

The Bree Collaborative
Draft Perinatal/Maternal Mental Health Charter and Roster

Problem Statement

Perinatal depression is one of the most common pregnancy complications, affecting one in seven women,¹ and may contribute to adverse neonatal, infant, and child outcomes.² Both the US Preventative Services Task Force and the American College of Obstetrics and Gynecology recommend screening for depression and anxiety during pregnancy and the post-partum period, as well as initiating treatment or referring to mental health care providers for maximum benefit.^{1,3} Despite these recommendations, stigma around mental illness, lack of insurance coverage for behavioral health, and structural barriers all prevent access to quality mental health care.⁴

Aim

To increase evidence-informed screening and interventions to improve perinatal/maternal mental health in Washington state.

Purpose

To propose practical and evidence-informed recommendations to the full Bree Collaborative on reducing the burden of perinatal/maternal mental health including:

- Defining topic area and scope
- Identifying at-risk populations and increasing screening activities
- Identifying mechanisms for following-up with brief interventions, treatment, or referrals to mental health services
- Improving access to quality mental health services
- Addressing structural determinants and other barriers to perinatal/maternal mental health
- Implementation of treatment protocols

Duties & Functions

The workgroup will:

- Research evidence-informed and expert-opinion informed guidelines and best practices (emerging and established).
- Identify current barriers and future opportunities for implementing interventions.
- Consult relevant professional associations and other stakeholder organizations and subject matter experts for feedback, as appropriate.
- Meet for approximately nine months, as needed.
- Provide updates at Bree Collaborative meetings.
- Post draft report(s) on the Bree Collaborative website for public comment prior to sending report to the Bree Collaborative for approval and adoption.
- Present findings and recommendations in a report.

¹ American College of Obstetrics and Gynecology. 2018. ACOG Committee Opinion No. 757: Screening for Perinatal Depression. 132:5(208-212). doi: 10.1097/AOG.0000000000002927

² Howard L & Khalifeh H. 2020. Perinatal mental health: a review of progress and challenges. World Psychiatry. 19:3(213-327).

³ US Preventive Services Task Force. 2019. Interventions to Prevent Perinatal Depression: US Preventive Services Task Force Recommendation Statement. JAMA. 321(6):580-587. doi:10.1001/jama.2019.0007

⁴ Shuffrey L, Thomason M, & Brito, H. 2022. Improving Perinatal Maternal Mental Health Starts With Addressing Structural Inequities. JAMA Psychiatry. 79(5):387-388. doi:10.1001/jamapsychiatry.2022.0097

