

# ***Perinatal Mental Health Support In Alabama: Current Resources & Supports***

Dr. Holly Horan

Jefferson County MCH Roundtable Quarterly meeting

December 6<sup>th</sup>, 2023

# Alabama Maternal Mortality Review Committee

*1. PROPERLY SCREEN FOR CONDITIONS (including mental health and substance use disorders, signs of severe maternal morbidity and mortality, chronic conditions) during pregnancy and throughout postpartum*

**Mental health and substance use disorders were identified as key contributors in almost half of pregnancy-associated and pregnancy-related deaths.**

# Postpartum Support International: Alabama Chapter

<https://psichapters.com/al/#toggle-id-1>

Served since 2020

## **What we do:**

Climb Out of the Darkness

Social Media & Event Outreach

Training, education, & scholarships ([PMH-C credentialing](#))

Collaboration

# Perinatal Mood and Anxiety Disorders: Data

- Affect 600,000 – 900,000 birthing persons annually
- **60%** of women who experience postpartum depression also have **preexisting comorbid psychiatric conditions**
- **< 30%** of women who screen positive for PMAD seek or receive treatment
- **Perinatal depression** affects approximately 1 in 7 pregnant people
- **Perinatal anxiety** affects approximately 11%-to-21% of people
  - **19%** of those with PD/PA express ideations of **self-harm**
- **Up to 20% of maternal deaths are suicide – more common than deaths from hemorrhage or hypertensive disorders**

# Racial Disparities in PPMAD

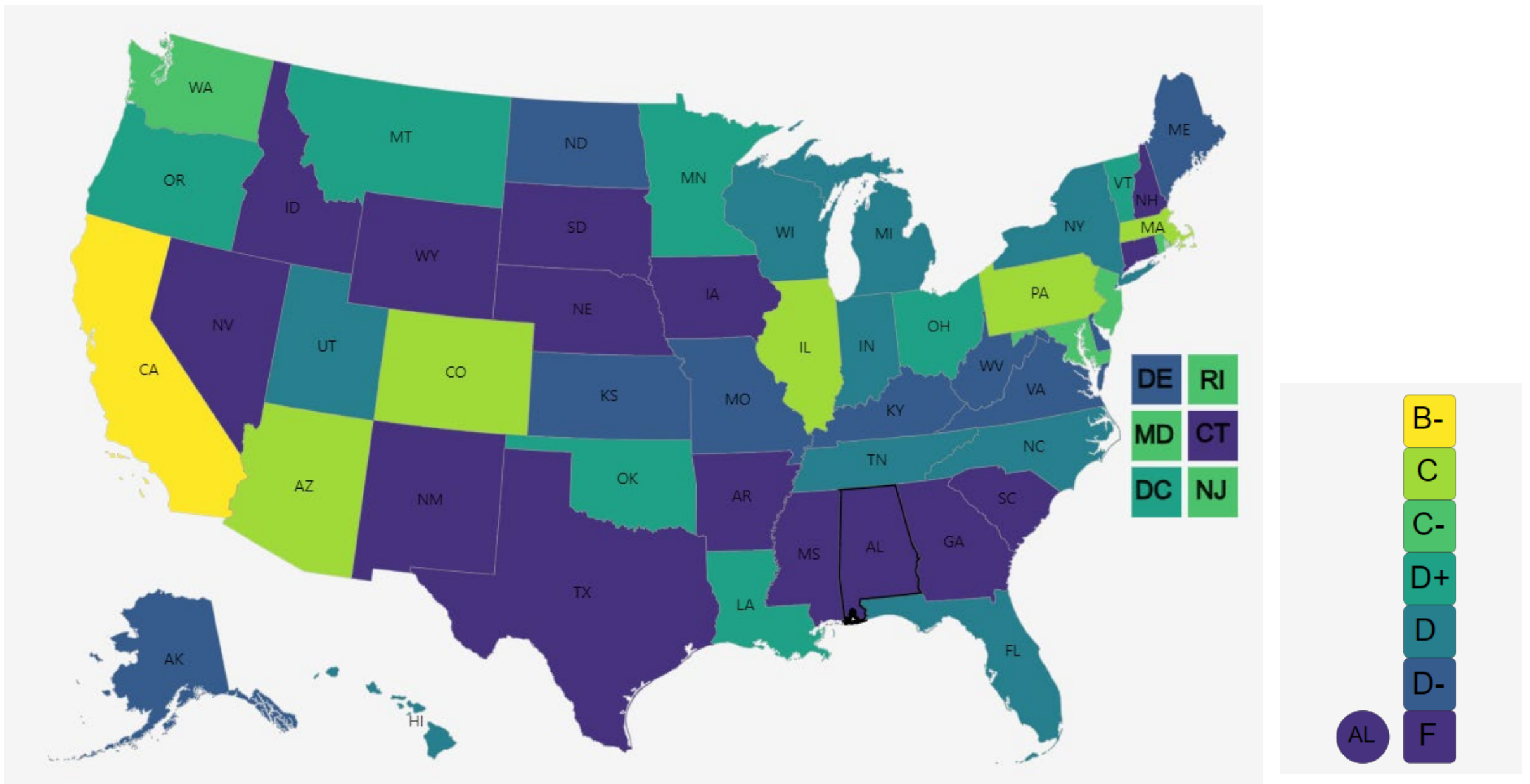
Rates of perinatal depression in African American and Hispanic women can be attributed to:

