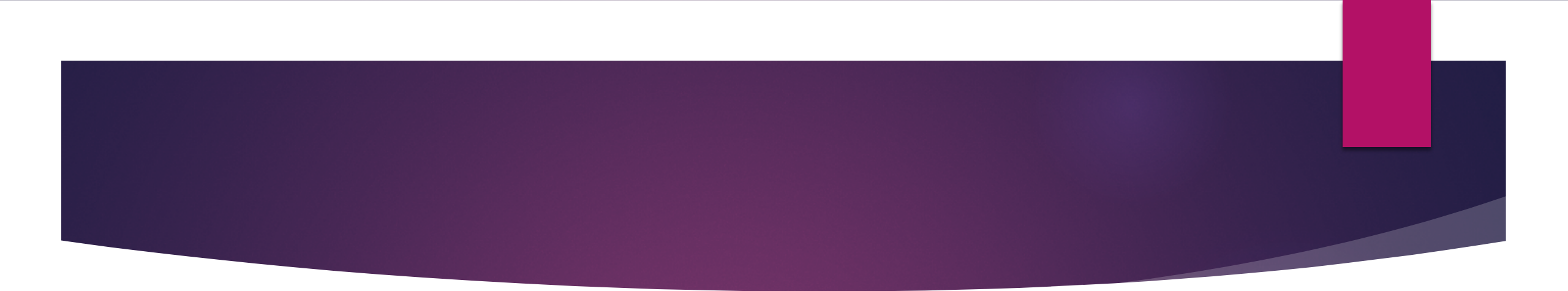


Improving Maternal Mental Health Outcomes for Black Women through Culturally Competent Care (Panel Discussion)

JADE KEARNEY DUBE, SHE MATTERS
MARGUERITE PIERCE, SHE MATTERS

CHRISTINA TOLBERT, MD
TARA ANCRUM, LPC

- 
- ▶ I have nothing to disclose.



Jade Kearney Dube
Co- Founder, Chief Executive
Officer
She Matters



Marguerite Pierce
Co- Founder, Chief Operating
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Christina Tolbert, MD
Perinatal Psychiatrist

Women's Reproductive Behavioral
Health Division
Assistant Professor
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Medical University of South
Carolina



Tara Ancrum, LPC
Perinatal Therapist

Women's Reproductive
Behavioral Health Division
Department of Psychiatry
Medical University of South
Carolina

Who we are

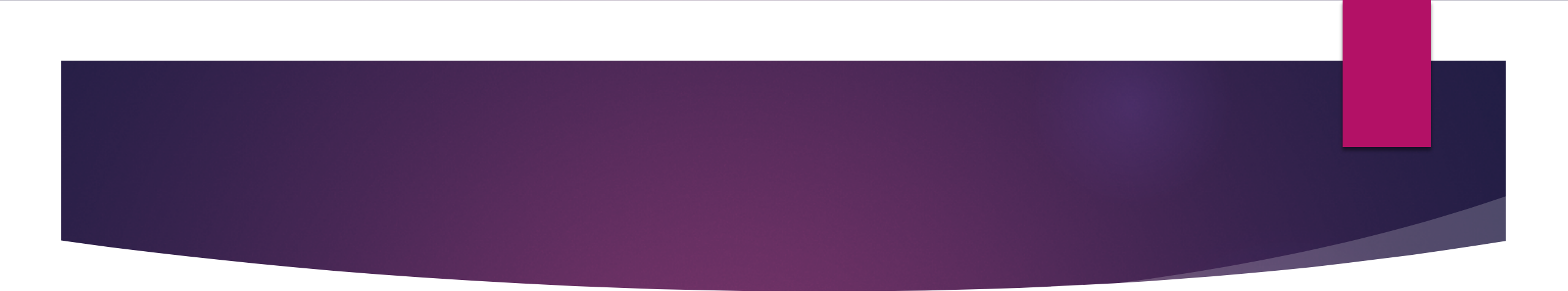
Exercise

► Privilege Poll

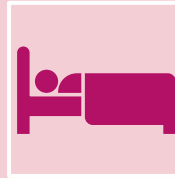


Lived experiences

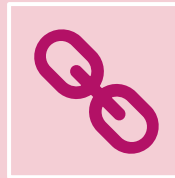
- ▶ **Micaela Smith**, Senior Manager of Community and Maternal Health Initiatives, The Foundation for Black Women's Wellness, Mother of 2, Madison, WI
- ▶ **Azeezah Gray**, Registered Nurse, Community Health Center in Boston, Mother of 3, Boston MA
- ▶ **Jade Kearney Dube**, Co- Founder & Chief Executive Officer of She Matters, Mother of 4, Montclair, NJ

- 
- ▶ What did you learn/take away from our guest speaker's experiences?
 - ▶ What could the medical providers have done differently in order to achieve culturally- competent care?
 - ▶ What (if any) was a positive aspect of our guest speaker's experiences?

Psychotherapy



RELAX- Self Awareness



RELATE-Connections



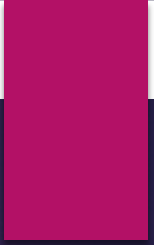
RELEASE- Bias, Prejudice
and Stereotypes

Addressing Implicit Bias

- ▶ Reflect on personal biases/assumptions
- ▶ Expose ourselves to more individuals that are less similar to us and focus on what we have in common with other groups
- ▶ Replace stereotypic messages with true and accurate messages about other social groups
- ▶ Have meaningful conversations between practitioners and marginalized populations
- ▶ Enhance empathy for disadvantaged groups
- ▶ Play an active role in the community
- ▶ For Program leaders:
 - Facilitate self-reflective activities for professionals on their own biases
 - Engage in cultural-sensitivity training programs ie. She Matters that specialize in cultural-competency education
 - Prioritize diversity in recruitment and retention of providers and staff
 - Community engagement

Patient- Centered Culturally Competent Approaches

- ▶ ACTIVELY LISTEN in order to have a basic understanding of patient's needs
- ▶ ASK FOLLOW- UP QUESTIONS in order to clarify what patient is feeling so that you can correctly diagnose the ailment
- ▶ SHOW EMPATHY in order to make patient's feel understood, comfortable and safe
- ▶ SHARE your PLAN and MAKE DECISIONS with your patients



Questions?

Thank you!



Resources

1. [She Matters Cultural Competence Certification \(thinkific.com\)](http://thinkific.com)
2. <https://utswmed.org/medblog/cultural-competency-pregnancy/>
3. <https://youtu.be/eweEVtSutRM?si=QF0so9GZcbGHEsvt>
4. [Implicit Bias and Mental Health Professionals: Priorities and Directions for Research | Psychiatric Services \(psychiatryonline.org\)](http://psychiatryonline.org)

Thank You!