



“Working for Your Well-Being!”

# CCFoPH Newsletter

## Eleventh Edition – December 2010

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### January Events:

January 12, 5-7:30 p.m. Board Meeting & Strategic Planning Session, Bay Area Hospital, Myrtle Room

January 27, 11:30-1:00 p.m. Membership Annual Meeting (location to be confirmed).

### Service Opportunity:

Openings for Board members: Vice President and Education Chair. Contact Frances Smith.

### Zonta Club Awards CCFoPH!

The Zonta Club of the Coos Bay Area presented the Friends with a \$1500 grant to provide vouchers for women’s health services through Coos County Public Health. Angie Webster accepted the award at the Zonta Club meeting on December 17. As many of you are aware, the Title X funding for Family Planning services is never enough to cover the need in our community. The Zonta grant will provide vouchers for an estimated 15 women at \$100 each. The vouchers will be for those who don’t have insurance or other resources and will cover services such as nurse practitioner exams, contraceptives, lab tests, and medications. What a wonderful way to empower low-income women in our community—by assisting them to be responsible for their own health. Thank you, Zonta!

### Purses for Nurses

### A Fund Raising Success!

Purses for Nurses, the first fund raising *event* for CCFoPH, exceeded expectations, raising a total of \$7,193 (before expenses). Over 120 women filled 15 tables and enjoyed coffee, conversation, and chocolate. There were 31 silent auction items, which were purses filled with prizes with enticing themes such as *Starry Night*, *Born to Be Wild* and *Once Upon a Time*. Many thanks go to the **80** businesses and individuals who donated items for the auction, and also contributed food and decorations. It was fun to watch the style show performance of the SWOCC student nurses, who also assisted with the raffle and food service. Thanks to all who supported the event with their attendance and purchased items, bought raffle tickets and made donations. Special recognition goes to the event committee: Cynthia Edwards, Molly Ford, Lindi Quinn, Frances Smith, and Penne Wagner. The funds that were raised will go to support women’s reproductive health services at the Health Department.

# Pregnancy Related Mental Health Issues

By Kathy Cooley

Maternal mental health disorders—during and after pregnancy—are a major public health problem, affecting not only women, but their children and families. Maternal mental health disorders (MMHDs) can occur anytime during pregnancy through the first year after delivery. Some of these disorders include postpartum depression, postpartum psychoses, anxiety, and other related illnesses.

There is a stigma attached to postpartum depression (PPD) because it is often confused with a different condition—postpartum psychoses—where a mother attempts to harm her infant. Due to the stigma and the symptoms—shame, insecurity, hopelessness and confusion—women often do not reach out to get the support and care that they need. Screening for postpartum depression is quick and easy, and there is a good success rate for treatment. However, only about 35% of women with maternal depression receive adequate treatment.

Most people are not aware of the high rate of maternal mental health **disorders in Coos County, where an estimated 40—45% of women report symptoms of depression**, either during or after pregnancy (compared to 1 in 4 women statewide.) Risk factors have been well researched and include:



- Lower socioeconomic status
- A history of depression or other mood disorders and/or family history of depression
- Hormonal changes experienced during pregnancy
- Recent stressful life events
- Inadequate social supports
- Single marital status and/or Poor marital relationship
- Low self-esteem
- Child care stress
- Difficult infant temperament
- Unplanned or unwanted pregnancy
- Lower socioeconomic status

Most people are also not aware of the long-term consequences to infants who were raised in homes where MMHDs exist. A mother's depression can have serious consequences for her baby. Infants are highly sensitive to the quality of care they receive from their caregivers. Mothers who are depressed may be able to provide food and basic care, but may not be able to nurture their infants in ways that help them develop to their full potential. Children of depressed mothers are at risk for serious health, developmental, emotional, behavioral, and cognitive problems that can persist for many years or for a lifetime. As these children grow to become toddlers, they are at increased risk for behavioral and emotional problems, and continued language difficulties. As they become grade school children, they have increased rates of ADHD and mood disorders. As teenagers, they may experience increased rates of anxiety, impulsivity, and lower scores on intelligence tests. Clearly, the untreated MMHDs have serious and negative consequences on children.

