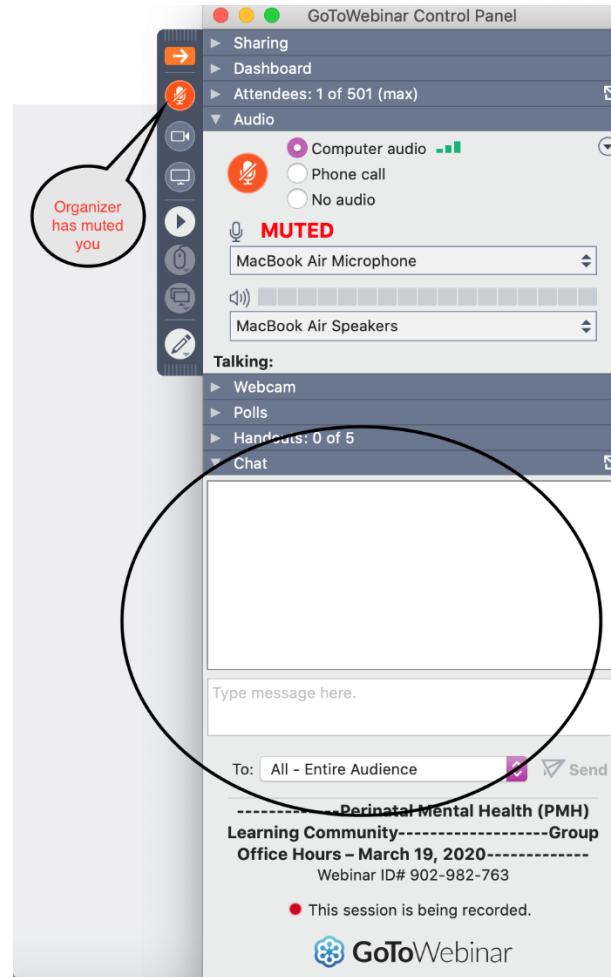# Perinatal Mental Health Learning Community

Group Office Hours: March 19, 2020 12 – 1 p.m.

Housekeeping

- All lines are muted.
- Raise your hand to speak.
- Use "Chat" to make comments or ask questions.

Our Team

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PMH Learning Community
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NOW

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Hospital Quality Institute

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New Website

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About HQI   Programs   Reports   Publications   Tools & R

Perinatal Mental Health Learning Community

Feb. 2020 – Dec. 2021

The Perinatal Mental Health (PMH) Learning Community provides California hospitals with education, technical assistance, and peer support to strengthen perinatal mental health. The program assists hospitals to comply with Assembly Bill 3032, the Maternal Mental Health Conditions law. The program is administered by HQI, funded by California HealthCare Foundation and delivered in collaboration with Maternal Mental Health NOW and CommonSpirit Health.

Webinar Series   Other Program Components   Enroll   Contact

Webinar Series

> **Upcoming Webinars**

> **Past Webinars**

4

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Timeline – *Perinatal Mental Health Learning Community*

2020 → **2021**

Jan   Apr   Jul   Dec   Jan   Jul   Dec

Education and Technical Assistance (Feb '20 - Dec '21)

➢ Webinars (2020: Feb, Apr, Jun, Aug, Oct, Dec; 2021: Feb, Apr, Jun, Aug, Oct, Dec)

➢ Group Office Hours (2020: Mar, May, Jul, Sept, Nov; 2021: Jan, Mar, May, Jul, Sept, Nov)

➢ 1:1 Technical Assistance (on demand)

➢ In-Person Regional Events (Nov '20)

TODAY

Training Tools and Resources (Apr '20 – Dec '21)

• E-learning module and quick reference guide for staff

• E-learning module for patients

• Brochure template

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AB-3032: Hospitals Maternal Mental Health Act

- It requires all birthing hospitals in California to provide education and information to postpartum people and their families about maternal mental health conditions, post-hospital treatment options, and community resources.

- All regular staff in labor and delivery departments (e.g. registered nurses and social workers) must receive education and information about maternal mental health disorders.

- Hospitals can offer additional services to ensure optimal care.

Law became effective on January 1, 2020.

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Levels of PMH Programming

PMH 101: Deployment of training – online or other.

