

## Thrive Guide: Pregnancy and Beyond

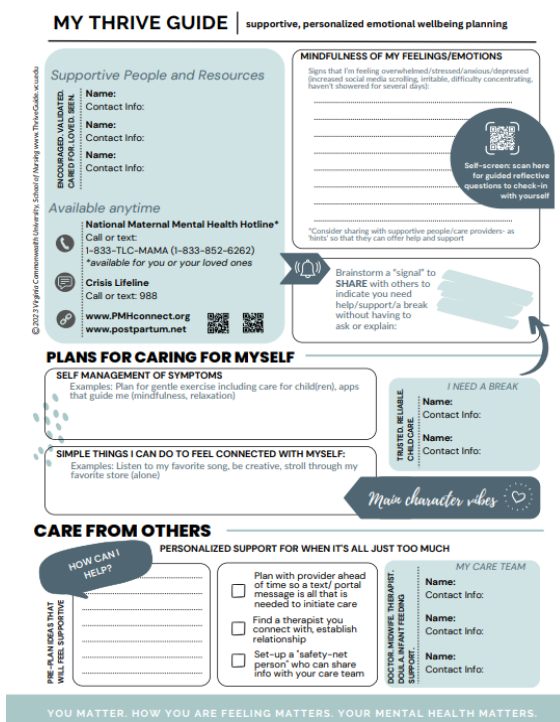
Personalized guide for supportive emotional well-being

Recent research, involving hundreds of pregnant and parenting women across the nation, revealed significant gaps in pre- and post-partum care, particularly in addressing complex mental health needs. Despite the critical importance of emotional well-being for mothers, the current healthcare system often falls short, offering minimal resources to support them fully during this pivotal period.

Virginia Commonwealth University researchers have developed the "Thrive Guide" in response to the insights gained from this research. This personalized plan is designed to enhance emotional well-being and compliment traditional birth plans.

### The Technology

This innovative tool anticipates challenges, delivers customized mental health resources, and supports emotional health during critical moments. The "Thrive Guide" provides a structured framework to navigate the emotional complexities of parenthood and helps parents thrive rather than merely survive. This tool represents a substantial advancement in pre- and post-partum care. Join our researchers in extending this essential support to parents everywhere, making a meaningful impact on mental health outcomes.



**MY THRIVE GUIDE** | supportive, personalized emotional wellbeing planning

**Supportive People and Resources**

ENCOURAGED/VALIDATED: Call or text for help. (www.ThriveGuide.vcu.edu)

Available anytime

**National Maternal Mental Health Hotline\***  
Call or text: 1-833-TLC-MAMA (1-833-852-6262)  
\*available for you or your loved ones

**Crisis Lifeline**  
Call or text: 988  
www.PMHconnect.org  
www.postpartum.net

**MINDFULNESS OF MY FEELINGS/EMOTIONS**

Signs that I'm feeling overwhelmed/stressed/ambivalent/depressed (increased social media scrolling, irritable, difficulty concentrating, haven't showered for several days):

Self-screen: scan here for guided reflective questions to check in with yourself

\*Consider sharing with supportive people/care providers: as hints so that they can offer help and support

Brainstorm a "signal" to SHARE with others to indicate you need help/support/a break without having to ask or explain:

**PLANS FOR CARING FOR MYSELF**

**SELF MANAGEMENT OF SYMPTOMS**  
Examples: Plan for gentle exercise including care for children, apps that guide me (mindfulness, relaxation)

**SIMPLE THINGS I CAN DO TO FEEL CONNECTED WITH MYSELF:**  
Examples: Listen to my favorite song, be creative, stroll through my favorite store (alone)

**CARE FROM OTHERS**

PERSONALIZED SUPPORT FOR WHEN IT'S ALL JUST TOO MUCH

HOW CAN I GET HELP?

PRE-PLAN IDEAS THAT WILL FEEL SUPPORTIVE

Plan with provider ahead of time so a text/portrait message is all that is needed to initiate care

Find a therapist you connect with, establish relationship

Set-up a "safety-net person" who can share info with your care team

MY CARE TEAM

DOCTOR/MIDWIFE/HEALTHCARE PROVIDER: Name: Contact Info:

DOUGLA/MAY/FAV FRIENDS: Name: Contact Info:

OTHER: Name: Contact Info:

YOU MATTER. HOW YOU ARE FEELING MATTERS. YOUR MENTAL HEALTH MATTERS.

Figure 1 – Thrive Guide for New and Expecting Parents

### Benefits

- » Enhanced Emotional Well-being
- » Resource Road Map
- » Critical Support
- » Improved coping skills

### Applications

- » Health Care Providers
- » Mental Health Professionals
- » Community Support Programs

### Patent Status:

Copyright: Virginia Commonwealth University

### License Status:

This technology is available for licensing to industry for further development and commercialization

### Category:

Software and Informatics

### VCU Tech #:

23-076

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