



Autism Support Alliance
 Children's Advocacy Center
 Shannon Cox Counseling Center
 The Leadership Center for Youth
 Court Appointed Special Advocates
 Human Services Response Institute
 Children and Families Action Network
 Performance Employee and Business Services

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FOR IMMEDIATE RELEASE

Johnson & Johnson, through the Community Foundation of SWLA donates \$100,000 to Family & Youth to combat Post-Partum Depression and Anxiety



(Pictured L to R): Sara Judson., CEO of the Community Foundation and Julio R. Galan, President & CEO of Family & Youth

(Lake Charles)— Family & Youth was presented with a \$10,000 donation from Phillips 66 in support of the Career Exploration and Civic Engagement Initiatives of The Leadership Center for Youth (TLC), a Division of Family & Youth.

- According to the Center for Disease Control, 20% of women who give birth each year are affected by postpartum depression.

- Post Hurricanes Laura and Delta many health services were relocated to nearby areas, causing women to seek services beyond their local doctors and hospitals.

The Community Foundation Southwest Louisiana connects people who care with causes that matter. Johnson & Johnson Foundation connected with the Community Foundation for guidance on the priority needs related to women and children post hurricanes. “We work with area nonprofits and stay abreast of the services they provide to meet pressing needs in Southwest Louisiana,” said Sara Judson, CEO of the Community Foundation. “Johnson & Johnson Foundation’s interests were a good match for the counseling services provided by Family and Youth.” Johnson and Johnson Foundation has granted \$100,000 to the Community Foundation who is working with Family and Youth to provide the mental health care to women suffering from depression caused by delivery, pregnancy, and/or grief. This type of care will lead to an improvement in the quality of life for mothers and their families.

Family & Youth will partner with obstetricians, pediatricians, hospitals, medical professionals, and other locations across the 5 parishes to facilitate referrals for individuals who are in need of services. By offering affordable and professional services, women in Southwest Louisiana will have access to vital programs that will help women overcome postpartum depression.

The COVID-19 pandemic has caused an increase in those seeking counseling services and according to the Center for Disease Control, 20% of women who give birth each year are affected by postpartum depression. Southwest Louisiana has also experienced two major hurricanes devastating the region. “*Through normal days postpartum depression is common, but can be addressed. More recently in the area, with a pandemic and two hurricanes we’re seeing postpartum depression is incredibly heightened,*” said Julio Galan President and CEO of Family & Youth.

These events can disrupt the normalcy of an individual’s life and adds a complex layer of difficulty for women who are pre and postpartum. An increase in access to care is vital during this time with so much disruption in the area. “*This opportunity will also allow us to increase collaboration efforts with our local health care provides to improve the quality of outcomes for women and children,*” Galan says. Family & Youth plans to focus on outreach and collaborative efforts with the goal of expanding access to care across the five-parish area of Southwest Louisiana. The agency plans to address these issues and ensure they are strategically and successfully addressed in and for our community.

Family & Youth has been serving the community since 1970. It is the belief of Family & Youth that all individuals possess the ability to solve their own challenges and live full and healthy lives when support is available. It is the mission of Family & Youth to provide affordable and professional support through programs and services dedicated to the advocacy, counseling, and education for the people of Southwest Louisiana. Our effort and commitment to building family values will guarantee a stable and stronger community. For more information call 337.436.9533 or visit www.fyca.org. Family & Youth is a United Way supported agency.

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