- lack of socioeconomic support
- lack of access to care
- history of trauma
- previous bouts of depression

Racial disparities are exacerbated by:

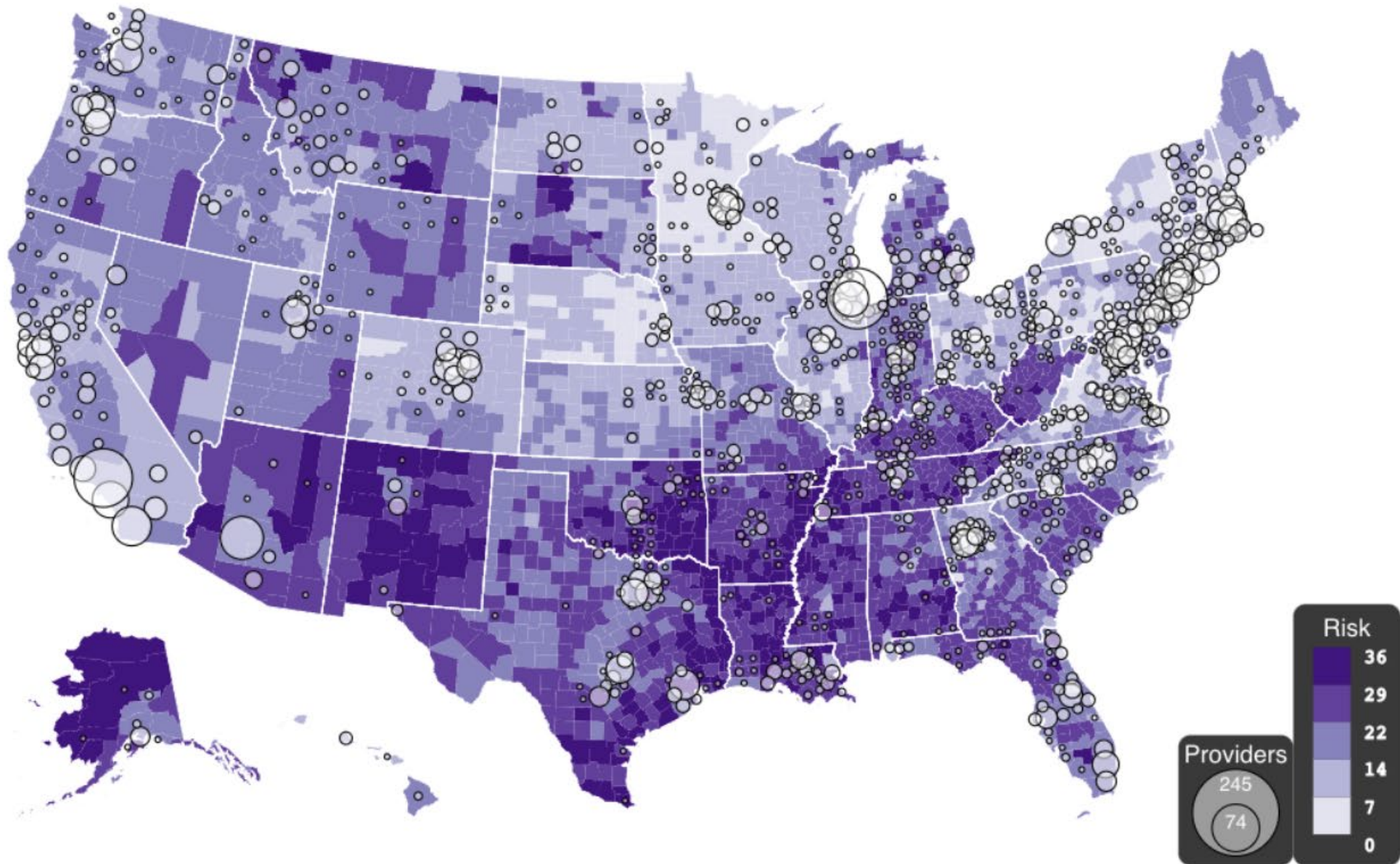
- a lack of proximity to services
- lack of health insurance
- stigmas related to mental health conditions
- a general mistrust of healthcare providers

