Working Together to Improve Maternal Health for Black Women
Half of black birthing parents experience a perinatal mood and anxiety disorder (PMAD), much higher than the 20 percent average. In addition, black birthing parents in the perinatal phase are three to four times more likely than their white or Hispanic counterparts to die from pregnancy-related complications.

Clinicians can help to dramatically improve maternal mental and physical health for black women and optimize infant health and wellness by addressing the social and environmental factors, emotional and physical factors, and systemic racism in healthcare.

April is National Stress Awareness Month
Many practices can help reduce stress including exercise, gratitude, breathing exercises and more. Recent studies are showing that experiencing awe has many health benefits including making us stronger, more resilient, and calming down the nervous system.

The good news is that no matter our age or occupation, we can all learn tools to manage our stress, reduce its effects and build resilience to stress. Below we’ve shared resources from our experts!

WOOTV: Watch CMO Dr. Sanders’ Interview On Managing Stress

Free Resource: Stress Insights Magazine (PDF)

Articles From Our Experts

The Stress-Relieving Effects of Awe

Many practices can help reduce stress including exercise, gratitude, breathing exercises and more. Recent studies are showing that experiencing awe has many health benefits including making us stronger, more resilient, and calming down the nervous system.

Psychologist Dr. Ron DeVries discussed stress and awe today on WZZM.

WZZM: INTERVIEW WITH DR. DEVRIES
Meet Samantha Binns, LLMSW

Samantha Binns, LLMSW, CAADC-DP, provides individual therapy at the Retreat Clinic which specializes in treating substance use disorders, and she also leads a relapse prevention group. A member of Pine Rest's Diversity Collective, Samantha hopes she can draw from her Native American heritage to provide culturally sensitive treatment to other Native Americans.

"The most rewarding aspect of my job is being a "safe" person for someone in need; providing a safe place for those who come to us, possibly at their lowest and most vulnerable state, and making sure they never feel judged, shamed, embarrassed, or looked down upon."

This month Samantha talked with Fox17 about the connection between stress and substance use disorders.

Watch Samantha Discuss Stress & Addiction On Fox17
With spring sports in full swing, healthcare providers are likely to encounter increasing numbers of patients and family members who are concerned about the effects of head injuries and what assessment and treatment options are available.

Christopher Baker, PhD, discusses how being able to recognize the acute and chronic symptoms of concussion will lead to more favorable outcomes in the future.

**Beyond Concussions: Traumatic Brain Injury (TBI)**

Employees and visitors are no longer required to wear a mask except in 24/7 patient care settings and specialty care units. Patients will continue to be screened/tested for COVID-19 at admission and are not required to mask unless endorsing symptoms of illness or diagnosed with COVID-19 infection.

**Effective Thursday, April 13**