

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

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Partners:



THE UNIVERSITY OF ARIZONA  
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH  
**Center for Rural Health**

# Webinar notes:

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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](http://www.crh.arizona.edu)



THE UNIVERSITY OF ARIZONA  
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH  
Center for Rural Health



# Elizabeth Woods And Tandie Myles



## Postpartum Support International



THE UNIVERSITY OF ARIZONA  
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH  
Center for Rural Health



Postpartum Support International  
**Arizona Chapter**

# Overview & Invitation to Join in!

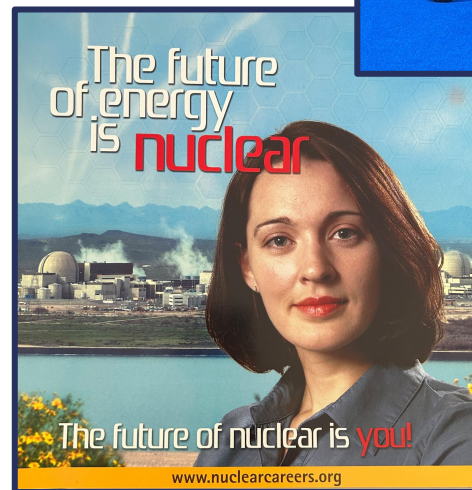
AZ Center for Rural Health - SORH Webinar  
Sep 2023

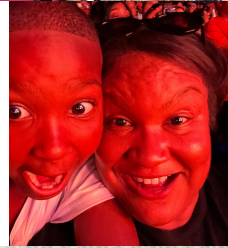
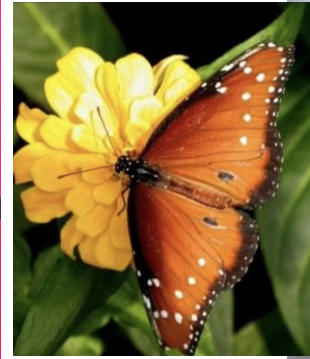




Postpartum Support International  
Arizona Chapter

**Elizabeth Wood, MEM**  
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Postpartum Support International  
Arizona Chapter

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POSTPARTUM SUPPORT  
INTERNATIONAL

Chapters in every state  
& internationally



# 2

FOCUS  
AREAS



Providers  
*Train & Certify*



Help-Seekers  
*Provide Direct  
Peer Support*

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



**BIPOC and/or Rural providers**

# Scholarships Available

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

**LINK IN BIO**

*Apply Today!*

10  
879  
546  
213  
**DAYS LEFT**  
4TH QUARTER 2023  
SCHOLARSHIPS



# More than Postpartum Depression or Anxiety....

Know The Signs



of Perinatal Mental  
Health Disorders

- ◆ 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](https://postpartum.net)





# 18% OF DADS

*develop a clinically significant  
anxiety disorder at some point  
during the pregnancy or the  
first year postpartum*

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773



## SIGNS OF PERINATAL DEPRESSION IN DADS

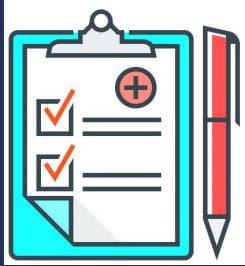
- Frustration or irritability
- Feeling discouraged
- Increased physical problems, such as headaches or indigestion
- Problems concentrating
- Increased fatigue
- Lack of motivation
- Loss of interest in hobbies or work
- Self-isolation
- Working constantly
- Increased anger
- Increased use of alcohol or illegal drugs, misuse of prescription medication
- Violent behavior
- Impulsiveness
- Thoughts of self-harm or suicide



Postpartum Support International:  
Indiana Chapter  
800-944-4773 | [psichapters.com/in](http://psichapters.com/in)