**4 out of 10 African American mothers experience barriers in completing their postpartum visits and therefore may not receive adequate care or support for PMAD or other medical conditions**



Source: <https://state-report-cards.mmhmap.com/>





Source: <https://www.mmhmap.com/>

# Maternal Mental Health Report Card: AL

Source: <https://state-report-cards.mmhmap.com/>

Three overarching criteria:

1. Providers and programs – Grade “F”
2. Screening & Screening Reimbursement – Grade “F”
3. Insurance Coverage and Treatment Payment – Grade “D”
  - Postpartum Medicaid Extension!



# State Recommendations

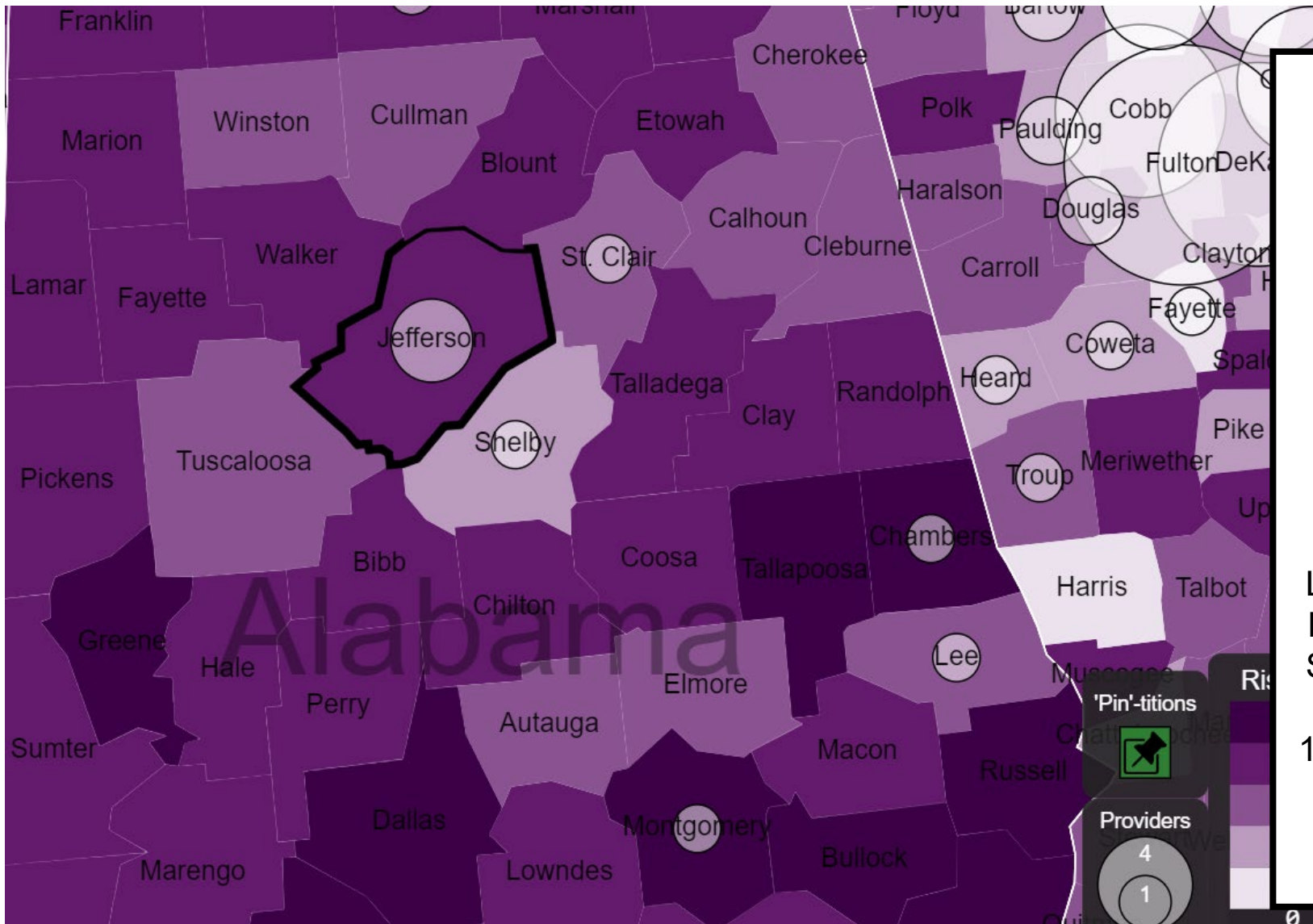
1. Form a Cross-Sector Commission to Study and Develop a State Strategic Plan
2. Declare May Maternal Mental Health Awareness Month
3. Medicaid Agencies Can Require Plans to Report Maternal Depression HEDIS Measures
4. Medicaid Agencies Can Promote Reimbursement Strategies for Maternal Mental Health for Obstetricians and Midwives
5. Require Health Plans/Insurers to Develop Quality Management Programs
6. Propel Peer Support Specialists for Maternal Mental Health
7. Support Community Based Organizations
8. Require Health Plan/Insurer Coverage of Group Maternity Care, Birth Doulas, Postpartum Doulas, and Home Health Nursing Care

