

# Maternal Mental Health

February 17, 2023



# Models and Frameworks



## The Quintuple Aim For health care improvement

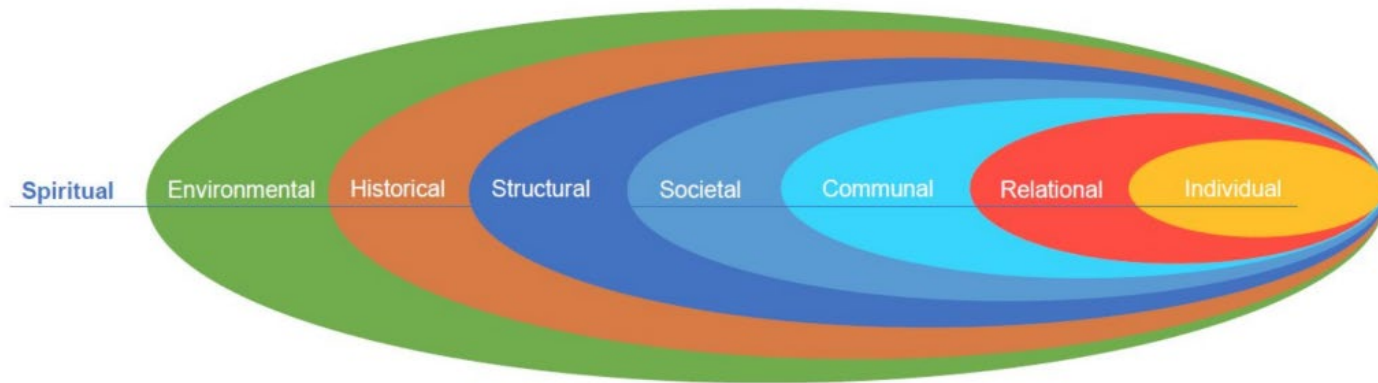


Link: <https://www.ihl.org/resources/Pages/Publications/quintuple-aim-for-health-care-improvement.aspx>

# Models and Frameworks



## Black Women's Blueprint Culturally Specific Model

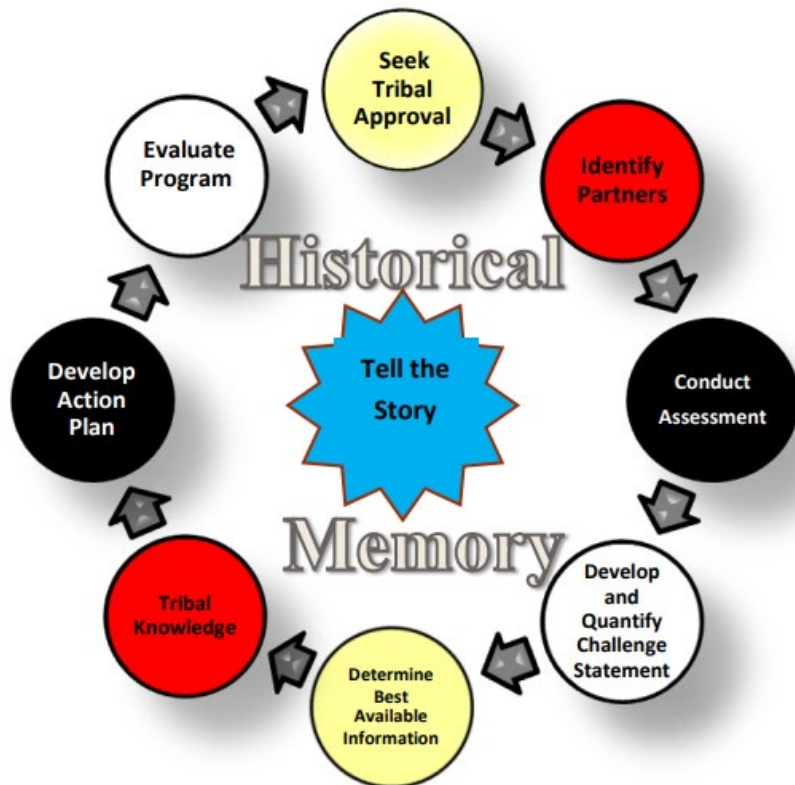


Link: [https://wiki.preventconnect.org/wp-content/uploads/2018/08/fo223e\\_gd9d273646ec48ed9f8f576dd63d38ae.pdf](https://wiki.preventconnect.org/wp-content/uploads/2018/08/fo223e_gd9d273646ec48ed9f8f576dd63d38ae.pdf)

