PMH Toolkit Resources

- **Introduction**
  - ILPQC General Factsheet
  - PMH Wave 1 Hospitals[RA1]
  - PMH Advisory Workgroup Page
- **PMH Initiative Resources**
  - PMH Initiative 10 Steps to Getting Started
  - PMH Initiative Key Systems Changes
  - PMH Initiative Aims
  - PMH Key Drivers Diagram[RA2] [RA3]
  - PMH QI Team Roster Form
  - PMH Readiness Survey[RA4]
  - PMH Initiative Data forms
  - PMH Structure Measures: Steps Needed to Get to Green
  - PDSA Worksheet
  - ILPQC Perinatal Mental Health Grand Rounds (coming to ILPQC Website June 2025)[RA5]
- **AIM Bundle:** [RA6] **Perinatal Mental Health Conditions**
  - Patient Safety Bundle
  - Element Implementation Details
  - Implementation Resources [RA7]
- **National and State Guidelines**
  - **ACOG Clinical Practice Guidelines**[RA8]
    - Screening and Diagnosis of Mental Health Conditions During Pregnancy and Postpartum ACOG Clinical Practice Guideline Number 4
    - Treatment and Management of Mental Health Conditions During Pregnancy and Postpartum ACOG Clinical Practice Guideline Number 5
  - **Illinois Perinatal Mental Health Disorders Prevention and Treatment Act**

Driver 1: Provider Education & Engagement

- **Description:** Educate all providers on screening & treating patients with PMH conditions using a patient centered, trauma-informed care approach.
- **Structure measures:**
  - Educate all OB clinical staff caring for pregnant/postpartum patients on PMH warning signs, PMH screening, updated treatment

protocols, referral processes, use of hotlines/warmlines for assistance (IL Doc Assist, IL MOMS Line, MAR Now) and trauma informed care.

·   Educate all ER clinical staff caring for pregnant/postpartum patients on PMH warning signs, PMH screening, updated treatment protocols, referral processes, use of hotlines/warmlines for assistance (IL Doc Assist, IL MOMS Line, MAR Now) and trauma informed care.

·   Create multidisciplinary workgroup with inpatient and outpatient care teams (including OB, ER, Peds) and community stakeholders across perinatal continuum of care to enhance care coordination and connection to mental health resources.

Clinical Staff Training for PMH Screening and Management

Resources needed for education campaign for OB providers, nurses, pediatric providers and ER providers for PMH warning signs, screening, treatment and referral:

Recommended e-modules / trainings for clinical staff

OB Providers

·   ACOG Addressing Perinatal Mental Health Conditions in Obstetric Settings Course

  o   This **free, 2-hour** e-Module provides information and resources that will help obstetric care clinicians **detect, assess, treat, monitor, and follow up** with patients experiencing perinatal mental health conditions.

·   Policy Center, Free Perinatal Mental Health 101 Webinar, Offered four times per year (April, June, September, December)

  o   **This free, 90-minute live** webinar describes various Maternal Mental Health Disorders, the differences between them, risk factors, and treatment options. This webinar is hosted by the Policy Center for Maternal Mental Health and presented by Postpartum Support International approximately *4 times* throughout 2025. All registrants will receive links to the recording and resources following the webinar.

Nurses Caring for Pregnant / Postpartum Patients

·   AIM Patient Safety Bundle: Perinatal Mental Health Conditions e-module

  o   This **free, 1 hour** course features a comprehensive overview of the Perinatal Mental Health Conditions AIM Patient Safety Bundle and its key elements. This course includes a pre-test, knowledge checks after each module, and identifies strategies to increase recognition of mental health conditions in pregnant and postpartum patients.

ED Clinical Staff

·   Perinatal Mental Health and SUD Screening and Management for Emergency Department Clinical Staff *(30 minutes)*

Pediatric Providers

·   AAP Maternal Depression Interactive Role-Play Simulation: This is a series of interactive role-play simulations designed for members of pediatric health care teams that may discuss screening with families. Learners play the role of pediatrician and practice having effective, family-centered conversations about maternal depression, developmental concerns and SDOH. Approximately 30 minutes.

Trauma-Informed Care Trainings

·   MCPAP for Moms, Trauma in the Birthing Process: Promoting Health Equity & Trauma Informed Care (2022) [YouTube](#) Video, [Presentation Slides](#) *(1 hour)*

·   MCPAP for Moms, Trauma Informed Approaches to Perinatal Mental Health Care (2020) [YouTube Video,](#) [Presentation Slides](#) *(1 hour)*

·   [Reducing Trauma in the Birthing Space:](#) Dr. Vogel offers communication strategies to help you listen to your clients and then respond using more relatable, positive language in this **34-minute podcast.** She explains how trauma shows up in these conversations and how practitioners can address trauma and help patients lower their defenses.

Additional Educational Resources for Clinical Staff
·   [Lifeline4Moms App](#)

·   A provider-facing app for treating perinatal mental health conditions. Sections in the app include screening, assessment, treatment, medication chart, and risk and benefits of medications.

·   SAMHSA [Suicide Prevention Toolkit for Primary Care Practices](#)

·   Policy Center, MMH Core Competencies for Providers [Resource](#)

·   The 2020 Mom Task Force developed the chart which depicts the knowledge and skills needed to diagnose, refer, and treat MMH conditions by provider type

·   Trauma Informed Care

o ACOG, Committee Opinion No. 825 (April 2021): [Caring for Patients Who Have Experienced Trauma](#)

o MCPAP for Moms, Trauma-Informed Care [Fact Sheet](#)

o Trauma-Informed Care Implementation [Resource Center](#)

o [City Birth Trauma Questionnaire:](#) This questionnaire asks about the birthing person's experience during the birth of their most recent baby. It asks about potential traumatic events during (or immediately after) the labor and birth, and whether they are experiencing symptoms that are reported by some women after birth.