# State Recommendations

***“The states are where the rubber meets the road with health policy.”*** –  
Source: <https://www.2020mom.org/2023-maternal-mental-health-roadmap#State%20Opportunities>

## **What successful states are doing:**

- May Maternal Mental Health Awareness Month
- Mandating screening
- State Medicaid agencies reimbursing obstetricians and pediatricians for screening.



Risk Factor Score: 23  
 PMH Providers: 3  
 Est. Annual Births: 8,067  
 Provider Ratio: .37  
 Provider Shortage Gap: 37

Barrera CM, Kramer MR, Merkt PT, Petersen EE, Brantley MD, Eckhaus L, Beauregard JL, Goodman DA. County-Level Associations Between Pregnancy-Related Mortality Ratios and Contextual Sociospatial Indicators. *Obstet Gynecol.* 2022 May 1;139(5):855-865. doi: 10.1097/AOG.0000000000004749. Epub 2022 Apr 5. PMID: 35576344; PMCID: PMC9015027.

Source: <https://www.mmhmap.com/>

# Postpartum Support International (PSI) Resources



## Find a Trained Provider

Visit the PSI online directory to find qualified perinatal mental health professionals in your area.



## Call or Text our HelpLine 1-800-944-4773 (4PPD)

#1 En Español or #2 English; Text in English: 800-944-4773; Text en Español: 971-203-7773



## National Maternal Mental Health Hotline

Call or Text 1-833-943-5746 (English and Spanish) – 24/7, Free, Confidential Hotline for Pregnant and New Moms. Interpreter Services are available in 60 languages. (US Only)



## Find a PSI Volunteer

Fill out this form to connect with a local PSI volunteer near you.



## PSI Help Resources

PSI offers online support groups, chat with an expert, a peer mentor program and more.



## PSI Provider Directory

Postpartum Support International offers an online directory of qualified perinatal mental health professionals. Join the registry and share your listing.



## Perinatal Psychiatric Consult Line

This service is provided for medical professionals who have questions about the mental health care related to pregnant and postpartum patients and pre-conception planning.



## Perinatal Mental Health Certification (PMH-C)

The PMH-C Program creates a structure for professional education and evaluation, and a standardization of training and experience to inform families and payers of perinatal mental health specialists.

