



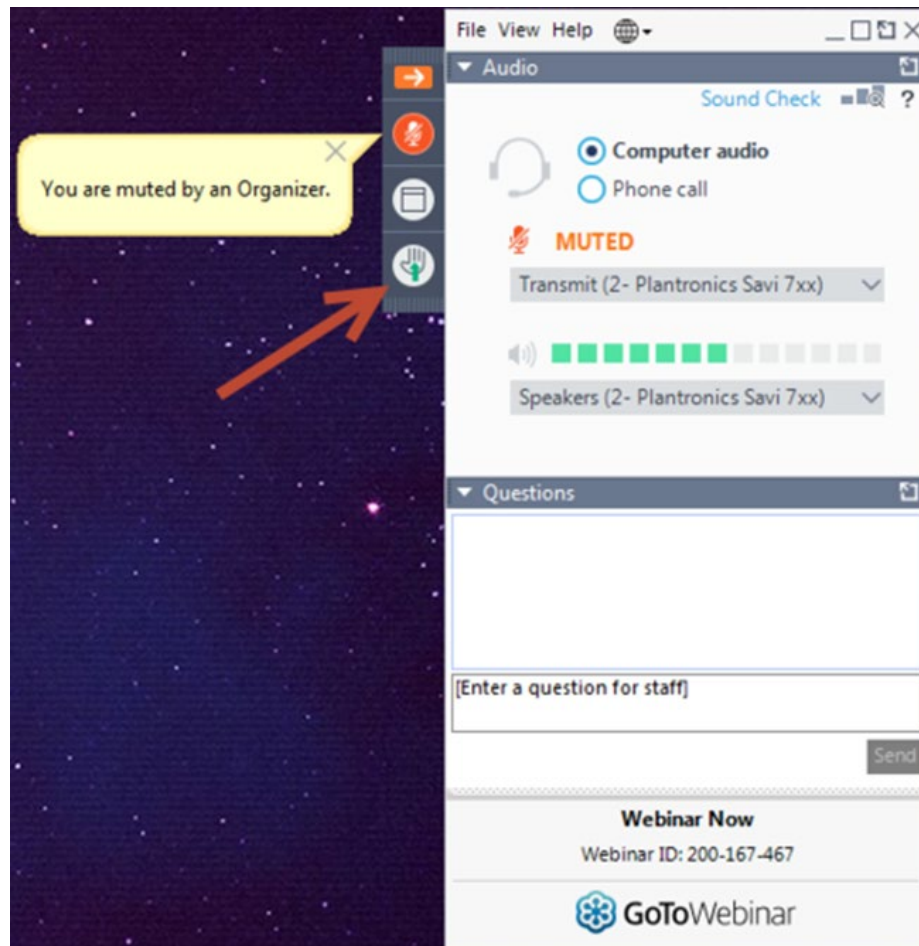
Perinatal Mental Health Learning Community

Webinar 1: February 20, 2020 12 – 1 p.m.

A Hospital's Role in Supporting Maternal Mental Health

Housekeeping

- All lines are muted.
- To ask a question, type it in the question field or raise your hand.



New Website



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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.

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Hospital Quality Institute

Baseline Hospital Survey – due Feb 28

For PDF,
[click here](#)

To complete survey,
[click here](#)

Perinatal Mental Health (PMH) Learning Community



Hospital Quality Institute
Leadership in quality and patient safety



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Baseline Hospital Survey

Thank you for participating in the [PMH Learning Community!](#)

Please complete this baseline survey for the hospital you are representing by **Feb 28, 2020**.

The survey will capture - for each participating hospital - the current practices regarding perinatal mental health patient education, screening, and referrals; existing documented policies and protocols; and anticipated needs for technical assistance and coaching.

We recommend that you begin by downloading a PDF version of the survey [here](#) and then use the paper version as a worksheet. This will allow you to review the questions and, if needed, consult with internal colleagues before providing answers into the online survey.

When you are ready, please enter the responses into the online survey below. The survey allows you to edit responses, as needed, until you click "done" for the final submission. Your answers will be lost if you exit the survey before clicking "done".

If you are responding on behalf of multiple hospitals, please complete a separate survey for each hospital **one at a time**.

