



Perinatal Mental Health Conditions

May 7, 2025

IN PARTNERSHIP WITH THE



Agenda

Review the Evidence

Missouri Data and Call to Action

AIM Bundle Components

Resources

Q&A

PERINATAL MENTAL HEALTH
CONDITIONS RESOURCE WORKBOOK

The Evidence

Perinatal Mental Health Conditions affect 1 in 5 pregnant and postpartum people

- Most common pregnancy and postpartum complication in U.S.
- Underdiagnosed and untreated or undertreated

Universal screening is recommended

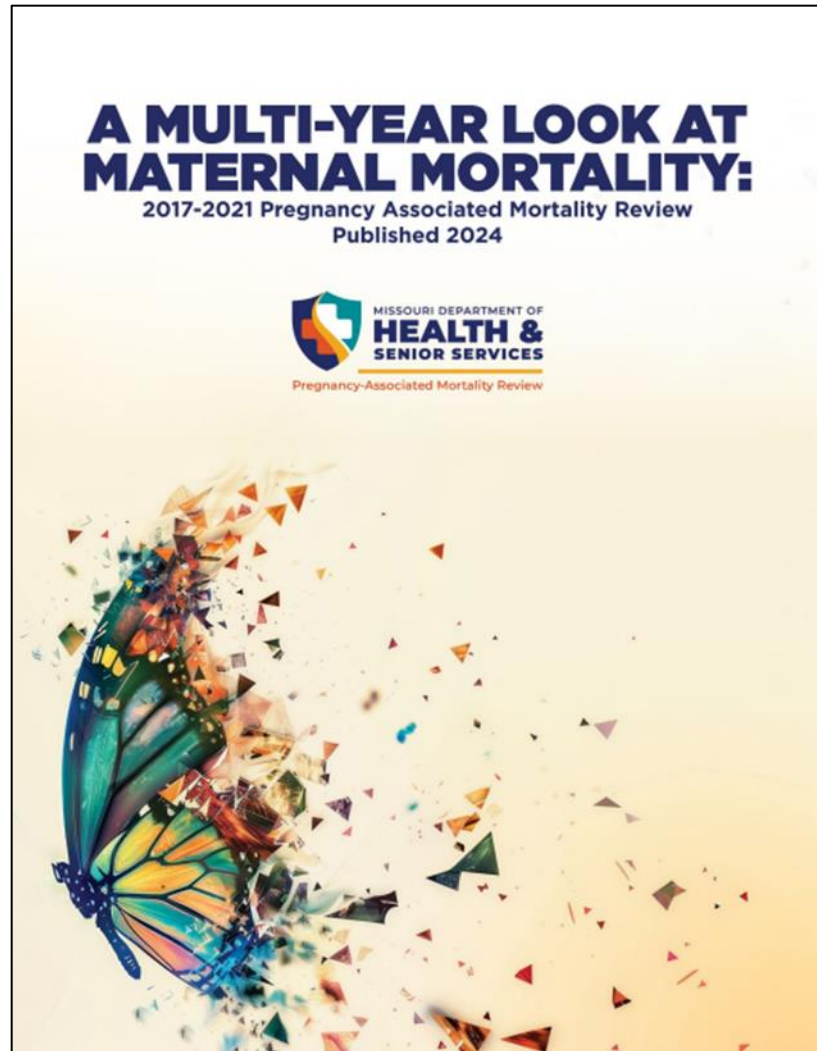
- Initial prenatal visit
 - Screen for depression, anxiety, bipolar disorder and post-traumatic stress disorder
- Later in pregnancy
 - Screen for depression, anxiety and PTSD
- At postpartum visits
 - Screen for depression anxiety and PTSD

Screening endorsement scoring offers guidance to providers regarding illness severity assisting in providing appropriate treatment

Education and training staff in a trauma-informed approach fosters a safe environment for pregnant and postpartum people

Including pregnant and postpartum people and their identified support system is essential to achieving positive outcomes

Missouri Data and Call to Action



2024 Missouri PAMR report (2017-2021) found mental health conditions, including SUD, were the second underlying cause of pregnancy-related deaths.

