



THE WILLOW COLLECTIVE

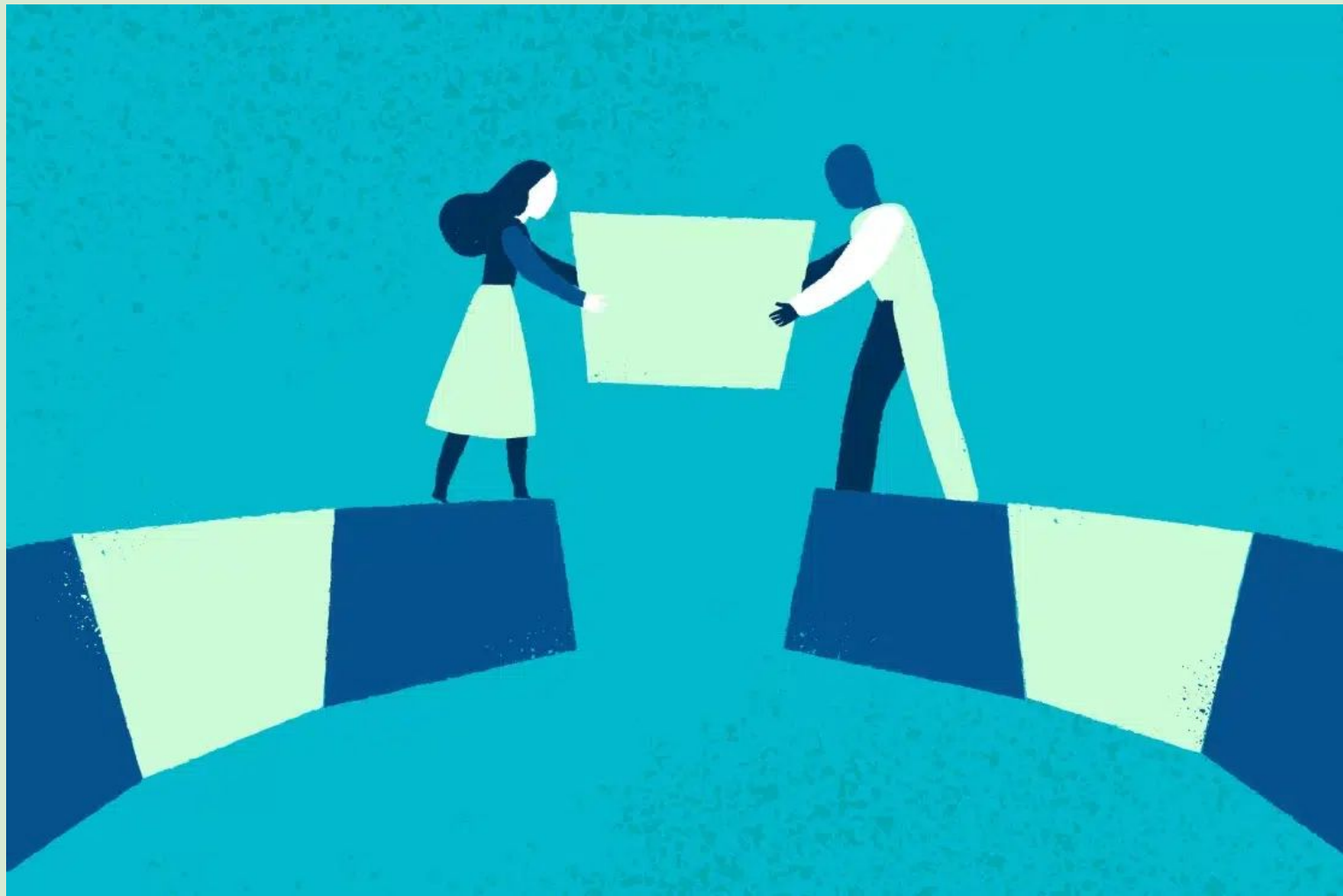
Supporting young children & their families

- Services we offer
 - Dyadic Therapy
 - Individual Therapy
 - Group Therapy
- We accept Medicaid
- Partnered with Child Protective Services and the Larimer County Jail