PMH / SUD Hotline Resources for Provider Training / Awareness

Resources needed for education campaign for OB Providers and ER Providers for following hotlines/warmlines:

1. IL DocAssist [Provider Resources](#): Illinois DocAssist is a free, phone-based perinatal mental health and substance use disorder/addiction medicine clinical consultation line for providers.
   - IL DocAssist [2-sided](#) brochure
2. IL [Moms Line](#) on [ilpqc.org](#) and [northshore.org](#)**:** IL MOMS line is a free, 24/7 hotline answered live by licensed mental health professionals to support patients, families and healthcare professionals. Provide support and navigation to mental health services with an emphasis on resources available through Medicaid. IL Moms Hotline Staff are trained in cultural humility and perinatal considerations.
   - IL MOMS Hotline [Slide](#) Promotion
   - IL MOMS Hotline [Flyer](#) *(English and Spanish. Also available in Arabic, Chinese, Polish, Russian and Urdu)*
3. IL [MAR Now](#): The Illinois Helpline now offers medication on demand to IL residents seeking treatment for opioid use disorder (OUD) and alcohol use disorder (AUD). IL MAR Now also provides care coordination and follow-up services. Call 833-234-6343 (24 hours a day).
   - IL MAR Now [Factsheet](#)
   - IL MAR Now [Cards and Posters](#)
4. [MGHP3 consultation hotline](#) for providers with patients who have Postpartum Psychosis. The MGHP3 consult line is staffed by reproductive psychiatrists who are members of the faculty at Massachusetts General Hospital's Center for Women's Mental Health and specialists in the treatment of perinatal mental health disorders and postpartum psychosis. Queries are usually answered within 1-2 business days.

Additional Education Resources

Courses/Webinars on Specific Topics:

· IL DocAssist, Identifying and Treating Perinatal Anxiety [Webinar](#) *(1 hour)*

o Illinois DocAssist psychiatric consultants, Ashley Mulvihill, MD and Rhapsody Mason LCSW, discuss the prevalence of perinatal anxiety. Skills in identifying and treating anxiety disorders in the primary care and obstetric setting are presented.

· IL DocAssist, Identifying and Treating Perinatal Depression [Webinar](#) *(1 hour)*

o Illinois DocAssist psychiatric consultants, Ashley Mulvihill, MD and Rhapsody Mason LCSW, discuss the prevalence of perinatal depression. Skills in identifying and treating these disorders in primary care and obstetric setting are presented.

· Slaying the Monstrous Misconceptions about Postpartum Psychosis: A Roundtable Discussion [Webinar:](#) the PSI Postpartum Psychosis Taskforce presents a 90-minute roundtable webinar for media, clinicians, family members and the public. Presented by advocates with lived expertise of postpartum psychosis and moderated by PSI Executive Director Wendy Davis, PhD, PMH-C. The webinar has been recorded and will be available to all registrants.

Time-Intensive Certification Programs:

· AIM/PSI Certification in Perinatal Mental Health (PMH-C): [Link to Course + PDF Description](#)

Illinois Chapter of American Academy of Pediatrics [mental health resources for pediatricians](#)

Slide Decks:

· ILPQC Perinatal Mental Health Grand Rounds *Coming soon*

Equity-focused PMH Resources

Resources recommended for education campaign for OB providers and ER providers to implement equity-focused PMH care:

Recorded Webinars:

· AMCHP, Addressing Mental Health in BIPOC Communities Webinar and Slides

· PSI, Perinatal Mental Health: Culturally Informed Approaches to Screening, Assessment and Treatment, Zoom Webinar (2022)

· These **two 90-minute** webinars were hosted by Postpartum Support International and the American College of Obstetricians and Gynecologists (ACOG) on presented on May 18 and May 24, 2022. They present an overview of perinatal mental health screening, assessment, treatment, and referral pathways through the lens of culturally informed care and best practices in treatment of perinatal mood and anxiety disorders. Register to receive recordings of the webinars.

· *Webinar 1:* Focused on the impact of social determinants of health, the effects of the pandemic, and improving healthcare clinicians' awareness of trauma informed care and culturally informed approaches for perinatal mental health care.

· *Webinar 2:* Focused on historical trauma and structural racism and its impact on maternal health and mental health care, defining and recognizing implicit bias and microaggressions, practicing cultural humility, and incorporating cultural identity into a patient's care.

Additional Resources:
· Reframing Language Infographic
· CO-MMHC Perinatal Continuum of Care Provider and Organization Action Plan Template

Patient-Stories / Documentaries / TedTalks

Driver 2: Patient and Community Education & Engagement

· **Description:** Educate prenatal and postpartum patients on PMH conditions, warning signs and hotline resources. Resources needed for prenatal outpatient sites, delivery admission, Emergency Departments and other sites such as pediatric offices. Collaborate with patients & communities and identify community-based resources.

· **Structure measures:**

o Have a process to provide postpartum patients education on PMH conditions warning signs for patients and family members/support people and follow up options including, hotlines/ warmlines (IL MOMS line, MAR Now, and PSI), before delivery discharge.

o Have a process to share PMH patient education resources with outpatient settings, such as prenatal care sites, emergency departments, and pediatric offices.

o Identify a patient advisor for hospital PMH quality improvement team and / or other opportunities to engage patients and community members with lived experiences and prioritize their recommendations.

Perinatal Mental Health Education for Prenatal and Postpartum Patients

These are examples of PMH ~~patient education~~ resources that can be provided to all prenatal and postpartum patients ~~at the earliest opportunity~~

- March of Dimes, Is it the Baby Blues or Depression

- Healthy Start, Depression and Anxiety Pamphlet

- NIH, Prepared for Anything Patient Infographic

- New Mom Mental Health Checklist: This is a resource that was recommended by March of Dimes. The checklist provides postpartum moms with real language and tools to assess their own mental health and bring conversation points to their provider. The PDF is also available in 7 other languages.