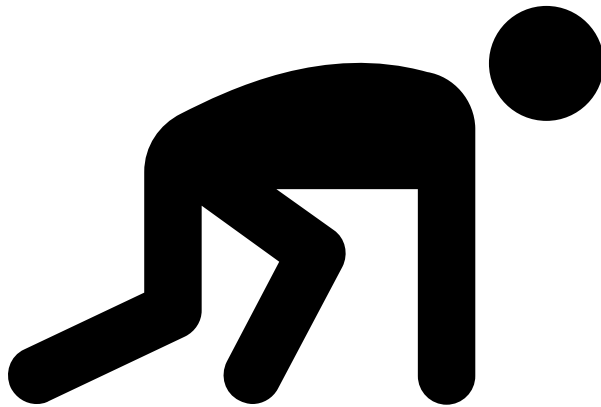
All those deaths were found to be preventable.

Disparate outcomes were noted for Black birthing people and those with Medicaid Insurance

Policy Center for Maternal Mental Health – State Report Cards



Bundle Components

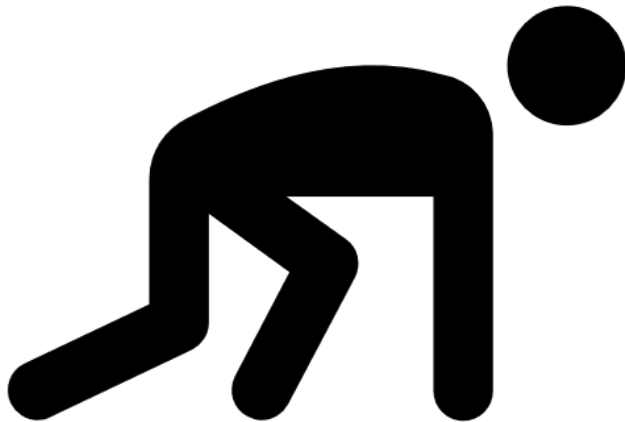


Readiness – Every Unit

Develop workflows for integrating mental health care into preconception and obstetric care before pregnancy through the postpartum period including provision of pharmacotherapy when indicated, including:

- Identify mental health screening tools to be integrated universally in every clinical setting where patients may present.*
- Establish a response protocol based on what is feasible for each area of practice and local mental health resources.
- Educate clinicians, office staff, patients, and patients' designated support networks on optimal care across the preconception and perinatal mental health pathway including prevention, detection, assessment, treatment, monitoring, and follow-up best practices.*

Bundle Components



Readiness – Every Unit

Facilitate trauma-informed trainings and education to address health care team member biases and stigma related to perinatal mental health conditions, including anti-racism considerations.

Develop and maintain a set of referral resources and communication pathways between obstetric providers, community-based organizations, and state and public health agencies to address patient needs, including social drivers of mental and physical health.*

Bundle Components

Recognition & Prevention — Every Patient

Screen for perinatal mental health conditions consistently throughout the perinatal period, including but not limited to:

- Obtain individual and family mental health history at intake, with review and update as needed.*
- Screen for depression and anxiety at the initial prenatal visit, later in pregnancy, and at postpartum visits, ideally including pediatric well-child visits.*
- Screen for bipolar disorder before initiating pharmacotherapy for anxiety and depression.*



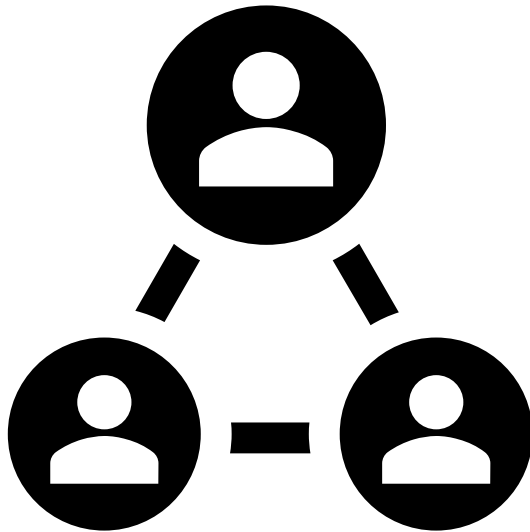
Bundle Components

Recognition & Prevention — Every Patient

Screen for structural and social drivers of health that may impact clinical recommendations or treatment plans and provide linkage to resources.



