

MOMS TO BE THRIVE PROJECT

OUR MISSION

Our goal is to partner with community members in Atlanta, GA to develop multiple pathways to support Black maternal Mental Health.

WHY IS THIS IMPORTANT?

- Black mothers report higher rates of anxiety and depression, compared to non-hispanic white patients (Gur et al, 2020).
- Recent study focused on pregnant African American women in the metro Atlanta area found that 98% reported trauma exposure, approximately one third met criteria for probable current PTSD, and one third endorsed moderate-or-severe depression based on self-report measures (Powers, Woods-Jaeger, Stevens and Bradley, 2019).
- This same study found that despite 98% of 633 pregnant African American women reporting trauma exposure only 18 % endorsed depression treatment and 6% PTSD treatment” (Powers, Woods-Jaeger, Stevens and Bradley, 2019).

HISTORY OF THE PROJECT

2014-2018: Kansas City, MO offered mindfulness and emotion regulation skills groups for moms of children 2-5 through Operation Breakthrough.

2021-2022: In Atlanta, partnering with Black moms and moms to be and community providers to reframe the narrative around mental health and understand priorities for support.

2018- Present: In Atlanta, partnered with providers at Grady to offer mindfulness and emotional regulation skills groups to Black pregnant women.

2022 -Beyond: Pursuing grants to support multi-level approaches to provide mental health support in the following 4 areas:

4 MAIN APPROACHES OF SUPPORT WE ARE STUDYING:



Peer-to-peer support – Mental health support via family support coaches, peer specialists, and community health workers



Online self-help support – Videos and Psychoeducation Materials available online for free via THRIVE website



Professional services – Integrative Care Model where culturally responsive, evidence-based treatment is provided to women



Policies – In partnership with GEEARS, work to understand necessary policies to ensure sustained support

Find out more information on our website! <https://www.thriversresearchlab.com/>

[Gur RE, White LK, Waller R, Barzilay R, Moore TM, Kornfield S, Njoroge WFM, Duncan AF, Chaiyachati BH, Parish-Morris J, Maayan L, Himes MM, Laney N, Simonette K, Riis V, Elovitz MA. The Disproportionate Burden of the COVID-19 Pandemic Among Pregnant Black Women. Psychiatry Res. 2020 Nov;293:113475. doi: 10.1016/j.psychres.2020.113475. Epub 2020 Sep 24. PMID: 33007683; PMCID: PMC7513921.](#)

[Powers A, Woods-Jaeger B, Stevens JS, Bradley B, Patel MB, Joyner A, Smith AK, Jamieson DJ, Kaslow N, Michopoulos V. Trauma, psychiatric disorders, and treatment history among pregnant African American women. Psychol Trauma. 2020 Feb;12\(2\):138-146. doi: 10.1037/tra0000507. Epub 2019 Aug 29. PMID: 31464464; PMCID: PMC6986992.](#)

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**Principal Investigator,
Briana Woods-Jaeger, PhD**

Dr. Woods-Jaeger's research examines social and structural processes that link the experience of child trauma and adversity to mental and physical health disparities. Her work focuses on partnering with communities to identify ways to prevent adverse childhood experiences, support different systems in understanding and responding to the needs of trauma-exposed youth, and improve access to culturally responsive, evidence-based psychological interventions for youth exposed to trauma and chronic stress.



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**Current Partners: PAACT and
Sheltering Arms**

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