

# **Karibu Mama Mtoto Project**

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### **Project Goals**

To increase participation in mental health and parenting support services for African American pregnant and postpartum women and families. To improve prenatal care, post-partum care and well-child visits for healthy births for enrolled and engaged participants.

### **Project Description**

The Mama Mtoto program uses a psychotherapy support group structure to teach positive coping behaviors, self-regulation and child-management skills, as well as to cultivate secure family attachment. Individual therapy is provided for individuals with co-occurring behavioral health disorders.

A diagnostic assessment is completed to evaluate trauma-related circumstances and mood disorders, as well as ACE and Urban ACE scores. Common themes from the ACE/Urban ACE Assessments include homelessness, sexual violence, family member incarceration, behavioral health, lack of social support, chemical abuse and un/under-employment.

The Circle began on April 25, 2018, with 43 women enrolled through December 2018. The program is integrated into NorthPoint Medical and Behavioral health clinics.

### **Entities Involved**

North Point Health and Wellness, Hennepin Healthcare, Hennepin County Public Health, Hennepin County Human Services.

### **How Health Plans Support the Project**

Hennepin Health funded the Karibu Mama Mtoto project through Innovation Reinvestment in 2018.

### **Questions?**

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