



Evaluating the Impact of Proactive Support on all Phases & Stages of Motherhood



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Introduction - The Players

- **Sharing Solace:** Empowering griever's to grieve through keepsakes, community, outreach, & resources for perinatal, pregnancy, infant, & 'out of order' deaths. We believe grieving health *IS* mental health.
- **Moodr Health:** Digital platform designed to provide proactive behavioral health support through HIPAA-compliant SMS messaging, real-time surveys, & clinician-led outreach for maternal mental health.
- **Progressing Through Postpartum (P3) Program:** The Progressing Through Postpartum (P3) Program, part of Vandalia Health in West Virginia, screens patients for anxiety, depression, & mood disorders before, during, & after pregnancy.
- **PROPS System [Proactive Resources and Outreach for Personalized Support]:** A collaboration combining Moodr Health's technology & Sharing Solace's community & expertise to guide mothers through pregnancy loss & non-traditional motherhood with proactive resources & mental wellbeing monitoring.

Our Methods

Progressing Through Postpartum (P3) Program:

Moodr Health Integration (August 2023-Present):

- Streamline patient engagement & enable proactive, scalable outreach
- Send EPDS, PHQ-9, & other surveys via SMS messaging
- Display real-time survey metrics in patient charts to monitor changes
- Develop standard operating procedures & protocols with clinicians using the platform
- Conducted patient satisfaction surveys to track improvements in scores

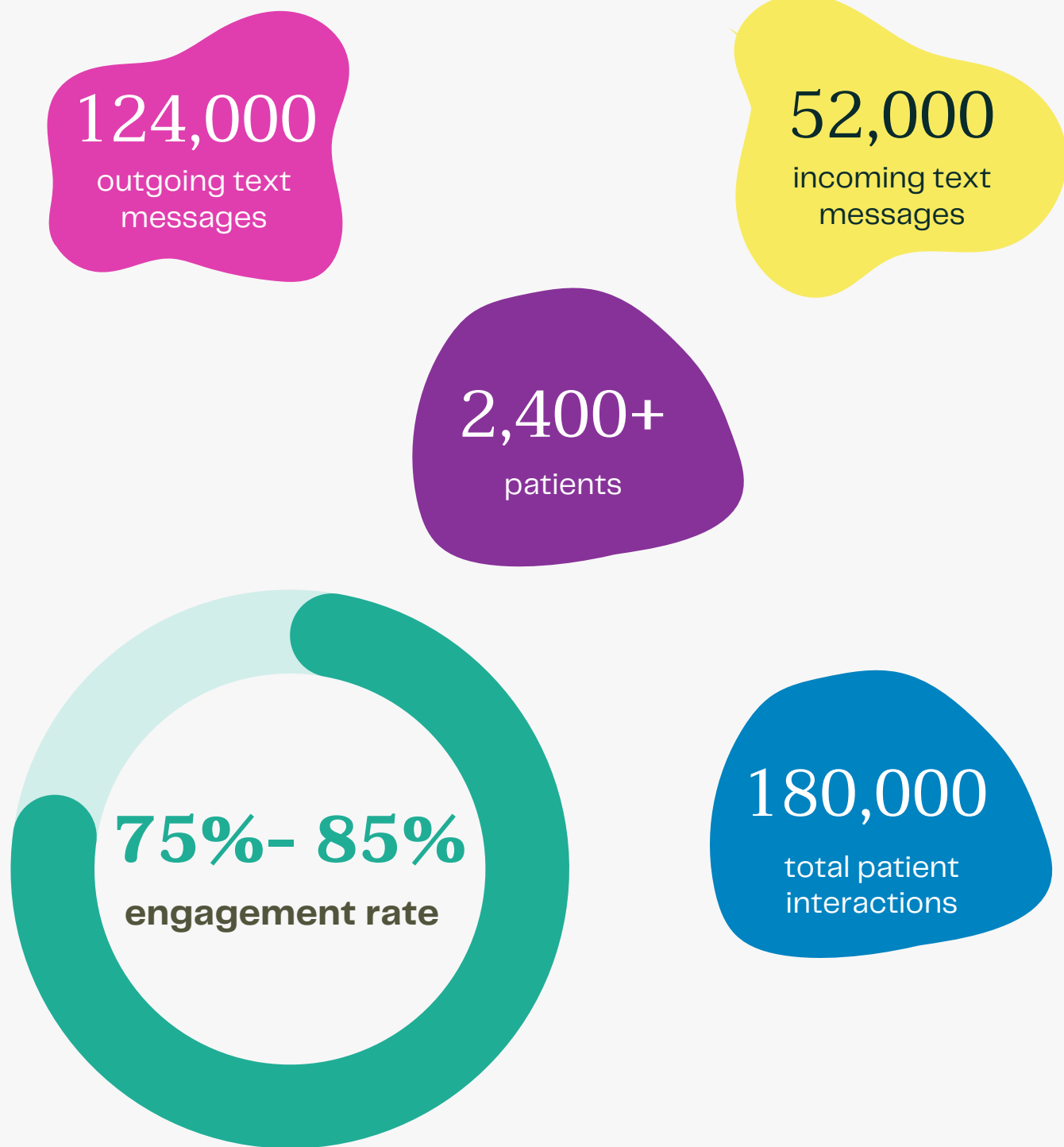
Navigating Holiday Grief (NHG) Program:

90 minute webinar followed by 14 days [December 12-24, 2024] of proactive outreach [texts] further illustrating key points from webinar.

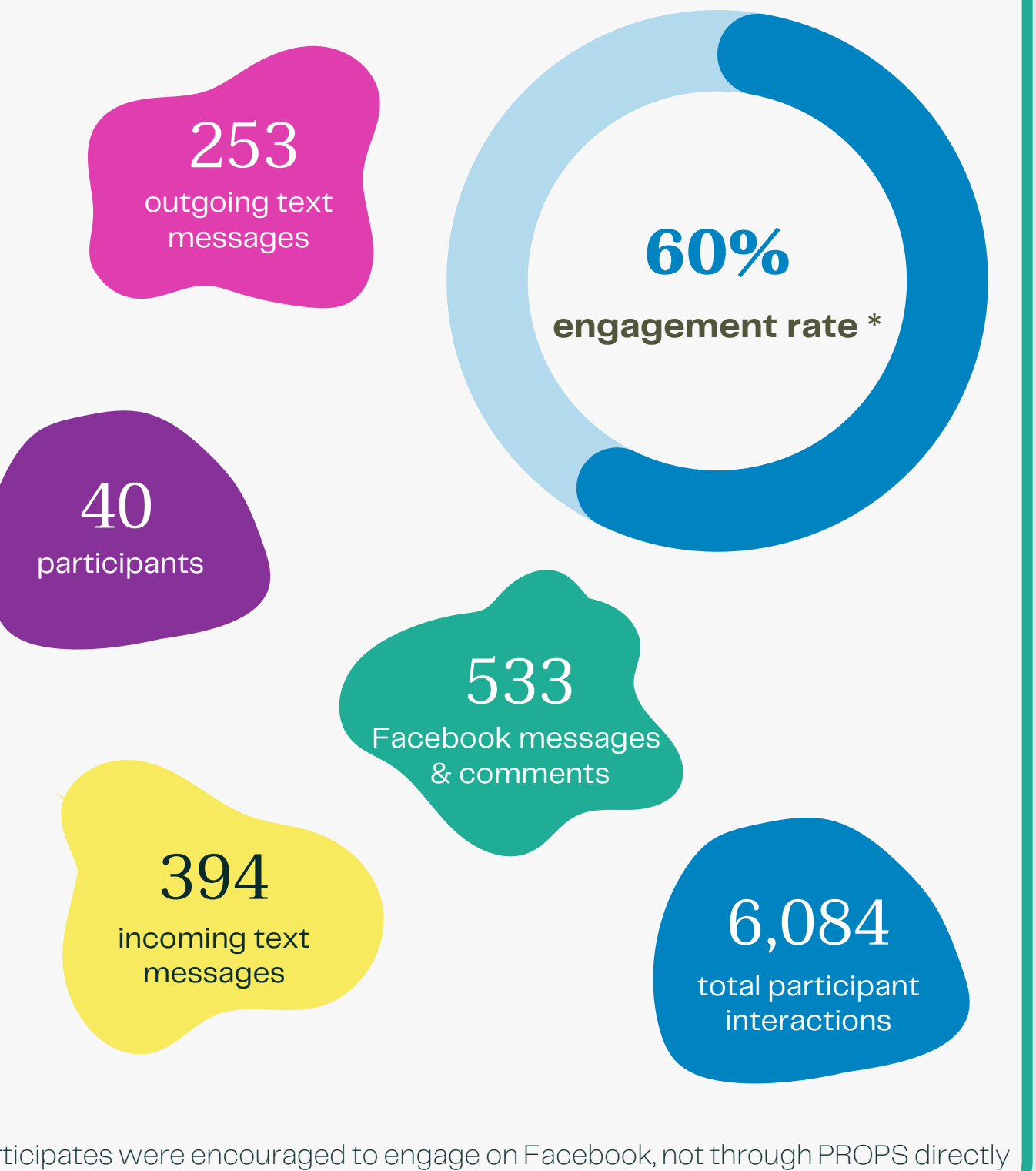
- Daily thought prompts / tips
- Inviting interaction & conversation on 3rd party forums [Facebook group]
 - Discouraging direct responses
- Intro & outro survey responses collected
- Select follow-up interviews conducted

