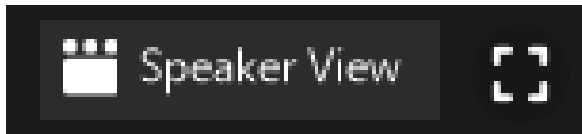




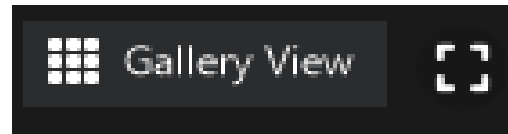
Perinatal Mental Health Learning Community

Group Office Hours July 16, 2020 12 – 1 p.m.

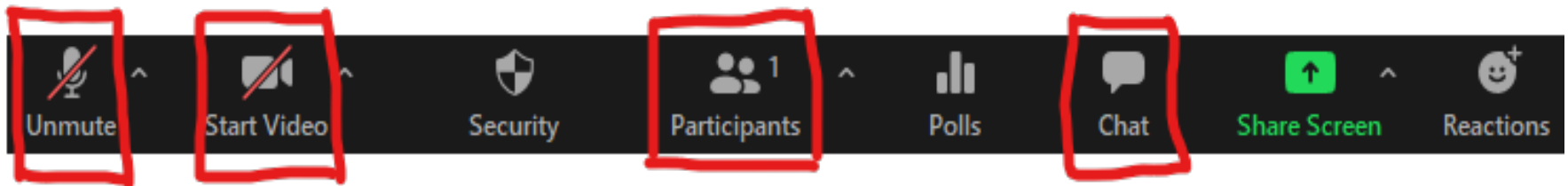
Housekeeping



Vs.



- Speaker View: large view of the person currently speaking.
- Gallery View: images of all attendees in smaller individual squares.



- Everyone is automatically muted upon entry. You can unmute yourself when you wish to speak.
- We'd like to see you on video!
- Use "Chat" to make comments or ask questions.

Our Team



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Program Website

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.

<https://www.hqinstitute.org/post/perinatal-mental-health-learning-community>

Program at a Glance Webinars Group Office Hours Online Resources for Hospitals **Peer Sharing**

1:1 Coaching Participating Hospitals Enroll Contact FAQs

Peer Sharing

Peer-to-peer sharing is valuable and highly encouraged. Below are various documents, templates and other materials that member hospitals have generously shared for the benefit of the Learning Community. If you'd like to share materials developed by your organization, please contact Julia Slininger at jslininger@hqinstitute.org.

✓ By Content

Community Resources List (Dignity Health, Bakersfield Memorial Hospital)

Community Resources List (Dignity Health, Dominican Hospital, Santa Cruz)

Hospital Quality Institute

Timeline – Perinatal Mental Health Learning Community



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)

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

- E-learning module and quick reference guide for staff
 - E-learning module for patients
 - Brochure template

TODAY

Case Studies Developed

Case Studies Available

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.

Useful Framework: Hospital Programming in Perinatal Mental Health



Level 1: Deployment of training – online or other



Level 2: Documented policies and procedures regarding patient and provider education, including a list of referral resources



Level 3: Implementation of comprehensive education, screening and referral program for maternal mental health disorders, including data collection

Today's Agenda

1) Following up on the June 18 webinar, deepen the dialog about hospital approaches to educating staff and patients/families about mental health issues in the perinatal period.

Representatives from Mercy Medical Center Redding and Cedars Sinai Medical Center are at hand to provide their perspectives.

2) Discussion about creating effective brochures and other patient education materials.

3) Update on how hospitals are utilizing the online training course for hospital staff and other online resources provided by HQI's PMH Learning Community.

