

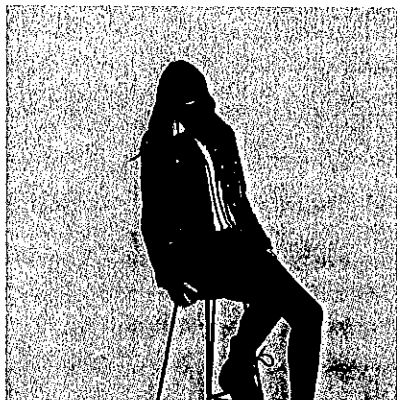
Cost:

Materials: We already have all the materials that we need to run this group. However, I do like having a form of notebook for the women to write in as well as a writing utensil that could be purchased. I would assume that it would be around \$5 per group member to cover materials. This type of group does not rely as much on a specific curriculum or workbook as it does utilizing the relationships between the members and facilitators to encourage change and improvement. We will continue to implement new items as the group progresses and if some charge-based curriculum became necessary, we would communicate that at that time.

Therapists: \$75 per group session per therapist. We would ask that any additional group member over 10 would result in an \$10 per person increase. This would cover the hourly wage that we would make in private practice if we were to be seeing clients at that time. If we were to run a group in the private practice setting that had clients with Medicaid as their insurance, the reimbursement would be about \$20 per group member per session. We feel that the above rate reflects us trying to provide a needed and beneficial service at a rate that is slightly less than its private practice counterpart might be. We have no specific preference on payment frequency and would be willing to entertain several different ideas.

Medical Provider: Over the past year we have been lucky to work with Marie Horne, CNM and Becca Helie, CNM to provide these groups. We feel that the biopsychosocial approach is beneficial to our group members as it allows us to rule out and discuss medical concerns and medication management if needed. We will be confident in running these groups alone. However, we would welcome the involvement of any medical health professionals and would also entertain the idea of inviting them depending on the topic and focus of that group session.

Therapists



Jocelyn Hobbs, LMSW

Jocelyn Hobbs was raised in Sugar City, Idaho and graduated from Northwest Nazarene University in 2016 with a master's degree in social work. She works full-time as a counselor at Sugar-Salem High School and provides mental health treatment for postpartum clients at Ostermiller Counseling.

Jocelyn has a passion for mental health, especially for postpartum mental health. As a mother and therapist, she understands the transition to motherhood and the emotional toll it can take on a person's well-being.

She has completed evidence-based perinatal mental health certificate training: minimum 14 hours certificate training + 6 hours advanced training and will be taking my PMH-C training in January 2022.

Rachel Ostermiller, LMSW

Rachel Ostermiller is married to Jordon Ostermiller and has two kids. She graduated from BYU-Idaho with a degree in Social Work and got her graduate degree at Northwest Nazarene University also in social work.

She has been working as a counselor for the past three years and is currently working towards being specialized in Postpartum depression and Anxiety through the PSI organization.

Rachel loves the outdoors, spending time at home with her kids and traveling across the world with her husband.

GAD- 7 & EPDS Information

At the beginning of group each participant is given a GAD-7 Anxiety screener and an Edinburgh Postnatal Depression Scale (EPDS). After 8 weeks the participants are given the same screener again to view progress. The following data is taken from 30 participants from the groups facilitated by Jocelyn Hobbs and Becca Helie:

Average EPDS at first group: 14.125 (Probable depression, provider intervene)

Average EPDS at end of 8 weeks: 6 (depression not likely, continue support)

Average GAD-7 at first group: 15 (severe anxiety)

Average GAD-7 at end of 8 weeks: 5.5 (mild anxiety)

Quotes from past group members:

“The biggest thing that helped me out with this PPD/PPA support group was knowing I wasn’t alone. Because when you’re in the thick of it you feel like you’re the only one going through these things cause everyone posts on social media about how great it is with their newborn. When half the time well more than half the time it isn’t great! But every week when we would share the highs and lows and cry together sometimes it made me feel human. It made me feel like a normal mom and that I could get through the hard times. There were points in my postpartum journey that I didn’t think I could make through it but this group reminded me that I was important, I mattered and I could get through it!”

-Madison

“My son was a year old when I joined the mamas postpartum group. I attended the first week and I realized I had a few postpartum issues but I’m no longer experiencing them so this group wouldn’t be helpful to me. My husband challenged me to give it a another try the second week and if I would end up feeling the same, I would stop attending it. That second week got me in tears. I was right, I wasn’t experiencing my postpartum issues anymore but I never got any healing. Those were two different things. And I got all the healing needed during our group sessions. I felt empowered to be surrounded by women of such potential. I learned that vulnerability turned into strength and healing so fast. In one of our gathering we learned about self-care and how that looks like in different aspects of life. I was so touched by it that now I run a social media account where I share all the different types of self-care methods. My hope is to show people and hopefully mamas out there the importance of investing in your mental health through self-care.”

-Arjeta

“Group not only gave me a place to know that I wasn’t alone and that most moms actually felt the same way I did. Group changed my life and gave me tools to not only use as a mother but in my other relationships. Lastly, I’ve gained some life long friends with people who understand me and I them. Every mother needs this information and community.”

-Emily

“I was afraid to go at first honestly but it was a life boat. I wish I would have gone sooner because it helped me so much! I’m so grateful that I had the chance to learn and share every week. I wasn’t alone in how I felt and I wasn’t a bad mom for feeling it. It really did help me get moving on getting the help I needed and processing the fact that I did need help and that was ok. I love and miss getting to go to group because it was a safe place where I felt uplifted and received reassurance about what I was going through!”

-Leah

UNDERSTANDING

POSTPARTUM DEPRESSION & ANXIETY

WHO DOES IT AFFECT?

80% of women have baby blues (1-2 weeks after baby)
1 in 7 women suffer from depression and anxiety during and post pregnancy
1-2 out of 1,000 suffer from postpartum psychosis

OUR VISION

Our vision is to bring awareness in the community about postpartum depression and anxiety, give women a safe place to express themselves and understand what they are going through, and create a community where women can learn to support and grow from each other.

OUR AGENDA

Over the course of 8 weeks our goal is to work on these subjects:

Why does motherhood make me blue?

Redirecting negative and self-defeating thoughts

Understanding boundaries

Am I a "good enough" mother?

Mom guilt and how it destroys us

Expressing needs & learning communication tools

Self-care

9 steps to wellness