# 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 (slide 1 of 4)

Know the Signs of

## Perinatal Depression

Feelings of  
anger or  
irritability

Lack of  
interest in  
baby

Feelings of  
guilt, shame or  
hopelessness



Crying &  
Sadness

Appetite &  
sleep  
disturbances

Possible  
thoughts of  
harming  
yourself or baby

Loss of interest, joy, or  
pleasure in things you  
used to enjoy

Know the Signs of

## Perinatal Anxiety

Constant  
worry

Feeling that  
something  
bad is going  
to happen



Inability to sit  
still

Appetite &  
sleep  
disturbances

Racing  
thoughts

Physical symptoms  
(nausea, dizziness,  
hot flashes)



# 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)



Fear of being  
left alone with  
baby

Hypervigilance  
in protecting  
baby

Sense of  
horror about  
obsessions

Know that thoughts are  
bizarre/scary &  
unlikely to act on them.

## Know the Signs of Postpartum PTSD

Intrusive re-  
experience of  
traumatic  
event

Flashbacks or  
nightmares



Sense of  
unreality &  
detachment

Anxiety &  
panic attacks

Avoidance of stimuli  
associated with the  
event

Persistent increased  
arousal (irritability,  
hypervigilance)

# Know the Signs and Symptoms (slide 3 of 4)

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



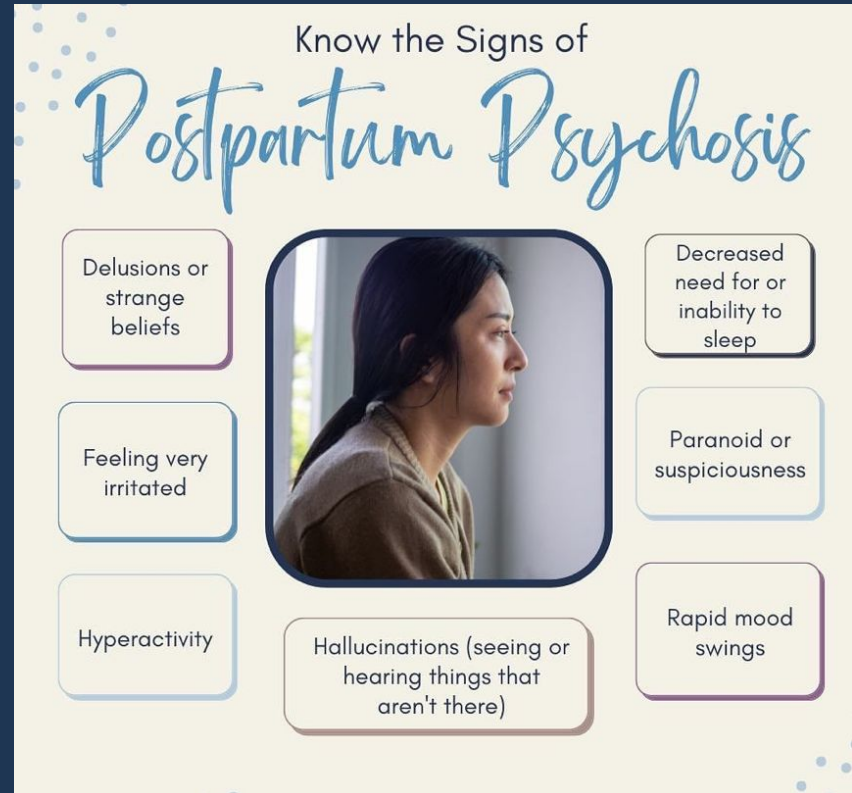
Rapid speech, racing thoughts, trouble concentrating

Little need for sleep

Anxiety

Irritability

# Know the Signs and Symptoms (slide 4 of 4)



# 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: [POLICYCENTERMH.ORG](https://www.policycentermmh.org)

# Direct Peer Support for Help-seekers Resources

(all free)

For the birthing person



National Maternal Mental Health Hotline



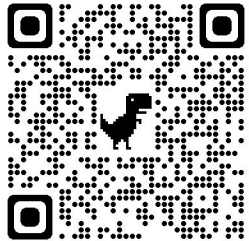
Support Groups



Find Your Peer Mentor



For the NON-birthing person



Call or Text the HelpLine



Dad Support Group



Just for Dads Chat

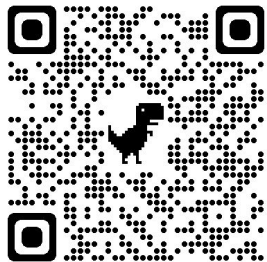


For  
Providers  
(e.g. doulas,  
lactation  
consultants,  
community  
health  
workers,  
mental health  
providers,  
prescribers,  
etc.)