THE WILLOW COLLECTIVE

Supporting young children & their families



SPARC

Supporting Parents: Advocacy, Recovery, Community

- Support with DHS involvement
- Mental Health Assessments
- Dyadic Therapy
- Substance Use Disorder Treatment
- Housing

- There is an estimated 58,000 admissions of pregnant people into U.S. jails and prisons every single year (Sufrin, 2019)
- At the Larimer County Jail, there are typically 1-2 pregnant individuals at a given time



**“There is no such thing as a baby.
There is only a baby and someone.”
- Donald Winnicott**

Infant and Early Childhood Mental Health

The foundation of all future development

Everyone who touches the life of a child can promote social and emotional well-being

Social and emotional development, or **infant and early childhood mental health**, is the developing capacity of a child from birth to 5 years old to...



Form close and secure **adult and peer relationships...**



Experience, manage and express a **full range of emotions...**



Explore the environment and learn...

...all in the context of family, community, and culture.



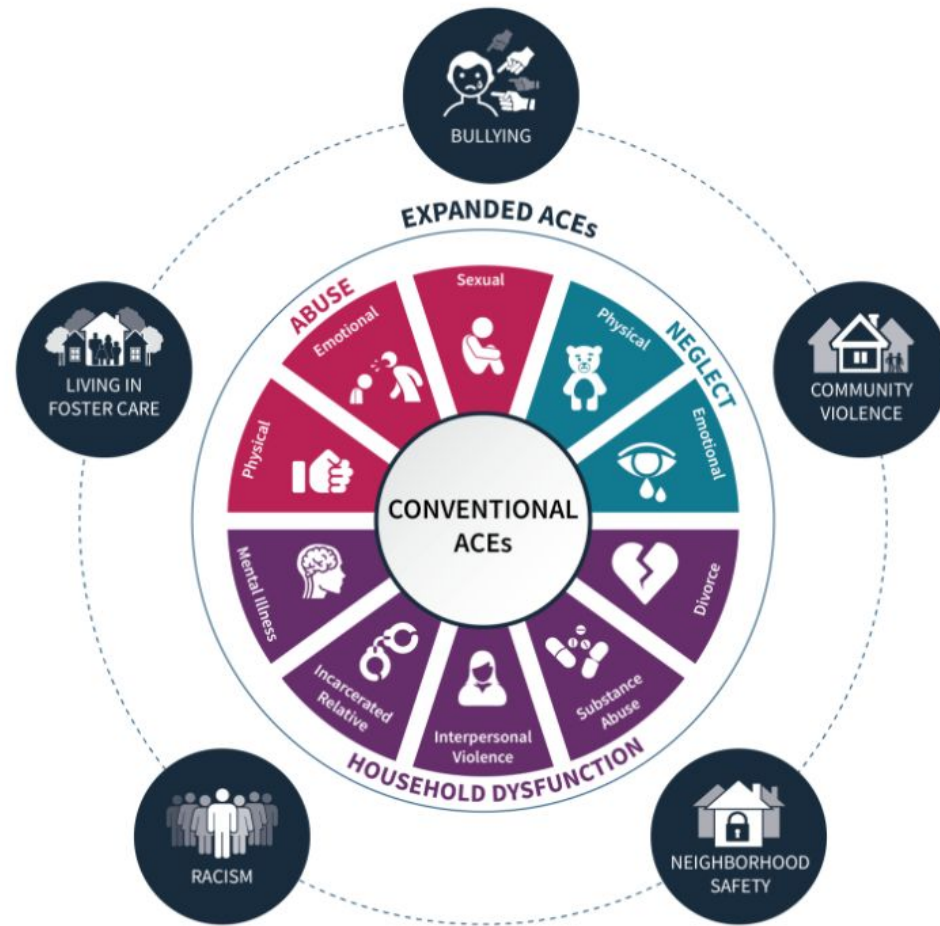
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Early connections



last a lifetime.