- OASH, Office on Women's Health, Perinatal Mental Health Conditions: Fact Sheet for Women and Their Support Network

- MMHN Speak Up When You're Down Brochure

- AAP Perinatal Depression Parent Handout *(in English and Spanish)*

- ACOG, Anxiety and Pregnancy Fact Sheet

Perinatal Mental Health Education for Patients Diagnosed with Perinatal Mental Health Conditions

These are examples of resources that can be provided to patients diagnosed with perinatal mental health conditions and families at the earliest opportunity

Depression:

- OASH, Office on Women's Health, [Postpartum Depression Resources](#)

- March of Dimes, Postpartum Depression [Take Action Sheet](#) (in English and Spanish)

- NIH, [Perinatal Depression](#) Booklet

- PSI, [PMH Flyer for Patients](#)

- March of Dimes, [Depression](#) during pregnancy

- March of Dimes, [Postpartum Depression](#)

Anxiety:

- [Managing Perinatal Anxiety](#)
- PSI, [PMH Flyer for Patients](#)

General:

- [IL MCO Maternal Mental Health Toolkit](#) *(in English and Spanish)*
- Policy Center, [Fact Sheets](#) (OCD, Maternal Suicide, General Facts, MMH Disorders)
- [MMHLA Maternal Mental](#) Health Fact Sheet Library: This library contains Information and research on a variety of critical topics in maternal mental health *(e.g. birth trauma, disability, and perinatal loss)*
- American Psychiatric Association (APA) [Facts for Persons with Mental health and Substance Use Conditions Planning to Become Pregnant](#)
- American Psychiatric Association (APA) [Pregnant Persons with Mental Health and Substance Use Conditions](#)
- American Psychiatric Association (APA) [Persons Who Develop Mental Health or Substance Use Conditions Within a Year of Giving Birth](#)

Additional Resources:

- MGH Breastfeeding & Psychiatric Medications Patient Education [Page](#)
- MHLIC, Maternal Health Warning Signs, when to call 911 with Nurse Nikki 4th Trimester [Video](#)

PMH Education for Partners and Families

· NIH, [Talk About Depression and Anxiety](#) Infographic: An infographic for partners and families on talking about perinatal depression and anxiety with a pregnant person.

· Healthy Start, [Depression and Anxiety for Families](#)

· PSI, [Fathers Stat](#) Fact Sheet

· OASH, Office on Women's Health, [Tips for Supporting Someone with Postpartum Depression](#)

· March of Dimes, Postpartum [Conversation Guide](#) for Support Systems

PMH Self Care Plans, Resources / Tools

For patients managing mild-to-moderate symptoms, these tools support self-management.

· Lifeline4Moms, [Action and Self Care Plan](#) for Mood Changes during Pregnancy or After Giving Birth

· Lifeline4Moms, [Sleep Hygiene](#) Handout

· Maternal Mental Health NOW Emotional Wellness Self-Help [Tool](#)

· Policy Center, [Check on Mom Tool](#)

· March of Dimes, [Postpartum Wellness Plan](#)

· March of Dimes, [Postpartum Anxiety Mindfulness Exercises](#)

· American Psychiatric Association (APA) [Preparing for Your Medical Appointment](#)

· Maternal [Trauma](#) Support: This website is all about connecting women & birthing people who are trying to conceive, going through infertility, pregnant, and postpartum to providers who embody the 6 principles of trauma-informed care. Also includes a free search engine to find a trauma-informed health or mental health professional in your area. You can search by state, type of professional, or specialization.

· [Trauma-Informed Maternal Health Directory](#)

Hotline Resources

These are critical for patients and families in need of immediate support.

1. **IL Moms Line** on ilpqc.org and northshore.org**:** IL MOMS line is a free, 24/7 hotline answered live by licensed mental health professionals to support patients, families and healthcare professionals. Provide support and navigation to mental health services with an emphasis on resources available through Medicaid. IL Moms Hotline Staff are trained in cultural humility and perinatal considerations.
    · IL MOMS Hotline Slide Promotion
    · IL MOMS Hotline Flyer *(English and Spanish. Also available in Arabic, Chinese, Polish, Russian and Urdu)*

2. **IL MAR Now:** The Illinois Helpline now offers medication on demand to IL residents seeking treatment for opioid use disorder (OUD) and alcohol use disorder (AUD). IL MAR Now also provides care coordination and follow-up services. Call 833-234-6343 (24 hours a day).

    · IL MAR Now Factsheet
    · IL MAR Now Wallet Cards and Posters
    · IL MAR Now Recovery is Possible Magnet

3. **National Maternal Mental Health Hotline (HRSA):** 24/7, Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services are available in 60 languages. Call or Text 1-833-852-6262. (in English and Spanish)

    · Hotline Social Media Shareables, Posters, and Wallet Cards

    · HRSA National Hotline Promotional Materials Order Form webpage

4. **Postpartum Support International (PSI)** Helpline for Patients: The PSI HelpLine is a toll-free telephone number anyone can call to get basic information, postpartum support, and resources. Volunteers return messages between 8am-11pm EST. They will listen, answer questions, offer encouragement and connect you with local resources as needed.

5. PSI Provider Directory for Patient

6. PSI Provider of Color Directory

7. **988 Suicide Hotline** Factsheet

    · For mental health distress, substance use crisis, and thoughts of suicide. The 988 Suicide & Crisis Lifeline is here for you **24/7**. Text 988. Call 988. Chat 988lifeline.org.

8. Chicagoland's Fussy Baby Network: Fussy Baby Network serves any family caring for their fussy babies through our free warm line. These free phone consultations are available in English and Spanish. An infant specialist will answer your call Monday through Friday, 9 a.m. to 5 p.m. 1-888-431-2229.

Peer Support Resources

Connecting patients with ongoing support and community engagement.

- **Postpartum Support International**

  - PSI Peer Mentor Program

  - PSI Online Support Groups and Subgroups Webpage

  - PSI Free Online Support Groups Overview Flyer

  - PSI Symptoms and Help Fact Sheet

  - PSI Chat with an Expert Calls (Moms x1 a week)

  - PSI Chat with an Expert Calls (Dads x1 a month)

  - PSI Support for Spanish Speaking Families Webpage
- Share Well Platform for Daily Mental Health Support Groups Webpage
- Hand to Hold- Hand to Hold® provides personalized support before, during and after a NICU stay to help ensure all NICU families thrive. Request a peer mentor today and get connected with and supported by a trained, NICU-graduate or bereaved peer mentor. Hand to Hold carefully matches seasoned NICU and bereaved parents with new parents in need of support.

