

FRANKLIN COUNTY RESOURCE & REFERRAL GUIDE

Help for the emotional experience of pregnancy and the postpartum period

Many women have lots of feelings during pregnancy and the year after a baby is born. Being a mother is a hard job. Having support and help can make things go better. All mothers and new families deserve lots of help. You do too! Call Crisis Services (see below) or visit the emergency room if you are in an urgent situation. It's a good time to call Crisis Services if you are afraid to be alone or are concerned about your safety or the safety of your child(ren).

The following care providers specialize in postpartum care. This is not an exhaustive list of providers nor an endorsement of any particular provider. When seeking support we recommend that you consult your primary care physician, obstetrician/midwife and/or pediatrician.

SUPPORT GROUPS

Motherhood can be surprising in many ways. Come meet other mothers and talk about being a mom. Most groups do not meet during public school vacations and on snow days. For the most up-to-date meeting information, please check motherwoman.org

Postpartum Support Group: This Is Harder Than I Thought

A free, safe, confidential drop-in support group for mothers. Expectant mothers welcome. Feel heard, nurtured and energized. Free childcare & snacks provided. Transportation support available. Fridays 10:00-11:30am at the Community Action Family Center, 90 Federal Street, Greenfield. *MotherWoman trained facilitators.* Contact Pam Baldwin at (413) 774-1000 ext. 2015 or Healthy Families at (413) 475-1566.

MotherWoman Postpartum Group: This Is Harder Than I Thought

For women experiencing a challenging postpartum time. Expectant mothers welcome. Tuesdays, 10:15am-12:15am. Vernon Street Building, Vernon St, Northampton. Free childcare. Contact Annette Cycon at (413) 253-8990. www.motherwoman.org *MotherWoman trained facilitators.*

Mothers of Color Awareness Initiative (MOCAI)

MOCAI's Women's Circle
Every 2nd & 4th Tuesday 7:30-9:00pm (September to June). Free bi-weekly, drop-in circle for all women of color, not just moms. This group provides a safe space where we can support each other and build community as we navigate the richness and complexity of our lives free of judgement and advice. Mt Toby

Quaker Meetinghouse, 194 Long Plain RD, Leverett, MA
Color Play Playgroup
Every 3rd Saturday 10:00-12:00 pm (September to June). Free monthly social and craft, for families parenting children of color (all ages). Transracial adoptees, foster care, and LGBTQA families are strongly encouraged to join us. This group supports parents by addressing the cultural imbalances of our children's community. contact Bessie Jones at 413.570.0374 or mocacigroup@gmail.com www.mocai.org *MotherWoman trained facilitator.*

MotherWoman Group: Getting Real About Motherhood

Community, diversity, self-discovery. Share laughter and tears. Be inspired. It's all here. Expectant mothers welcome. Wednesdays, 9:45-11:15am at the Amherst Family Center. Free childcare. Contact Annette Cycon at (413) 253-8990. www.motherwoman.org *MotherWoman trained facilitators.*

ONLINE SUPPORT

There are many resources online for mothers. This is a wonderful way to get support when you can't leave the house, in the middle of the night, or for those of us who would rather have online contact.

Postpartum Support International www.postpartum.net

Information for mothers, family and professionals. There is a PSI weekly Phone Chat with an expert.

Postpartum Progress postpartumprogress.typepad.com

The most widely-read blog in the United States on postpartum depression, postpartum OCD, antepartum depression, postpartum PTSD and postpartum psychosis.

The Online PPD Support Group www.ppdsupportpage.com

PPD Support Group plus forums on different topics, information and resources.

AT HOME SUPPORT

In the days and months after a baby is born, all mothers need help and support. It's okay to ask for help from family, friends and your community. It's okay to ask for more help.

Green River Doula Network www.greenriverdoulas.org

A postpartum doula provides services and support in the home to help facilitate a warm and nurturing experience for the entire family.

It Takes a Village itavillage.info

The Village is a free-of-charge community service that matches families with a volunteer who visits the family home to provide support on a weekly basis.

PHONE SUPPORT

Call someone when you need support at home. The people at these numbers can listen to you on the phone, as well as refer you to other resources.

PPDMoms Hotline (800) PPD MOMS or (800) 773-6667

Available support 24 hours a day, 7 days a week. For moms and their loved ones. Support, information and referrals.

Parental Stress Line (800) 632-8188

A statewide warmline that is available 24 hours a day, 7 days a week; staffed by trained volunteer counselors who are sympathetic and non-judgmental.

Postpartum Support International of Massachusetts Warmline (866) 472-1897

Confidential information, support and listings of local resources. Leave a message and a volunteer will get back to you within 24 hours.

CRISIS SERVICES

Call if you are in crisis and need immediate support and assistance. It's a good time to call Crisis Services if you have not slept in over 48 hours, are afraid to be alone or are concerned about your safety or the safety of your child(ren).

All of the following Crisis Services offer 24 hour psychiatric assessment. They all accept Commonwealth Care, Mass Health and uninsured.

