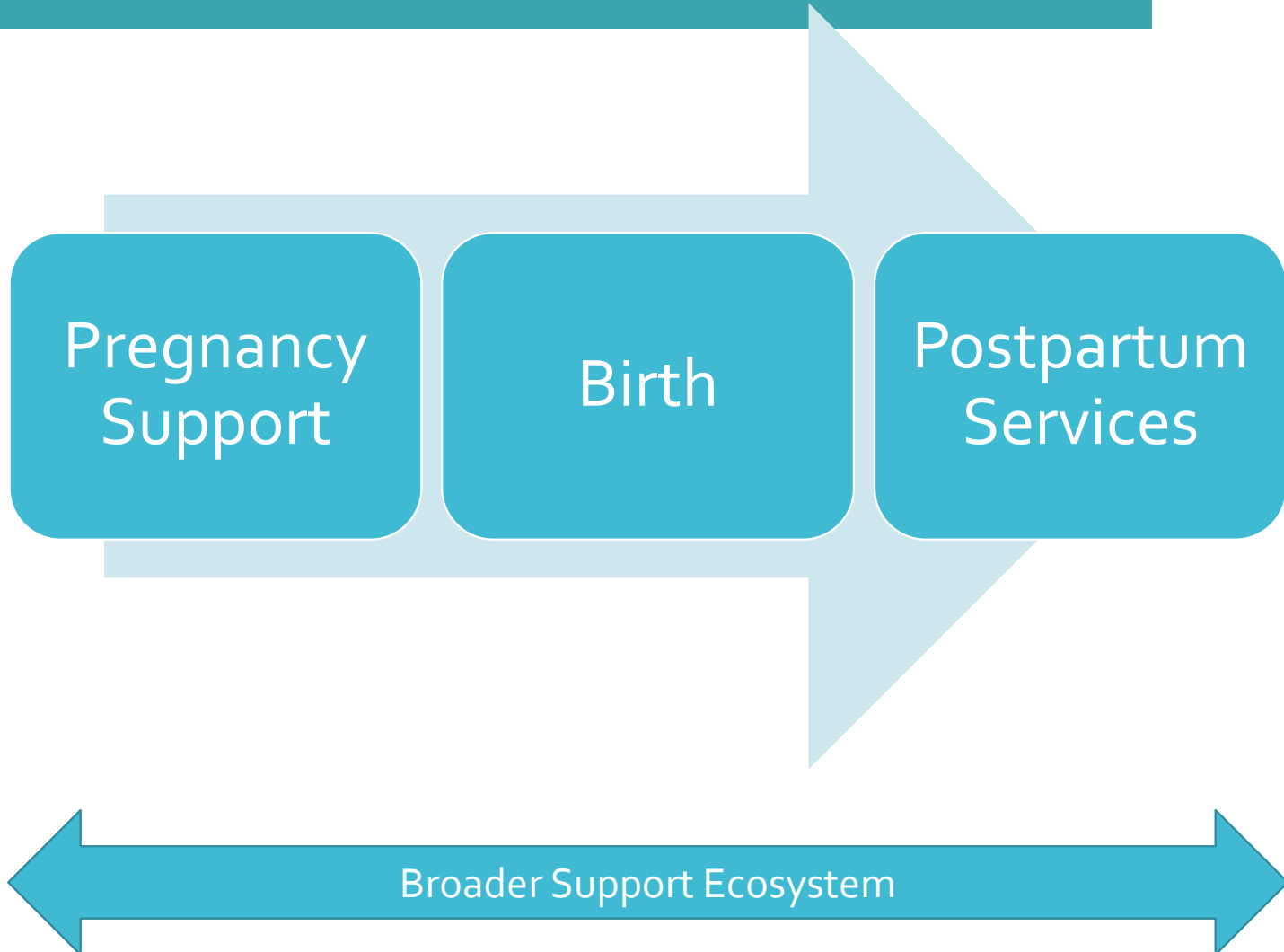| Person of reproductive age who has a uterus | Family Planning | Pregnancy Support | Delivery/Birth | Post-partum (0-1 year post-delivery) | Growing Family |
|---|---|---|---|---|---|
| • Mental health for an adolescent or adult<br>• Services offered to all people of reproductive age. | • Mental health services when trying to become pregnant.<br>• May include fertility concerns and treatment or alternative family building pathways (adoption, etc.) | • Mental health services for pregnant people.<br>• Prenatal visits and support. | • Mental health services provided during delivery or immediately before/after. | • Mental health services for the parent/child dyad after delivery. | • 1+ year of life or adoption—mental health for an adolescent or adult with special considerations of role as a parent |

