

Exploring Trauma During the Birthing Process and Its Impact on Black and Latinx Mothers

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Acknowledgment

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D., served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer—disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by SAMHSA, the MHTTC Network includes 10 Regional Centers and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

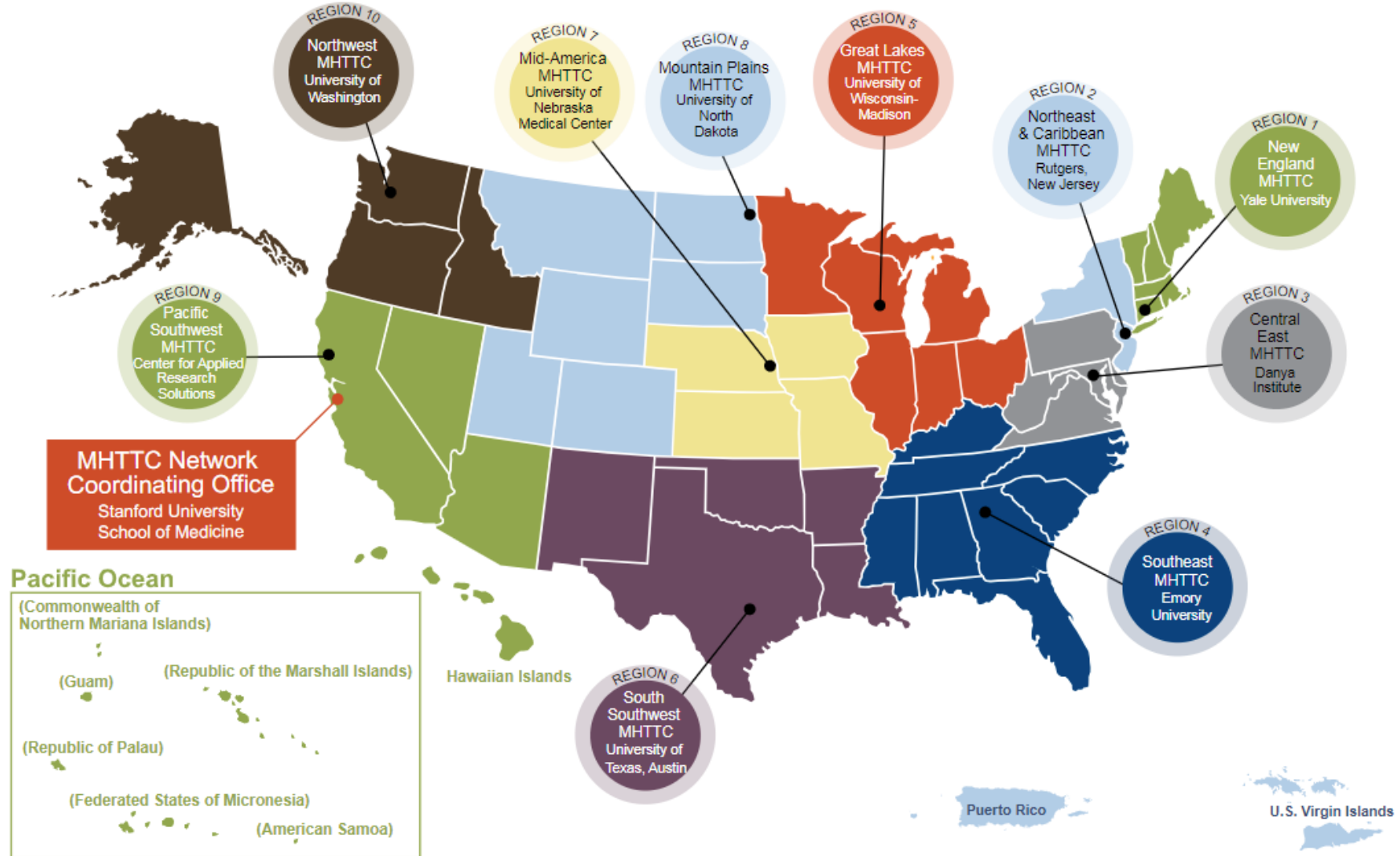


MHTTC

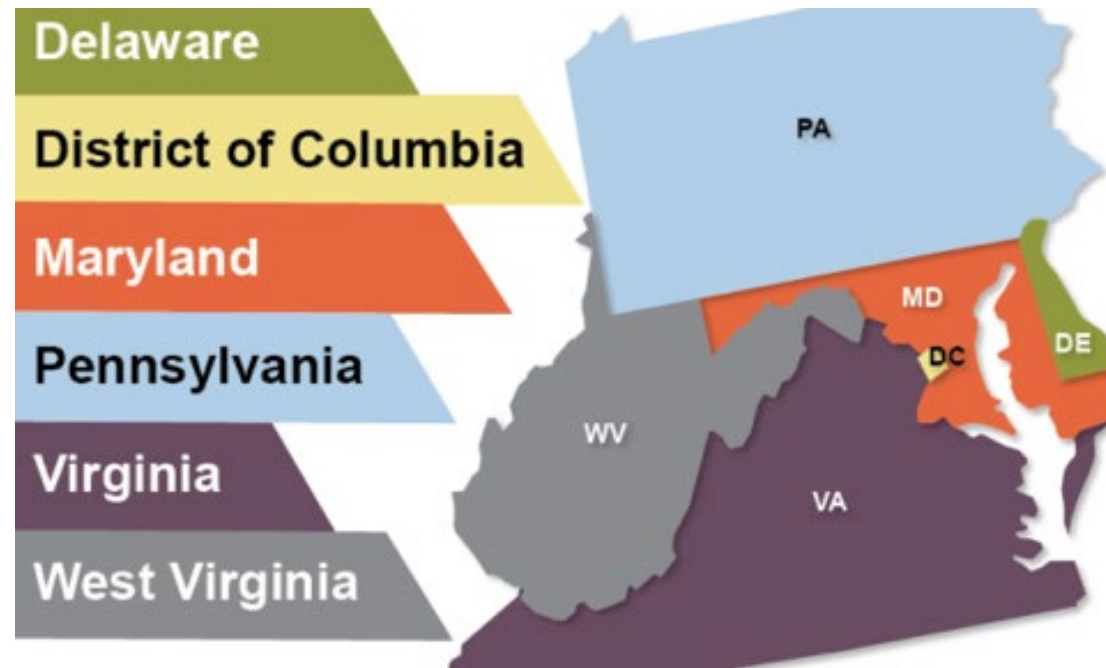
Mental Health Technology Transfer Center Network

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MHTTC Network



Central East Region 3



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



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Objectives

- 1 Recognize the prevalence and consequences of traumatic birth experiences among Black and Latinx mothers.
- 2 Understand the complex factors contributing to trauma during the birthing process in these communities.
- 3 Identify trauma-informed approaches to support Black and Latinx mothers who have experienced birth-related trauma.



1

Recognize the prevalence and consequences of traumatic birth experiences among Black and Latinx mothers.



Poll

Poll Question : What do you believe is the most significant factor contributing to traumatic birth experiences in Black and Latinx mothers?

- A) Systemic racism and discrimination
- B) Socioeconomic disparities
- C) Cultural and linguistic barriers
- D) Health inequities and pre-existing conditions
- E) Psychological and emotional stress

Birth-Related Trauma

- “**physical or emotional** distress experienced **during or after** childbirth. It can range from mild to severe and affect both **the birthing parent and infant.**”
(Nichols, 2023)

Key Characteristics of Birth-Related Psychological Trauma



Increased Emotional distress



Heightened Perception of threat



Experiences of Dissociation



Symptoms of post-traumatic stress disorder (PTSD)

Key Factors Contributing to Birth-Related Trauma in Black and Latinx Communities

Maternal
Mortality and
Morbidity

Infant
Mortality

Racial Bias in
Health Care

Lack of Access
