



## Blue Skies Mental Wellness

The Blue Skies Mental Wellness (BSMW) Program is an early intervention and prevention program that provides comprehensive behavioral health services for active participants in MPCAH (Starting Out Strong) home visiting programs who are referred to the program internally. Our goal is to provide pregnant people and parents with personalized treatment to help them cope with daily challenges and enjoy life with their new baby. We care about you, your baby, and your overall mental health and wellness.

BSMW program is designed to strengthen mother/infant attachment and bonding and support parents in adjusting to the emotional changes that can happen before and after childbirth. Our work is rooted in cultural humility and cultural sensitivity. Our licensed therapists and counseling interns come from diverse backgrounds and represent the rich culture of Alameda County.

We offer bilingual/bicultural services to Spanish speaking clients.

### Our perinatal wellness services include:

- Therapeutic support for depression and anxiety symptoms before and after childbirth
- Help adjusting to life with a new baby/parenthood
- Support to normalize and de-stigmatize the emotional challenges of motherhood
- Counseling for parents coping with pregnancy loss
- Goal setting, self-care, and personal wellness techniques
- Enhancement of mother/infant bonding and attachment
- Telehealth therapy, home visits and mental health support
- Changes in your relationship with your partner
- Debriefing and processing childbirth experiences
- Substance use assessment, referrals & recovery support linkages
- ASQ developmental screenings for baby and EPDS screenings for mothers
- Referrals to perinatal psychiatrists for severe or complex mental wellness needs

#### FOR MORE INFORMATION CONTACT:

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BSMW Program Supervisor

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## Starting Out Strong

Partnering with families for healthy babies and communities





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## Programa de Salud Mental - Blue Skies Mental Wellness

El programa Blue Skies Mental Wellness (BSMW) es un programa de prevención e intervención temprana que brinda servicios integrales de salud conductual para los participantes activos en los programas de visitas domiciliarias MPCA (Starting Out Strong) que son remitidos al programa internamente. Nuestro objetivo es brindar a las personas embarazadas y a los padres un trato personalizado para ayudarlos a enfrentar los desafíos diarios y disfrutar la vida con su nuevo bebé. Nos preocupamos por usted, su bebé y su salud y bienestar mental en general.

El programa BSMW está diseñado para fortalecer el apego y el vínculo entre madre e hijo y ayudar a los padres a adaptarse a los cambios emocionales que pueden ocurrir antes y después del parto. Nuestro trabajo tiene sus raíces en la humildad cultural y la sensibilidad cultural. Nuestros terapeutas licenciados y pasantes de asesoramiento provienen de diversos orígenes y representan la rica cultura del condado de Alameda.

Ofrecemos servicios bilingües/biculturales a clientes de habla hispana.

### Nuestros servicios de bienestar perinatal incluyen:

- Apoyo terapéutico para los síntomas de depresión y ansiedad antes y después del parto
- Ayuda para adaptarse a la vida con un nuevo bebé/paternidad
- Apoyo para normalizar y desestigmatizar los desafíos emocionales de la maternidad
- Consejería para padres que enfrentan la pérdida del embarazo
- Técnicas de establecimiento de metas, cuidado personal y bienestar personal
- Mejora del vínculo y apego madre/hijo
- Terapia de telesalud, visitas domiciliarias y apoyo de salud mental
- Cambios en la relación con tu pareja
- Debriefing y procesamiento de experiencias de parto
- Vínculos de evaluación de uso de sustancias, referencias y apoyo de recuperación
- Evaluaciones de desarrollo ASQ para bebés y evaluaciones EPDS para madres
- Referencias a psiquiatras perinatales para necesidades de bienestar mental graves o complejas

**PARA MÁS INFORMACIÓN CONTACTE A:**

**Tameko Jones, LCSW**

**Supervisora del Programa BSMW**

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