Coos County Public Health Department is working to address this problem. Our home visiting programs offer screening and referral services to women for postpartum depression. Certified parent educators and public health nurses are trained to recognize the signs of maternal mental health illnesses and work with community resources to assist these women.

Locally, the Coos County Perinatal Task Force identified maternal mental health disorders as a key issue in 2007 and took steps to address the problem. Through the collaborative efforts of the various Task Force members, a postpartum depression class and support group were developed. This no-cost program (*Parenting Survival Skills: Adjusting to Your New Baby*) continues today, and is provided through Bay Area Hospital's MOMS Program. For more details, contact BAH's MOMS Program at 541.269.8258.

You, too, can help--by decreasing the stigma of postpartum depression, by encouraging women to seek medical treatment, and by becoming more informed. A report was recent published by the Maternal Mental Health Work Group, which was charged by the Oregon Legislature to study the problem and make recommendations. You can read the report at this link: [www.oregon.gov/dhs/ph/ch/maternal\\_mental\\_health.shtml](http://www.oregon.gov/dhs/ph/ch/maternal_mental_health.shtml). This report was a source of information for this article, and has much more discussion about what is needed to address this important public health problem affecting not only women, but their children and families.

Kathy Cooley, is the Health Department's nursing program manager, and an advocate for maternal and child mental health.

### **Letter Published in the *Southwester*, SOCC student newsletter, 10/27/2010**

Dear SOCC Board of Education,

CCFOPH appreciates and supports recent efforts by the Board and the Administration to update the school's tobacco policy to work toward a tobacco free campus. We strongly support and encourage the creation of a tobacco free campus. We also understand how difficult it can be to promote even positive and necessary change in the face of resistance, even from a few people. The majority of our population, including many smokers, now supports tobacco free environments. This is evidenced by the growing number of entities, both government and private, who have adopted tobacco free policies for their properties. It is only through years of promotion by the tobacco industry that tobacco has come to hold the position in our culture that it now does. In reality, tobacco use is a devastating epidemic that diminishes the futures of far too many of our young people. It is imperative that SOCC help protect our children's freedom to be able to lead healthy lives by establishing a healthier more wholesome environment that will help to keep young people from starting tobacco use, or from becoming regular smokers. Research has proven that the most effective way to do this is with a tobacco free environment. CCFoPH encourages the SOCC Board and Administration to move forward on this endeavor.

Sincerely,

Molly Ford, *President of Coos County Friends of Public Health*



### **New CCFoPH President**

Angie Webster was appointed President by the CCFoPH board on December 8<sup>th</sup>, to fill the position vacated by Molly Ford. Molly resigned a year before the end of her term, due to personal and family obligations. Molly states that she plans to "remain a loyal member," and notes that "we have a wonderful organization that is growing and gaining recognition due to all the efforts of our board and active members." The Board is especially grateful for Molly's past leadership in the birth of CCFoPH and appreciates all that she has done these past 3 years to help the organization succeed.

**Coos County Friends of Public Health**

**P.O. Box 203**

**Coos Bay, OR 97420**

**Board Members**

President – Angie Webster

Vice President – Vacant

Secretary – Renee Menkens

Treasurer-Debbie Webb

Advocacy Chair – Stephen Brown

Development Chair – Penne' Wagner

Education Chair – Vacant

Membership Chair – Connie Bunnell

Ex-officio members – Frances Smith and Sherrill Lorenzo

Contact Information: [ccfoph@gmail.com](mailto:ccfoph@gmail.com), 541-888-6871 or 541-756-2020 x 543

**Welcome New Members**

Leslyn and Paul Danielson, Mindy Denn, and Judith Van Duzer

Join Us on **facebook!**

The *Coos County Friends of Public Health* (CCFoPH) is registered as a “cause” on face book.