Evidence Review Draft Report

Progress:

- Conducted an evidence review, mostly via PubMed, and supplemented via search for existing Washington state programs for promising practices.

- 38 citations reviewed, especially related to screening and referrals, patient/provider interactions, and expanded care teams/value-based payments.

- 10 examples of community initiatives reviewed, both national and within Washington state

Screening for Perinatal Mood Disorders

- 15 articles related to screening and referral programs for perinatal mood disorders, especially depression and anxiety.

- Most meta-analyses find screening during maternity care leads to improved outcomes, including significant improvement in anxiety symptoms and increased referral rates and behavioral health service usage.

- Effectiveness appears to be related to availability of adequate follow-up resources such as counseling interventions or behavioral health referrals.

- Research reports disparities in screening and referral rates for non-Latina Black women. Those asked by a practitioner about their mental health were almost six times more likely to report counseling.

- Facilitators include engaging multidisciplinary staff and partnering with program champions. Achieving referrals to mental health treatment was most significant barrier.

Patient-Provider Interactions

- 15 articles were reviewed related to the provider/patient relationship. Most focused on racial concordance, perceived discrimination (racism, stigma, bias), and trauma-informed care.

- In one study, one in six women reported mistreatment during pregnancy, even higher for women of color. Another study found 40% of women reported communication problems, and 24% reported discrimination during their hospitalization for birth.

- Improved care coordination and psychosocial professionals may be able to address care-related stressors. Support and guidance from other pregnant women and comfort with self-advocacy appear to be protective against discrimination.

- Several articles examined the impact of trauma-informed care, suggesting that trauma-informed principles can help support the mental health of pregnant women.

Clinical Structure

- Six citations studied the impact of innovative clinical structure, especially the impact of home visits and integrated perinatal mental health care.

- Several studies found home-visits were associated with positive infant-care behaviors and improve depression scores at least in the short term. Findings were not always consistent.

- Case studies on behavioral health integration showed that screening for perinatal mood disorders along with integrated behavioral health can improve perinatal mental health.

Care Team and Other Topics

- A few other citations covered multidisciplinary team-based maternity care and value-based payment models.

- Maternity care led by general practitioners and midwives is effective, at least for women with low obstetric risk.

- Several commentary papers offer positions on value-based maternity care, focused on new clinical strategies for delivering high value care, including team-based approaches, counseling, and family engagement.

Community Initiatives

- Few articles are written about community initiatives for maternal mental health. Several hospital-based and non-clinical organizations offer programs to connect people to perinatal mental health services.

Government/Public Agencies:
- Oregon Health Authority – Community Strategies for Maternal Mental Health
- Washington DOH – Maternal Mental Health Access
- HHS – Mom's Mental Health Matters Action Plan
- HRSA – Mental Health Hotline and Black Maternal Health Week

Healthcare-Associated:
- Swedish – Black Birth Empowerment Initiative

Other Non-Profits:
- The Perigree Fund – Mental Health and Family Supports for Well-Being
- The Blue Dot Project – combat stigma and shame around maternal mental health disorders
- Black Mamas Matter Alliance
- Perinatal Support Washington

Next Steps

- Next topic area for greater depth: Access, Care Coordination, and further Care Team.

- Refine strategy for identifying community initiatives.

- Incorporate comments from workgroup discussion.

- Draft recommendations based on evidence and promising practice for review.