



CHW Monthly Meeting Recap

The April monthly training for Community Health Workers in the Pathways HUB program was held on Thursday April 11th. This gathering proved to be yet another fabulous meeting, establishing the monthly trainings as “don’t miss” opportunities for continuing education and networking.

After covering some general record keeping and celebrating the efforts already accomplished with the Pathways HUB, the group of CHWs, agency supervisors and HCGC staff all collaborated to exchange valuable information regarding resources in the community. We will now be including an “Information Exchange” agenda item in subsequent monthly meetings, as this proved to be a rewarding sharing of information for all present.

The continuing education component at the April meeting was an introduction and review of the basic concepts of Motivational Interviewing. The emphasis on the philosophy that the CHWs and the clients are a team, working together to bring about positive results as they develop a Pathways plan for success. The CHWs and supervisors participated in a role playing exercise to practice Motivational Interviewing techniques in real-life situations.

The May meeting will be held on **Thursday May 16, 2019** and will introduce some new concepts and speakers, continuing to expand this educational component of the Pathways HUB program. HCGC staff will continue to strive to constantly evolve the Pathways HUB program to address the ever-changing needs of the clients in the community. We hope that all CHWs can join us on May 16th!

May is Mental Health Month

May is Mental Health Month and HCGC is working with partners across central Ohio to help connect community members with resources and services to address mental health concerns. Below are videos from two central Ohio partner organizations that are leaders in raising mental health awareness in the community.



Upcoming Events from Our Partners

[May 8th: The National Institute for Health Care Management \(NIHCM\) Foundation presents: Communities for Change: Preventing Suicide](#)

[May 9th: Eviction Prevention Workshop](#)

[2019 Central Ohio Diabetes Association Camp Program Dates](#)

Insights from the HCGC Blog

A Collaborative Approach to Connecting New Mothers to Mental Health Services

By: **Stephanie Costa, M.D.**



I have been a practicing physician in the Columbus area for over twenty years. During that time I have enjoyed cultivating a deep relationship with patients, and I especially enjoy the partnership that develops over the course of one or more pregnancies with my patients. Understandably, it saddens me to see vibrant and loving young women affected by depression or anxiety. Because of the many changes that happen in the body during pregnancy and the postpartum period, women are at risk for developing mood disorders during this otherwise exciting time. Couple that with social expectations to be strong, multitasking superwomen, and many of my patients start to struggle during their pregnancy. This can become increasingly problematic during the postpartum time when sleep deprivation and uncertainties about parenting, not to mention any pre-existing life circumstances or stressors, also come into play.

When I had identified depression or anxiety in my patients in the past, I found that attempts to connect patients to resources for counseling/therapy were less than ideal. It was very difficult and time consuming to try to find an affordable and accessible therapist for patients. When I learned about the planned work between the Healthcare Collaborative of Greater Columbus (HCGC) and Perinatal Outreach and Encouragement for Moms (POEM), I felt I needed to become involved in this effort to improve women's access to quality mental health care.

[View the Entire Post](#)

HCGC May Monthly Webinar

HCGC MONTHLY WEBINAR

TOPIC: Clinical Improvement Efforts to Recognize and Alleviate Maternal Depression

**Thursday, May 9, 2019
10:00 AM - 11:30 AM**

Featuring:



Stephanie Costa, M.D., Kingsdale Gynecologic Associates

Chair, Department of OB/GYN, Riverside Methodist Hospital
Chair, Physician Wellness Committee, United States Women's Health Alliance



Dhanu Sant, M.D., WholeKids Pediatrics
Specialist in Pediatric Integrative Medicine



Tonya Fulwider, Associate Director, Mental Health America of Franklin County

Co-founder, Perinatal Outreach and Encouragement for Moms (POEM)

[Register for Webinar Details](#)

Articles of Interest



[Buckeye Health Plan Releases Social Responsibility Report](#)

[Program Helps Franklin County Residents Avoid Eviction](#)

[HPIO Releases 2019 Health Value Dashboard](#)

[View the trailer for Emanuel, the Untold Story of the Victims and Survivors of the Charleston Church Shooting](#)

[UnitedHealthcare and the AMA are developing new billing codes for social determinants of health](#)

[An Education In Meeting Patients Where They Live](#)

[How the Maternal Health System Is Failing](#)

[Ohio Medicaid Basics 2019](#)

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