Community Resources / Toolkits

For hospital teams to support wider community education and provider engagement.

- Maternal Mental Health NOW MMHN, Bringing Light to Motherhood: Perinatal Mental Health Community Provider Toolkit **(Client Handouts begin on page 110)**
- 2020 Mom, Community Action Toolkit
  - o Contains printable resources, templates, and examples for engaging community stakeholders in MMH.
- NAMI National Minority Mental Health Awareness Month Toolkit
- Nurturing You – Illinois Perinatal Medicaid Site

Engage Patients and/or Community Partners to Provide Input on QI Efforts – Strategies from Birth Equity

For engaging patients and families in shaping services and improvement efforts.

- · ILPQC [30-60-90 Day Plan Template](#) to Engage Patient Partners
- · ILPQC [Steps to Engaging Patient Partners](#) Guide
- · [MoMMA's Voices](#)
- · ILPQC [Patient Family Engagement](#) Guide
- · ILPQC [Patient Advisor Toolkit and Webinar](#) Series
- · [Health Research & Educational Trust, Robert Wood Johnson Foundation, and American Hospital Association: Guide to help build community partnerships](#) – A Playbook for Fostering Hospital Community Partnerships

Respectful Care Resources:

For fostering partnerships and promoting respectful care practices

- · Respectful Care Breakfast [Planning Guide](#)
- · Respectful Care Breakfast [Planning Flyer](#)

Engaging Community Partners

For engaging community partners in shaping services and improvement efforts.

- · ILPQC [Doula Flyer](#)
- · Utilizing home visiting to support patient follow up

  - o DHS Home Visiting [office locator](#)

  - o ILPQC [Expanding Patient Access to Home Visiting handout](#)

  - o Illinois Home Visiting Collaborative

    - § **Home Visiting Program Search:** Home visiting provides family support and coaching through planned, regular visits with a trained professional. Home visiting is a voluntary program, and home visitors work with parents on practical parenting skills as well as family bonding before birth and as children grow up. Contact the individual programs for enrollment details and eligibility criteria.

- · [BrightPoint](#) is an organization that provides programming in the following areas: (1) parent support, (2) child welfare, (3) mental health and wellness, (4) early childhood care and education, and (5) youth services.

Driver 3: Screening & Assessment

- · **Description:** Enhance screening of PMH conditions in perinatal period.
- · **Structure Measures:**
  - o Establish protocol and workflow to screen all OB patients for PMH conditions with validated screening tools during delivery admission.

o   Share validated PMH screening tools and screening/treatment algorithms and process flow for linkage to PMH follow up with outpatient settings, such as OB outpatient care sites, FQHCs, Emergency Departments, and pediatric offices. Include utilization of IL Doc Assist for PMH clinical consultation, and IL MOMS Line to support patient linkage to follow up.

PMH Screening Tools

ACOG Recommended PMH Screening and Scoring Tools

- Combined Depression, Anxiety, Bipolar, and PTSD Screening Tools

  - Combined EPDS, (EPDS, MDQ, GAD-7, PC-PTSD-5)

    - Scoring Sheet EPDS, MDQ, GAD-7, PC-PTSD-5

  - Combined PHQ-9, (PHQ-9, MDQ, GAD-7, PC-PTSD-5)

    - Scoring Sheet PHQ-9, MDQ, GAD-7, PC-PTSD-5

- Individual Screening Tools

  - Depression Screening Tools

    - Edinburgh Postnatal Depression Screen (EPDS), 10 questions

    - Patient Health Questionnaire-9 (PHQ-9), 9 questions (Spanish and other languages) and Interpretation

    - PHQ-4: The PHQ-4 is a brief screening tool used to assess symptoms of depression and anxiety. It consists of four yes/no questions based on the Patient Health Questionnaire-9 (PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7) questionnaires.

      - If Q1+ Q2 score >3, perform enhanced anxiety screening (GAD-7)

      - If Q3 + Q4 score > 3, perform enhanced depression screening (PHQ-9, EPDS)

    - Anxiety Screening Tools

    - General Anxiety Disorder 7 Screen (GAD-7), 7 questions

    - General Anxiety Disorder 2 Screen (GAD-2), 2 questions: The Generalized Anxiety Disorder 2-item (GAD-2) is a very brief and easy to perform initial screening tool for generalized anxiety disorder

    - EPDS anxiety subscale (items 3,4,5)

      - Items 3,4 and 5 of the EPDS can be used for screening for anxiety

    - Bipolar Screening Tool

- · Mood Disorder Questionnaire (MDQ), 14 questions

· Supplemental Screening Tools

  o PCL-C for PTSD (screening is on page 3), 17 questions: The PCL is a standardized self-report rating scale for PTSD comprising 17 items that correspond to the key symptoms of PTSD. PCL-C is applied generally to any traumatic event. Includes algorithm for next steps after scoring screening tools.

  o Patient Safety Screener: Page 2 of Assessing Risk of Suicide. Reports thoughts of self-harm and/or +self-harm question on the EPDS/PHQ-9 (any response other than "never")

  o Assessing Risk of Harm to Baby: For patients reporting intrusive thoughts

  o City Birth Trauma Questionnaire: This questionnaire asks about the birthing person's experience during the birth of their most recent baby. It asks about potential traumatic events during (or immediately after) the labor and birth, and whether they are experiencing symptoms that are reported by some women after birth.

PMH Screening Algorithms and Workflows

ACOG PMH screening / assessment algorithms and workflows for providers caring for pregnant and postpartum patients

· Assessing Perinatal Mental Health Conditions Algorithm: To follow-up combined depression, bipolar, anxiety and PTSD screening.

· Assessment and Management of Bipolar Disorder and Psychosis

· ACOG Workflow for Perinatal Mental Health Care Template: This example workflow will prompt you to think through all of the pathway components and give you examples of verbiage to use when speaking with patients that you can customize for your practice.