# Models and Frameworks



## Pulling Together for Wellness Model



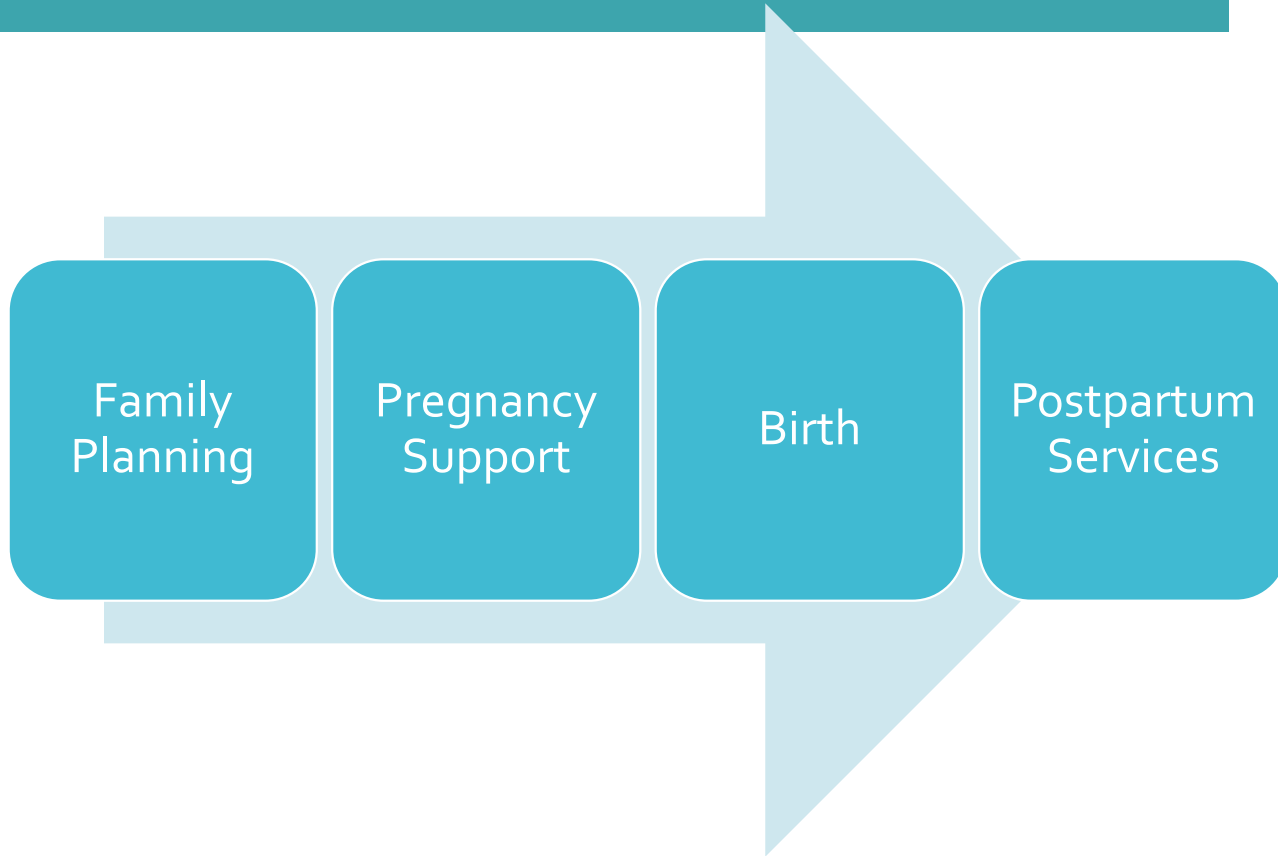
Link: <https://aihc-wa.com/wp-content/uploads/2018/12/Healthy-Tribal-and-Urban-Indian-Communities-%E2%80%93-Pulling-Together-for-Wellness.pdf>

# Models and Frameworks



- What are other models/frameworks that could relate to perinatal/maternal mental health?
- Is there a single model or framework that our workgroup should adopt or focus on?

# Birthing Journey



# Scope of Care/Support Continuum



Link: <https://coloradomaternalmentalhealth.org/resources/resources-for-providers/perinatal-continuum-of-care.html>

# Planning Our Scope



- How much of the birthing journey is within our workgroup's scope?
- How can we address the care/support continuum?
  - Social and community support
  - Mental health services, including crisis support/substance use services
  - Clinical services, including primary care, OBGYN, and pediatrics
  - Policy landscape, including insurance coverage and early childhood support



# Opportunities for Impact



# Existing Programs and Resources



- [White House Maternal Health Blueprint](#)
- [Perinatal Support Washington](#)
- [DOH: Washington State Perinatal Collaborative](#)
- [HRSA National Maternal Mental Health Hotline](#)
  
- Others specific to Washington state?

# Opportunities for Impact



- Improve screening activities.
- Improve coordination across physical and mental health providers.
- Identify community resources and programs to address perinatal mood disorders.
- Address equity concerns and social drivers of perinatal mood disorders.