



Perinatal Mental Health Outpatient Packet User Guide

Hospital teams are asked to share the Perinatal Mental Health Outpatient Packet with affiliated outpatient sites. Please share the user guide, key resources, and revised draft letter as appropriate.

List of Resources Included in Perinatal Mental Health Outpatient Packet

- PMH Treatment Algorithms Packet (Laminated on ring)
- PMH Resource Mapping Tool
- PMH Warm Handoff Resources
- PMH Purple Folder
 - Provider resources
 - Starting Treatment for Perinatal Mental Health Conditions
 - IL DocAssist Flyer
 - Assessing Perinatal Mental Health Conditions Algorithm
 - Follow-Up Treatment of Perinatal Mental Health Conditions
 - Quick reference guide for Behavioral Health Resources
 - Innovative Strategies to Address Barriers to Mental Health
 - Edinburgh Postnatal Depression Scale (EPDS) screening tool
 - PHQ-9 and GAD-7 screening tools
 - MDQ Bipolar Screening tool (additional screen used before starting treatment for depression or anxiety)
 - Assessing Risk of Suicide and Patient Safety Screener
 - Assessing risk of harm to baby
 - PTSD screening tool
 - IL MAR Now Flyer
 - Home Visiting Resource Flyer
 - Doula Information Flyer
 - Patient resources

- IL MOMS Line Flyer in English and Spanish
- IL MAR Now Flyer
- March of Dimes, Postpartum Depression and Other Mental Health Challenges
- Managing Perinatal anxiety
- NIH, Talk About Depression and Anxiety Infographic
- PSI Factsheet
- PSI Free Online Support Groups Overview Flyer
- New Mom Mental Health Checklist

Actions recommended to provide optimal perinatal mental health care for your pregnant and postpartum patients:

1. Make copies of the **patient education materials** attached and distribute to prenatal and postpartum patients
 - a. **Distribute information about IL MOMS Line** and other hotlines, as well as Perinatal Mental Health peer support groups (such as Postpartum Support International) for patients who have screened positive or have a history of or risk factors for perinatal mental health conditions
 - b. Distribute education resources to patients, families and support people
 - c. Post flyers in patient spaces for: **IL MOMS Line, PSI peer support groups, MAR Now**
2. Provide OB providers and OB nurses with **Perinatal Mental Health ACOG training e-module** available in the ILPQC PMH Toolkit. Specific perinatal mental health e-module for emergency department clinical staff is also available.
3. Make sure OB providers have easy access to **IL DocAssist flyer** to call (M-F 9AM – 5pm) for support with perinatal mental health and / or substance use disorder treatment plans / medication start or dose adjustment.

- a. Ask all OB/ER providers to register for IL DocAssist to speed up future clinical



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4. Review attached **perinatal mental health screening tools and confirm there are workflows in place for both depression and anxiety screening** for prenatal and postpartum patients. Have MDQ bipolar screening tool available, to be added for patients who screen positive for depression or anxiety before starting treatment. Consider screening for PTSD / obstetric trauma.
5. Make copies of the **ILPQC PMH Treatment Algorithms packet and Quick Reference Guide for Perinatal Behavioral Health Resources**, laminate, punch a hole in the corner and place on a binder ring and hang on bulletin boards or on hook on side of computer terminal or other locations near where your OB providers chart. Make sure providers have each access to these resources when patients screen positive, will help providers start PMH medication and timing of close OB follow up (within 2 weeks), and also will provide resources for warm handoffs to therapy / follow up behavioral health care, IL MOMS Line, home visiting, PSI peer support groups or other supports.
6. Review the **Innovative Strategies to Address Barriers to Perinatal Behavioral Healthcare** and consider strategies you can use with your clinical team to reduce barriers to linking patients with perinatal mental health conditions to follow up behavioral health care.
7. Refer to the attached **PMH Purple Folder** for additional resources.
8. ****Make multiple copies of the PMH Purple Folder and have available in your clinical space for accessible resources.** Pull a PMH Purple Folder whenever you have a +PMH screen, provides helpful resources for the clinical team to provide optimal PMH care and resources for patients who screen positive for perinatal mental health conditions during pregnancy or postpartum. Make a plan to regularly make more folders to keep on hand**
9. **Register for the DOPP program to hand out free Narcan kits** to patients who have been prescribed opioids, have a history of opioid use disorder or other risk factors for overdose.