PMH 102: Documented policies and procedures regarding patient and provider education, including a list of referral resources.

PMH 103: Implementation of comprehensive education, screening and referral program for maternal mental health disorders, including data collection.

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Webinar Objectives

Overall Objectives of Group Office Hours:
1. Explore webinar topics in greater depth
2. Receive practical implementation guidance
3. Peer-to-peer exchange

Agenda for today:
- Check in about how you all our doing in light of COVID-19.
- Review findings of the baseline hospital survey on the current state of perinatal mental health patient education, screening, and referral practices.
- Discuss gaps and promising improvement strategies.

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COVID – 19: How are You Doing?
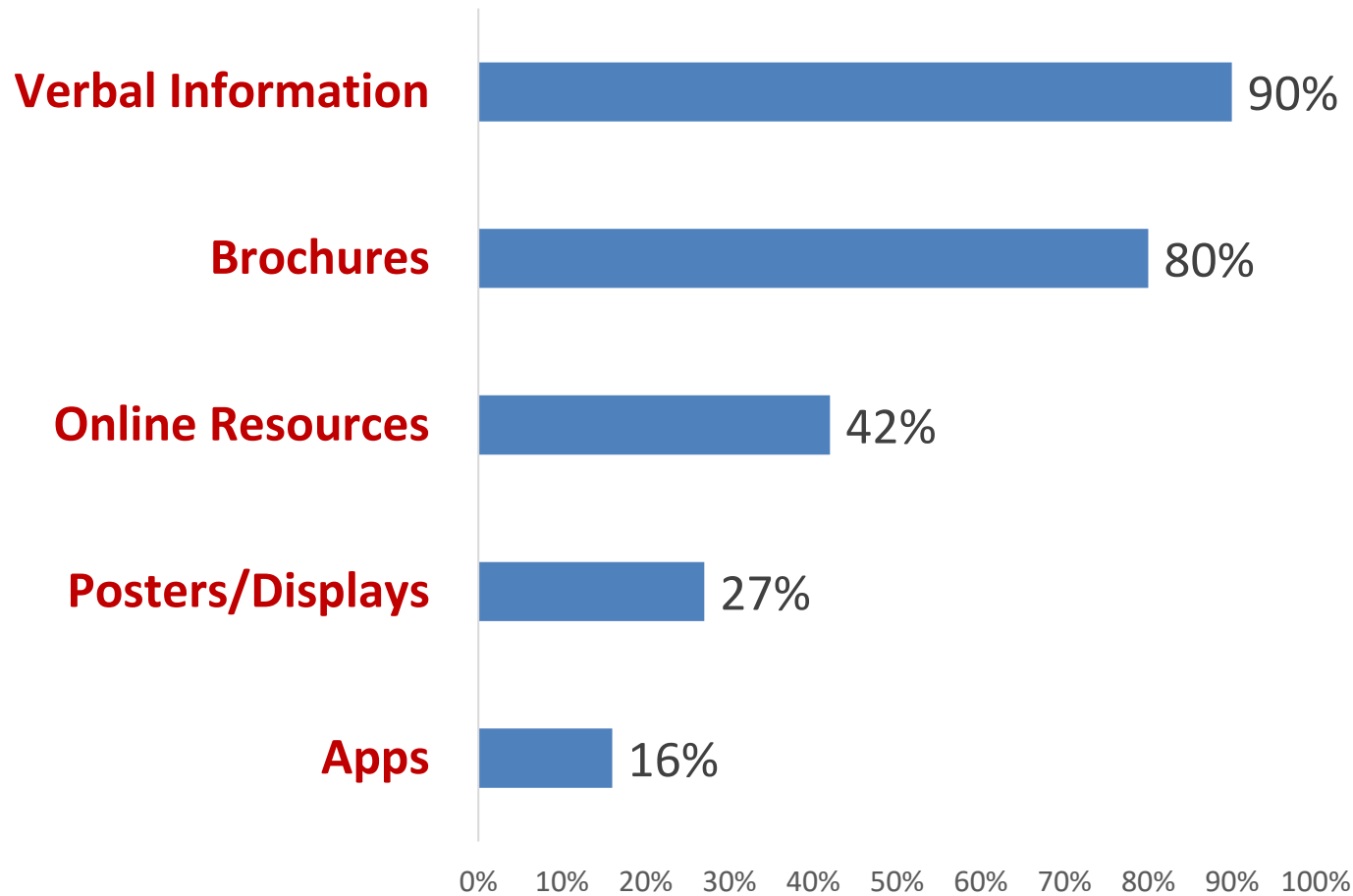
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- 47% of respondents said their hospital reliably tracks which patients have received education about perinatal mental health disorders.
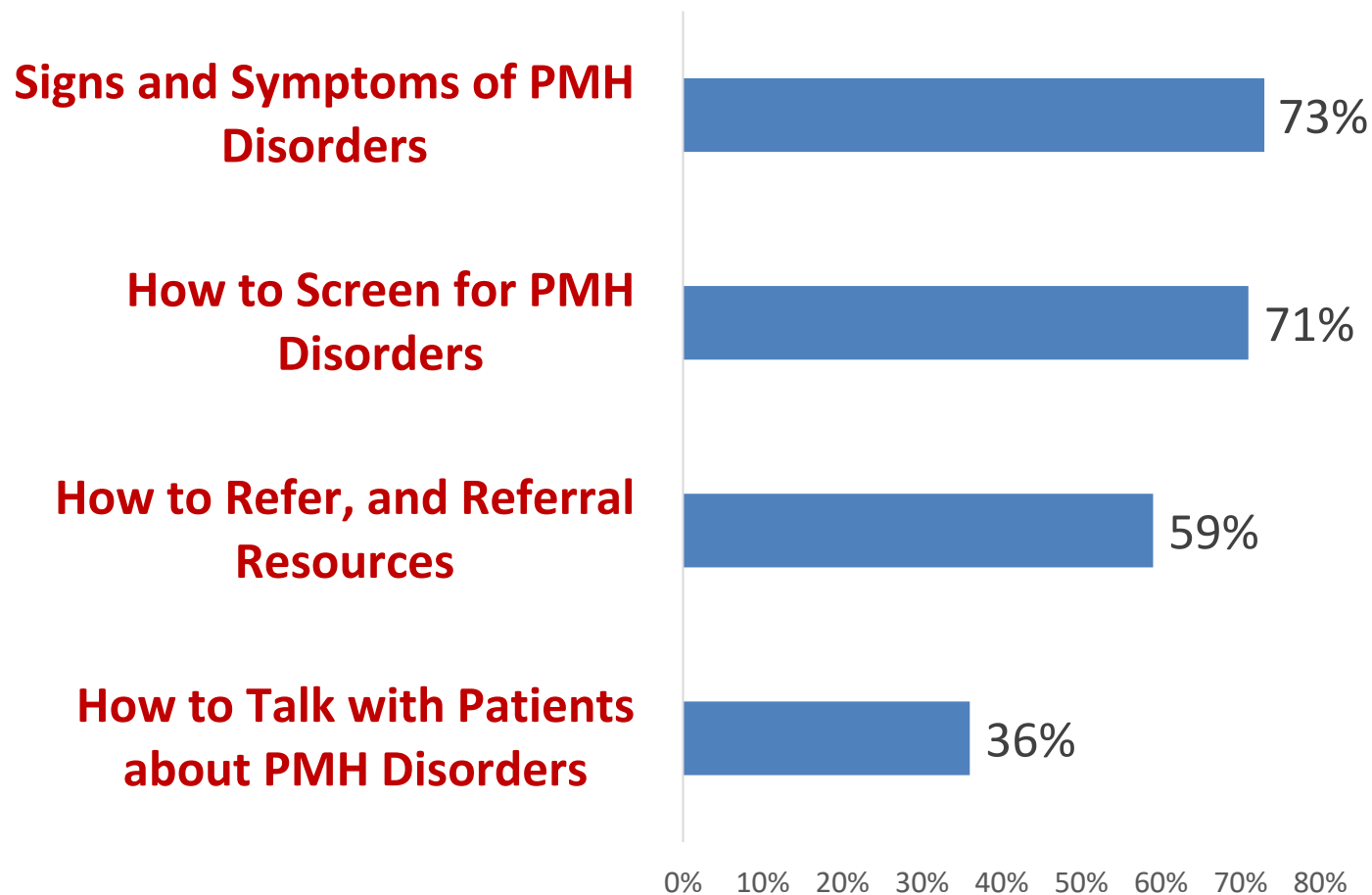
⟹ 53% do not reliably track

- Among those who track, 85% say that "most" or "all" patients receive some form of education.

