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
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 21st from 8-9:30 AM