# Family Building Journey
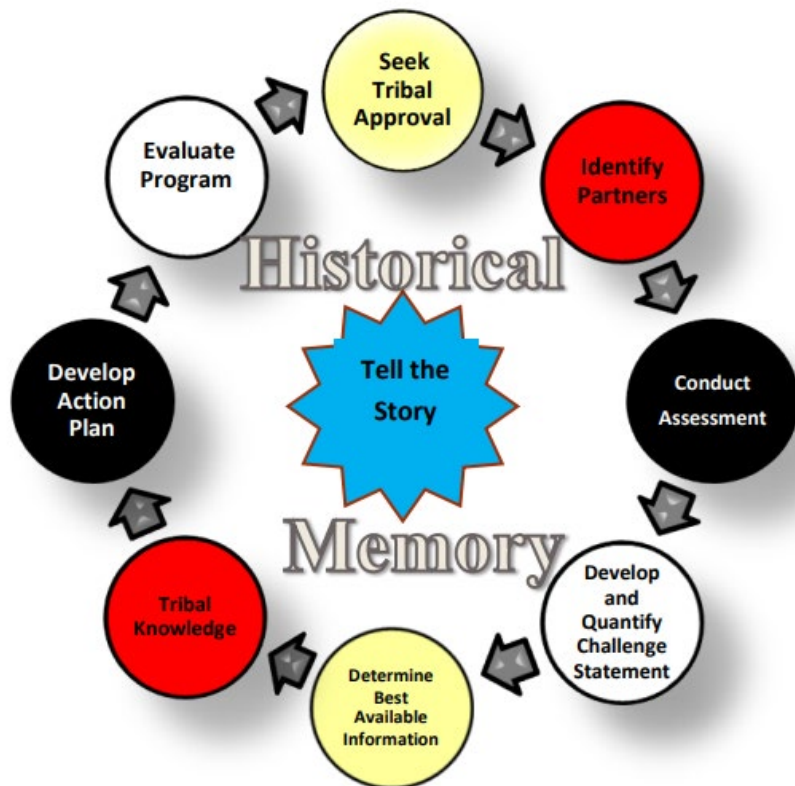
# Scope of Care/Support Continuum



Link: https://coloradomaternalmentalhealth.org/resources/resources-for-providers/perinatal-continuum-of-care.html
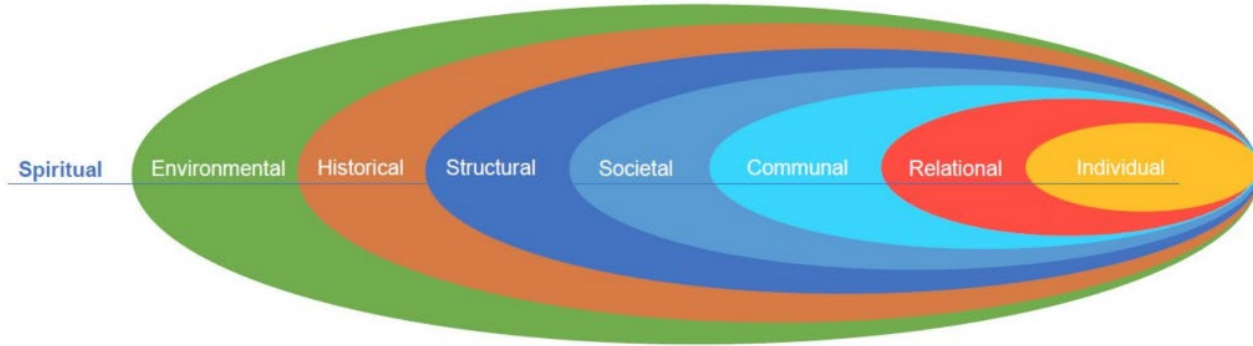
# Models and Frameworks

Pulling Together for Wellness Model



Link: https://aihc-wa.com/wp-content/uploads/2018/12/Healthy-Tribal-and-Urban-Indian-Communities-%E2%80%93-Pulling-Together-for-Wellness.pdf

# Black Women's Blueprint Culturally Specific Model

Spiritual | Environmental | Historical | Structural | Societal | Communal | Relational | Individual

BLACK WOMEN'S BLUEPRINT

## RACISM

A complex system of beliefs, attitudes, behaviors, practices, policies, and laws borne out of the ideology of White supremacy—that is, the internalized belief of White people's presumed superiority and entitled power over people of other races and ethnicities. Racism presumes a hierarchy of human value and regards "Whiteness" as the standard against which other races and ethnicities should be compared.



SYSTEMIC/
SOCIETAL

INSTITUTIONAL/
COMMUNITY

INTERPERSONAL/
RELATIONAL

INTRAPERSONAL/
INDIVIDUAL

## ANTI-RACISM

An active process of identifying and challenging racism and redistributing power in an equitable manner, by changing policies and practices within systems and organizations, as well as individual beliefs, attitudes, and behaviors.

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