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Support Needed to Improve Patient Education

Very Little Support — 12%

Some Support — 68%

Substantial Support — 19%

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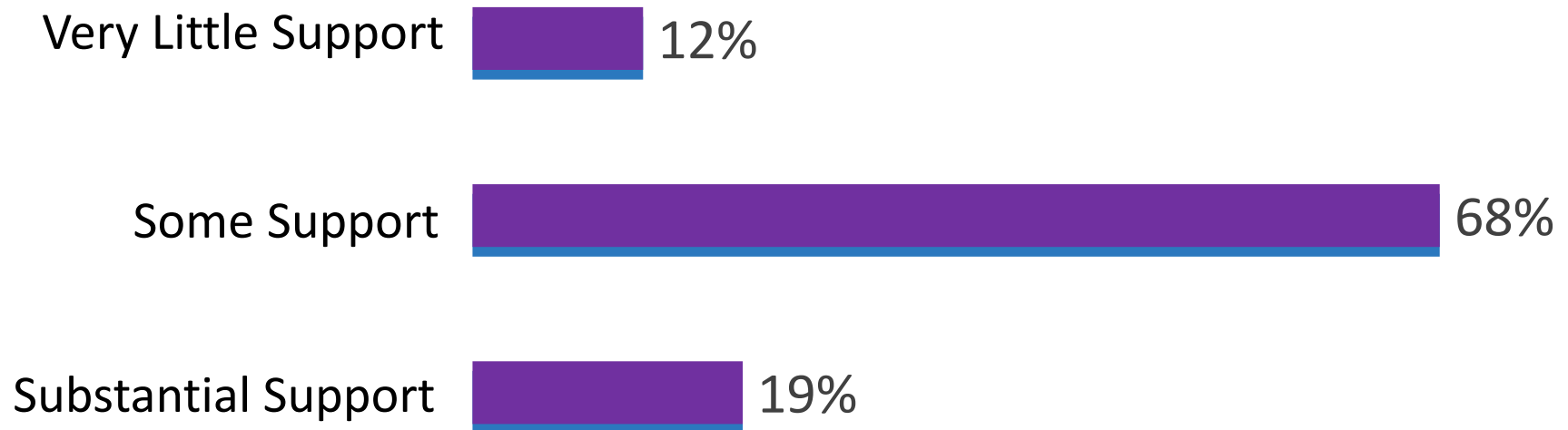
Types of **Employee** Education Hospitals Offer

Signs and Symptoms of PMH Disorders — 73%

How to Screen for PMH Disorders — 71%

How to Refer, and Referral Resources — 59%

How to Talk with Patients about PMH Disorders — 36%

0% 10% 20% 30% 40% 50% 60% 70% 80%

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Support Needed to Improve Employee Education

