

Healthy Mothers Healthy Babies Outreach Program



GVHealth

The Healthy Mothers, Healthy Babies Program is not a clinical antenatal care service.

Rather, it links women to existing services early, provides community-based support beyond what current services provide, and promotes continuity of care.



Key messages of Healthy Mothers Healthy Babies

- The Healthy Mothers, Healthy Babies Program addresses maternal risk behaviours and provides women with support during their pregnancy.
- The program targets pregnant women who are unable access antenatal care services or who need extra support because they are at risk of poorer health outcomes.
- It works with women while they are pregnant until about six to eight weeks after birth.
- Offers individual and tailored support to address barriers or risks for best outcome for mother and baby



The program targets pregnant women who are unable to access antenatal care services or who need extra support because they have greater health risks as a result of factors including:

- socio-economic status
- culturally and linguistically diverse background
- health behaviours including AOD related issues
- mental health
- history of engagement with child protection services
- Aboriginal and Torres Strait Islander descent
- Age
- isolation and or distance from services.
- family violence
- lack of significant supports



Program Services

To achieve this the program:

- works to improve access to antenatal, postnatal and other health and human services
- supports women during their pregnancy
- delivers health promotion messages that encourage healthy behaviours during and after pregnancy.
- Facilitates referrals to specialized services
- Collaborates with other service providers for holistic care planning



The program comprises the following services:

- outreach to pregnant women who may be difficult to engage, or who have complex needs
community-based support to women, up to four to six weeks after birth
- help for women to access clinical antenatal care providers and maternal and child health nurses
help for women to link up with health and community service providers as needed
- health information and education, especially about the impacts of drug and alcohol use, smoking, healthy eating, exercise and breastfeeding

Challenges faced

- high prevalence of Domestic family violence
- lack of supports and social connections
- housing instability and homelessness
- lack of transport options
- alcohol and Other drug issues
- child protection involvement
- longer term support options limited
- low level education
- service weary participants- lack of trust



Program outcomes

- 238 have been referred HMHB service
- Strong referral pathways established
- Collaboration with other services
- Positive feedback from client participation

Aims for the future

- Continued support to vulnerable mothers
- Advocacy
- Ongoing network and relationship building with other services
- Ongoing funding

Any feedback, ideas or questions don't hesitate to get in touch



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QUESTIONS?



Healthy Communities