· ACOG Perinatal Mental Health Practice Workflow Worksheet: Develop your practice-specific workflow by considering the questions posed and looking at the example provided, Workflow for Perinatal Mental Health Care. The example contains suggested verbiage to use when speaking with patients that you can customize for your practice.

· ACOG Depression Screening Algorithm for Pediatric Providers

Additional Algorithm and Workflow Resources
· Kansas Department of Health, Screening for Perinatal Mood and Anxiety Disorders (PDF)
· Kansas Department of Health, Crisis Intervention Following PMAD Screening (PDF)
· NPQIC Sample Screening Algorithm for EPDS and PHQ-9/GAD-7
· Perinatal Triage Algorithm: The Perinatal Triage Algorithm combines the Emergency Severity Index (ESI), the Maternal Early Warning System Triggers, and the AWHONN Maternal Fetal Triage Index into one algorithm for the care of perinatal patients.
· Screening for Anxiety Algorithm: The "Screening for Anxiety Flowchart" gives step by step instructions for screening all pregnant and postpartum patients who present to the ED for Anxiety
· Screening for Depression Algorithm: The "Screening for Depression Flowchart" gives step by step instructions for screening all pregnant and postpartum patients who present to the ED for Depression.

Screening Guidelines and Strategies

· ACOG Clinical Practice Guideline 4: [Screening and Diagnosis of Mental Health Conditions During Pregnancy and Postpartum](#)

· AWHONN Position Statement: [Perinatal Mood and Anxiety Disorders](#)

· AAP Pediatric PMH Screening Guidelines: [Integrating Postpartum Depression Screening in Your Practice in 4 Steps](#)

· Incorporating Recognition and Management of Perinatal Depression Into [Pediatric Practice](#)

· [NPQIC](#) Clinical Guidelines for Implementing Universal Perinatal Screening

· Maternal Mental Health NOW MMHN, Bringing Light to Motherhood: Perinatal Mental Health Community [Provider Toolkit](#) (**Pages 92-107** are medical provider screening, assessment and treatment resources)

Strategies, Screening Guidelines, and Algorithms by Setting

Labor and Delivery Setting

·   ACOG Workflow for Perinatal Mental Health Care Template: This example workflow will prompt you to think through all of the pathway components and give you examples of verbiage to use when speaking with patients that you can customize for your practice.

Outpatient (Prenatal / Postpartum)

·   Kansas Department of Health, Screening for Perinatal Mood and Anxiety Disorders (PDF)

·   Kansas Department of Health, Crisis Intervention Following PMAD Screening (PDF)

Emergency Department (ED) Setting

·   PHQ-4: The PHQ-4 is a brief screening tool used to assess symptoms of depression and anxiety. It consists of four yes/no questions based on the Patient Health Questionnaire-9 (PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7) questionnaires.

       o   If Q1+ Q2 score >3, perform enhanced anxiety screening (GAD-7)

       o   If Q3 + Q4 score > 3, perform enhanced depression screening (PHQ-9, EPDS)

·   Perinatal Triage Algorithm: The Perinatal Triage Algorithm combines the Emergency Severity Index (ESI), the Maternal Early Warning System Triggers, and the AWHONN Maternal Fetal Triage Index into one algorithm for the care of perinatal patients.

·   Screening for Anxiety Algorithm: The "Screening for Anxiety Flowchart" gives step by step instructions for screening all pregnant and postpartum patients who present to the ED for Anxiety

·   Screening for Depression Algorithm: The "Screening for Depression Flowchart" gives step by step instructions for screening all pregnant and postpartum patients who present to the ED for Depression.

Pediatric Setting

·   AAP Pediatric PMH Screening Guidelines: Integrating Postpartum Depression Screening in Your Practice in 4 Steps

·   Incorporating Recognition and Management of Perinatal Depression Into Pediatric Practice

·   ACOG Depression Screening Algorithm for Pediatric Providers

Hotline Resources

> · IL DocAssist [Provider Resources](#): Illinois DocAssist is a free, phone-based perinatal mental health and substance use disorder/addiction medicine clinical consultation line for providers.
> · IL DocAssist [2-sided](#) brochure
> · IL [Moms Line](#) on [ilpqc.org](#) and [northshore.org](#): IL MOMS line is a free, 24/7 hotline answered live by licensed mental health professionals to support patients, families and healthcare professionals. Provide support and navigation to mental health services with an emphasis on resources available through Medicaid. IL Moms Hotline Staff are trained in cultural humility and perinatal considerations.
> · IL MOMS Hotline [Slide](#) Promotion
> · IL MOMS Hotline [Flyer](#) *(English and Spanish. Also available in Arabic, Chinese, Polish, Russian and Urdu)*

Driver 4: Optimizing Treatment

· **Description:** Establish processes for assessing & treating PMH conditions in obstetric and other care locations.

· **Structure measures:**

o Establish protocols and process flow for treating positive PMH screens during delivery admission including treatment initiation algorithms using tiered assessment based on severity and risk of harm, include utilization of IL DocAssist for PMH clinical consultation.

Treatment Guidelines for OB Providers
· ACOG Clinical Practice Guideline 5: [Treatment and Management of Mental Health Conditions During Pregnancy and Postpartum](#)
Resources for Each Stage of the Treatment Process

- How to Talk to Your Patient About Mental Health and Treatment

- Before Starting Treatment of Perinatal Mental Health Conditions

    o Assessing Perinatal Mental Health Conditions

    o Assessment of Depression Severity and Treatment Options

    o Key Clinical Considerations When Assessing Maternal Mental Health

    o Recommended Steps Before Beginning Antidepressant Treatment Algorithm

        o Assessment and Management of Bipolar Disorder and Psychosis

- Treatment of Perinatal Mental Health Conditions

    o Starting Treatment for Perinatal Mental Health Conditions

    o Antidepressant Treatment Algorithm

    o Illinois DocAssist Perinatal Antidepressant Algorithm

    o Medication for the Treatment of Severe Postpartum Depression

- Follow-Up Treatment of Perinatal Mental Health Conditions

PMH Treatment Free Consultation Lines

- **IL DocAssist:** Illinois DocAssist is a free, phone-based perinatal mental health and substance use disorder/addiction medicine clinical consultation line for providers. Call (866) 986-2778. To speak with someone, contact IL DocAssist Monday through Friday, 9 am to 5 pm (CST), messages can be left nights and weekends for a call back next business day. Consults can also be scheduled through a form on the IL DocAssist website.