Zero to Three



Source: Cronholm, P. F., Forke, C. M., Wade, R., Bair-Merritt, M. H., Davis, M., Harkins-Schwarz, M., Pachter, L. M., & Fein, J. A. (2015). Adverse childhood experiences: Expanding the concept of adversity. *American Journal of Preventive Medicine*, 49(3), 354–361.

What Impact Do ACEs Have?

As the number of ACEs increases, so does the risk of negative health outcomes



Possible Risk Outcomes:

BEHAVIOR



Lack of Physical Activity



Smoking



Alcoholism



Substance Abuse



Missed Work

PHYSICAL & MENTAL HEALTH



Severe Obesity



Diabetes



Depression



Suicide Threats



STIs



Heart Disease



Cancer



Stroke



COPD



Broken Bones

Source: Advokids

Discomfort

Contempt

Confusion

Fear



Bias

Jails are run at the county level. Every county has different policies.

Communication



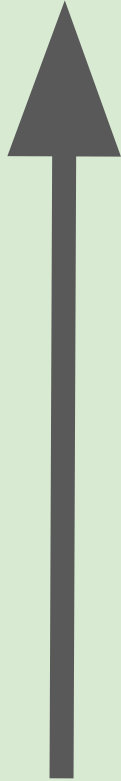
Prenatal Care

Hospital Staff

Jail Medical Team

Pregnant Parent

Pregnant Parent's Supports



Communication



Key Takeaways

- For security purposes, incarcerated people are not told when they have medical appointments
 - The person may not know the purpose of the appointment
- Communicate clearly, compassionately, and slowly
- You can reach out to the medical staff at the jail to ensure information is being passed correctly

Get to know your county's jail
and prison staff

Jail Contact Information

Head Nurse: Amanda Jarman <jarmanaj@co.larimer.co.us>

Medical Case Worker: Chance Sullivan
<sullivct@co.larimer.co.us>

Lieutenant/Captain Staci Shaffer <shaffesl@co.larimer.co.us>

Introduction to Legislation: Protection for Pregnant People in the Perinatal Period



TRAIN

Your staff must receive specific training on safe, respectful treatment of pregnant individuals.

PROVIDE

Perinatal care supplies and information must be freely available in your facility (i.e. breast pumps, nutritious food, childbirth education).



POLICY



Your facility must develop new policies and/or reevaluate current policy to ensure your facility is providing full support to the pregnant individuals under your care.

CONNECT

Create partnerships in the community to connect the pregnant and postpartum individuals under your care to community resources.



**You can advocate for your
patients**





PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



SYMPTOMS



Feelings of guilt, shame or hopelessness



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



Lack of interest in the baby or difficulty bonding with baby



Loss of interest, joy or pleasure in things you used to enjoy



Disturbances of sleep and appetite



Crying and sadness, constant worry or racing thoughts



Physical symptoms like dizziness, hot flashes, and nausea



Possible thoughts of harming the baby or yourself



TREATMENT OPTIONS

Counseling

Medication

Support from others

Exercise

Adequate sleep

Healthy diet

Bright light therapy

Yoga

Relaxation techniques

RISK FACTORS



History of depression, anxiety, OCD



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Abrupt discontinuation of breastfeeding



Thyroid imbalance, diabetes, endocrine disorders



Premenstrual Syndrome (PMS)



History of Abuse



Lack of support from family and friends



Financial stress or poverty



Unwanted or unplanned pregnancy

Key Takeaway Review

**Clear, compassionate
communication is key**

**Get to know your county's jail
and prison staff**

**You can advocate for your
patients**

Resources

- The Willow Collective
 - willowcollectivefoco.com
- The Elephant Circle
 - Denver based group focused on reproductive justice
- Peaceful Birth Company
 - Doulas covered by Medicaid



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Supporting young children & their families

Willowcollectivefoco.com

Emily@willowcollectivefoco.com

- Nurturing Connections for postpartum mothers and their babies
 - Wednesdays 9-11am
- Circle of Security: Parenting
- Caring Dads: Domestic Violence Intervention
 - Mondays 6:30-8:30pm



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