



# Florida Maternal Mental Health Collaborative Awareness Workgroup Presents:



Working Together to Improve Perinatal Mental Health Outcomes for:  
**PARENTS & FAMILIES**

## Prenatal & Postpartum Support

### Healthy Start Coalitions

#### Programs & Services:

<https://www.healthystartflorida.com/programs-initiatives/healthy-start/>

#### Healthy Start Services in your area:

**Coalition Map:** <https://www.healthystartflorida.com/about-us/coalition-map/>

### CONNECT: Coordinated Intake & Referral to community services

<https://connect.healthystartflorida.com/#connect>

### Healthy Families Florida

#### Family support & coaching programs:

<http://www.healthyfamiliesfla.org/index.asp>

#### Women, Infants, & Children (WIC):

<https://www.floridahealth.gov/programs-and-services/wic/index.html>

### Statewide Breastfeeding Resources

**ZIP MILK Florida:** <https://zipmilk.org/>

## Florida Medicaid Coverage

### Florida Department of Children and Families

#### Public Benefits and Services including Medicaid Redetermination:

<https://www.myflfamilies.com/services/public-assistance>

#### Florida Medicaid Postpartum Extension Resources & Information

<https://www.marchofdimes.org/florida-medicaid>

¿Tiene actualmente o ha tenido un embarazo cubierto por Medicaid? Para obtener más información, [haga clic aquí](#).

Èske ou genyen Medicaid pou gwosès ouwa ou te genyen l se pa twò lontan?

[Pou plis enfòmasyon, klike la a. apre gwosès ou.](#)

## Hotlines & Crisis Support

### Postpartum Support International (PSI) Helpline:

Call or text 1-800-944-4773 (4PPD)

### National Maternal Mental Health Hotline (HRSA):

1-833-852-6262 (1-833-TLC-MAMA)

### Treatment Assistance Hotline 24/7: (866) 634-5667

**National Crisis Text Line:** Text HOME to 741741

anytime

## FL Resources for Families

### Childcare Resources

<https://childcare.gov/state-resources/florida/understanding-and-finding-child-care-resources>

### Financial Assistance Resources

#### TANF: Temporary Assistance for Needy Families

<https://www.myflfamilies.com/services/public-assistance/temporary-cash-assistance>

#### SOAR: Access to SSI/SSDI

<https://soarworks.samhsa.gov/states/florida>

#### WIC: Women, Infants, Children

<https://www.floridahealth.gov/programs-and-services/wic/index.html>

### Child Development & Early Learning Resources

<https://childcare.gov/state-resources/florida/child-development-and-early-learning-resources>

### Health & Social Services Resources

<https://childcare.gov/state-resources/florida/health-and-social-service-resources>

## Substance Use Treatment & Support

### Your First Step National Treatment Center Directory:

<https://yourfirststep.org/find-local-treatment-centers/>

### Substance Abuse & Mental Health Service Administration (SAMHSA)

For help finding treatment: 800-662-HELP (4357).

<https://findtreatment.gov/>

### Shatterproof Treatment Atlas

<https://treatmentatlas.org/>

### National Suicide Prevention Hotline:

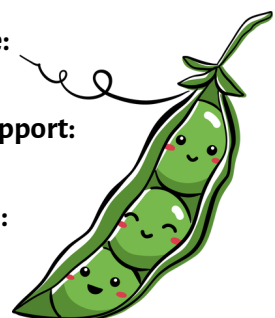
Call or text 9-8-8

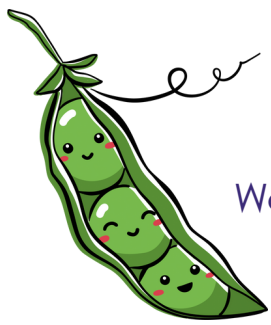
### Local Mental Health Resources & Talk Support:

Call 2-1-1

### National Domestic Violence Hotline:

1-800-799-7233





# Florida Maternal Mental Health Collaborative Awareness Workgroup Presents:

## "P's" in a POD

Working Together to Improve Perinatal Mental Health Outcomes for:  
**PROVIDERS**



### Professional Education & Practice

#### FLMMHC Clinical Practice Workgroup

**Training Needs for Providers Survey:** <https://www.surveymonkey.com/r/PZYW9BG>

#### FLMMHC Research Workgroup

**Doula experience Survey:** [https://fau.az1.qualtrics.com/jfe/form/SV\\_8laFukyzDI810A6](https://fau.az1.qualtrics.com/jfe/form/SV_8laFukyzDI810A6)