Very Little Support 11%

Some Support 63%

Substantial Support 26%

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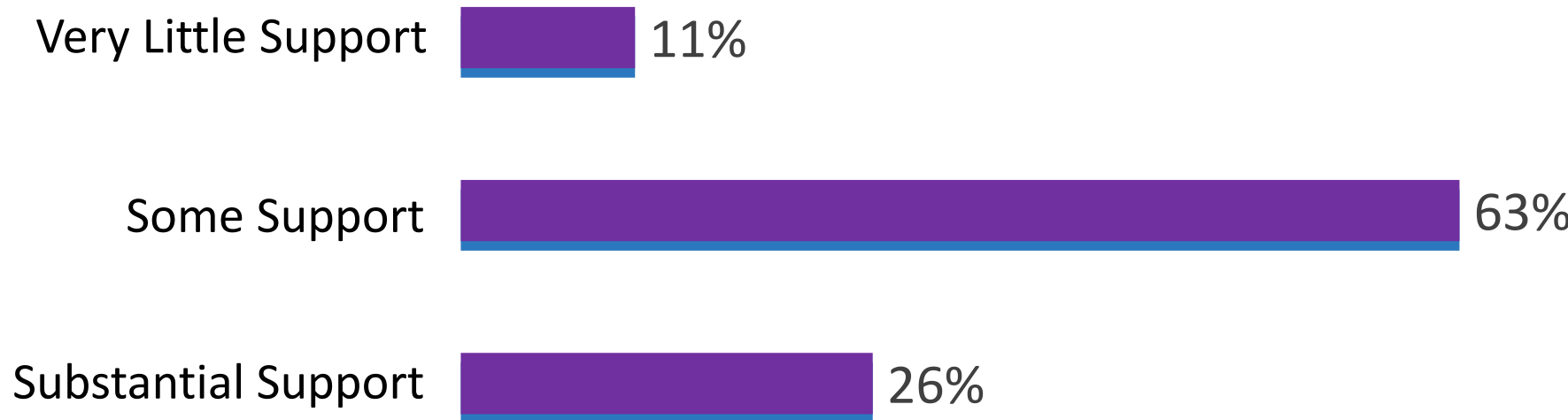
Screening and Referral

	YES
Hospital screens women in the perinatal period for mental health disorders?	**83%**
Hospital has written procedures and protocols in place about screening and referrals?	**32%**
Hospital reviews data on screening rates?	**31%**

➢ **Of those who review data, 80% screen all patients**

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Which Screening Tools are Used?

EPDS	**76%**
PHQ2	**10%**
PHQ9	**22%**
GAD7	**4%**
OTHER	**17%**

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Support Needed to Improve Screening Practices

Very Little or No Support	17%
Some Support	63%
Substantial Support	19%

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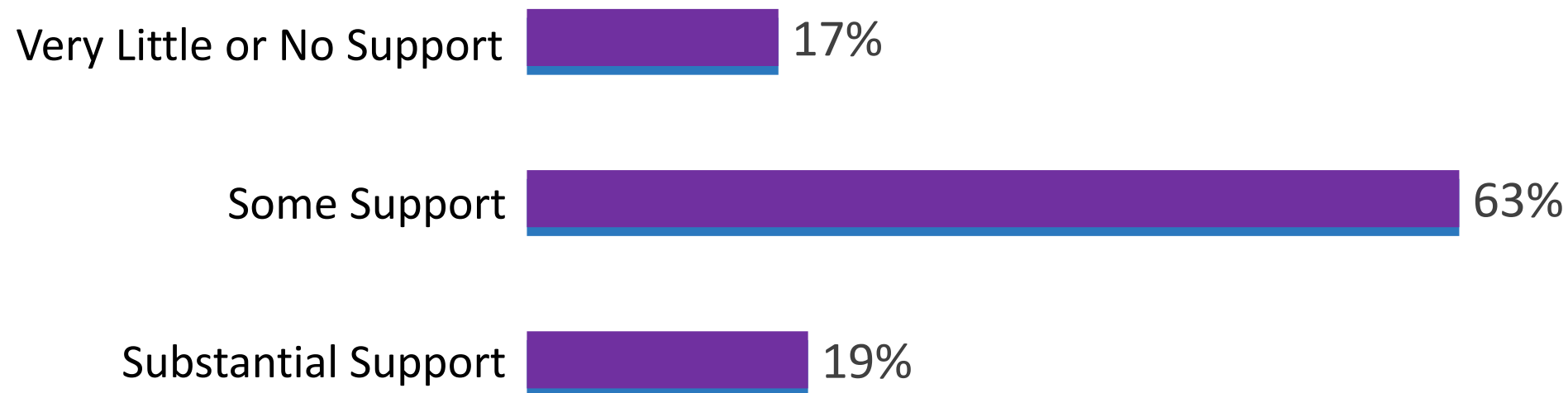
Hospital Offers Referral Information to **Patients**

77% of hospitals offer information to patients about support groups, counselors, or other services.

How confident are you that this information for patients is up-to-date and accurate?

