

Project All About Me Project DEAMHI, Inc.

North Star

Zero racial disparities in infant mortality by 2033.

High Infant Mortality Zip Codes



This project served participants in the following FLOURISH priority zip codes:

63104

How much did we do?



14

Teen parents participated in the program



10

Weekly parent groups held



24

Mental health screenings administered



38

Individual case management sessions held

Parent Group Topics

Strengths inventory

Low self-esteem & depression

Coping strategies

Communication

Normal pregnancy symptoms & when to call the doctor

Health advocacy

Program Description

This FLOURISH grant funded Project All About Me at Project DEAMHI, Inc.. The purpose of this project is to educate and empower pregnant and parenting teens to be health advocates in their peer groups to address health inequities and racial disparities in infant mortality. The primary goals were to support pregnant and parenting teens in strengthening their emotional wellness, establishing effective parenting goals, developing leadership skills and employment skills. This project took place from August 2021 to February 2023.

Priority Areas

FLOURISH Community Leaders Cabinet identified priority areas they believe will have the most significant impact on improving conditions for Black families. Infant mortality is a complex issue that can't be solved by one organization alone. Below, you will find population level data where FLOURISH is contributing to changes for Black families alongside other organizations. Project DEAMHI, Inc. is working to move the needle for the individuals they serve in the areas listed below.

FLOURISH Priority Area	Category of Work	Population Level Data
 Coordinated Quality Care	Perinatal Behavioral Health	<ul style="list-style-type: none"> Frequent mental distress Stressful life events during pregnancy

FLOURISH uses a **results-based accountability** model of evaluation, because it helps show how collaborative efforts can make an impact on reducing disparities in infant mortality. We focus on how well programs address root causes of the issue and whether Black pregnant and parenting families are better off.

How well did we do it?

100%

of teen parents offered referrals based on mental health screening data

85%

of teen parents connected to all resources that they need

Is anyone better off?

Participants who **decreased** stress **75%**

Average **decrease** in perceived stress **27%**

increased skills in identifying behavioral health challenges **67%**

Project Impact

Project All About Me impacted Black pregnant and parenting families in St. Louis by creating a safe space for them to address their emotional wellness and physical health needs through group education and individual support. The individual case management invited clients to complete assessments to address their stress and be referred to therapy and psychiatry support.

"I learned that I have depression and could do some counseling. My mama always called me crazy and lazy but now I know what it is."

- client



Following a group session on depression, a client shared the quote to the left with the group. When clients get a powerful epiphany like this from their experience in Project All About Me, it is a huge win for them as they are learning that their health matters, they can be empowered by learning about themselves and begin the road to healing!

Key Learnings

Project All About Me's team of 4 support specialists and 2 administrators delivered services to pregnant and postpartum clients. There are three types of intrinsic motivation that we incorporate into our services to create a safe space for clients to partner with us.

- **Autonomy:** we are much more likely to engage with activities we have chosen to do.
- **Mastery:** we are intrinsically motivated to get better at things that matter to us.
- **Purpose:** we are motivated when our actions are in service of something larger than ourselves

Partnerships

This project served teen parents in Almost Home's transitional living and independent living programs.



Teen Parents Supporting One Another

During the group session on communication, one of the clients who is newly pregnant shared that she did not know anything about WIC. Another mother in the group who is expecting and has one child that she is parenting explained the WIC process and offered to go with her to a WIC appointment. In the session on low self-esteem and depression, one client shared her story about being a BJC Behavioral Health client and having a case manager that she feels positively supports her. This client spent time with another group member after our program was over for the day to motivate her to seek services to address issues. This client actually called her case manager and had her speak to the client to provide basic information about behavioral health services and case management. These are true examples of the power of being a part of a community – a resilient group of pregnant and parenting individuals that are doing the best that they can with the resources and stamina that they have right now!

Referral Partners

The following organizations are referral sources used to address client's case management needs:

- Employment Connections
- Mental Health America- Parent Coach Program
- BJC Behavioral Health
- Safe Families for Children
- Saint Louis Crisis Nursery
- SSM Health Moms Support Group
- Postpartum Support International
- Women in Charge Hi Set Classes
- Urban League- Women's Business Center
- Affinia Healthcare
- St. Mary's Hospital
- Mercy Hospital
- Legal Services of Eastern MO
- Father Bob's Outreach
- WIC
- St. Xavier College Church
- Perinatal Behavioral Health Service



FLOURISH Saint Louis, an infant mortality reduction initiative powered by Generate Health, is bringing together people and organizations across the region to fix the systems that impact the health of Black families. This organization received a FLOURISH grant which was funded by Missouri Foundation for Health.