Guest Speakers

Mercy Medical Center Redding

Tomi Gibb, BSN, RNC-OB, IBCLC, perinatal safety specialist, Mercy Medical Center Redding



Barbara Sheehy, MS System Director, Perinatal Behavioral Health CommonSpirit Health



Cedars Sinai Medical Center

Eynav Accortt, PhD - Clinical Psychologist
Director, Reproductive Psychology Program
Department of Obstetrics and Gynecology
Cedars-Sinai, Los Angeles



Recap of learnings from the last webinar (June 18)

Mercy Medical Center Redding

Dignity Health Foundation

System wide trainings

Toolkit

Rural hospital – personal
approach

Survey of staff/provider

Regional collaborative

refrigerator magnet

Screenings and data tracking

Cedars Sinai Medical Center

Urban independent hospital

Decision to use training to
increase screening

Implementation of screening,
education, referral

Data tracking

Demonstration video

Discussion

Share your hospital's approaches to educating staff and/or patients about perinatal mental health:

- Current state
- Plans / desired state
- Obstacles / facilitating factors

Your Questions

What logistics should be considered in preparation in order to implement universal implementation of screening prior to discharge?

Your Questions

What about Birth Equity? How do your efforts address this?

What implications of birth equity for perinatal mental health have you identified at your hospital?

Your Questions

What about the Mental health of birth partners?

Do you screen partners?

Are your nurses/social workers trained to address this?

Your Questions

What about screening patients who have experienced fetal demise (depression and/or grief)?

Do they still receive the PHQ9 or EPDS? Are there other screens that may be considered for fetal demise? Do you have referrals for this?

Other Questions?

Patient/Family Information Brochures

Variations to Consider, examples posted

- <https://www.hqinstitute.org/post/perinatal-mental-health-learning-community>

Updating Referrals and Resources in your area

- More to come during our August Webinar!

Online Learning Platform

User Report Summary

Helping you Log In

- <https://hqi-maternalmentalhealthnow.talentlms.com/index>

Feedback Please!

Online Resources for Your Use!

- “Maternal Mental Health in the Hospital Setting” Online Training for Staff and Providers
 - 55 minutes
 - Provider approved by the California Board of Registered Nursing, CEP #16793 for 1 contact hour
- “Quick Reference Guide” for Staff and Providers
 - Designed to accompany online training
- “Speak Up When You’re Down” Brochure for Patients and Families
 - 4 languages: English, Spanish, Chinese & Vietnamese
 - Customizable so that hospitals can include local resources
- “Emotional Wellness Self-Help Tool” App for patients and Families
 - For those preparing for pregnancy (including loss), pregnant and postpartum
 - Provides mindfulness and other self-care exercises
 - Ability to make and save a care plan
 - Available in English & Spanish

Access through [HQI’s Perinatal Mental Health Learning Community website](#):



Hospital Quality Institute

[About HQI](#) [Programs](#) [Educational Opportunities](#)

Perinatal Mental Health Learning Community

Feb. 2020 – Dec. 2021



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Program at a Glance	Webinars	Group Office Hours	Online Resources for Hospitals	1:1 Coaching
Participating Hospitals	Enroll	Contact		



Comments & Questions



Requests

- Contribute to peer-sharing of materials & resources on the website!
- Stakeholder input requested: review & provide feedback on Diversity Science educational modules about implicit bias.

**Stakeholder review
Open Now!**

All stakeholders are invited to share their feedback on the
eLearning Plan

The review period will run from **6/29-7/20**

<https://www.diversityscience.org/training-and-education/equal-perinatal-care/>

Coming Up

Webinar: August 20, 12 – 1 p.m.

Topic: Developing Referrals and Community Resources



Program at a Glance **Webinars** Group Office Hours Online Resources for Hospitals Peer Sharing

1:1 Coaching Participating Hospitals Enroll Contact FAQs

Webinars

✓ **Upcoming Webinars**

August 20, 2020 – Developing Referrals and Community Resources

- Noon to 1 p.m. (PT)
- [Click here to register](#)

When educating and screening patients for perinatal mental health disorders, hospitals also need accurate and comprehensive information about post-hospital treatment options and other resources available to the patient in the community.

Our August webinar will discuss practical steps hospitals can take to compile information about – and connect with – community resources for patient referral.

Group Office Hours: September 17, 12 – 1 p.m.

Webinar Evaluation

Polling question: “Attending today's Group Office Hours was a good use of my time.”

- Agree
- Disagree
- Unsure

Open Text feedback – type into Chat: “What could we have done better or differently?”