Results

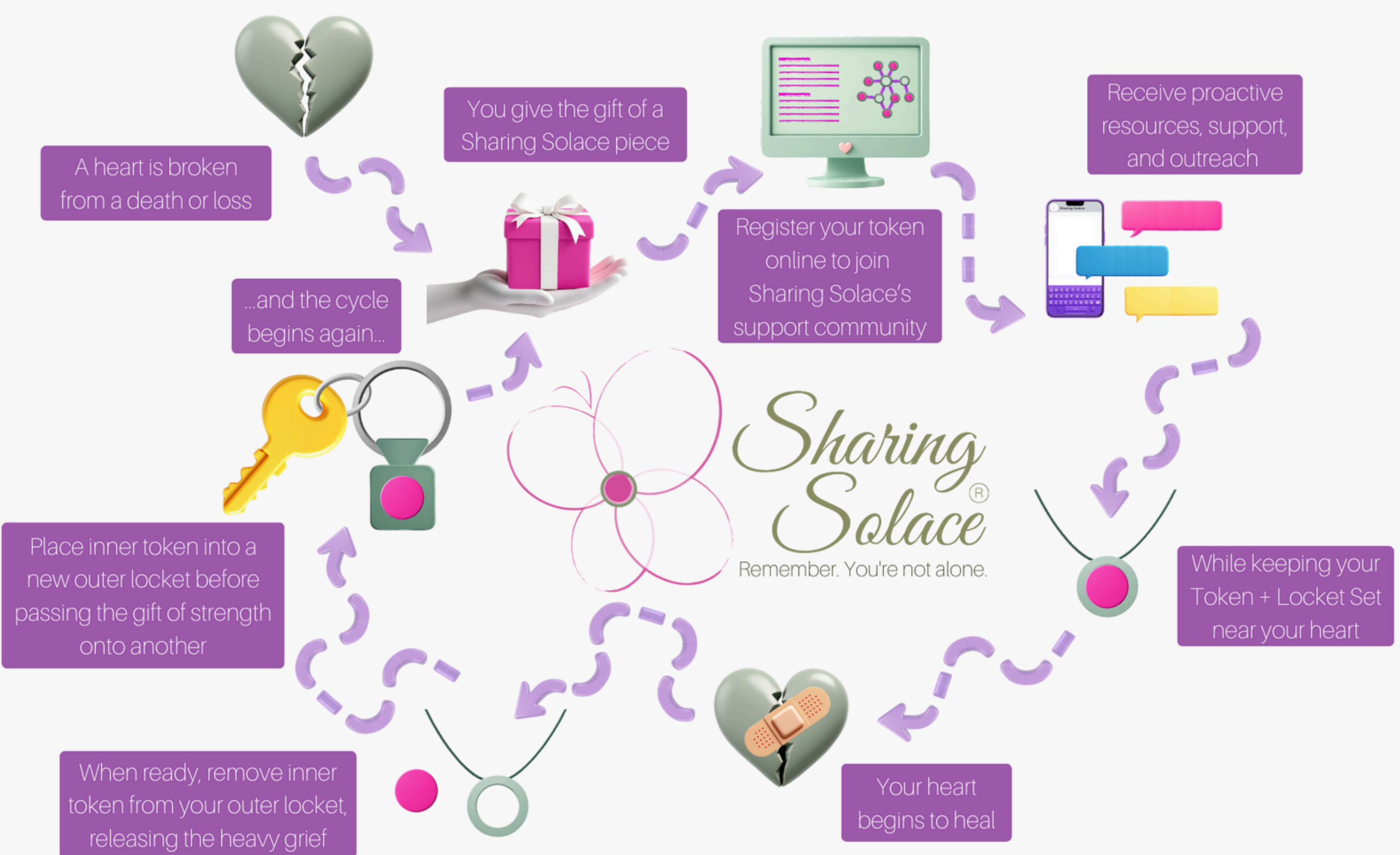
Progressing Through Postpartum (P3) Program