to Quality Care

Historical and
Structural
Inequities

Lack of
Representation
and Advocacy

Prevalence of Traumatic Birth Experiences Among Black and Latinx Mothers

Black women are **three and a half times more likely to die** from pregnancy-related causes than white women. (NIH, 2021)

Approximately **30%** of Black mothers report experiencing mistreatment during maternity care, which includes **being ignored, dismissed, or treated disrespectfully by healthcare providers.** (CDC, 2023)

45% of Black and LatinX mothers reported **holding back from asking questions or discussing concerns with their provider** (Mohamoud et al., 2023)

Cultural and linguistic barriers exacerbate the trauma for Latinx mothers (NIH, 2021)

Prevalence of Traumatic Birth Experiences Among Black and Latinx Mothers

Maternal Mortality

- The maternal mortality rate for non-Hispanic Black women in 2021 was **69.9 deaths per 100,000 live births**. (March of Dimes, 2023)

Infant Mortality

- The infant mortality rate for Black infants is **10.5 per 1,000 live births**, which is more than double the rate for non-Hispanic white infants (4.4 per 1,000 live births). (March of Dimes, 2023)

Consequences of Traumatic Birthing Experiences for Black and Latinx Mothers

Development of
Chronic Health
Conditions

Increased Risk
of Maternal
Morbidity and
Mortality

Onset of Post
Traumatic
Stress Disorder
(PTSD)

Heightened
Likelihood of
Depression and
Anxiety

Challenged in
Maternal-Infant
Bonding

Disruption in
Employment and
Income

Avoidance
of Future Medical
Care

2

Understand the complex factors contributing to trauma during the birthing process in these communities.



Poll

Poll Question : What are the potential long-term consequences of traumatic birth experiences for Black and Latinx mothers?

- A) Chronic health issues
- B) Mental health disorders
- C) Impaired bonding with the baby
- D) Increased maternal mortality
- E) All of the above

Systemic Factors

- **Racism in Health Care:** Historical and ongoing discrimination, impact on access to quality care.
- **Implicit Bias:** Stereotyping and prejudiced attitudes from healthcare providers, consequences for maternal and infant health outcomes.