    o Problem-based consultations are provided for non-emergent situations.
    o Staff will complete a phone consultation usually within one business day.
    o The service is **free of charge** (paid for by the Illinois Department of Healthcare and Family Services)
    o Illinois DocAssist Brochure

- **PSI Perinatal Psychiatric Consult Line for Providers** - The PSI perinatal psychiatric consultation line is a service provided at no cost. The consultation line is available for medical professionals who are prescribers and have questions about the mental health care related to pregnant and postpartum patients and pre-conception planning. This consultation service is available for medical providers only.

o   PSI Fact Sheets and Flyers

PMH Medication Patient Education Resources
·   NIH Drugs and Lactation Database: The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. ·   MotherToBaby Webpage: MotherToBaby, a service of the non-profit Organization of Teratology Information Specialists (OTIS), is the nation's leading authority and most trusted source of evidence-based information on the benefit or risk of medications and other exposures during pregnancy and while breastfeeding.

Additional Resources
·   Policy Center, A Menu of Prevention and Treatment Options for Maternal Mental Health ·   PSI Postpartum Fact Sheet for Providers

PMH Treatment Billing Resources
·   PAPQC Depression Screening and Follow-Up Billing Codes ·   ACOG Coding for Perinatal Depression (Website) ·   ACOG Coding for Perinatal Depression (PDF)

Driver 5: Linkage to Resources

·   **Description:** Enhance linkage to mental health services for improved care coordination and innovations to reduce barriers to access.

·   **Structure measures:**

o   Establish protocols and process flow for referral to link patients who screen positive for PMH conditions, during delivery admission, to follow up behavioral health care and support, include utilization of IL MOMS Line to support patient linkage to follow up and navigation to mental health resources.

o   Identify and implement innovative strategies to address barriers to follow up behavioral health care for patients with both private and Medicaid health insurance, including at least one of the following: telehealth behavioral health services, technology/apps to support PMH, task sharing with nurses/community health workers trained to provide behavioral health care/support, home visiting programs, peer supports,

and/or other community resources that expand treatment and behavioral health follow up options.

Resources to Support Linkage to Behavioral Health Follow Up

ILPQC PMH Mapping tool *Coming Soon: A template to help hospitals develop a directory of local resources in addition to hotline resources above, including psychiatrists, therapy, and peer support options, as well as contact information.

Immediate Mental Health Support

· **IL Moms Line** on ilpqc.org and northshore.org**:** IL MOMS line is a free, 24/7 hotline answered live by licensed mental health professionals to support patients, families and healthcare professionals. Provide support and navigation to mental health services. *Particularly looks for Medicaid resources.*

 o IL MOMS Hotline Slide Promotion

 o IL MOMS Hotline Flyer *(English and Spanish. Also available in Arabic, Chinese, Polish, Russian and Urdu)*

· **IL DocAssist:** Illinois DocAssist is a free, phone-based perinatal mental health and substance use disorder/addiction medicine clinical consultation line for providers. Call (866)986-2778*.* To speak with someone, contact IL DocAssist Monday through Friday, 9 am to 5 pm (CST), messages can be left nights and weekends for a call back next business day. Consults can also be scheduled through a form on the DocAssist website.

· **Illinois Medication Assisted Recovery NOW HelpLine**
HelpLine: 833-234-6343 (24 hours a day)
Website: https://helplineil.org/app/home
Anyone in Illinois, including pregnant individuals, can call the program's helpline to be connected to a MAR NOW care manager for fast access to medication and counseling services for Opioid Use Disorder. The program makes it possible for anyone in need regardless of insurance or ability to pay to speak directly with a healthcare professional over the phone right away, receive a prescription or expedited, in-person appointment and obtain transportation assistance to the pharmacy or clinic and coordinated follow up – all initiated through one phone call.

· **Illinois Mental Health Crisis: CARES Hotline:** If you, your child, or someone you know is experiencing a mental health crisis or you have concerns for their immediate safety, or that they may require inpatient psychiatric treatment, please contact the Illinois **CARES Hotline** at 1-800-345-9049. The CARES Hotline is available **24/7, 365 days a year to both Medicaid and non-Medicaid customers***. A CARES Line worker will discuss the crisis with you and the eligibility of the person in crisis to determine if immediate Mobile* Crisis Response is

needed. *If eligible, CARES will send a Mobile Crisis Response worker who will respond to the place of the person in crisis within 2 hours.*

Provider Directories and Referrals

- **Post-Partum Support [Provider Directory](#)**

  o Visit the PSI online directory to find qualified perinatal mental health professionals and groups. Moms, families, and providers can now quickly and easily identify trained perinatal mental health providers in their area.

- **SAMHSA National Mental Health [Resource Finder](#)**

Referral and Information National Helpline: 1-800-622-HELP (4357)

Treatment Services Search: https://findtreatment.samhsa.gov/

A confidential and anonymous source of information for persons seeking treatment facilities for mental health or substance use problems.

Illinois Medicaid Behavioral Health Services

- **[IAMHP Behavioral Health Toolkit 2022](#):** As a member organization for the Medicaid managed care health plans, IAMHP works with the IL state government, legislators, advocacy groups and Medicaid patients to invest in and provide high-quality health care focused on cost-effective, individualized care that helps the residents of Illinois live longer and healthier lives. This behavioral health toolkit is a guide to the comprehensive behavioral health benefits covered in Illinois.