Bundle Components

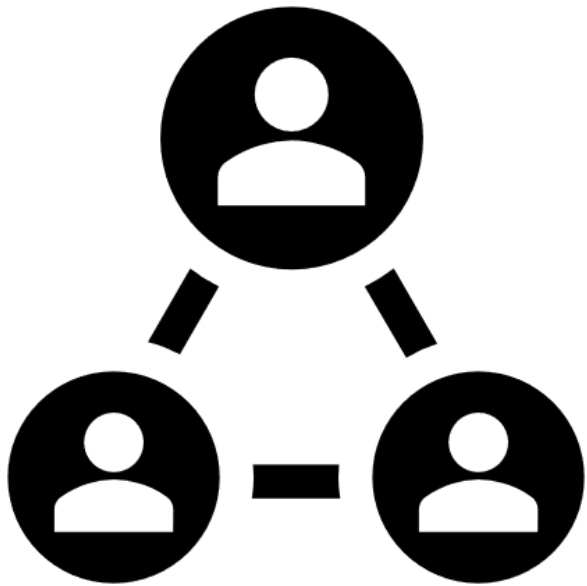


Response – Every Event

Initiate an evidence-based, patient-centered response protocol that is tailored to condition severity, and is strength-based, culturally relevant*, and responsive to the patient's values and needs: *

- Activate an immediate suicide risk assessment and response protocol as indicated for patients with identified suicidal ideation, significant risk of harm to self/others or psychosis.

Bundle Components



Response – Every Event

Establish care pathways that facilitate coordination and follow-up among multiple providers throughout the perinatal period for pregnant and postpartum people referred to mental health treatment.*

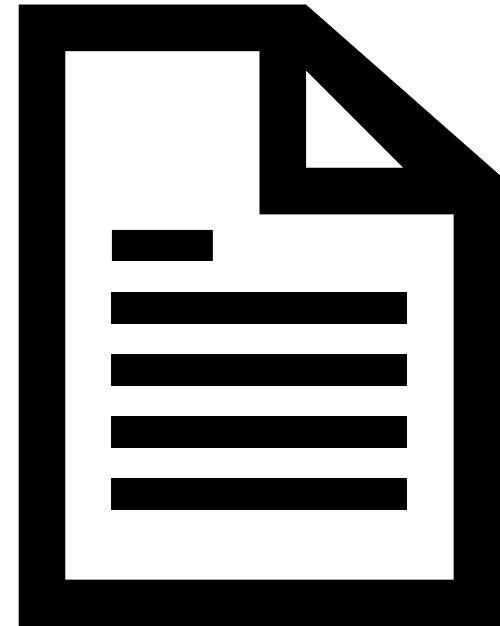
Bundle Components

Reporting and Systems Learning – Every Unit

Incorporate mental health into multidisciplinary rounding to establish a non-judgmental culture of safety.

Convene inpatient and outpatient providers in an ongoing way to share successful strategies and identify opportunities for prevention and evaluation of undesired outcomes related to perinatal mental health.*

Identify and monitor data related to perinatal mental health care, with disaggregation by race and ethnicity at a minimum, to evaluate disparities in processes of care.*



Bundle Components



Respectful, Equitable and Supportive Care –Every Unit/Provider/Team member

Include each pregnant and postpartum person and their identified support network as respected members of and contributors to the multidisciplinary care team. *

Engage in open, transparent, empathetic, and trauma-informed communication with pregnant and postpartum people and their identified support network to understand diagnoses, options, and treatment plans.

Resources

[Missouri PQC Perinatal Mental Health Conditions Resource Workbook](#)

[Missouri Maternal Health Access Project](#)

[Lifeline for Moms Perinatal Mental Health Toolkit](#)

[American College of Obstetricians and Gynecologists ' Perinatal Mental Health Conditions eModules](#)

[Maternal Mental Health Leadership Alliance Fact Sheet Library](#)

- [Fact Sheet on Trainings in Maternal Mental Health](#)

[Policy Center for Maternal Mental Health](#)

[Virginia Commonwealth University PMH Connect](#)

- [EPDS-US](#)

[Health Resources and Services Administration's National Maternal Mental Health Hotline](#)

- 1-833-TLC-MAMA (1-833-852-6262)

[Postpartum Support International](#)

Resources

Maternal Health Access Project

- Statewide perinatal psychiatry access program
- Free access to 1:1 phone consultations with perinatal psychiatrists, care coordination services, trainings and other educational resources
 - **Consultation line is LIVE!**
 - **(844) 538-2279**
 - **9:00 a.m. to 4:30 p.m., Monday – Friday**
- Any provider in Missouri treating patients during pregnancy or up to 12 months after delivery can enroll

MISSOURI

MATERNAL HEALTH ACCESS PROJECT

WHAT IS MHAP?

MHAP is a **statewide perinatal psychiatry access program** designed to give health care providers the resources they need to confidently **identify and manage** their patients' **perinatal mental and behavioral health conditions**.

