



BLACK MATERNAL HEALTH WEEK (APRIL 11-17)



Advancing Black Maternal Health, Rights, and Justice

The Black Mamas Matter Alliance is a national network of Black women-led and Black-led, birth and reproductive justice organizations and multi-disciplinary professionals, working across the full-spectrum of maternal and reproductive health.

Learn more at blackmamasmatter.org.

PRESCRIPTION DRUG TAKE BACK DAY

DEA NATIONAL TAKEBACK

The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat. DEA's National Prescription Drug Take Back Day reflects DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting. *Source: FDA*

Promoted by the Project EMPOWER Program

Project EMPOWER (Education Means Power) collaborates with Partners for a Substance Free Youth.

PROJECT NAF COMMUNITY ADVISORY BOARD

- Denise Duckett: BCHHS Pregnancy Care
Nancy Farmer: Sparc Foundation
Charlene Galloway-Pear: Mt. Zion Church of Asheville, Inc.
Anne Kouri: Mars Hill University
LaToya McDaniel: Current Participant
Tim Splain: Asheville City Police Department (Male Advocate)
Vacant: Advent Health
Royanna Williams: Business Owner & Former NAF Participant

ECHO (Enhancing Collaborative Health Options & Opportunities)

Depression During and After Pregnancy

Moms and moms-to-be deserve the best, including the very best mental health. Depression during and after pregnancy is common and treatable. If you think you have depression, seek treatment from your health care provider as soon as possible.

Depression causes severe symptoms that affect daily life. Everyone feels sad sometimes, but these feelings normally pass within a few days. Depression is a serious mood disorder that may last for weeks or months at a time.

Depression doesn't feel the same for everyone. Some people may experience a few symptoms, and others might experience many. How often symptoms occur, how long they last, and how intense they may feel can be different for each person.

Depression Symptoms

- Having a lasting sad, anxious, or "empty" mood.
- Feelings of hopelessness or pessimism.
- Feelings of guilt, worthlessness, or helplessness.
- Feelings of irritability or restlessness.
- Problems concentrating, recalling details, and making decisions.
- Loss of energy.
- Difficulty falling asleep or sleeping too much.
- Overeating or loss of appetite.
- Suicidal thoughts or suicide attempts.
- Aches or pains that do not get better with treatment.



MESSAGE FROM MZCD STAFF

Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, Barbara Anderson, and Anita Love.

Depression During and After Pregnancy is Common and Treatable

If you think you have depression, seek treatment from your health care provider as soon as possible.

Effective depression treatment can include a combination of medication therapy, counseling, and referrals. The first step to treatment is talking to your health care provider. After your visit, make sure to follow-up on all referrals and treatment that he or she suggests.

When discussing medications with your provider, let her or him know if you are pregnant, thinking about becoming pregnant, or breastfeeding. You and your provider can decide if taking medicine while pregnant or breastfeeding is right for you.

Postpartum depression is different from the baby blues. Postpartum depression is depression that occurs after having a baby. Feelings of postpartum depression are more intense and last longer than those of "baby blues," a term used to describe the worry, sadness, and tiredness many women experience after having a baby.

- Postpartum Depression Symptoms**
- The symptoms of postpartum depression are similar to symptoms of depression, but may also include:
- Crying more often than usual.
 - Feelings of anger.
 - Withdrawing from loved ones.
 - Feeling distant from your baby.
 - Worrying or feeling overly anxious.
 - Thinking about hurting yourself or your baby.
 - Doubting your ability to care for your baby.
- For Immediate Help**
- If the situation is potentially life-threatening, call 911.
- Call or text 988.** 988 is confidential, free, and available 24/7/365, connecting those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors. Go to 988lifeline.org for resources or to chat.
- National Maternal Mental Health Hotline.** A free, confidential hotline for pregnant and new moms is available 24/7 in English and Spanish. Call or text 1-833-9-HELP4MOMS (1-833-943-5746).
- Excerpts on depression from the CDC.*

HONORING PAST MZCD EMPLOYEES FOR SERVICES RENDERED

- Project NAF**
- Sherri Davis
Shari Smith
Lucy Gaskins
Donna Rice
Ronesha Mackey
Lisa Harper
- Project EMPOWER**
- Kimberly Griffin
Letitia Bromell
Adrienne Becton-Marsh
Jasmine Shepherd
Caryn Monroe

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.

Belinda K. Grant, Chief Executive Director of Mount Zion Community Development, Inc.

Staff

Barbara Anderson: Office Support/Community Connector
Dr. Ronald Caldwell: Supervising Physician
Sapphire De'Bellott: Project NAF Outreach Worker
Mr. Henry Glaze: Transportation Coordinator
Kontia Grant: Nurse Family Practitioner
Ms. Rosa B. Hearst: Receptionist
Anita Love: Community Outreach

For general information contact Mrs. Rosa B. Hearst at (828) 252-0515

Board of Directors

Linda Glaze: Chair, Chief Operating Officer
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Project NAF Community Advisory Board

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Project EMPOWER (Education Means Power)

In collaboration with Community Partnerships to impact the Substance Abuse Crisis.

OUR PARTNERS

Our programming is made possible through the support of our generous funders.