- **IL Medicaid Community-based [Behavioral Health Services](#) Webpage:**

If you are eligible for Medicaid services or are enrolled in an Illinois Medicaid Managed Care Plan, and you are looking for mental health or substance use recovery services, you can use the resources below to find a provider or appropriate programs or services:

  o The **[Service Provider Identification & Exploration Resource Database (SPIDER Database)](#)** allows users to search a specific area in the state for different types of agencies and services.

  o You can call your Managed Care Plan directly to find out which providers are covered. Managed Care Plan contact information can be found [here.](#)

Intensive Outpatient and Inpatient Perinatal Programs

- **[Ascension Intensive Outpatient Program](#)**

o   Ascension has in-person programming (where parents and babies can attend mental health programming together, including reproductive psychiatry) and virtual programming. The virtual program is available to any person residing (permanently or temporarily) in Illinois.

o   Ascension accepts all private insurance and some managed Medicaid products. For any patient who is unfunded or covered by insurance that they cannot accept, they have Ascension Foundation funds that may be approved to accept the patient into care.

o   There is a specific resource for a [Perinatal IOP.](#)

·   **Edward-Elmhurst Health:** The Linden Oaks location has various programs for Perinatal Mood and Anxiety Disorders. They have specialty programs for anxiety, depression, and PTSD, along with various levels of treatment offered (inpatient, Group therapy: Partial Hospitalization Program (PHP) or Intensive Outpatient Program (IOP), Counseling/Medication management, and Support groups

o   [Partial Hospitalization Program and Intensive Outpatient Program](#)

o   [Inpatient Program](#)

·   **UIC Women's Mental Health and Reproductive Psychiatry:** The Women's Mental Health Program at UIC for several years was the only program in Illinois to offer both inpatient and outpatient women's mental health services, including specific services to pregnant women. As home to one of the first Women's Mental Health Fellowships in the country, UIC is also dedicated to shaping the future of women's mental health education.

Peer Support

·   **Support Groups for Perinatal Depression:** Use the drop down to select a support group that can assist women and their families to address perinatal depression (during pregnancy and after delivery). The support groups are listed alphabetically, in county order. HFS will periodically update this list as resources change.

Innovative Strategies to Address Barriers to access for PMH Follow Up

- Telehealth Resources
  - o HRSA Maternal Mental Health Telehealth Resource Page
- Task sharing: Cross train nurses, doulas, community health workers to provide PMH treatment / therapy strategies
  - o SUMMIT Trial: This study aims to improve access to mental health care for pregnant women and new mothers by investigating cross training nurses, doulas, community health workers to deliver talk therapy that may reduce barriers and increase access.
    - · SUMMIT Trial Publication
- Technology / Online Resources
  - o MomMoodBooster App
  - o MamaLift and MamaLift Plus App – patient-facing perinatal mental health support app for new and expecting moms (MamaLift) and moms diagnosed with mild to moderate postpartum depression (MamaLift Plus).
  - o Postpartum Support International Resources
    - · PSI Peer Mentor Program
    - · PSI Online Support Groups and Subgroups
      - · *PSI offers over 50+ FREE and virtual support groups including the following:* Black Moms Connect, LatinX Moms, Queer and Trans, NICU, Pregnancy loss, Stillbirth, Fertility challenges, Birth Trauma, Birth Moms, OCD, Bipolar, Anxiety, Depression, Substance Misuse
      - · PSI Free Online Support Groups Overview Flyer
- Utilizing home visiting to support patient follow up
  - o DHS Home Visiting office locator
  - o ILPQC Expanding Patient Access to Home Visiting handout
  - o **Illinois Home Visiting Collaborative**
    - · **Home Visiting Program Search:** http://igrowillinois.org/find-a-program/ Home visiting provides family support and coaching through planned, regular visits with a trained professional. Home visiting is a voluntary program, and home visitors work with parents on

practical parenting skills as well as family bonding before birth and as children grow up. Contact the individual programs for enrollment details and eligibility criteria.

- Doula Support

  o   ILPQC Expanding Doula Access resource

  o   Pritzker Administration Announces New Medicaid Coverage for Certified Doula and Lactation Consultant Services

  o   Illinois Medicaid-Certified Doula Program

- Information on Collaborative Care Models for Perinatal Depression Support

  o   Collaborative Mental Health Care: This review discusses current research on the effectiveness and cost-efficiency of Collaborative Care. In addition, this paper discusses its ability to adapt to specific patient populations, such as geriatrics, students, substance use, and women with perinatal depression, as well as the significance of measurement-based care and mental health screening in achieving improved clinical outcomes.

  o   The Collaborative Care Model, American Psychiatric Association

  o   Daniel's Story: An Introduction to Collaborative Care

  o   Northwestern Medicine COMPASS Program: Our coordinated clinical care team includes a care coordinator, a perinatal psychiatrist, a maternal–fetal medicine physician, a licensed therapist and a clinical liaison to provide mental health care embedded within the prenatal care offices of the 14th floor of Galter.

Driver 6: Optimize SUD Care

- **Description:** Continue optimizing care of people with SUD through assessment & linkage to resources (DOPP, MAR NOW).
- **Structure measures:**

  o   Establish protocols for treating positive perinatal SUD screens in OB settings, including treatment initiation algorithms and process flows for utilization of IL DocAssist and MAR Now.

  o   Establish protocols for treating positive perinatal SUD screens in ER settings, including treatment initiation algorithms and process flows for utilization of IL DocAssist and MAR Now.

o   Improve risk reduction for SUD through participation in DOPP to access and distribute free Naloxone for pregnant/postpartum patients with a history of OUD/use of opioids during delivery admission and in emergency departments, and/or outpatient OB clinics or other community locations.

Resources for the Implementation of Narcan

· Implementation of DOPP Program at Your Site

o   [DOPP FAQ](#) Handout

o   [How to register your clinical site/hospital for DOPP](#)

o   IDHS/SUPR manages the Drug Overdose Prevention Program (DOPP), as legislated in the Substance Use Disorder Act, which allows hospitals, clinics, and community organizations to order Narcan kits (a form of naloxone) through the Access Narcan program at no cost distribute within their communities.

· [Narcan QuickStart](#) Guide - Education handout for patients, families, and community to accompany the Narcan kit

· [Hospital Access](#) Narcan Survey

o   Hospitals that receive Narcan through this program are required to comply with the grant requirement to submit data related to the distribution of naloxone through a mechanism developed by IDHS/SUPR.

