

# Perinatal Mental Health (PMH) Initiative

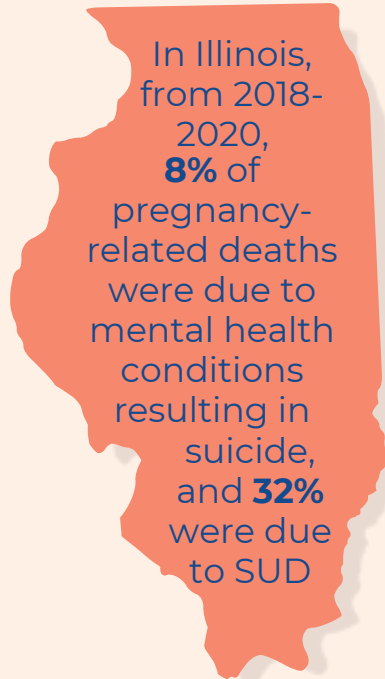


## THE PROBLEM



**1 in 5 mothers** experience depression or anxiety during pregnancy or postpartum

Latina and Black women are **57%** and **41%**, respectively, less likely to receive treatment for maternal depression than other race/ethnicity groups.



- **Less than 15%** of women with maternal depression during pregnancy or postpartum receive treatment
- **Less than 9%** of women with maternal depression receive adequate treatment

Sources: Illinois Department of Public Health. (2023); Policy Center for Maternal Mental Health (2023)

## Perinatal Mental Health Initiative

**What is PMH?** Building upon the foundational work of the ILPQC Birth Equity initiative and the Mothers and Newborns affected by Opioids Initiative, the PMH Initiative works to improve education on perinatal mental health conditions for clinical staff, patients and families as well as improve processes for screening, assessing, counseling on treatment options (therapy, medication or both), providing treatment, and close OB follow-up for mental health conditions during pregnancy, delivery and postpartum. Our goal is optimal PMH care for every patient, every time.

## AIMS OF THE PMH INITIATIVE

**Greater than 70%**  
of Illinois birthing hospitals

**ACTIVELY PARTICIPATING IN THE PMH INITIATIVE**

**Greater than 70%**  
of PMH hospital teams

**ACHIEVING KEY STRATEGIES OF THE PMH INITIATIVE**

**Greater than 80%**  
of pregnant women with current PMH conditions  
**OFFERED/PROVIDED TREATMENT (THERAPY AND/OR MEDICATION) AND CONNECTION TO FOLLOW-UP CARE PRENATALLY OR BY DELIVERY DISCHARGE**

# Perinatal Mental Health (PMH) Initiative

## KEY DRIVERS & STRATEGIES OF THE PMH INITIATIVE

### Provider Education & Engagement

Educate all providers on screening & treating patients with PMH conditions using a patient centered, trauma-informed care approach.



### Patient and Community Education & Engagement

- Educate patients on PMH conditions, warning signs and hotline resources.
- Collaborate with patients & communities and identify community-based resources.



### Key Systems Change



### Optimizing Treatment

Establish processes for assessing & treating PMH conditions in obstetric and other care locations.

### Linkage to Resources

Enhance linkage to mental health services for improved care coordination and reduce barriers to access.



### Screening & Assessment

Enhance screening of PMH conditions in perinatal period.



### Ongoing SUD Work

Continue optimizing care of people with SUD through assessment & linkage to resources (DOPP, MAR NOW)

## KEY STEPS TO PROVIDING OPTIMAL PMH CARE

1. Counsel on options and offer treatment (therapy, medication, or both)
2. Provide warm handoff for therapy, behavioral health care follow up
3. Schedule close OB follow-up within 2 weeks
4. Provide patient with educational resources and support services for PMH

## PARTICIPATION IN THE PMH INITIATIVE

**77 ILPQC hospitals are actively participating in the PMH initiative by:**



Submitting **monthly hospital and patient level data** to track initiative progress



Attending **monthly PMH webinars** to move through the 6 key PMH strategies together



Receiving **QI support** from ILPQC through 1-on-1 calls, office hours, toolkit resources, and newsletters



Illinois Perinatal Quality Collaborative (ILPQC) is a statewide network of clinicians, nurses, hospitals, patients, public health leaders, and policymakers that aims to equitably improve outcomes and reduce disparities for mothers and babies. ILPQC provides opportunities for collaborative learning, rapid-response data display, and quality improvement (QI) support to achieve the initiative aims in each participating hospital.

Thank you to our **FUNDERS:**

- Centers for Disease Control and Prevention
- Illinois Department of Public Health
- Illinois Department of Human Services
- Health Resources and Services Administration

ILPQC developed PMH with **KEY STAKEHOLDERS:**

- Perinatal Mental Health Advisory Workgroup
- Obstetric Advisory Workgroup
- Obstetric Community Advisory Board

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