

Staff Recommendations for use of \$35,000 for Maternal Adolescent Mental Health and Wellbeing

Option 1: Health Equity unit or Austin Healthy Adolescents unit.

Support groups and/or parenting resources for adolescent mothers, in Spanish.

Option 2: Fund existing programs within the following agencies to provide support groups and/or parenting resources for adolescent mothers, in Spanish:

a) Lifeworks Youth Development program, Teen Parenting Services

Teen Parent Services assists pregnant and parenting youth, between the ages of 11 and 19, who need assistance staying in or returning to school, and who want to increase their knowledge and skills in order to promote the positive and healthy development of their child.

b) Casa Marianella Posada Esperanza Program

Posada Esperanza Transitional Shelter is for women and children escaping violence.

Residents are given all necessary services, including:

- Basic Needs, Case Management, Access to physical and mental health care
- Transportation and translation services for medical appointments
- Adult education: classes in English language, employment readiness, parenting, child development
- Children's education: a focus on early literacy, English language acquisition, achieving grade level in all academic subjects

c) The Samaritan Center

Samaritan Center serves Youth ages 6-21, Families and Individuals.

Samaritan Center offers individual, group, play, couple and family therapy. Psychiatric and care management services are available upon referral by a Samaritan Center therapist.

Integrative Medicine program combines the non-traditional therapies of acupuncture, biofeedback, herbs, tai chi, yoga & massage with traditional therapy to address the physical symptoms of mental health problems that are not addressed through talk therapy alone.

d) Mama Sana / Vibrant Woman

The mission of Mama Sana is to improve birth outcomes and maternal/infant health among vulnerable communities of color in Austin by addressing the unique barriers faced by low-income African-American and Latina women. This project focuses on women of color, LGBTQ and gender non-conforming women, immigrant, and young women. Due to the extremely high incidences of negative outcomes in Austin/Travis County for Black mothers and infants, as well as the disproportionately high number of pregnant Latina women, most of whom have challenges in accessing prenatal care, Mama Sana/Vibrant Woman (MSVW) focuses efforts on

making the program more culturally sensitive and contextually relevant to these groups of women. The postpartum program for existing mothers includes:

- Labor and birth support with contracted birth companions
- Postpartum home visits
- Postpartum kits
- Postpartum support group with contracted facilitator
- Postpartum yoga
- Lactation educator training

e) The SAFE Alliance, Austin Children's Shelter

The ACS Emergency Shelter Program provides for victims of child abuse and neglect, aged birth through 18, who need access to immediate, safe housing because they have no protective caregivers. The objectives are to stabilize the client, assess and meet their needs and to prepare them for the transition into a more permanent placement. ACS endeavors for each individual to leave emergency shelter as fully restored to health as possible.

Services available in the Emergency Shelter Program include (below is not all inclusive):

- Semi-structured or structured daily living
- Parenting skills for youth with children
- Supportive caregivers awake and available 24 hours a day
- Access to medical, dental and vision care
- Case management, including youth-driven, individualized service planning and strengths and needs assessments
- Mental health care, including psychiatric and psychological services, medication management, individual and group therapy, and additional mental health supports as needed; and if applicable, education, support and role modeling.

f) The SAFE Alliance, Teen Parent and Early Childhood Program

The goal of the program is to provide a safe, secure and supportive environment where all basic needs are met to allow teen parents to learn and practice basic life and parenting skills, 24/7.

The program services youth in foster care who are survivors of trauma: physical and emotional, neglect, family violence and/or substance abuse, ages 0-21 male and female. In order to be referred to the program, the child placing unit (DFPS) sends an admission request to SAFE's admission coordinator for placement. Services include:

- Safe and caring supervision of teen parents and children: from 90 days to years
- Connecting parents and children to community resources
- 1:1 case management
- Access to SAFE charger school, AISD public schools, GED programs and post-secondary education
- Vocational/employment training
- recreational activities
- ongoing medication management



- Therapy and parenting groups

g) People's Community Clinic, in collaboration with Any Baby Can, Austin Child Guidance Center and Lifeworks: Tandem project

The Tandem Teen Prenatal & Parenting Program is designed to promote the health and well-being of young families and reduce their risk of subsequent unplanned pregnancies. The Tandem team provides medical, educational, and psychosocial support to low-income young parents and their children from pregnancy through the first three years of their baby's life.

- Intensive case management
- Mental health services: Austin Child Guidance Center provides the mental health services support through individual/family therapy provided in the home, as well as mental health consultation during team meetings.
- Medical care and prenatal care
- Child development
- Family Planning
- Parenting Education

h) YWCA