Ask  
some  
who  
knows

Learn  
a little

Learn  
A LOT



## PSI Perinatal Psychiatric Consult Line

**Medical professionals:** Get a free consult about mental health care related to childbearing and pre-conception planning.

[LEARN MORE](#)

### Frontline Provider Training



Let us bring training to you

### On-Demand Webinars



FREE Educational Webinars

### FREE MMH 101

Complimentary Perinatal Mental Health 101 Webinar



Maternal Mental Health 101

### Virtual Certification Training



### Tucson, AZ



### Phoenix, AZ



# 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

## 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  
Heath (PMH-C)**

Sub-specialist for perinatal people,  
including problems affecting  
both the mother & the baby

## ➔ Prescriber vs PMH-C



Prescriber

+



Additional training

=



**Perinatal Mental  
Heath (PMH-C)**

Sub-specialist for perinatal people,  
medication management affecting  
both the mother & the baby



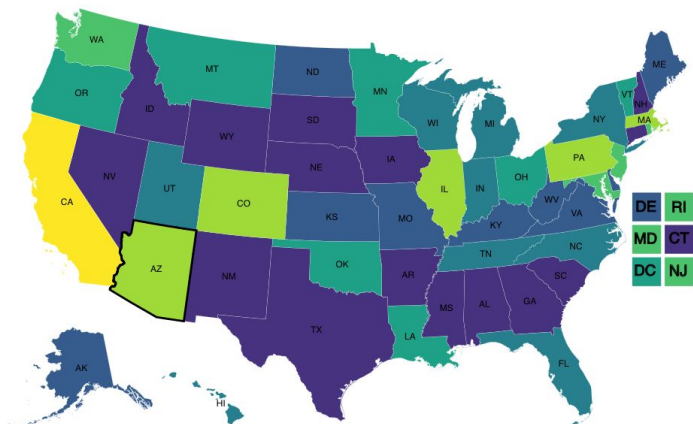
## 2023 U.S. Maternal Mental Health State Report Cards

The US is failing to adequately support Maternal Mental Health:

- National Grade of D
- Only one state managed to exceed C+ (CA: B-)
- 40 states and DC received D's and F's

Click the Map to See Your State's Grade

[Learn more about the measures here](#)