Very Confident	35%
Somewhat Confident	39%
A Little Confident	17%
Not at All Confident	9%

0% 5% 10% 15% 20% 25% 30% 35% 40% 45%

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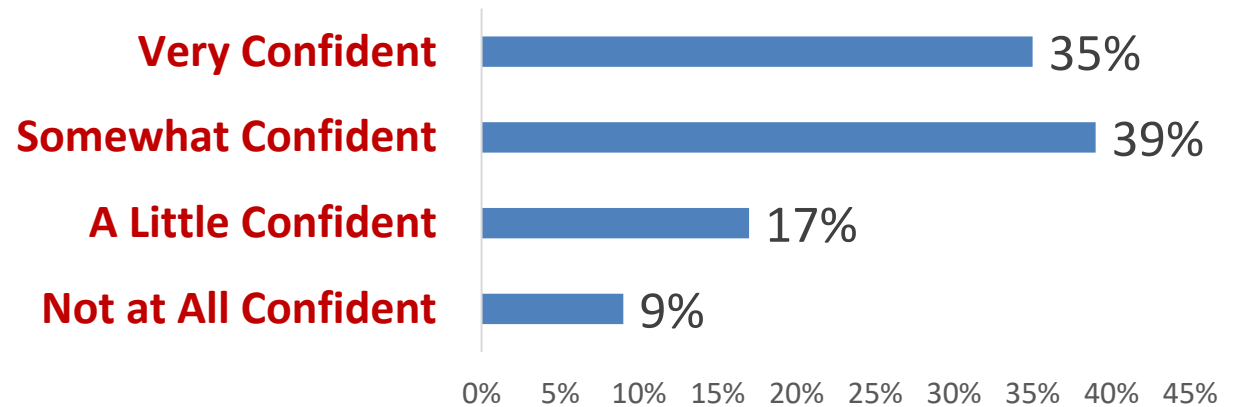
Hospital Provides Resources for Staff to Help with Referral
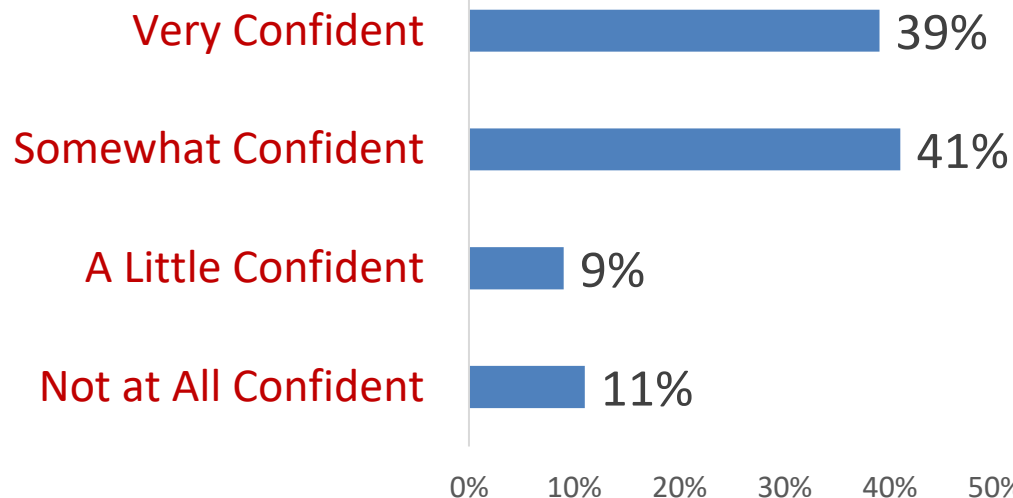
Lists of Support Groups — 60%

Contact Info for In-House Providers & Resources — 76%

Contact info for Community-Based Providers & Resources — 70%

Lists of Community Organizations — 77%

Other Resources — 51%

How confident are you that this information for staff is up-to-date and accurate?

Category	Percentage
Very Confident	39%
Somewhat Confident	41%
A Little Confident	9%
Not at All Confident	11%

0% 10% 20% 30% 40% 50%

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Comments & Questions

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Next Steps

Next Webinar: April 16, Noon - 1 p.m.

- *Topic: Staff Education & Review of New Online Resources Developed by Our Program*

Next Group Office Hours: May 15, 12 – 1 p.m.

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