Cultural and Linguistic Barriers

- **Language Barriers:** Challenges in communication with healthcare providers, misunderstandings and lack of informed consent.
- **Cultural Competence:** Lack of culturally sensitive care, mistrust of the healthcare system due to past mistreatment.

Health Inequities and Pre-Existing Conditions



PRE-EXISTING CONDITIONS: Higher prevalence of conditions like hypertension and diabetes, impact on pregnancy and birth outcomes.



HEALTH INEQUITIES: Disparities in access to preventive care and early intervention, differences in treatment options and follow-up care.

Psychological and Emotional Stress



3

Identify trauma-informed approaches to support Black and Latinx mothers who have experienced birth-related trauma



Principles of Trauma-Informed Care

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, historical, and gender issues

(SAMHSA, 2014)



Implementation of a Trauma-Informed, Evidence-Informed Intervention for Latinx Families Experiencing Interpersonal Violence and Child Maltreatment (Fettes et al., 2020)

Objective: Evaluate feasibility, acceptability, and preliminary efficacy of SafeCare+® in Latinx community

Design: Pilot randomized control trial

Target Population: Latinx families affected by interpersonal violence and child maltreatment

Key Components of SafeCare+®

Focus Areas:

- Parenting skills
- Health care
- Home safety

Cultural Adaptations:

- Language support
- Sensitivity to immigration status
- Addressing historical trauma

Addressing Intergenerational Trauma in Black Families: Trauma-Informed Socioculturally Attuned Family Therapy (Lee et al., 2023)

Objective: Implement and evaluate a family therapy model addressing intergenerational trauma in Black families

Focus: Sociocultural attunement and trauma-informed care principles

Key Components of the Therapy Model

Trauma-Informed Approach:

- Recognizes and addresses intergenerational trauma
- Integrates culturally relevant practices

Sociocultural Attunement:

- Considers historical and cultural contexts
- Addresses systemic issues like racism and discrimination



Creating a Supportive Environment for Black and Latinx Mothers Using Trauma-Informed Principles

Safety

Create a welcoming and inclusive environment where Black and Latinx mothers feel physically and emotionally safe.

Implement safety protocols that consider their specific cultural needs and preferences.

Trustworthiness and Transparency

Build trust by being honest and transparent about care processes, options, and any potential risks.

Provide clear and consistent information, ensuring that mothers fully understand their care plan.



Creating a Supportive Environment for Black and Latinx Mothers Using Trauma-Informed Principles



Peer Support

Facilitate support groups or mentorship programs where Black and Latinx mothers can connect with peers who have had similar experiences.

Encourage the sharing of stories and coping strategies within these communities.

Collaboration and Mutuality

Engage Black and Latinx mothers as active participants in their care, seeking their input and feedback.

Foster a team-based approach where the mother's knowledge and preferences are valued and incorporated into the care plan.

Creating a Supportive Environment for Black and Latinx Mothers Using Trauma-Informed Principles

Empowerment, Voice and Choice

Provide comprehensive information about all available options and respect the mother's decisions regarding her care.


Encourage mothers to voice their concerns and preferences, ensuring they feel heard and supported.

Cultural, Historical, and Gender Issues

Train staff to understand and address the cultural and historical contexts of Black and Latinx mothers.

Develop policies and practices that are culturally sensitive and inclusive, promoting equity in care delivery.

Reflection



What specific trauma-informed care practices can healthcare providers implement to better support Black and Brown mothers who have experienced birth-related trauma, and how can these practices be adapted to address the unique cultural and historical contexts of these communities?

Final Thoughts and Looking Ahead

Today, we covered:

- Recognizing the prevalence and consequences of traumatic birth experiences among Black and Latinx mothers.
- Understanding the complex factors contributing to trauma during the birthing process in these communities.
- Identifying trauma-informed approaches to support Black and Latinx mothers who have experienced birth-related trauma.

Next Session Date: July 10, 2024, 2:00-3:30 p.m.
[Providing Culturally Sensitive Care for Black and Latinx Mothers with Mental Health Diagnoses](#)

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Questions



Appreciation

A word cloud centered around the phrase "thank you". The words are arranged in a circular pattern, with "thank you" being the largest and most prominent. Other words include "danke", "gracias", "merci", "obrigado", "dziękuje", "sukriya", "teşekkür ederim", "ngiyabonga", "moichakkeram", "go raibh maith agat", "arigato", "dakujem", "merci", "terima kasih", "sagolun", "kop khun krap", "grazie", "ευχαριστώ", "mochchakkeram", "tapadh leat", "dank je", "huala", "mauruuru", "spasibo", "bedankt", and "감사합니다". The colors of the words vary, including red, green, blue, orange, and purple.

thank you

danke 謝謝

ngiyabonga

teşekkür ederim

dank je

gracias

tapadh leat

moichakkeram

go raibh maith agat

arigato

takk

dakujem

merci

merci

ευχαριστώ

grazie

kop khun krap

sukriya

terima kasih

sagolun

huala

mauruuru

dziękuje

obrigado

bedankt

spasibo

감사합니다

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