Session #3

Addressing Barriers to Success for Public Health Initiatives: A community-based approach in Western MA

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The Community-Based Perinatal Support Model (CPSM)

To achieve optimal mental health outcomes for mothers and families by implementing a strategic system of interventions throughout a community and across systems of care (cross-sector and multi-disciplinary) that address barriers to care at the individual, provider, system and policy levels.

**CPSM Stages of Development**

**Engagement**
1. Understand the community
2. Build the case
3. Develop Leadership Teams

**Action**
1. Perform assessments of community and individual organizations
2. Develop community goals within the framework of the CPSM Interventions (see below)
3. Design and implement action plans

**Refinement**
1. Evaluate process
2. Evaluate impact
3. Identify next steps

**CPSM INTERVENTIONS**
1. Public education
2. Professional Training
3. Community Resources and Support Groups
4. Referral and Triage Protocols
5. PPD Screening and Policy