



Name and Role \_\_\_\_\_ Organization \_\_\_\_\_

**1 Integrated Behavioral Health**  
 The systematic coordination of physical, behavioral, and psychosocial wellbeing. Integrating mental health approaches into other service sectors produces the best outcomes and proves to be the most effective approach to health care across the lifespan. Ideally, service teams include a behavioral health provider. But even in settings that are not integrated all providers can promote positive mental health by incorporating activities that support emotional wellbeing.

	I implement this strategy well	I could improve how I implement this strategy	I would like to begin implementing this strategy	Describe the role your organization plays related to implementing this strategy
1a. Incorporate conversations about mental health and well-being				
1b. Education families about practices that support mental health				
1c. Encourage social connections				
1d. Provide supportive care that considers family circumstances				
1e. Incorporate a mental health professional into your organization or program				
1f. Other _____				

**2 Awareness and Education**  
 Awareness and Education can be employed across all sectors in the continuum of care to reduce stigma and increase families' ability to recognize, prevent, and address perinatal mental health concerns.

	I implement this strategy well	I could improve how I implement this strategy	I would like to begin implementing this strategy	Describe the role your organization plays related to implementing this strategy
2a. Raise awareness about mental health concerns				
2b. Talk to all families about their mental health				
2c. Talk to all families about resources in their community				
2d. Other _____				



**3**

**Referral and Coordination**

The process of identifying family needs, being familiar with and aligning community resources, and coordinating with families and services to assure connection.

	I implement this strategy well	I could improve how I implement this strategy	I would like to begin implementing this strategy	Describe the role your organization plays related to implementing this strategy
3a. Assess needs				
3b. Get to know resources				
3c. Refer families to appropriate services				
3d. Assure connection				
3e. Other _____				

**4**

**Policy and Advocacy**

The process of identifying family needs, being familiar with and aligning community resources, and coordinating with families and services to assure connection.

	I implement this strategy well	I could improve how I implement this strategy	I would like to begin implementing this strategy	Describe the role your organization plays related to implementing this strategy
4a. Identify barriers to practice you want to implement				
4b. Identify potential solutions				
4c. Communicate barriers and solutions to decision makers				
4d. Other _____				



Reflection Pre-planning Considerations	
Think about the action strategies that you want to improve or begin incorporating? What would this look like in your practice and organization setting?	
What barriers can you think of to implementing action strategy(ies) you identified? What kind of support do you need to address barriers?	
What are the diversity, equity, and inclusion (DEI) considerations for implementing this action strategy in your setting? (e.g. culturally responsive materials, patient/family input)	

Action Item	Strategy Supported (number from above)	DEI Considerations	Resources Needed	Responsible Party	By When?