C

Arizona



Providers & Programs C

Screening & Screening Reimbursement D

Insurance Coverage & Treatment Payment D

AZ



## AZ'S REPORT CARD

### Providers & Programs

#### Award



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

#### Award



### 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

#### Award



### Insurance Coverage & Treatment Payment

Medicaid Expansion

Postpartum Medicaid Extension

Requires health plans to develop a MMH QMP

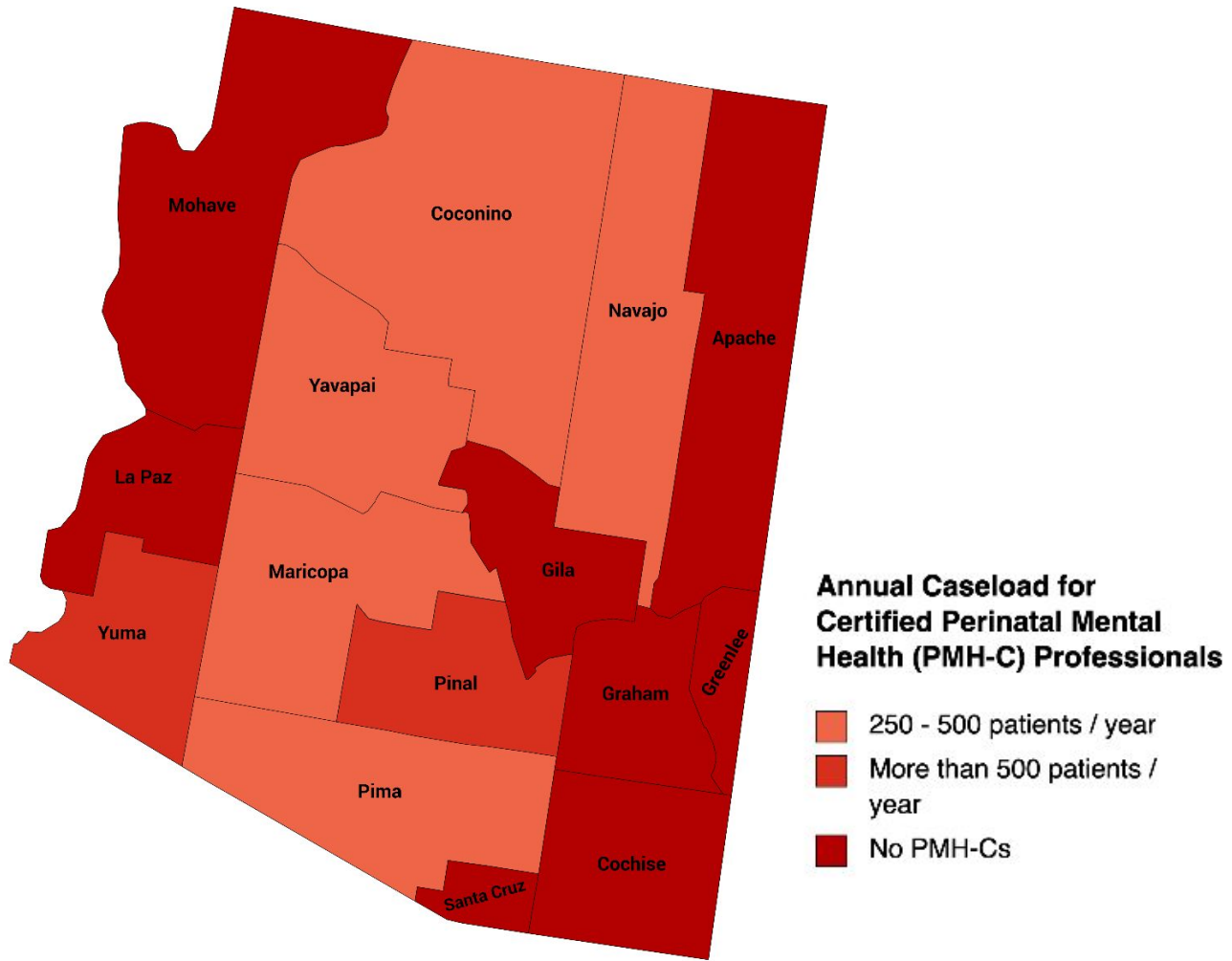
Private Insurance Prenatal Treatment Billing