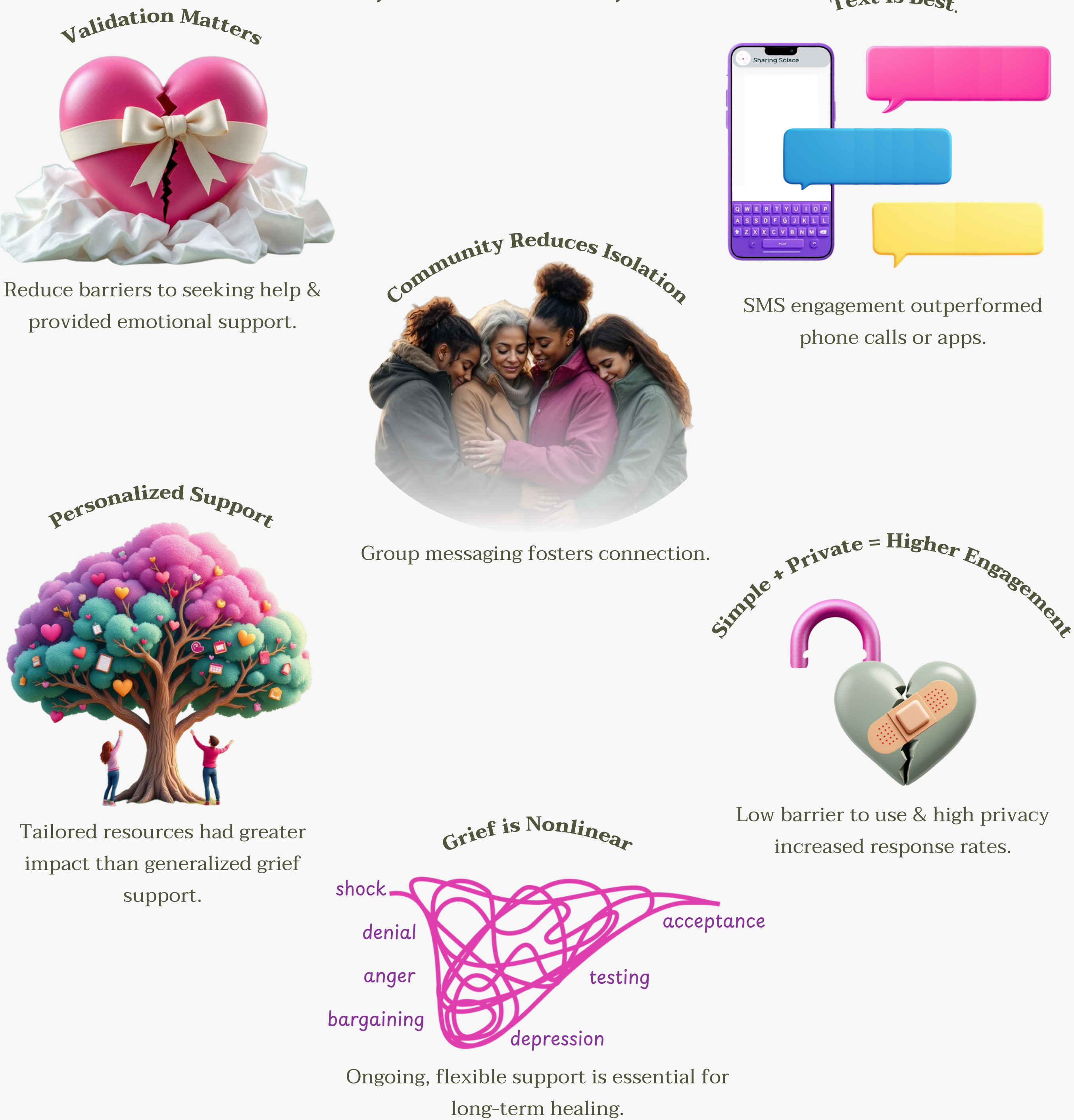
Navigating Holiday Grief (NHG) Program



* Participates were encouraged to engage on Facebook, not through PROPS directly



Lessons Learned



Patient & Participant Testimonials

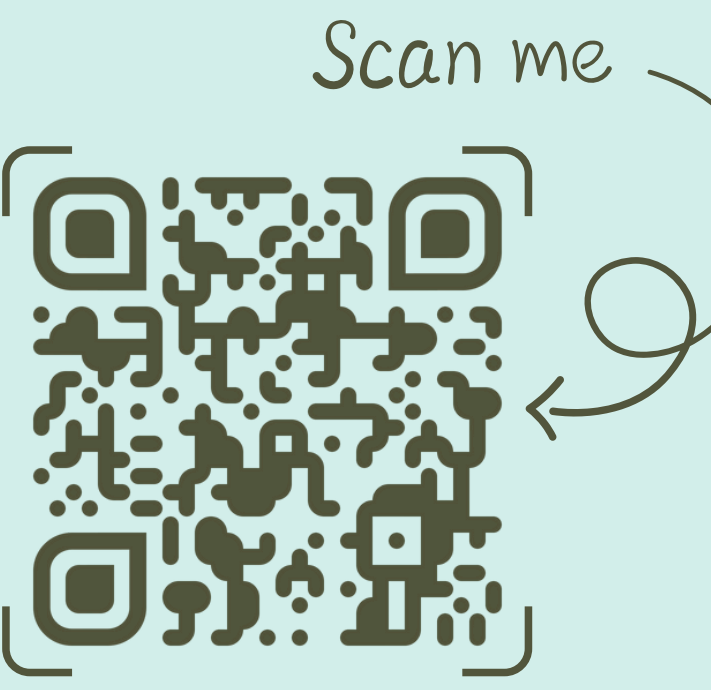
I chose to manage my symptoms on my own at first, but my nurse recognized my needs without me having to ask, providing relief just knowing support was there if I needed it. This was the most helpful care I received.
~ P3 Patient

I would absolutely recommend this program. It breaks things down in a way that really helps you understand grief. It helped me, and I truly believe it can help others too.
~ NHG Participant

I think it not only validated my feelings, but also let me express my grief with others in the same situation. Made a stressful time a little easier.
~ NHG Participant

I appreciated the opportunity to remember the memories I have about my loved ones. The daily tips brought me out of my sadness to think about those memories and enjoy sharing them. Also I enjoyed reading about other griever's memories.
~ NHG Participant

I had a tough time after having my baby, and this program gave me the support and encouragement I needed to get through it. Knowing someone was always checking in made me feel like I wasn't alone. I'm forever grateful.
~ P3 Patient



Or visit the Sharing Solace table in the Exhibit Area for additional information & poster copies.