Enrolled providers have **free access** to 1:1 phone consultations with perinatal psychiatrists, as well as **care coordination services, trainings, and other educational resources**.

WHO CAN ENROLL?

Any provider in the state treating patients during pregnancy or in the 12 months following delivery.

PROGRAM GOALS

Universal Screening

Make screening for maternal mental health conditions and SUDs a standard practice.

Consultation

Provide real-time psychiatric consultation for front-line perinatal health providers.

Education

Provide toolkits and trainings to providers on best practices in perinatal mental health.

Resources

Provide linkages with community-based mental health service throughout the state.

ENROLL IN MHAP TO ACCESS...

Same-day phone
consultation with perinatal
psychiatrist -
Schedule at your
convenience!
Monday - Friday
9:00AM - 4:30PM

Care coordination services

Live trainings, webinars, and
other educational materials
on perinatal mental &
behavioral health

For questions or more
information, please contact the
MHAP program:

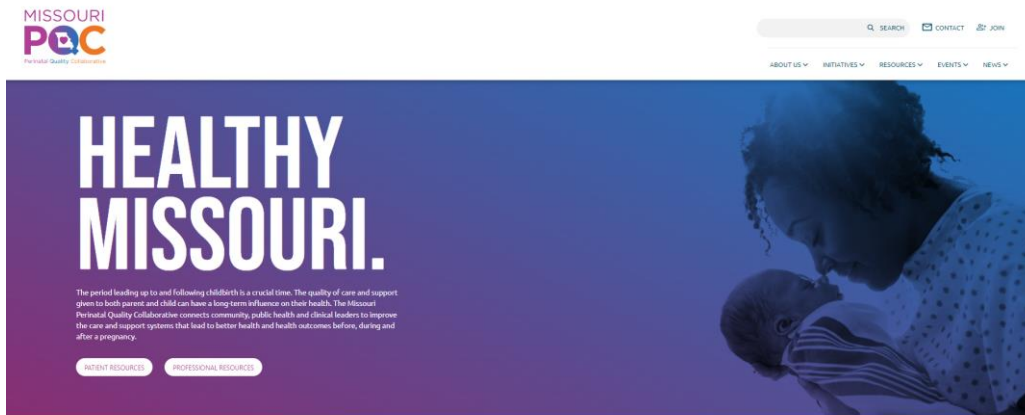


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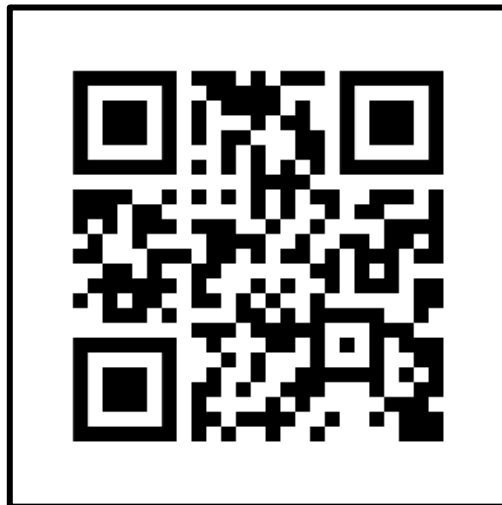
ENROLL TODAY



