Arizona Center for Rural Health
State Office of Rural Health Webinar Series

Partners:
Webinar notes:

Audience is muted during the presentation.
Please enter your questions into the chat box.
Please fill out the post-webinar survey.
Webinar is being recorded.
A link to the recording will be posted on:
AzCRH www.crh.arizona.edu
Elizabeth Woods
And
Tandie Myles

Postpartum Support International

THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health
Overview & Invitation to Join in!
AZ Center for Rural Health - SORH Webinar
Sep 2023
Elizabeth Wood, MEM
PSI-AZ Chapter
Chairperson
psi.arizona1@gmail.com
Tandie Myles, LCSW, IMH-E®, RPT/S, PMH-C
PSI-AZ Chapter
Top Tier Volunteer
tmyles1908@hotmail.com
Universal message: You are not alone. You are not to blame. With help, you will be well.
Our Mission
To promote awareness, prevention and treatment of mental health issues related to childbearing every county and tribal community statewide.

Our Vision
Every birthing person and family statewide will have access to culturally appropriate information, social support and informed professional care to address mental health issue related to childbearing.
Objectives

Participants will be able to:

1. List 3 risk factors associated with Perinatal Mental Health (PMH) disorders.

2. List 2 PMH screening tools.

3. List 3 free PSI support service for help seekers experience PMH challenges.
Another Important Goal of Today

Perinatal Mental Health Training

Scholarships Available

Application Deadline: Sept 30
Nov 2023 | Virtual or Tucson
April 2024 | Phx - BIPOC only

Apply Today!
More than Postpartum Depression or Anxiety….

- Perinatal Depression
- Perinatal Anxiety
- Perinatal OCD
- Postpartum Psychosis
- Postpartum PTSD
- Perinatal Bipolar I
- Perinatal Bipolar II
Did You Know...

Rates of “Perinatal Mood & Anxiety Disorders” are

GREATER THAN

the combined rates of
(Gestational hypertension + Pre-eclampsia + Gestational diabetes).

Perinatal Mood disorders affect 1 in 5 moms.
Did You Know...

1 in 3 moms of color will experience a perinatal mood and anxiety disorder?

Postpartum Support International | 800-944-4773 | postpartum.net
18% OF DADS develop a clinically significant anxiety disorder at some point during the pregnancy or the first year postpartum.
Risk Factors *(an incomplete list)*

**History**
- History of depression or anxiety
- History of bipolar disorder
- History of psychosis
- History of diabetes or thyroid issues
- History of PMS or PMDD
- History of sexual trauma or abuse
- Family history of mental illness

**Pregnancy & Birth Factors**
- Traumatic pregnancy or birth
- Pregnancy loss
- Infant loss
- Birth of multiples
- Baby in the NICU
- Mothers who’ve gone through infertility treatments

**Life Stressors**
- Relationship issues
- Financial struggles
- Single mother
- Teen mother
- No or little social support
- Away from home country
- A major recent life event: loss, house move, job loss
- Challenges with breastfeeding
Know the Signs and Symptoms

**Know the Signs of Perinatal Depression**

- Feelings of anger or irritability
- Lack of interest in baby
- Feelings of guilt, shame or hopelessness
- Loss of interest, joy, or pleasure in things you used to enjoy
- Crying & Sadness
- Appetite & sleep disturbances
- Possible thoughts of harming yourself or baby

**Know the Signs of Perinatal Anxiety**

- Constant worry
- Feeling that something bad is going to happen
- Racing thoughts
- Physical symptoms (nausea, dizziness, hot flashes)
- Inability to sit still
- Appetite & sleep disturbances
Know the Signs and Symptoms (slide 2 of 4)

Know the Signs of **Perinatal OCD**

- Obsessions (persistent, repetitive thoughts about the baby)
- Compulsions (parent may do things over & over to reduce obsessions)
- Sense of horror about obsessions
- Know that thoughts are bizarre/scary & unlikely to act on them.
- Fear of being left alone with baby
- Hypervigilance in protecting baby

Know the Signs of **Postpartum PTSD**

- Intrusive re-experience of traumatic event
- Flashbacks or nightmares
- Avoidance of stimuli associated with the event
- Persistent increased arousal (irritability, hypervigilance)
- Sense of unreality & detachment
- Anxiety & panic attacks
Know the Signs and Symptoms

**Know the Signs of Perinatal Bipolar I**
- Periods of severely depressed mood & irritability
- Periods of mood much better than normal
- Rapid speech, racing thoughts, trouble concentrating
- In most severe cases, delusions (often grandiose, could be paranoid), & hallucinations
- Continuous high energy, little need for sleep
- Overconfidence, grandiose thoughts
- Impulsiveness, poor judgement, distractability

**Know the Signs of Perinatal Bipolar II**
- Periods of severe depression
- Periods of mood much better than normal
- Overconfidence
- Rapid speech, racing thoughts, trouble concentrating
- Little need for sleep
- Anxiety
- Irritability
Know the Signs and Symptoms (slide 4 of 4)