Franklin County Crisis Services

Franklin County: (413) 774-5411, (800) 562-0112
MotherWoman trained staff available

SOCIAL OPPORTUNITIES

Take care of yourself by connecting with other people. Get out of the house several times a week. Go to a group and meet new people.

Franklin County Family Network/Family Center & Community Action

Playgroups, literacy programs, parenting education. For services contact Program Coordinator Francia Wisneski, M.Ed, 90 Federal Street, Greenfield. (413) 475-1553 www.communityaction.us

Parenting Resource Directory

www.parentingdirectory.org

An extensive community resource guide for families; online and at libraries and other locations. Information on Family Centers, Housing, Medical and Food assistance, and social activities.

RESOURCES FOR YOUNG MOTHERS

Being a young mother can be challenging and stressful. There are resources available for you.

Franklin Healthy Families at Community Action

A home visiting program for first time parents under the age of 21. Contact Community Action: (413) 774-2318

SELECTED LITERATURE

for Mothers and others who care

A Daughter's Touch: A Journey of a Mother Trying to Come to Terms with Postpartum Depression

by Sylvia Lasalandra

Down Came the Rain: My Journey Through Postpartum Depression

by Brooke Shields

The Mother-to-Mother Postpartum Depression Support Book

by Sandra Poulin

Pregnant on Prozac

Shoshana Bennett, Ph.D
Safety regarding medication and alternative treatments in pregnancy for depression, anxiety, bipolar disorder and other mood issues are thoroughly discussed.

This Isn't What I Expected: Overcoming Postpartum Depression

by Karen Kleiman & Valerie Raskin

COUNSELING AND THERAPY

How do I know if I need therapy? Being a mother is a tough job. It's OK to ask for help. Ask questions and share your concerns.

Clinical & Support Options Outpatient Mental Health Clinic

Greenfield: Contact Clinical Director Amy Olson, LMHC for referral to MotherWoman trained counselors at (413) 774-1000

ServiceNet Outpatient Mental Health Clinic

Contact Christina Neiman
Greenfield: (413) 772-2935

Fran Fassler, LICSW

Valley Medical Group, Greenfield:
(413) 773-3310

NELCWIT (New England

WHAT TO ASK WHEN YOU CALL

For most providers, you will leave a message. If you don't get a response within 24 hours, call back or try another provider. For urgent care, see "Crisis Services" on page one.

- Do you accept my insurance? (private, MassHealth, Commonwealth Care)
- What special experience or training do you have in postpartum emotional issues?
- Do you speak my language? (e.g. Spanish)
- Are you available in emergencies?
- What are your hours? Your address? Parking? Bus stop?
- How soon can I get an appointment?
- Are you able to prescribe medication if needed?

Learning Center for Women in Transition)

Free and Confidential services for victims and survivors of domestic and sexual violence. For Services in Greenfield & Orange call (413) 772-0806 or (888) 249-0806.

Laura Morrissette, LMHC

MA Licensed Psychotherapist
Compassionate Holistic Counseling
MotherWoman Trained Counselor
Speaks khmer, Outreach Available
Greenfield and Amherst: (413) 772-6900

Sara Steingiser, PhD

Montague Psychological Associates, Montague: (413) 774-2981

AREA MEDICATION PRESCRIBERS

How do I know if I need medication or if it's the right thing for me? Share your experience and history. Ask questions and share your concerns.

Michelle Kaskey, APRN, BC

Northampton: (413) 586-3319

Leslie Fishbein, MD

Berkshire Medical Center
Pittsfield: (413) 447-2216

Clinical & Support Options

Outpatient Mental Health Clinic

Greenfield: Contact Clinical Director Amy Olson, LMHC at (413) 774-1000

ALTERNATIVE THERAPY

There are many types of therapies that can be supportive and helpful during this period. The following people specialize in women's care

Sam's Gentle Hands

Perinatal Massage
Greenfield: (413) 774-7365

Linda Romano (C/L) MT, BSW

Holistic Practitioner. Massage and Holistic Services. Leyden: (413) 624-3334

Janet Masucci

Integrated Acupressure
Professional Gill: (413) 863-8694 or www.JMheartwell.com

SELECTED LITERATURE FOR PARTNERS

How do I help my loved one get through this difficult time? How do I get through it too? Learn more, ask questions and contact any of the resources above. While these books are geared towards fathers, they would be appropriate for all parenting partners and family members.

She's Had a Baby and Now I'm Having a Meltdown: What Every New Father Needs to Know About Marriage, Sex & Diapers

by James Douglas Barron

Postpartum Husband: Practical Solutions for Living with Postpartum Depression

by Karen Kleinman, MSW

FRANKLIN COUNTY POSTPARTUM SUPPORT COALITION
PAM BALDWIN, C/O CLINICAL SUPPORT OPTIONS, 1 ARCH PLACE, GREENFIELD MA 01301 (413)774-1000 PBALDWIN@CSOINC.ORG

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