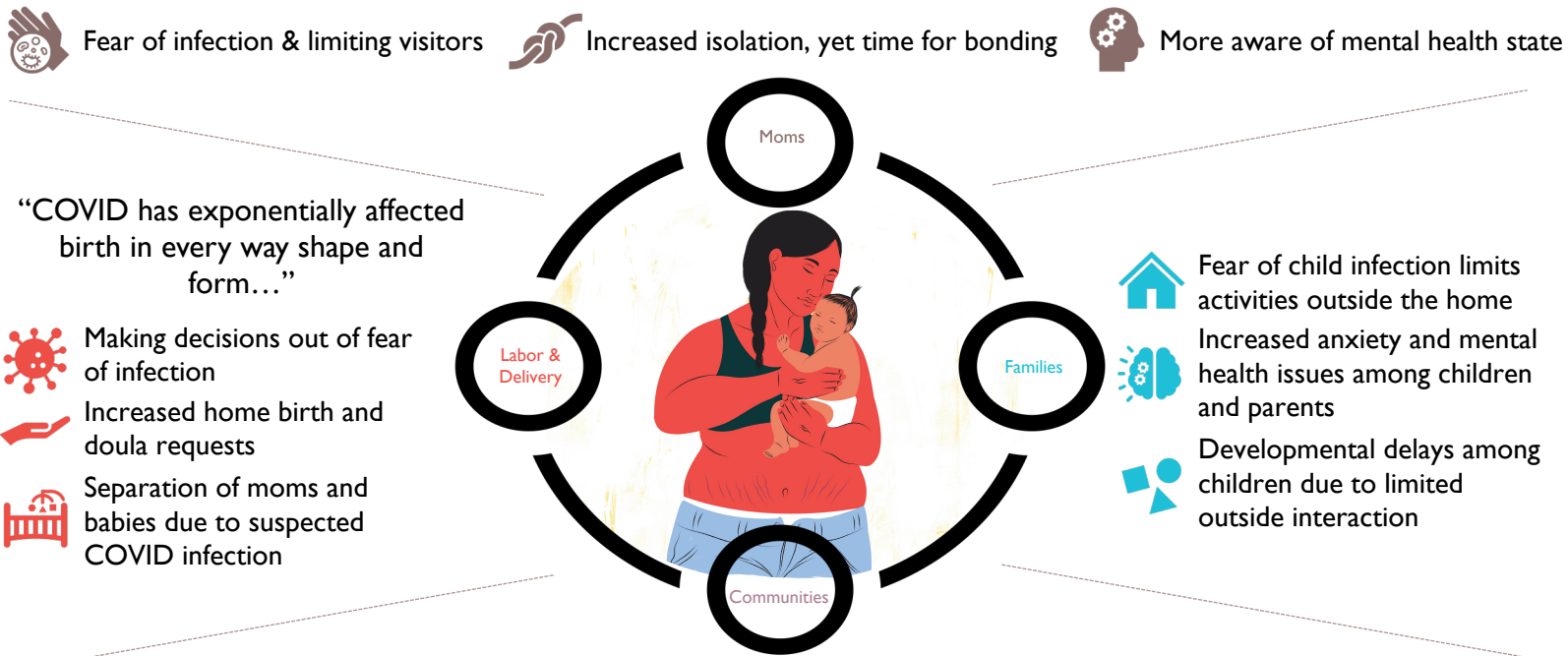


# Indigenous Approaches to Postpartum Mental Health

Assessing opportunities for community-based growth and solutions

## IMPACTS OF COVID-19 on individuals, families, and communities



“So, we currently service in behavioral health approximately 400 to 450 individuals, most recently an increase of 40%+ due to COVID. Our crisis calls right now are just astronomical. Even though we're a good year and a couple months into this, I'm averaging approximately three to four crisis calls a week. So, it's been troublesome. We deal a lot with trauma. There's been a lot of depression, anxiety, and trauma coming out most recently due to COVID and loss of positions, and actually this is a great opportunity to speak with you because the increase in women, and even young ladies, youth and children, I mean we're finding a lot of suicidality behaviors and so forth..”

### Impacts on Service Delivery & Processes

- Less frequent in-person contact throughout pregnancy, means home visitors know less about what is going on with a family.
- Virtual interactions are shorter because people hit their attention limit sooner.
- Families come in and out of programming due to COVID-related stresses and disruptions to schedules.
- Staff changes, including losing and gaining personnel impacts consistency.

### Logistical Challenges

- Being out of the office means that communication between departments and staff isn't happening like it would in-person.
- Intake paperwork and assessments are hard to do virtually.
- Switch to telehealth is challenging for many due to connectivity issues, lack of privacy, increased disruptions, & unclear social rules and norms using Zoom.
- Online communication has provided a way for families to disengage.

### Creative Solutions Implemented



Implement incentives, like entering a drawing, to encourage participation



Schedule virtual playdates



Use social media and texting to stay connected with families



Continue to be flexible and understanding to meet families where they are

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