



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.



Mammha

Mammha provides PMH screening, care coordination, and telehealth mental health services, along with an app and peer support groups.



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.



iGrow Illinois Home Visiting Program

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.



DoulaMatch.net

Helps expectant families quickly and efficiently find doulas who are available during their due dates.



Medicaid-Certified Doula Program

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