Private Insurance Postpartum Treatment Billing

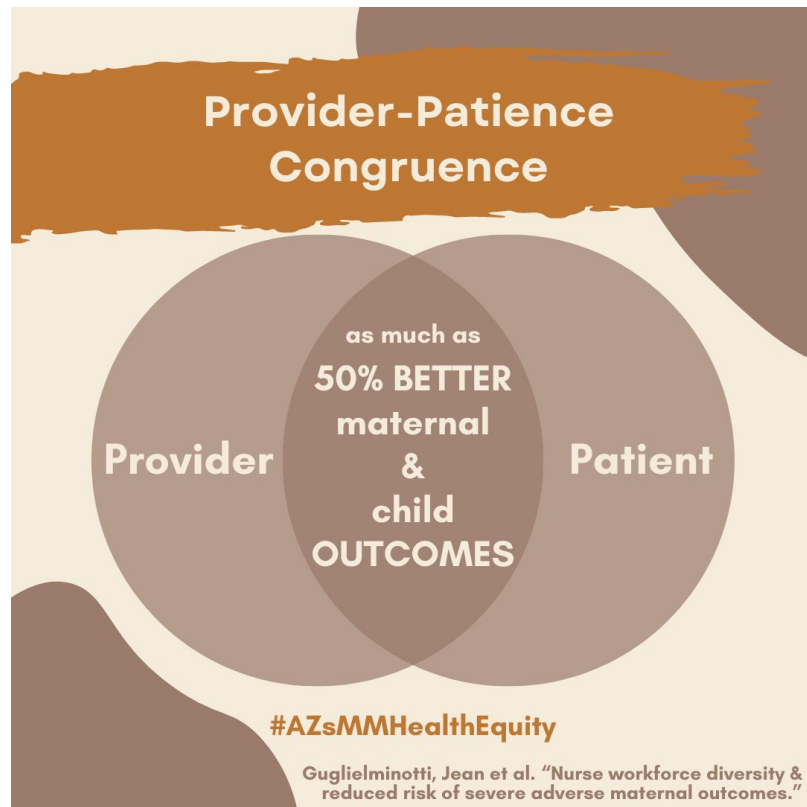
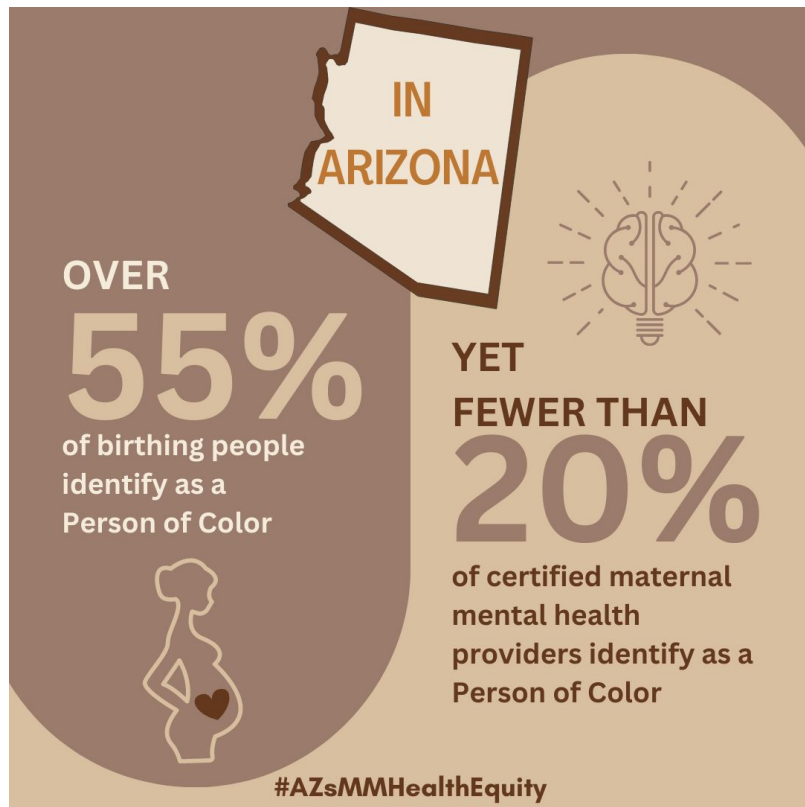
State of the State:  
Perinatal Mental Health  
Certified Providers by County

