

# Maternal/Perinatal Mental Health Workgroup

July 2023



# Welcome

Bree Staff Transition  
June Meeting minutes



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# Evidence Review Updates



# Updates to Evidence Review Table



- Screening: SBIRT for Perinatal/Pregnant People
  - Added two new citations, both focused on Substance Use over Perinatal Mood Disorders
- Access: Pre-pregnancy mental health access and associated outcomes
  - Added three new citations about the association between depression and mental health access prior to pregnancy and mental health outcomes during pregnancy and the perinatal period.
  - It is well-established that a history of mental illness is a risk factor for mental health concerns during pregnancy. However, only a small number of women who meet the criteria for major depressive disorder seek treatment. One article suggests only a third of people with previous mental health diagnoses at their first antenatal appointment have had any contact with mental health services.
  - Articles did not provide recommendations on how to address access gaps.
- Access: WA State Medicaid and Maternal Care
  - Added links to the WA HCA maternal care model and resources
- General: Maternal Safety and Perinatal Mental Health from AHRQ
  - Includes information about the AIM program at the University of Michigan, which has developed patient safety bundles for perinatal mental health.
  - Affirms the need for screening AND follow-up interventions.
  - Suggests additional steps, including educating the care team and improving effective communication

# New: Incentives



- Four articles, five policy reports, and several links to state Medicaid agencies (mostly California and Washington) were reviewed. Topics for incentives focused on funding and policy mechanisms.
- Funding: articles discussed funding, especially related to increased Medicaid coverage during the pregnancy and post-partum period, moving toward value-based payment models, and coverage for screening/referral activities.
- Policy: articles and resources discuss developing a “continuum” approach to maternal health that involves partnering with community-based organizations and behavioral health organizations, supporting the diversity of the perinatal health workforce, and strengthening data collection and evaluation.
- Key reports to review include the “Mind the Gap” report from Perinatal Support International and the White House’s 2022 Blueprint for Addressing the Maternal Health Crisis.
- Any further comments, resources, or next steps for reviewing the evidence on incentives?

# Next: Community Supports



- The final area for evidence review is community supports. Some lingering questions to help guide the evidence review process include:
  - How are we defining community?
  - What are our goals for community support recommendations?
    - Expand access to community programs
    - Increase coordination between Community Based Organizations and providers
    - Understand efficacy of community programs
    - Provide a sample resource list of existing programs in Washington state
  - Are there any organizations you recommend we connect with?

# Current list of Community Initiatives



- Perigree Fund
- Orgone Health Authority MMH Community Strategies
- WA DOH MaMHA
- Raising the Bar for Health Equity & Excellence
- U.S. Department of Health & Human Services: Mom's Mental health matters
- The Blue Dot project
- HRSA: Black Maternal health Week
- Black Mamas Matter Alliance
- Black Birth Empowerment Initiative (Swedish)
- Perinatal Support Washington

# Community Midwife Model

Presentation by Jenn Linstad, CNM





# Updated Recommendations

Please see Maternal Mental Health Draft Recommendations handout



# Themes



- Screening and interventions
  - Patient-provider Interactions
  - Clinical Structure
  - Access- new
- } New information in red

# Next Steps



- Public Comment
- Next Meeting is scheduled for Monday, August 21<sup>st</sup> from 8-9:30 AM

