



THE INSTITUTE OF  
**FAMILY & COMMUNITY  
IMPACT**  
\* An OhioGuidestone Initiative

# Maternal Vitality Study Newsletter

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## November 17th is World Prematurity Day! Our Maternal Vitality Pilot Study launched this Fall- let's talk about it!

**Picture this:** a world where moms' have the opportunity to thrive, rather than struggle to keep themselves, their children, and their families alive. A world where parents and their families experience intergenerational joy as opposed to toxic stress and trauma, where healing and **vitality** are abundant. A world where benevolence and positive parent-child experiences are plentiful, reducing toxic stress, trauma, and adverse childhood experiences. Can you picture this beautiful world? Now, let's explore our current reality and what we can do next.

**Current Reality:** Today on World Prematurity Day, we must have a critical conversation about Black maternal health. Unfortunately, the current state of maternal health is far from what was described in the "Picture This" section. In Cuyahoga County, where OhioGuidestone's headquarters are located, maternal health outcomes are among the poorest in the U.S., resulting in high premature birth rates, particularly for Black mothers and infants in our communities. At the Institute, we recognize that this unacceptable reality is the result of institutionalized, systemic, and structural racism.

**The Institute Innovates: What's our role in Maternal Health?** Our objective is not only to address maternal depression, but also to empower Black mothers. We want to work alongside them in advocating to improve our social systems, institutions, and conditions. At the Institute, we are committed to providing our clinicians and clients with the most advanced, effective tools available. We don't just create these tools; we also ensure that they work safely and effectively in-practice. That's why we are working on a maternal depression treatment protocol with a culturally sensitive and responsive study such as Maternal Vitality. We work **for** and **with** the moms in our study in developing this protocol. This approach is necessary to avoid perpetuating racial and societal inequities. Join or learn more about our Maternal Vitality Study by scanning the QR code or clicking the link on the following page.

# IFCI ENVISIONS A WORLD WHERE ALL MOMS THRIVE: LET'S WORK TOWARD VITALITY TODAY!

**Take Action- Let's Move Toward a Society with Thriving Moms:** Are you looking to create a society that looks like the one described in the "Picture This" section of this Newsletter?

**We invite Black moms who have been pregnant in the last twelve months to join our Maternal Vitality Study today.**

1. Click the link or scan the QR code to get started.
2. Reach out to us at [Research@ohioguidestone.org](mailto:Research@ohioguidestone.org)

**Not a mom, but know a mom? Send them our way with the steps above!** Take action now to create a tomorrow where vitality is the norm.

**Maternal Vitality Study:** <https://bit.ly/3RUiJ1t>

Working toward **whole-family vitality *for and with*** Black women



## **Featured Maternal Health Resource:** **OhioGuidestone's Maternal Depression Services**

While being a new mother can be a time of immense joy, it is not uncommon for moms to deal with anxiety or depression. OhioGuidestone offers a comprehensive and empathetic approach to treating all forms of maternal depression, providing telehealth and in-person services in various counties throughout Ohio. To find out more about our Maternal Depression Services, click on the link in the title above or visit <https://ohioguidestone.org/>.





# NOVEMBER READING CORNER & COMMUNITY RESOURCES

## Community Resource: Birthing Beautiful Communities



Birthing Beautiful Communities is a non-profit organization located in Cleveland, OH. They consist of a community of birth workers, known as doulas or midwives, who offer pregnant women social support. This support is specifically designed for women who are at high risk of infant mortality. BBC's services are more than just emotional support, they also incorporate strategies that tackle social determinants of health. These strategies include addressing systemic racism and providing comprehensive sex education.

## Reading Corner: Black Women's Maternal Health: A Multifaceted Approach to Addressing Persistent and Dire Health Disparities

In this issue brief by the National Partnership for Women and Families, several solutions have been presented to address the Black Maternal Health Crisis. These solutions include transforming the delivery of Black Maternal Care, destigmatizing and treating Black Maternal Mental Health, protecting and expanding access to Reproductive Health Care, eliminating economic inequalities and closing the wage gap, and collecting intersectional data.



## Community Resource: Village of Healing

The Village of Healing in Cleveland is the only clinic dedicated to providing care for Black women in Cuyahoga County. This essential resource offers gynecological, antepartum, and postpartum care to women in an accessible, culturally aware manner.

**[Vote on our Maternal Vitality logo \(Click here\)! Your vote matters because we work for and with the communities we serve!](#)**



**MATERNAL VITALITY**



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# WHAT'S NEXT AND FEEDBACK

## Monthly Newsletter

The Institute of Family and Community Impact will be releasing **monthly and quarterly newsletters** like this one to **communicate our projects, innovations, and other happenings while strengthening our relationship** with the community in an **accessible** manner. These newsletters will aid in our **ongoing communication** with the community and **strengthen** our bond as we seek to **serve, advocate and partner** with you.

## Feedback

Thank you for reading this Newsletter from the Institute of Family and Community Impact! We would love to hear from **YOU**—the reader! What would you like to see? If you are reading this as a participant in our **research** and you would like to be featured in an **upcoming Monthly or Quarterly newsletter** to share your story, please email us at [Research@ohioguidestone.org](mailto:Research@ohioguidestone.org).

The Institute of Family and Community Impact, an OhioGuidestone initiative believes in building strengths in individuals and communities by addressing the barriers individuals, families and communities face. We do research, while offering trainings, developing innovations, advocating for trauma-informed policies, translating science, and publishing products! We work with communities whose voices have been historically silenced by forced marginalization. To support our vision of building resilient communities, follow the steps to donate below! Continue reading our monthly and quarterly newsletters to see the impact of your donation!

## CONTACT US!



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## Donation Steps:

Scan this QR code or click here to donate virtually.



Click the amount you would like to donate or specify an amount of your choosing.

Direct your donation by using the dropdown menu. To direct your donation to the Institute of Family and Community Impact, click "IFCI" in the dropdown menu.

Type in your personal and additional information.

Click "Make Donation"



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WHERE NEW PATHS BEGIN

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**OUR VISION**

Future generations are educated, self reliant and contributing members of strong communities.

**OUR MISSION**

To provide pathways for growth, achievement and lifelong success.

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