https://redcap.link/Registration_Form



Our website is live!
www.mopqc.org



**Find the Missouri Perinatal
Quality Collaborative on:**



Instagram



**Like, Follow, & Subscribe to
MO PQC!**

Ask Me 5 Campaign



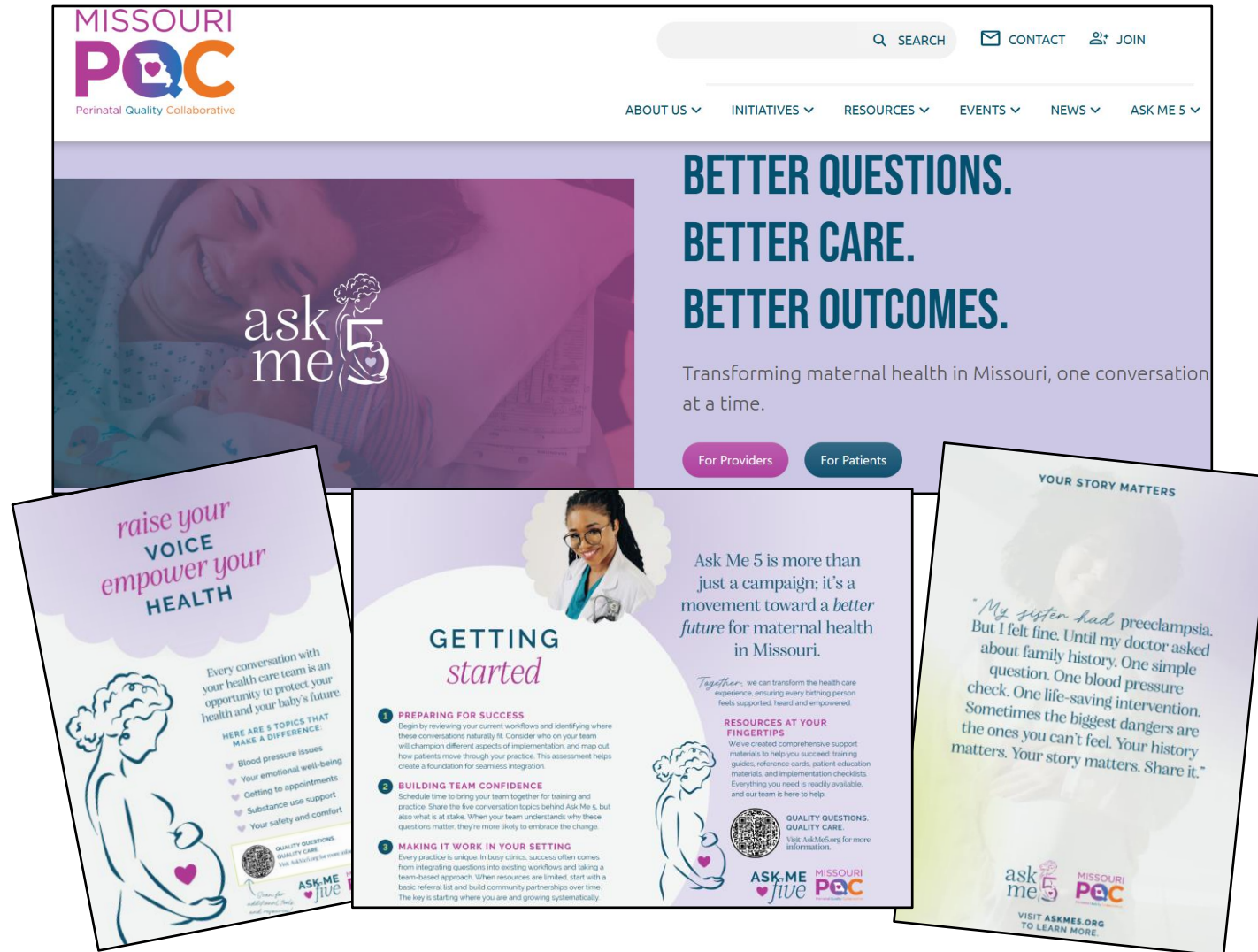
QUALITY
questions
QUALITY
care

Ask Me 5: Background and Questions

- Grew out of findings from PAMR reports
- Workshopped with MC LAN and patient family partners
- Developed as a tool for providers as well as patients



Ask Me 5 Resources



- AskMe5.org
- Booklets
- Posters
- Reference Cards
- Training Video
- Informational Webinar

Scan here



Save the Date!

Postpartum Support International (PSI) training in St. Louis

- May 21-23 at the DoubleTree by Hilton – Westport
 - Perinatal Mood Disorders: Components of Care on May 21-22
 - Advanced Perinatal Mental Health Psychotherapy Training on May 23
- Limited number of \$400 scholarships available for MO providers and community professionals
 - Submit this [form](#) to apply



POSTPARTUM SUPPORT
INTERNATIONAL

The Maternal Health Access
Project invites you to attend:

Perinatal Mood Disorders: Components of Care

A two-day perinatal mental health training led
by Postpartum Support International (PSI)
An optional third day of training on Advanced
Perinatal Mental Health Psychotherapy will also
be offered.



May 21 - 22, 2025 - days 1 and 2
08:00 AM - 05:00 PM

May 23, 2025 - optional 3rd day
08:00 AM - 04:30 PM



DoubleTree by Hilton - Westport
1973 Craigshire Road
St. Louis, Missouri 63146

MHAP is offering \$400 scholarships for
Missouri providers and community
professionals interested in attending the
two-day training. Scholarships will also be
available for day three. To apply for a
scholarship, please submit [this form](#).

A limited number of scholarships for lodging will
also be available.

Questions?