CA BOOLTURE YOUNG MOTHERS FOR YOUNG WOMEN

Multidisciplinary, early support program

Funded by

MICAH PROJECTS
Queensland Government (Queensland Health)
Queensland Government (Department of Communities)
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
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

- Transport
- Fear of judgement
- Untrusting of government agencies
- Mental health
- Domestic violence
- Trauma
- Social isolation
- Housing instability
Family support & advocacy

Pregnancy and health

Integration

Social inclusion
- Identify & address barriers
- 2 generational approach
- Advocacy
- Trauma informed practice
- Partnering with young parents
- Flexible, supportive environment
- 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

Women are supporting each other to access healthcare

All pregnancies have reached full term

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

Increased trust in health system
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.
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
Photo removed – not for public access

Any questions?