

Table 1

Application of the Positive Mental Health Model to Describe the Determinants of Mental Wellness in Pregnancy and Initiatives in Calgary, Alberta

Determinants	Risk factors and protective factors in pregnant population	Current initiatives in Calgary, Alberta
Individual domain Nurturing childhood Resiliency & coping Violence Substance use Health Status	<p>Risk factors of poor mental health: history of depression, history of physical or sexual abuse, unplanned or unwanted pregnancy, stressful life events, intimate partner violence, and health complications during pregnancy (3)</p> <p>Protective factors for positive mental health: good physical health, healthy behaviours, feeling empowered and resilient, and positive outlook on life (4)</p>	<ul style="list-style-type: none"> • Mental health promotion content for pregnant Albertans • Use of ACE questionnaire as routine prenatal care in Calgary maternity clinic • HOPE Project offers pregnant women an online tool to check in on their mental health and complete activities to increase resilience • Publicly-funded, in-home counselling services for pregnant women experiencing mental health concerns
Family domain Parenting style Relationships Income Health status of family members	<p>Risk factors: inability to attend health programs due to lack of transportation, childcare, phone access, stable housing, and availability during office hours; domestic violence (3, 5)</p> <p>Protective factors: family home visitation programs, access to transportation and childcare services to attend health promotion programs, and strong family relationships (3, 6, 7, 8)</p>	<ul style="list-style-type: none"> • Aventa's Friends & Family program rebuilds relationships with someone experiencing addiction • Families Matter offers a date night for couples that are pregnant and parenting, with childcare available, so that couples can work on their relationship in a fun setting • Best Beginning offers individual and group support for low-income pregnant women and their families. Social workers help connect families with resources to meet basic needs
Community domain Community involved Social networks Social support School / Workplace	<p>Risk factors: social isolation (9), lack of trust in health professionals (6)</p> <p>Protective factors: participation in a group prenatal care model that fosters social connection (8); participation in an interdisciplinary program that addresses socioeconomic, health, interpersonal and education needs (10)</p>	<ul style="list-style-type: none"> • Alberta CAPC and CPNP Coalition connects programs that serve vulnerable pregnant families for information sharing and strategic planning • Pregnant parents can build social connection by attending Perinatal Education, Best Beginning, and Families Matter • Louise Dean School provides wrap-around support to pregnant and parenting teens who are working on their high school diploma
Society domain Inequality Discrimination Policy & funding	<p>Risk factors: higher rates of prenatal mental illness have been reported for adolescents, newcomers, ethnic minorities, indigenous people, and low-income people (5, 6, 8, 9)</p> <p>Protective factors: funding and support for programs that meet the socioeconomic needs of pregnant women, provision of healthcare services in first language, building a sense of community and belonging for pregnant women, trusting relationships between healthcare providers and pregnant women, participation in group-based programs that focus on building support systems and coping skills (5, 6, 8, 9)</p>	<ul style="list-style-type: none"> • Alberta Health Services encourages teams to conduct a Health Equity Impact Assessment to tackle inequities in their programs • Annual Women's Mental Health Day brings together researchers, policy makers, and clinicians to discuss mental health in pregnancy and postpartum period • The Canadian Prenatal Nutrition Program provides funds to local organizations that support vulnerable pregnant women and new mothers • The 2017 Valuing Mental Health Next Steps report from the Alberta Government outlines 18 actions to ensure all Albertans receive quality mental health services