### Florida Medicaid Toolkits & Provider Assistance

#### Centers for Medicaid & Medicare Services

##### A Communications Toolkit:

<https://www.medicaid.gov/sites/default/files/2023-08/unwinding-comms-toolkit-508.pdf>

##### Medicaid.gov:

##### Medicaid Eligibility & Enrollment Toolkit

<https://www.medicaid.gov/medicaid/data-systems/medicaid-eligibility-enrollment-toolkit/index.html>

#### Florida Agency for Health Care Administration (AHCA)

##### Medicaid Provider Assistance:

<https://ahca.myflorida.com/medicaid/medicaid-policy-quality-and-operations/medicaid-operations/recipient-and-provider-assistance/provider-services>

### The Protective Factors

#### Mental Health First Aid

<https://www.mentalhealthfirstaid.org/2022/01/how-protective-factors-can-promote-resilience/>

#### Strengthening Families

<https://cssp.org/resource/about-strengthening-families-and-the-protective-factors-framework/>

### Professional Development: Certifications & Endorsements

#### FSU Professional Certification in Trauma & Resilience

<https://learningforlife.fsu.edu/professional-certification-trauma-and-resilience-level-one/>

<https://learningforlife.fsu.edu/professional-certification-trauma-and-resilience-level-two/>

#### Florida Certification Board

##### Certified Mental Health Professional:

<https://flcertificationboard.org/certifications/certified-mental-health-professional/>

##### Certified Behavioral Health Technician:

<https://flcertificationboard.org/certifications/certified-behavioral-health-technician/>

#### National Council for Mental Wellbeing

##### Mental Health First Aid Instructor:

<https://www.mentalhealthfirstaid.org/take-a-course/>

### Practice Models & Quality Improvement

#### Multiplying Connections: Reflective Supervision as a Trauma Informed Practice

<https://www.multiplyingconnections.org/become-trauma-informed/what-reflective-supervision>

#### The Florida Perinatal Quality Collaborative (FPQC)

**QI Initiatives:** <https://health.usf.edu/publichealth/chiles/fpqc>

#### Florida Behavioral Health IMPACT

**Psychiatric Access & Statewide Resources:** <https://flbhimpact.org/>  
1-833-951-0296

#### The JJ Way - A Patient Centered Model of Care

**Commonsense Childbirth:** <https://commonsensechildbirth.org/the-jj-way/>

### Mental Health Resources for Patients

#### National Institute of Mental Health (NIMH):

##### Brochures and Fact Sheets

**English:** <https://www.nimh.nih.gov/health/publications>

**Español:** [https://www.nimh.nih.gov/get-involved/digital-shareables/espanol/recursos-para-compartir-sobre-la-salud-mental-en-espanol#info-esp?](https://www.nimh.nih.gov/get-involved/digital-shareables/espanol/recursos-para-compartir-sobre-la-salud-mental-en-espanol#info-esp?utm_campaign=HHM23&utm_medium=email&utm_source=govd)  
[utm\\_campaign=HHM23&utm\\_medium=email&utm\\_source=govd](https://www.nimh.nih.gov/get-involved/digital-shareables/espanol/recursos-para-compartir-sobre-la-salud-mental-en-espanol#info-esp?utm_campaign=HHM23&utm_medium=email&utm_source=govd)

#### Alliance for the Advancement of Infant Mental Health

**Infant Mental Health Endorsements:** [https://mi-aimh.org/wp-content/uploads/2021/12/Endorsement-is-Good-for-Babies-MI\\_FINAL.pdf](https://mi-aimh.org/wp-content/uploads/2021/12/Endorsement-is-Good-for-Babies-MI_FINAL.pdf)

#### Postpartum Support International

##### Frontline Provider Trainings:

<https://www.postpartum.net/professionals/frontline-provider-trainings/>

##### Certification in Perinatal Mental Health:

<https://www.postpartum.net/professionals/certification/>

##### Policy Center for Maternal Mental Health

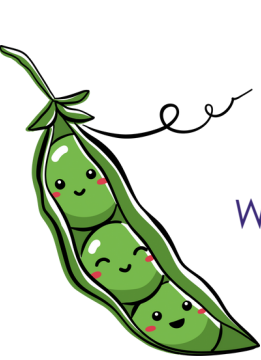
#### Certificate Training for Mental Health and Clinical Professionals:

<https://www.2020mom.org/certificate-training>

#### Florida Association for Infant Mental Health Endorsement

<https://www.faimh.org/endorsement>

Updated:12/2023



# Florida Maternal Mental Health Collaborative

## Awareness Workgroup Presents:

### "P's" in a POD

Working Together to Improve Perinatal Mental Health Outcomes for:  
**POLICY MAKERS & ADVOCATES**



## FLMMHC Policy Workgroup 2023 Action Items

### Maternal Stress White Paper:

<https://docs.google.com/document/d/1ec5EhpNAYQmuuzcl3lmlBihlJHMpWd7B/edit?usp=sharing&ouid=108872068852656313156&rtpof=true&sd=true>

### Policy Recommendations:

#### Access to Maternal Mental Health Services –

Families are facing psychosocial challenges and difficulty accessing needed supports such as medication management, treatment for substance use disorder, and therapy designed to address maternal mental health. In addition, many women have fears about stigma associated with disclosing maternal mental health conditions.

#### Temporary Disability Services –

Support for self-sufficiency during the perinatal period when employment opportunities are diminished, and physical or mental health needs are exacerbated.

#### Improved Entry to Early and Consistent Prenatal Care –

Since 2011 first trimester entry to prenatal health care has declined. Early access to prenatal health care is linked to improved outcomes for both mother and baby.

#### Maternal and Infant Nutrition –

Difficulty in obtaining equipment and resources to meet their nutritional needs and those of their infant

## Florida Medicaid Policy

### Florida Health Justice Project

#### Advocating for Access to Health Care:

<https://www.floridahealthjustice.org/>

**Medicaid Expansion:** <https://www.floridahealthjustice.org/medicaid-expansion.html>

**Florida Health Justice Stories:** <https://www.floridahealthstories.org/>

**Instagram Unwind Stories:** <https://www.instagram.com/flhealthjustice/>

## 2023 Florida Bill Actions

### Office of the Governor

#### Bill Actions:

<https://www.flgov.com/wp-content/uploads/2023/11/Bill-Action-11.14.23.pdf>

#### Maternity & Family Leave:

<https://www.flgov.com/2023/09/18/governor-ron-desantis-expands-maternity-and-family-leave-for-state-employees/>

## Report Cards

### March of Dimes

#### 2023 Maternity Care Desert Report for Florida:

<https://www.marchofdimes.org/peristats/reports/florida/maternity-care-deserts>

#### Policy Center for Maternal Mental Health

#### State of Maternal Mental Health Report Card:

<https://www.2020mom.org/state-report-cards>

#### CDC Breastfeeding Report Card

<https://www.2020mom.org/state-report-cards>

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## State & Federal Policy

### The Florida Senate Committee on Health Policy

#### 2023 Summary of Legislation Passed:

<https://www.flsenate.gov/PublishedContent/Session/2023/BillSummary/CombinedPDF/HP.pdf>

**Other Bills:** <https://www.flsenate.gov/Committees/billsummaries/2023>

### Policy Center for Maternal Mental Health

**Florida Policy:** <https://www.2020mom.org/fl-policy>

**Federal Policy:** <https://www.2020mom.org/federal-policy-blogs>

**Reports & Fact Sheets:** <https://www.2020mom.org/reports>

### March of Dimes

#### 2023-2024 Policy Priorities:

**National:** [https://www.marchofdimes.org/sites/default/files/2023-01/2023-24\\_Policy\\_Priorities.pdf](https://www.marchofdimes.org/sites/default/files/2023-01/2023-24_Policy_Priorities.pdf)

#### Association of Maternal and Child Health Programs

<https://amchp.org/mch-bill-tracker/>

## Policy/Advocacy Networks

### The WIC Hub: Research, Policy, Practice

**2023 State of WIC Report:** <https://thewichub.org/2023-state-of-wic-report/>

#### Non-profit educational arm and advocacy voice of WIC:

<https://www.nwica.org/advocacy>

### Florida Hospital Association

**State & Federal Advocacy for Hospitals:** <https://www.fha.org/>

#### Coordinated Opioid Recovery (CORE) Network of Addiction Care

<https://www.flcorenetwork.com/>