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



# Scholarships: More on the way...

2023 SCHOLARSHIP UPDATE

165  
*awarded  
scholarships*

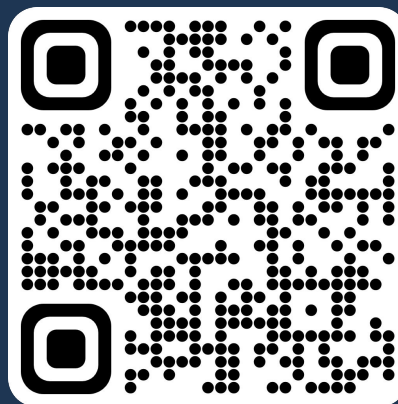


with support from



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

*Apply Today!*



10  
879  
526  
213

**DAYS LEFT**

**4TH QUARTER 2023  
SCHOLARSHIPS**

**Perinatal Mental  
Health Training**



**BIPOC  
and/or  
Rural  
providers**

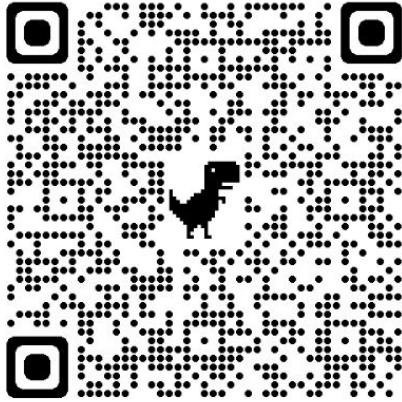
**Scholarships  
Available**

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

**LINK  
IN  
BIO**



# Volunteer Opportunities



**VOLUNTEER TODAY!**



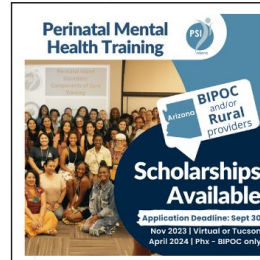
Postpartum Support International  
Arizona Chapter

## VOLUNTEER OPPORTUNITIES



### CLIMB OUT OF THE DARKNESS EVENT

OCT 7, 2023 | 8 AM - NOON-ISH  
DAY OF SUPPORT | SOCIAL MEDIA  
CONTENT CREATION  
<https://psiarizona.org/climb-out-of-the-darkness>



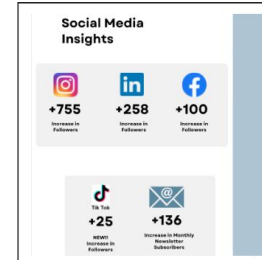
### SCHOLARSHIP PROGRAM SUPPORT

ONGOING  
EMAIL COMMUNICATIONS |  
REPORTING | SOCIAL MEDIA  
CONTENT  
Spreadsheet & written  
communication skills



### BIRTHING JUSTICE FILM SCREENING

NOVEMBER | EVENING | TBD  
GETTING THE WORD OUT | DAY OF  
SUPPORT  
<https://psiarizona.org/join-us>



### DIGITAL COMMUNICATIONS SUPPORT

MONTHLY | FIRST / SECOND WEEK  
PULLING TOGETHER NEWSLETTER  
CONTENT AND GRAPHICS IN  
SUBSTACK  
Strong written communication skills



### BIPOC-ONLY PSI TRAINING

APRIL 22 - 24, 2024  
PLANNING | DAY OF SUPPORT  
<https://psiarizona.org/certification-training>



### PERINATAL MENTAL HEALTH ALLIANCE FOR PEOPLE OF COLOR

ONGOING  
AZ PROGRAM SUPPORT |  
PRESENTATION CREATION, NOTE  
TAKING & COMMUNICATION  
Strong written communication skills,  
presentation creation

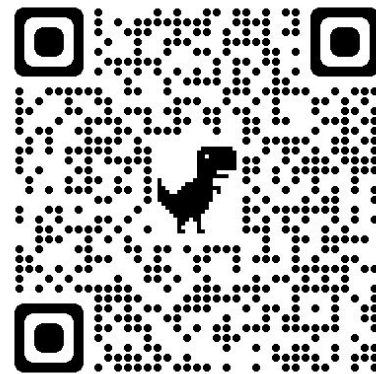
# Objectives

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.



*Thank  
You!*



[www.psiarizona.org](http://www.psiarizona.org)

—  
Connect with us!  
on  
Facebook | Instagram  
Linkedin | TikTok

@psiarizona