



CABOOLTURE YOUNG MOTHERS FOR YOUNG WOMEN

Multidisciplinary,
early support
program

MICAH PROJECTS 


Queensland
Government
Queensland Health

Funded by

 Queensland Government
Department of Communities

Caboolture Young Mothers for Young Women

Who are we?

Caboolture Young Mothers for Young Women (CYMYW) is a partnership response between Queensland Health and Micah Projects based in the Caboolture community.

The multidisciplinary team supports young pregnant and parenting women 20 and under, their children and partners

Family support & advocacy workers - MICAH PROJECTS

Midwife - QUEENSLAND HEALTH

Peer workers - MICAH PROJECTS



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“Wellspring”

CYMYW can be found at ‘Caboolture Wellspring’ which is centrally located on Morayfield Road, Caboolture South.

CYMYW is funded by the Department of Child Safety, Youth and Women from 2018 – 2022. The service is a response to Caboolture’s higher than national average presentation of pregnancies for young women under the age of 20.

Barriers to accessing mainstream antenatal care

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Transport

Fear of judgement

Untrusting of government agencies

Mental health

Domestic violence

Trauma

Social isolation

Housing instability

Integration

**Family
support & advocacy**

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Social inclusion

Identify & address barriers

2 generational approach

Advocacy

Trauma informed practice

Partnering with young parents

Flexible, supportive
environment

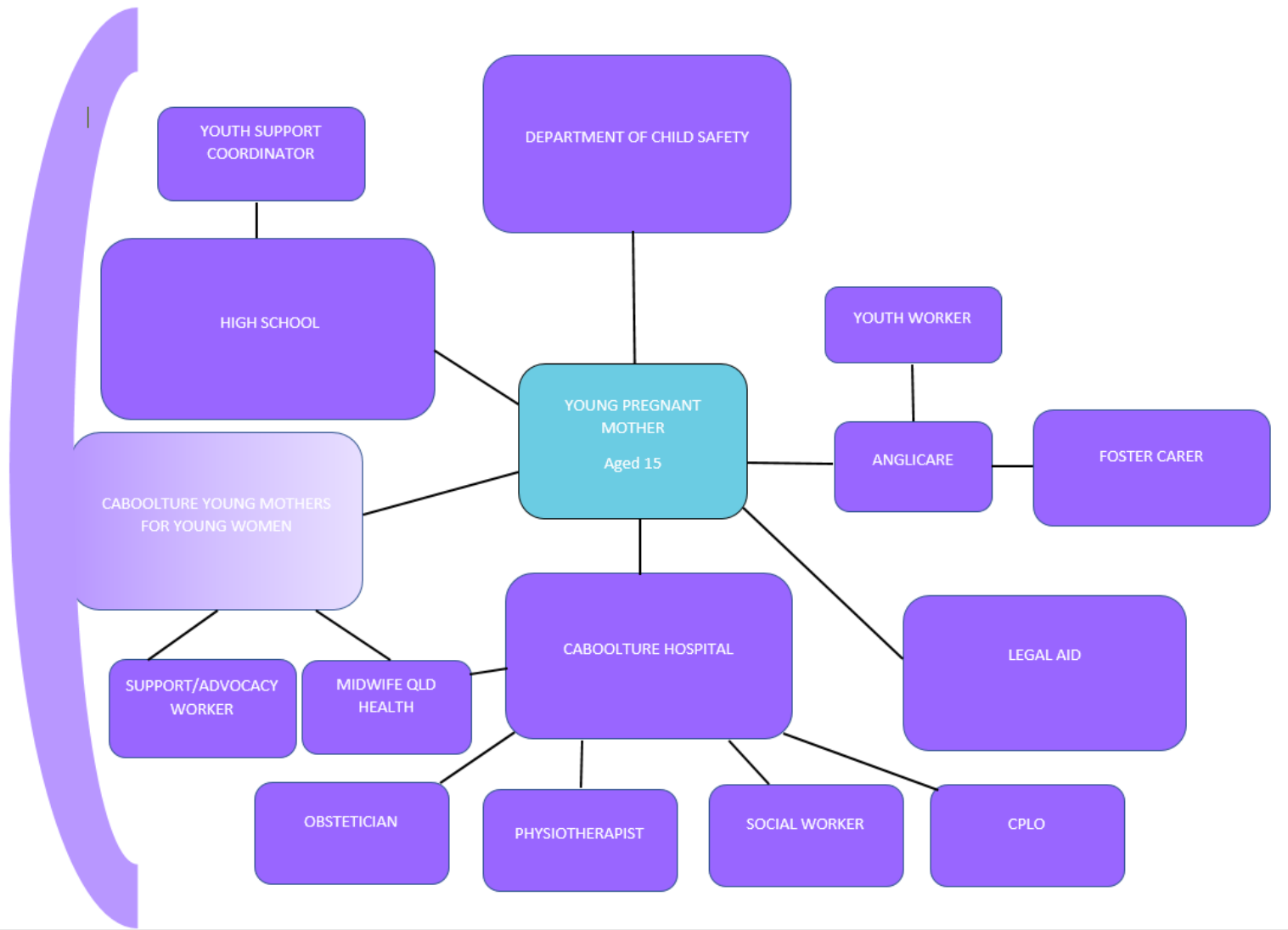
**Pregnancy
and health**

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Health Initiatives



- Visiting GP for contraception/sexual health/mental health plans – Inclusive Health
- Onsite glucose tolerance tests in a home like environment
- Belly casts to celebrate pregnancy
- Celebration of the placenta!
- Gestational diabetes food packs
- Opportunistic meet and greets with maternity staff
- Multidisciplinary case coordination between Queensland Health and Caboolture Young Mothers
- Flexible antenatal and postnatal care in home, during groups, at 'Wellspring' or in hospital
- Aim to build confidence in local hospital health team and GP
- Mental Health connections

Health Outcomes

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Women are supporting each other to access healthcare

All pregnancies have reached full term

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100% antenatal care attended
100% pathology
100% ultrasounds (since referral)

Increased trust in health system



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Visiting services

- Child Health
- Centrelink
- Financial counsellor
- Women's Legal Service
- GP specialising in sexual health and contraception, including implanon and mirena insertion
- Any service supporting young families in our program are welcome to meet at Wellspring.

What we have learned

We need to make each contact COUNT!

It's *all* about relationships

Never 'assume' we know what women & families need. Listen. Change your practices regularly around what you're hearing

Education can occur anywhere

Successful integration can enrich each organisation





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Any questions?