

SCREENING, BRIEF INTERVENTION AND REFERRAL TO TREATMENT (SBIRT)

MOMS TO BE THRIVE



Screening, Brief Intervention and Referral to Treatment (SBIRT) is an evidence-based prevention model that includes:

PTSD SCREENING

PSYCHOEDUCATION

MOTIVATIONAL INTERVIEWING

Informed by interviews and focus groups with 43 Black perinatal women we are culturally adapting the SBIRT model to emphasize:

THEME 1

VALIDATION AND EMPATHIC COMMUNICATION REGARDING MEDICAL MISTRUST AND NOT BEING VALUED WITHIN THE MEDICAL SYSTEM

"But that is one thing that I believe that we face is not having anyone listen to us when we voice our concerns, especially when it comes to our bodies. I always felt like I had to be an advocate for myself in a way that I don't feel like my white counterparts had to be in all aspects of my care, but I went into it kind of knowing that and preparing myself for that."

THEME 2

SBIRT: INCORPORATING MEDICAL TRAUMA AND TRAUMATIC LOSS IN THE PSYCHOEDUCATION COMPONENT

"She was 18 at the time, but they didn't even bother to consent with her to see if the students could examine her pelvically. And that was upsetting to her."

"It's very traumatic for me and my family. In 2020 I lost 5 people in four months. And one of them was my brother...And I've had to deal with that."

THEME 3

ADDRESSING CULTURAL BELIEFS LIKE THE STRONG BLACK WOMAN SCHEMA IN THE PSYCHOEDUCATION COMPONENT

"I feel like when you hear 'Strong Black Woman', I hear backbone...it is kind of like a blessing and a curse at the same time because they expect us to be almighty all the time and not soft or treated like, you know, at the end of the day we are women. So, it would be nice to be treated with a little bit of softness."

THEME 4

CONNECTING BLACK PERINATAL WOMEN WITH CULTURALLY APPROPRIATE RESOURCES RELATED TO SOCIAL DETERMINANTS AND MENTAL HEALTH

"It's not really that many resources that's out there for dealing with trauma and stuff. I feel like where I live it's people are very big to just like sending people to like a psych ward or being hospitalized without like actually talking to someone. It's not much access to, living in the Metro Atlanta area, it's not many resources for Black people or Black women or pregnant women or mothers in general or single mothers."