M.A.M.A

MATERNAL ACCESS TO MENTAL ASSISTANCE

A COMMUNITY INVESTMENT IN HEALTHY BEGINNINGS FOR LEON COUNTY FAMILIES

Taylor Long Fisher M.A.M.A. Home Visiting Program

Opportunity

- Nearly 3,000 babies are born in Leon County each year
- The first weeks of life are critical for infant health, maternal well-being, and lifelong development
- Many families struggle to access support during this time
- Preventable ER visits, maternal depression, and limited early literacy create strain on families and the healthcare system
- M.A.M.A. is a countywide initiative ensuring every family receives support from birth

Solution

M.A.M.A. expands a nationally recognized, evidence-based program: **Family Connects**

- A universal nurse home-visiting program offered shortly after birth
- Nurses assess infant health and maternal well-being
- Families connected to community and medical support

EXPECTED OUTCOMES

Projected annual outcomes include:

- **500** fewer infant emergency room visits
- **100** fewer cases of maternal postpartum depression
- Increased early literacy engagement among families
- Improved school readiness for Leon County children

These outcomes strengthen both family health and long-term educational success.

ROI

Independent analysis shows significant public return.
Direct Medicaid Savings

- **$6.7M** from fewer infant ER visits
- **$666K** from reduced maternal depression

Total Government Savings: **$7.3M**
Total Economic Benefit: **$22.8M**

Driven by improved maternal health, fewer emergency visits, and stronger early childhood development.

Why Hospital Partnership Matters

Local hospitals are essential partners in ensuring the success of M.A.M.A. Hospital leadership can help:

- Utilize Connect Family Partners refer families to the M.A.M.A. program following delivery
- Support early screening and referral systems
- Strengthen maternal mental health and infant wellness initiatives
- Improve population health outcomes for Leon County families

LEON COUNTY SCHOOLS

Florida Healthy Start
Capital Area Healthy Start Coalition

Florida Healthy Start
Capital Area Healthy Start Coalition

The Taylor Long Fishel M.A.M.A. Home Visiting Program

Taylor Long Fishel
M.A.M.A.
Maternal Access to Mental Assistance
Home Visiting Program

A Nurse-Led Maternal Mental Health Initiative

The M.A.M.A. Home Visiting Program is a community-driven maternal mental health initiative led by the Capital Area Healthy Start Coalition in partnership with Family Connects, an evidence-based nurse home visiting model.

M.A.M.A. equips and supports trained nurses to conduct in-home visits with new mothers during the critical first six weeks postpartum — with a specialized focus on maternal mental health screening, education, and connection to care.

Why This Matters

Maternal mental health conditions — including postpartum depression and anxiety — are among the most common complications of childbirth. Yet many mothers go undiagnosed and untreated due to:

- Limited access to providers
- Stigma associated with seeking help
- Lack of early education about symptoms
- Transportation and childcare barriers
- Fragmented systems of care

Without early identification and support, maternal mental health challenges can impact:

- Parent–child bonding
- Infant development
- Family stability
- Long-term community health

Maternal mental health is not separate from maternal health — it is foundational to it.

Our Approach

M.A.M.A. integrates mental health support into trusted nurse-led home visits by:

- Providing compassionate, culturally responsive education on emotional well-being
- Utilizing standardized maternal mental health screenings
- Identifying social and environmental stressors affecting recovery
- Connecting mothers to mental health providers and community-based supports
- Offering peer and group support opportunities when appropriate
- Ensuring follow-up to confirm successful linkage to care

By embedding mental health into existing nurse visits, M.A.M.A. reduces stigma, increases access, and strengthens postpartum outcomes.

Florida Healthy Start
Capital Area Healthy Start Coalition

Who We Serve

Postpartum individuals within the first six weeks after delivery, with priority for families experiencing social, economic, or healthcare access barriers and communities with elevated maternal stress and adverse birth outcomes.

Expected Impact

- Increased maternal mental health awareness and literacy
- Earlier identification of postpartum mental health needs
- Improved access to supportive services
- Greater engagement in care and peer networks
- Strengthened maternal confidence and resilience
- Reduction in emergency room visits
- Healthier infants and stronger families

Funding Opportunity

Investment in the M.A.M.A. Home Visiting Program will allow us to:

- Expand nurse capacity for maternal mental health screening
- Strengthen referral partnerships and follow-up systems
- Provide targeted training and standardized tools
- Scale services to reach more families in need

Your support helps ensure that no mother navigates postpartum mental health challenges alone.
An investment in M.A.M.A. is an investment in healthier beginnings, stronger families, and more resilient communities.

Contact

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