

May is National Mental Health Month

AGENCY HIGHLIGHT: SPECIAL DELIVERIES OF EAST ALABAMA MENTAL HEALTH CENTER

Special Deliveries is a therapeutic home visiting program for families raising children ages birth to Kindergarten and is part of the Early Childhood Programs at East Alabama Mental Health Center serving Lee County. East Alabama Mental Health Center is one of the only community mental health centers in the state of Alabama to have a service option meeting the mental health and wellness needs of children under age 6 and their families.



Special Deliveries

- Started as a teen parent mentoring program in 1986
- Staffs two masters level therapists, two care coordinators, and a behavior intervention specialist
- Families enrolled in services receive individual and family therapy, parent education, and family support services linking to needed community resources

HOW TO HELP

Special Deliveries is grateful for tangible community donations not typically covered by other support resources like diapers, hygiene products, and children's books.

Other donations that are specifically helpful include 3-in-1 car seats and pack and plays. If you'd like to make an in person donation, you can contact Caroline May at caroline.may@eamhc.org to make arrangements.

Other ways to support programs like Special Deliveries would be to donate to United Way of Lee County, buy a Children's Trust Fund specialty car tag when it's time to renew, and educate yourself on how to prevent child abuse and neglect in your community.

HOW YOU'RE MAKING A DIFFERENCE

One of our mamas was hospitalized due to mental health concerns right before delivering her little girl in December 2022. Since then, we have been providing them with home visits, therapy, and care coordination. Mama and her therapist worked together using FirstPlay, infant play therapy, to learn about attachment, attunement, identifying her baby's emotions and needs, and meeting them in helpful ways.

IMPACT ON THE MOM

- ♥ Working to map out generational trauma themes in her family
- ♥ Agreed to complete the screener for postpartum depression and anxiety
- ♥ Began working with her OB/GYN for treatment and ongoing monitoring of her postpartum symptoms
- ♥ Has a job interview for a position that will work with her school hours

IMPACT ON THE BABY

- Mama has been documenting all of her baby girl's milestones and in each therapy session she has had with Special Deliveries, she shares updates about something new her daughter has learned to do:
- ♥ baby talking
 - ♥ learning to crawl
 - ♥ beginning to grasp new things