Today's Speakers / Project Team



Julia Slininger
Program Manager,
PMH Learning Community
Hospital Quality Institute



Staci Grabill
Program Coordinator
PMH Learning Community
Hospital Quality Institute



Barbara Sheehy
System Director, Perinatal
Behavioral Health
CommonSpirit Health



Christie Steeper,
Registered Dietician
CommonSpirit Health



Kelly O'Connor-Kay
Executive Director,
Maternal Mental
Health NOW



Gabrielle Kaufman
Clinical Director,
Maternal Mental
Health NOW



Anna King
Clinical Training Specialist,
Maternal Mental Health
NOW



Boris Kalanj
Director of Programs,
Hospital Quality Institute



Webinar Objectives

- Gain insight from a patient's perspective on maternal mental health issues and health system gaps.
- Review common perinatal mental health conditions.
- Understand the new legislative mandate (AB 3032).
- Discuss initial steps hospitals can take to meet legislative requirements and improve care.
- Discuss resources offered by the PMH Learning Community.

Christie's Story



Maternal Mental Health Prevalence

- Every year, half a million babies are born in California.
- Maternal mental health issues arise in up to 1 in 5 pregnancies.
- In California, as many as 1 in 4 mothers have prenatal or postpartum depression
- Underserved populations, impacted by race, poverty and other social factors increase frequency and severity of mental health conditions.
- Low income mothers are 1.4x more likely than wealthier moms to exhibit depressive symptoms before, during or after pregnancy.
- MIHA 2013 – Higher rates in mono-lingual Spanish speakers.



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Maternal Mental Health Impact

- Perinatal mental health disorders impact the whole family
- While highly treatable, few mothers are identified by screening or diagnosis and, among those recognized, only 15% receive treatment
- COSTS? – including lost income/productivity and negative outcomes for children, untreated maternal depression costs (PDF) an estimated \$22,500 per mother, which totals \$2.5 billion yearly in California.



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Maternal Mental Health Disorders

- Depression and anxiety during pregnancy
- Postpartum depression
- Postpartum anxiety
- Postpartum post traumatic stress disorder
- Postpartum obsessive compulsive disorder
- Postpartum bipolar disorder
- Postpartum psychosis

Where Do We Identify PMADS

- Prenatal care – in OB/Gyn offices
- Pediatric visits
- Hospital L&D, Maternity units
- Lactation & childbirth education
- Hospital NICU
- In the community

Building a treatment team

- WE MUST COLLABORATE
- RN, social workers, OB/Gyn, perinatologists, pediatricians, family practices, psychiatry, doulas, lactation, psychotherapy etc.
- Family members, community leaders, schools, faith leaders

AB-3032: What Hospitals Need to Know

- 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; and
- Hospitals can offer additional services to ensure optimal care.

Law became effective on January 1, 2020.

Levels of MMH Programming

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

Key Question ...

How Can I Get Things Going in My Hospital?

Make the Case for Action

- Garner hospital/system leadership support, recognizing Perinatal Mental Health (PMH) as a patient care priority.
- Describe PMH conditions, prevalence, and potential negative outcomes for women, infants and families, including hospital-level data.
- Assess current state: staff education, patient education and screening, resource & referral.

Identify Hospital Champions

- Recruit/identify PMH project lead.
- Create multidisciplinary steering committee or work group, including provider, nurse, and social worker champions.
- Add behavioral health, philanthropy, community health, communications, patient representative and other advisors and decision makers, as available.

Educate Staff

- Tailor education content, format and duration to meet hospital and position requirements.
- Provide interactive digital and/or in-person training.
- Highlight patient stories, which may include those stories of staff or leaders.
- Seek to raise awareness throughout the hospital community, normalize topic.

Your PMH Learning Community

Participating hospitals will

- *Receive comprehensive resources for staff education and patient engagement via online course materials and tools.*
- *Receive education & guidance, and share their journeys and lessons learned all along the way, via:*
 - *Link to the HQI Website and demo resources*

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

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

Comments & Questions



Next Steps

Hospital Survey: complete by Feb 28

https://www.hqinstitute.org/sites/main/files/file-attachments/baseline_survey_final_020720.pdf

Group Office Hours: March 19, Noon - 1 p.m.

- Explore webinar topics in greater depth
- Receive practical implementation guidance
- Peer-to-peer exchange

Next Webinar: April 16, 12 – 1 p.m.

- Demo of eLearning module for staff