

Opening the Door for Equitable Support
Broadening Reach and Access to Quality
Medical and Mental Health Care along the
Motherhood Journey

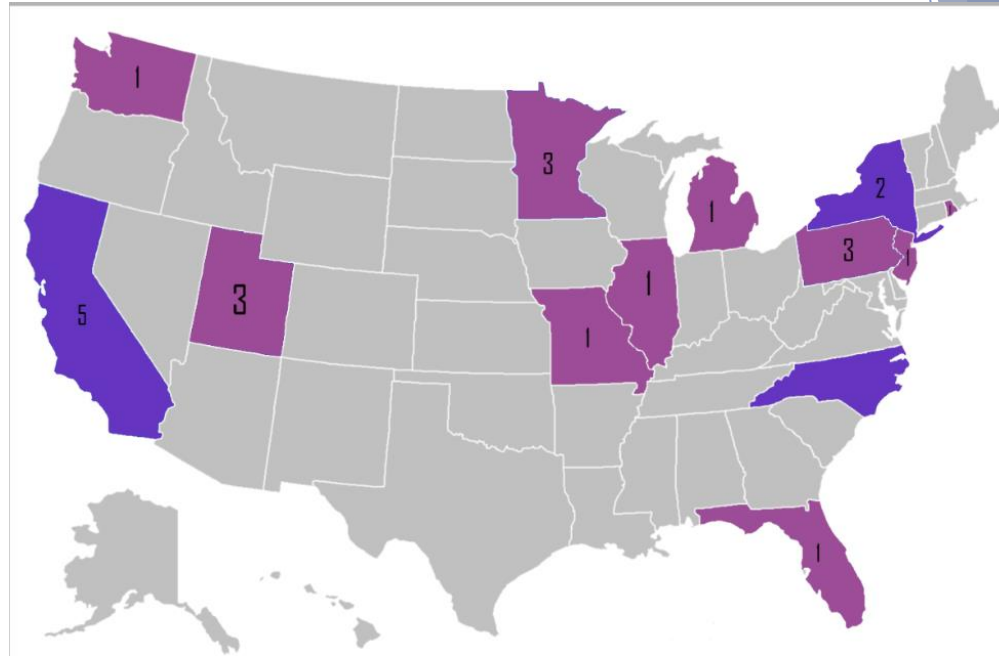
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Women's Health Psychology Lab

- ▶ Perinatal mental health deserts
- ▶ Stigma
- ▶ Inequities
- ▶ Limited access to specialized care
- ▶ Need innovative solutions
- ▶ Research



Mother Baby Connections

An Intensive Mental Health Day Treatment Program



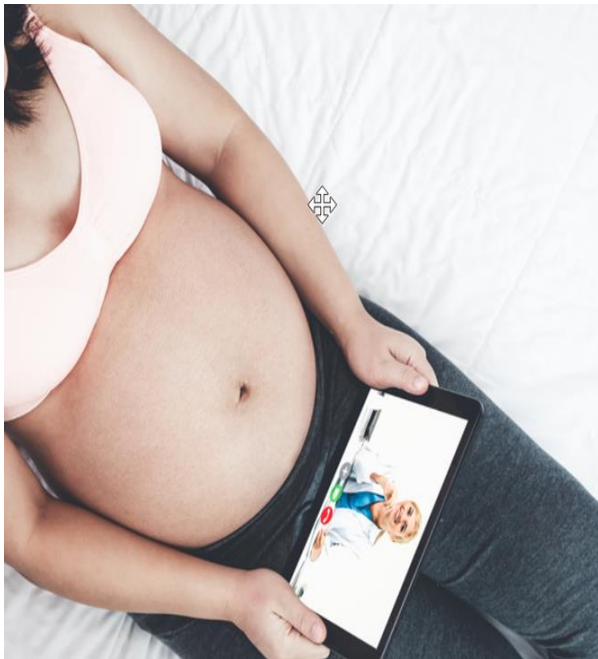


Session Goals

- ▶ Introduce 4 novel projects that
 - ▶ address ways to alleviate perinatal distress
 - ▶ exacerbated by pandemic, access limited by COVID-19 restrictions
 - ▶ utilize innovative approaches and adaptations of specialized mental health care
 - ▶ extend our reach to deliver relevant, accessible and equitable treatment to diverse populations
 - ▶ may be integrated into outpatient practice, hospital and collaborative care settings



Today's Presentations



“Am I Welcome Here?” Affirmative Care in LGBTQIA+ Fertility Treatment

- Navy C. Spiecker, MS

What Keeps You Up At Night? Using Sleep as a Catalyst for Mental Health Conversations in Pregnancy

- Alison R. Hartman, MS

“The Postpartum Toolkit”: An Online Tool Providing Personalized Resources to Bolster Postpartum Maternal Functioning

- Ariana M. Albanese, MS

Reducing Barriers to Perinatal Mental Health Care Through Telehealth in the Age of COVID-19 and Beyond

- Leah Sodowick