Know the Signs of Postpartum Psychosis

- Delusions or strange beliefs
- Feeling very irritated
- Hyperactivity
- Hallucinations (seeing or hearing things that aren't there)
- Decreased need for or inability to sleep
- Paranoid or suspiciousness
- Rapid mood swings
Screening Frequency and Timing Recommendations

1 - 2x
- During the perinatal period
- At the comprehensive postpartum visit

6x
- 2x | during pregnancy
- 4x | Postpartum at 1, 2, 4 month well-child visit

8x
- 3rd trimester
- 6 week postpartum
- 6 &/or 12 month OB & primary care visits
- 3, 9, 12-mo pediatric well-child visit
SCREENING TOOLS:
COMMONLY RECOMMENDED TOOLS FOR DETECTING MATERNAL DEPRESSION AND ANXIETY

One
Patient Health Questionnaire (PHQ 2, 4, or 9)
includes 2, 4, or 9 questions. The PHQ 4 detects depression and anxiety though currently underutilized. Given its brevity, this tool is an effective first-line ultra-brief screener.

Two
Generalized Anxiety Disorder (GAD 3 or 7)
offers both a short (3 question) and long (7 question) screener to detect generalized anxiety and worry associated with other anxiety-related disorders.

Three
Edinburgh Pregnancy/Postnatal Depression Scale (EPDS)
is a 10-question survey specific to the perinatal period, to detect depression which also includes two questions about anxiety.

LEARN MORE: POLICYCENTERMMH.ORG
Direct Peer Support for Help-seekers

Resources (all free)

For the birthing person

For the NON-birthing person

National Maternal Mental Health Hotline

Support Groups

Find Your Peer Mentor

Call or Text the HelpLine

Dad Support Group

Just for Dads Chat
For Providers (e.g. doulas, lactation consultants, community health workers, mental health providers, prescribers, etc.)

Ask some who knows

Learn a little

Learn A LOT
What does “Learn A LOT” mean? **Perinatal Mental Health is a sub-specialty**

**OB-GYN vs MFM**
- OB-GYN
- Additional training
- Maternal Fetal Medicine (MFM)
  - Sub-specialist for high-risk pregnancies, including problems in both the mother & the baby

**Therapist vs PMH-C**
- Mental Health Therapist
- Additional training
- Perinatal Mental Health (PMH-C)
  - Sub-specialist for perinatal people, including problems affecting both the mother & the baby

**Prescriber vs PMH-C**
- Prescriber
- Additional training
- Perinatal Mental Health (PMH-C)
  - Sub-specialist for perinatal people, medication management affecting both the mother & the baby
AZ'S REPORT CARD

Providers & Programs

- PMH-C Provider to Patient Ratio
- Maternal Mental Health Prescriber to Patient Ratio
- Inpatient Perinatal Mental Health Treatment Program
- Outpatient Intensive or Partial Hospitalization Programs
- Maternal Mental Health Task Force or Commission
- CBOs Providing Direct MMH Services

Screening & Screening Reimbursement

- Requires OB-GYNs to screen for MMH disorders
- Reimburses OB screening: pregnancy and postpartum
- Requires MCO's to collect HEDIS prenatal measures
- Requires MCO's to collect HEDIS postpartum measures
- Private Insurance Prenatal Screening Billing
- Private Insurance Postpartum Screening Billing

Insurance Coverage & Treatment Payment

- Medicaid Expansion
- Postpartum Medicaid Extension
- Requires health plans to develop a MMH QMP
- Private Insurance Prenatal Treatment Billing
- Private Insurance Postpartum Treatment Billing
Key Takeaways:

1) Currently, the ENTIRE state is a perinatal mental health desert.

2) Eight AZ counties still have NO Perinatal Mental Health certified (PMH-C) behavioral health / mental health providers!
State of the State: PMH-C Provider-Patience Incongruence

IN ARIZONA

OVER
55%

of birthing people identify as a Person of Color

YET
FEWER THAN
20%

of certified maternal mental health providers identify as a Person of Color

#AZsMMHealthEquity

Provider-Patience Congruence

as much as 50% BETTER maternal & child OUTCOMES

Provider  Patient

#AZsMMHealthEquity

Guglielminotti, Jean et al. “Nurse workforce diversity & reduced risk of severe adverse maternal outcomes.”
Scholarships: More on the way…

2023 SCHOLARSHIP UPDATE

165 awarded scholarships

with support from
ARIZONA DEPARTMENT OF HEALTH SERVICES

Apply Today!

DAYS LEFT
4TH QUARTER 2023 SCHOLARSHIPS

Perinatal Mental Health Training

Scholarships Available
Application Deadline: Sept 30
Nov 2023 | Virtual or Tucson
April 2024 | Phx - BIPOC only

LINK IN BIO
Volunteer Opportunities 😃

Volunteer today!
Objectives

Participants will be able to:

1. List 3 risk factors associated with Perinatal Mental Health (PMH) disorders.

2. List 2 PMH screening tools.

3. List 3 free PSI support service for help seekers experience PMH challenges.