· Additional Narcan Resources
   o   [Northwestern Medicine, How to Use Narcan for Overdose](#)
   o   Northwestern Medicine, [Common Signs of Overdose](#)
   o   [MOMs Initiative Resources](#)
      ·   [Talking to Moms: A 5-Step Guide to Successful Conversations](#)
      ·   Take-Home Naloxone Kits [Dispensing Guidelines](#)
      ·   Naloxone [Take Home Implementation Toolkit](#)
      ·   Naloxone [Take-Home Kits Tip Sheet](#) for Pregnant and Postpartum Patients
      ·   Naloxone [Tip Sheet](#) and FAQs
   o   [Saving Postpartum Lives](#): A Naloxone Toolkit for Nurses, Obstetrical Providers, and Pharmacists. OPQC, in collaboration with the EMPOWER project, developed a toolkit to enhance Narcan access and education for all postpartum patients.

Resources to Assist Implementation of MAR NOW and IL DocAssist

· **IL MAR Now:** The Illinois Helpline now offers medication on demand to IL residents seeking treatment for opioid use disorder (OUD) and alcohol use disorder (AUD). IL MAR Now also provides care coordination and follow-up services. Call 833-234-6343 (24 hours a day).
    o   IL MAR Now Factsheet
    o   IL MAR Now Cards and Posters
    o   IL MAR Now Magnets
    o   IL Helpline Information Flyer
· **IL DocAssist:** Illinois DocAssist is a free, phone-based perinatal mental health and substance use disorder/addiction medicine clinical consultation line for providers. Call (866)986-2778. To speak with someone, contact IL DocAssist Monday through Friday, 9 am to 5 pm (CST), messages can be left nights and weekends for a call back next business day. Consults can also be scheduled through a form on the DocAssist website.
    o   IL DocAsisst 2-sided Brochure

Patient Resources

· Peer Support
    · SUPR Peer Recovery Support Service Providers: Like the original Access to Recovery (ATR) program in Illinois, and the subsequent ATR-II, III, and IV, the Peer Recovery Support Service providers will provide client choice among peer recovery support service providers, as well as to expand access to a comprehensive array of peer recovery support options, including referrals to Recovery Community Organizations (RCO's) and other peer recovery support service providers.
    · Pregnant and Parenting Women with Opioid Use Disorder (PPW-OUD) Program
    · Alcoholics Anonymous
    · Narcotics Anonymous
    · SMART Recovery
· Prescription Pain Medicines and Pregnant Women
· Treatment Summary for Patients
· Neonatal Abstinence Syndrome (NAS)
    · Neonatal Abstinence Syndrome Fact Sheet
    · Neonatal Abstinence Syndrome: What you need to know
· Contraceptive Counseling for Women with OUD
· Academy of Perinatal Harm Reduction Pregnancy and Substance Use: A Harm Reduction Toolkit

Provider Education

Provider Education Campaign

· <u>ILPQC Mothers and Newborns affected by Opioids (MNO)-OB eModules for Providers and Nurses</u>

    o   MNO-OB <u>Provider</u> eModule

    o   MNO-OB <u>Nursing</u> eModule

· <u>ILPQC MNO Provider Education Campaign Posters to raise awareness of OUD as the leading cause of maternal mortality</u>

    o   <u>Save a Mother's Life</u> - Provider Poster

    o   <u>What Every OB Provider Needs to Know</u> - Provider Poster

    o   <u>MNO OB Office Posters</u>

    o   <u>Narcan Education for Providers</u>

· Provider Education on the Use of Naloxone

    ·   <u>Angel's Story - A moving short patient story demonstrating the need for optimized OUD care for pregnant patients, including reducing stigma and the lifesaving role of providing Narcan to all at-risk patients / families.</u>

    ·   <u>The Naloxone Project</u>

· <u>Academy of Perinatal Harm Reduction: This website provides evidence-based, stigma-free education and support.</u>

    ·   <u>Pregnancy and Substance Use: A Harm Reduction Toolkit</u>

    o   <u>Maternal Mental Health Hotlines</u>

· <u>Screening, Brief Intervention and Referral to Treatment (SBIRT) Simulations and Trainings</u>

    o   <u>SBIRT Simulations Guide</u> – includes 4 case studies with sample screening tools and participant assessments.

    o   How to <u>Implement SBIRT:</u> Processes, Tips, and Examples from the Field

    o   <u>Implementing SBIRT</u> Training: An Effective Approach to Care

    o   <u>Health Knowledge SBIRT</u> Course Directory

· <u>Resources Around Language</u>

    o   MCPAP for Moms, Non-Stigmatizing Language <u>Fact Sheet</u> for SUD

    o   National Federation of Families, Reframing Language <u>Infographic</u>

· <u>Management of Pain</u> During and After Delivery

· <u>Summary</u> of Impact and Management of Substance Use during the Perinatal Period

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Screening, Assessment, and Treatment of Perinatal SUD

- Screening Tools
  - 5 P's Prenatal Substance Abuse Screening Tool
  - NIDA Quick Screen Tool
  - Institute for Health and Recovery Integrated Screening Tool
- Screening and Brief Intervention for Substance Use in Pregnancy
- Assessment of Substance Use in Pregnancy
- Treatment
  - Treatment Options for Perinatal Substance Use Disorders
  - Choosing a Medication for the Treatment of Opioid Use Disorder
- Additional screening, assessment, and treatment resources
  - Pregnant/Postpartum Patient OUD Algorithm for Emergency Departments
  - OUD Screening Methods for ED Providers
  - OUD Screening Methods for Perinatal Providers

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[RA1]"Thank you to the wave 1 team for reviewing the data forms and measures"

[RA2]Work on this based on language from key strategies diagram

[RA3]this is great - make sure to hihglight the important things in each structure measure; i.e. for SUD need to highlight MAR Now and DOPP

[RA4]look at BE in redcap

[RA5]create page for this

[RA6]Which part should I include?

[RA7]Label the front page of each to differentiate

[RA8]print out full thing