

MENTAL HEALTH CARE PACKAGE

FOR PREGNANT AND POSTPARTUM WOMEN
AND FAMILIES



Prepared by:
MCPAP forMoms

2020

<https://www.mcpapformoms.org/>

A NOTE TO PROVIDERS

Dear Providers,

We are dedicated to continuing to provide support and guidance to maternal and child providers during the coronavirus (COVID-19) pandemic. We aim to continue to provide our services with little disruption. Like many, we have made some changes to ensure the health of staff and patients. Our goal is to continue to support you and your practice during this time of heightened anxiety.

Our phone consultation line continues to take calls for peer-to-peer consultation and will continue to do so without disruption. We will continue to provide community resources for your patients to the best of our ability. We will monitor what is happening in our communities across the state. Like you, we are uncertain what will remain open during this time. Many of our resources are small, independent practices and may not have the same capabilities to provide telehealth or practice other social distancing measures.

Due to social distancing, our one time face-to-face consultation has shifted the most. Teams are in the processes of transitioning to telehealth platforms. Please be patient with us as we go through this process. Our psychiatry team knows how valuable these one-time visits can be for your patients and we are doing everything we can to continue to provide support for the families you serve. Our perinatal psychiatrists will continue to give guidance to you and your patients over the phone if a face to face or telehealth visit is not possible.

We are dedicated to supporting you and the women and families you serve. We understand that COVID-19 can affect expecting mothers and their family's mental health as well as physical health and we will continue to support your pediatric communities during this difficult time.

HELPFUL LINKS

National Suicide Prevention Hotline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org/>

MBHP ESP Directory

<https://www.masspartnership.com/pdf/MBHPESPDirectory.pdf>

Postpartum Support International

PSI Hotline: 1-800-944-4773

<https://www.postpartum.net/>

Massachusetts Substance Use Helpline

1-800-327-5050

<https://helplinema.org/>

National Domestic Violence Hotline

1-800-799-7233

<https://www.thehotline.org/>

Parental Stress Line

1-800-632-8188

Free & Confidential 24/7

The Women, Infants, & Children (WIC) Nutrition Program

1-800-942-1007)

<https://www.mass.gov/wic-information-for-participants>

One Tough Job Resource Finder

<https://onetoughjob.org/resource-finder?sectionId=10&entry=6&ages=73>

Safety Planning in COVID-19

<https://interface.williamjames.edu/sites/default/files/Safety%20planni%20ng%20during%20COVID%2019.pdf>

Mass 211

Dial 211 for health and human service resources

<https://mass211.org/>

The Journey Recovery Project Resources

<https://journeyrecoveryproject.com/resources/>

FOR MOTHERS AND FAMILIES

Relaxation and Mindfulness

Diaphragmatic Breathing:

“This is an exercise that uses cues your body to interrupt the fight or flight mode and instead switch on our rest and digest mode.”

Mindful Breathing:

“Sometimes, just bringing awareness to our natural cycle of breathing can help get us out of our minds and into our bodies.”

Progressive Muscle Relaxation:

“This special way of flexing and relaxing our muscles helps release pent up stress and tension.”

Smallest Enjoyable Activity:

Identify small, simple enjoyable activity to fully experience mindfully (shower, painting nails, doing art, brushing hair, etc.)

Mother and Infant Support Groups

MA Support Groups

<https://interface.williamjames.edu/ppd-support-groups>

Online Postpartum Support

https://doc.google.com/document/d/1zMIlK0Z-LjLe-%20k4CYbw5fzRMT2_IS0iZCKBGxzH13_0/edit

APPS

Covid Coach

https://www.ptsd.va.gov/appvid/mobile/covid_coacg_app.asp

Meditation Apps

headspace

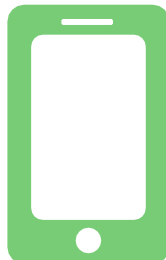
<https://www.headspace.com/>

Calm

<https://www.calm.com>

Insight Timer

<https://insighttimer.com>



FOR MOTHERS AND FAMILIES

CONTINUED

Family Resources

Child Mind Institute: Supporting Families during COVID-19
<https://childmind.org/coping-during-covid-19-resources-for-parents/>

MCPAP for Moms Resources for Families
<https://www.mcpapformoms.org/Resources/ParentAndFamilySupports.aspx>

Virtual Play Group
<https://onetoughjob.org/blog/2020/03/massachusetts-virtual-parenting-support-groups-and-playgroups-during-covid-19>

MCPAP Mental Health Care Package (COVID-19)
<https://www.mcpap.com/pdf/MentalHealthCarePackageFinal.pdf>

COVID-19 Daily Schedule for Children

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

FOR PROVIDERS

CDC:COVID-19 Pregnancy and Breastfeeding

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html

ACOG Clinical Guidance: Novel Coronavirus 2019 (COVID-19)

<https://www.acog.org/clinical/clinical-guidance/practice-%20advisory/articles/2020/03/novel-coronavirus-2019>

WHO: Q&A on COVID-19, Pregnancy, Childbirth and Breastfeeding

<https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-%20childbirth-and-breastfeeding>

Patient-Centered Care for Pregnant Patients during the COVID-19 Pandemic

<https://s3.amazonaws.com/cdn.smfm.org/media/2279/homebirth.pdf>

Society for Maternal Fetal Medicine COVID-19 Clinical Guidance

<https://www.smfm.org/covidclinical>