**Facilitator’s Guide: Workshop to map pathways for women experiencing post-partum suicidal ideation in your community**

WORKSHOP LENGTH

* 2.5 hours

WHO TO INVITE

* Early childhood coalition members
* Women with lived experience with postpartum mood and anxiety disorders
* Behavioral health providers
* ER staff
* OB Providers and frontline staff
* EMS/Dispatch
* Law enforcement
* Social workers
* Home visitors
* Any other stakeholders who might have experience with postpartum behavioral health crisis

MATERIALS TO GATHER

* Name tags, flip charts (3), post-it notes (one per participant), black flip chart markers (one per participant), sign in sheet (Name, Organization)

WORKSHOP OBJECTIVE

* To map the resources available to postpartum women experiencing suicidal thoughts in our community, and prioritize areas for action to create better systems of support for these women

SAMPLE AGENDA

**Opening and Introduction**

|  |  |
| --- | --- |
| Duration | 30 minutes |
| Supplies | Name tags |
| Introduction | Welcome the group and introduce the project. Provide any available background context and data on perinatal mood and anxiety disorders. Reference any crisis mapping that has already occurred in your community (such as Sequential Intercept Mapping). Describe the objective for the day. |
| Group introductions | Have each person introduce themselves and their organization and give a few sentences about how the issue of behavioral health crisis in the postpartum period affects their work. |

**Mapping an Individual Experience**

|  |  |
| --- | --- |
| Duration | 30 minutes |
| Supplies | Flip charts, markers, individual scenario printed on paper |
| Introduction (5 minutes) | Introduce the exercise as a way to think through the ways postpartum women who are in crisis attempt to access support in our community.  Print the following scenario on pieces of paper to give to each group.  ***Mapping an Individual Experience***  *Scenario to explore: A woman in your community, who is 5 months postpartum, calls her prenatal care provider and tells them she is experiencing thoughts of suicide and is worried about self-harm. What is her path to safety?* |
| Small groups (15 minutes) | Split participants into small groups 3-8 people per group (if your group is 8 people or less you can stay together). Give each group a printed copy of the scenario and a flip chart with a stick figure drawn on top. Instruct the group to work together to “map” out pathways she might take through the systems and potential outcomes. Who might she call? What would happen next? Where might she go or be transported? Where might she get assistance that de-ecalates or resolve the crisis? Where might she be referred to after the acute crisis passes? Encourage groups to identify which pathway is the most common/likely.  (Note-you could have different scenarios that involve the person calling the OBs office, 911, or telling a home visitor about these thoughts and then see where each of those initial pathways lead) |
| Report out (10 minutes) | Have groups hang their scenarios on the wall and report out on the most common pathways. |

**Mapping the system that serves postpartum women in crisis**

|  |  |
| --- | --- |
| Duration | 45 minutes |
| Supplies | Flip charts labeled at each intercept |
| System mapping (30 minutes | After mapping the individual experience, tell the group that you’re going to try to map the entire system of support available to women in this type of crisis. Have flip charts labeled with the following titles:   * **Referrals -** Where does provider refer her? Please document any referrals, interactions with police or EMS and how these systems work together for decision making. * **Warm lines**-where might she call? If she called, what would happen next? * **Crisis response (mobile)-** what immediate services are available to respond on site to the woman in crisis to assess and de-escalate/stabilize? * **Transportation**-If a woman needs to be transported during the crisis-how might she get there? What happens to the baby if this is necessary? If the mother is breastfeeding, does this change what happens to the baby if transport is necessary? * **Crisis receiving and stabilization-**where might she GO to receive assessment or support? How long would she stay? What services might she receive? * **Recovery support and referral-**once the acute crisis is past-what resources might she be referred to for ongoing care? * **Document -** Please document any referrals, interactions with police or EMS and how these systems work together for decision making.   Depending on group size- you can break into small groups to fill out the charts or do them as a whole. List out the services available on each chart. |
| Chart directionality and pathways (15 minutes) | After the charts are filled out, hang them side by side on a wall and try to draw arrows as to the most common pathways through the system. |

**Assessing the current system 30 minutes**

|  |  |
| --- | --- |
| Duration | 30 minutes |
| Supplies | Three flip charts, markers and sticky notes |
| Introduction | Have the group step back and look at the individual and systems pathways. Then tell them that the final step will be to assess this current system of supports. Have them write, silently on sticky notes responses to the following questions (see below) posted separate flip charts. |
| Idea generation | * What in this system is working well? * Where is the system failing women and/or breaking down? * How could we improve the system?   Have individuals write one idea per sticky note, generating as many ideas as possible, and stick them on the appropriate board. |
| Analysis | Either as a large group or split into small groups-make sense of the sticky notes. Group like ideas together. Put them in order. Not which ideas seem most important and which less (can put more important ideas at the top of the sheet). If this is done in small groups-have groups report out. |
| Voting | Have group members draw a dot next to their top two priorities for improving the system on the final flip chart. |
| What questions remain? | Have the group quickly discuss any remaining questions that were not able to be answered in the group-such as “What does happen when a woman calls X OB doctor?” |

**3:00 Thank you and next steps**

|  |  |
| --- | --- |
| Duration | 15 minutes |
| Thank you | Thank each participant for their time. Let them know that you will type our all findings and provide them to the group. Not that you will try to find the answers to any “remaining questions” that can be researched. Describe any next steps you will engage in locally. |

***AFTER THE WORKSHOP***

* Write up workshop meeting minutes and findings. Include:
  + Date and location of your meeting
  + Names, organizations of individuals in attendance
  + A picture of each Individual Scenario mapped
  + A typed list of all system resources using the PowerPoint attached (include arrows for directionality)
  + A list of all of the ideas generated, including votes on the system analysis exercise
* Please upload all findings to the [Connecting ECC SUD Project Reporting Form](https://forms.monday.com/forms/4373b10f20cf8d52dbd05e2d4e71c166?r=use1). Feel free to email Stephanie Morton at Healthy Mothers Healthy Babies. WE recommend sharing the final notes and submissions to all participants in this work.