



# INNOVATIVE STRATEGIES TO ADDRESS BARRIERS TO PERINATAL BEHAVIORAL HEALTH CARE



## IDENTIFYING TELEHEALTH PROVIDERS

### HRSA Maternal Mental Health Telehealth

Telehealth can help expectant and new moms with mental health issues including depression, anxiety, and other mental health concerns.



### SPIDER Database

Allows Medicaid patients to search a specific area in Illinois for different types of agencies and services, including telehealth providers.



### PSI Provider Directory

Database for mental health therapists, healthcare providers, psychiatrists, etc. trained in PMH. Patients can search for telehealth providers in Illinois.



## TECHNOLOGY-BASED RESOURCES

### MomMoodBooster App

An online program designed to help women reduce their symptoms of perinatal depression available for your hospital to purchase.



### MamaLift and MamaLift Plus app

A patient-facing perinatal mental health support app for new and expecting moms.



### PSI Online Support Groups

PSI offers over 50+ FREE and virtual support groups for various groups of individuals.



### Take Ten 815 With CredibleMind

Free, online platform that provides self-care tools improve your mental wellbeing.



## TASK-SHARING FOR PERINATAL MENTAL HEALTH

### SUMMIT Trial

This study provided evidence for task-sharing by cross training nurses, doulas, and community health workers to deliver talk therapy to improve access to mental health care for pregnant women and new mothers.



### Mothers and Babies Program

Mothers and Babies is an evidence-based intervention for pregnant women and new parents to help manage stress and prevent postpartum depression. Any clinic- or community-based provider can be trained to implement this intervention.



## UTILIZING HOME VISITING FOR PATIENT SUPPORT

### DHS Home Visiting

Search for a DHS Office or Service where patients can be connected to support patient follow up.



### Expanding Patient Access to Home Visiting

ILPQC handout on the importance of home visiting with various resources.



### Illinois Home Visiting Collaborative

Illinois developed a robust statewide home visiting system to improve the life trajectory of expectant and new families.



## UTILIZING DOULA CARE FOR PATIENT SUPPORT

### Expanding Doula Access

ILPQC handout on how to expand access to doulas in the hospital.



### IL Medicaid Coverage for Doula Services

Pritzker Administration announces Medicaid coverage for doula and lactation consultant services.



### Medicaid-Certified Doula Program

This program is for experienced doulas to become Medicaid-Certified doulas.

