Maternal Mental Health Coalition

Meeting #5: Creating a Comprehensive Care Framework
Perinatal Mood & Anxiety Disorders

It’s not just postpartum. It’s not just depression.

MOOD
- Depression
- Bipolar Disorder

ANXIETY
- Generalized Anxiety
- Panic Attacks
- Obsessive-Compulsive Disorder
- Post Traumatic Stress Disorder

PERINATAL
Conception to baby’s 1st birthday
PMADs are the 
**#1 complication**
of pregnancy and childbirth

**1 in 5 women**
(and up to 1 in 3 in high-risk populations)
will experience PMADs

**$22,000**
Annual cost per mother/infant pair of NOT treating PMADs

1-2 women per 1,000 will experience
*postpartum psychosis*
Your Town, Virginia

XXX babies born each year

YYY women will experience PMADs

$a.a$ million

ZZZ women will experience postpartum psychosis
Treatment: The Path to Wellness

Low Cost, Low Barrier
- Self Care
- Social Support
- Talk Therapy
- Medication

High Cost, High Barrier
Goal of The Coalition

COMPREHENSIVE MATERNAL MENTAL HEALTH CARE

Conception to baby’s 1st birthday

EDUCATION / SCREENING

All childbearing women will receive information about PMADs and be screened for them

UNIVERSAL

TREATMENT

PCPs will initiate care if possible

FREE social support

Therapy is accessible / affordable

Medication management from many providers
Comprehensive Care Framework

Step 1: Build a support system
Step 2: Educate moms and families
Step 3: Screen women for PMADs
Step 4: Initiate treatment, make referrals
#1: Build a Support System

- Primary point of contact:
- Postpartum Support Groups:
  - Group 1: where, when
  - Group 2: where, when
- Mental health providers
  - Pair with maternal-child healthcare providers
- Other resources
  - Postpartum doulas
  - Other support groups at SWRMC and CDR
#2: Educate Moms / Families

**IN PERSON**
- Obstetric / pediatric appointments
- Childbirth education classes
- Hospital tours
- Support groups
- At home
- Other ways?

**OTHER WAYS**
- Posters and print material
  - Hospital or doctor’s office
  - Bathrooms
  - Hospital discharge packets

- DVD
  - Class or group setting
  - Waiting room

**WHAT TO SAY**

Congratulations, new mom! We are thrilled for you!

*The next two years can be surprisingly emotional.*

*Lots of parents have ups&downs because of the physical changes and life stresses.*

*We are going to check in with you every time we see you and screen you periodically.*

*If you start to feel badly, we want to get you help as soon as possible.*

*Your emotional health is as important as your physical health.*
#3: Screen Women for PMADs

**WHAT TOOL TO USE**
Edinburg Postnatal Depression Scale / Algorithm

**WHEN TO SCREEN**

- **Obstetric Providers**: 1st trimester, 3rd trimester, postpartum visit
- **Hospital**: Prior to discharge
- **Pediatric Providers**: Well-child visits: 2 weeks; 2, 4, 6, 9, 12 months
- **Other opportunities**: Start of program, if indicated

**WHAT TO SAY**

*Emotional and mental health issues are the MOST COMMON complications of being pregnant and becoming a new parent.*

*We have a short questionnaire to get a snapshot of how you are doing RIGHT NOW.*

*Please be honest. I care about how you are feeling.*

*Your emotional and mental health is as important as your physical health*
#4: Initiate treatment / Make referrals

**WHAT TO SAY**

**VALIDATE**  
I’m sorry you are having a tough time. Lots of parents share these feelings.

**NORMALIZE**  
New parents need to take care of themselves so they can take care of their babies.

**PROVIDE HOPE**  
Let’s get you some help so you can start feeling better. Here are some options:

- **SELF CARE:** Sleep, Eat, Exercise, Time Off
- **SOCIAL SUPPORT:** Support groups, one-on-one brief interventions, tangible help
- **TALK THERAPY:** 3rd party objective; short-term results-oriented, symptom relief
- **MEDICATION:** Safe and effective medications during pregnancy or breastfeeding
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