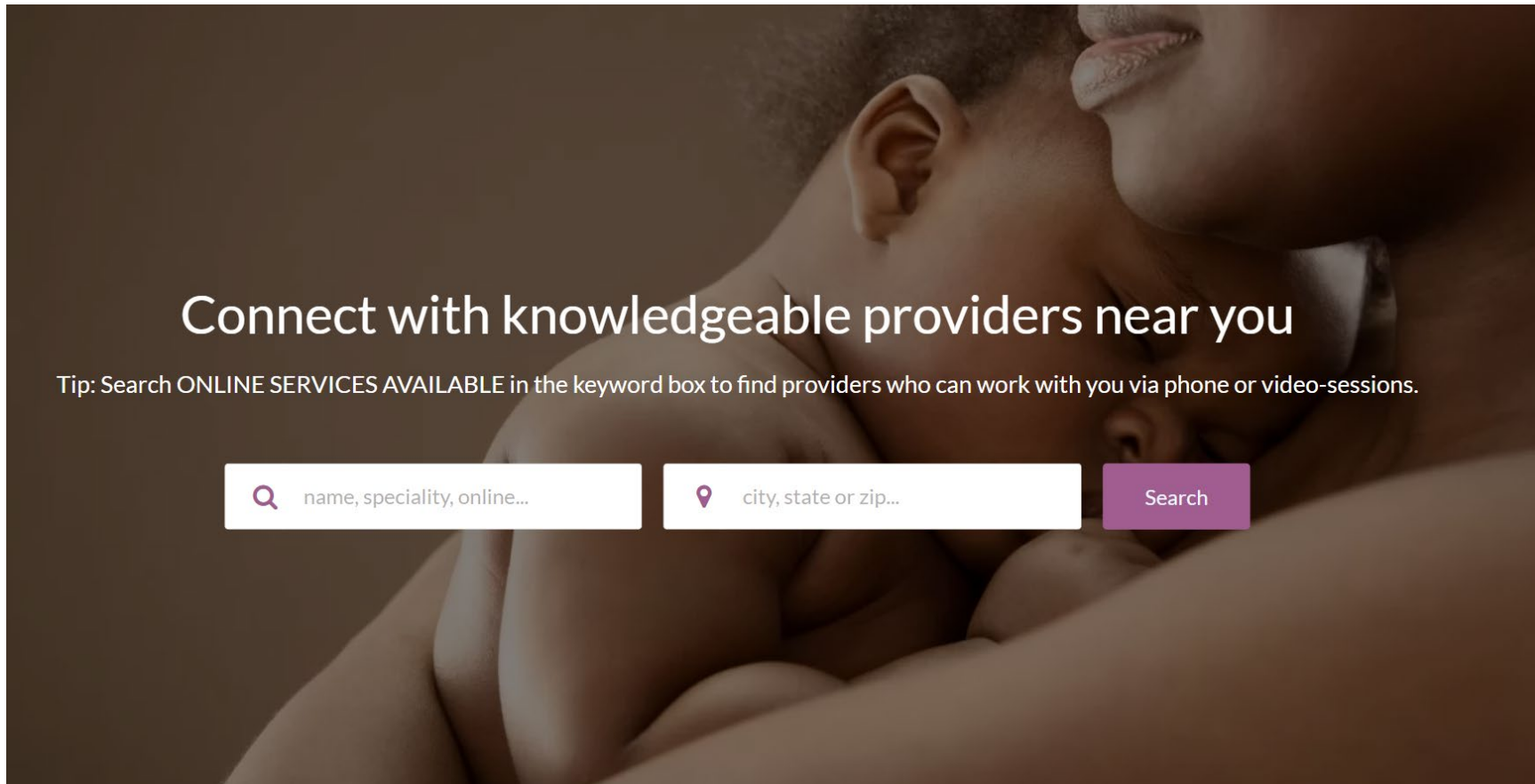


## Training Sessions

PSI provides top-notch education and training for professionals both in-person and online allowing you to serve your patients with confidence.

# PSI Provider Directory

<https://psidirectory.com/> - Search “Jefferson County, Alabama”



# APOYO DE PSI – Español

<https://www.postpartum.net/en-espanol/>

APOYO DE PSI PARA LAS FAMILIAS HISPANO PARLANTES

## Consigue ayuda

Llame al 1-800-944-4773 (4PPD), #1  
Mensaje de texto 971-203-7773

Formulario En Línea

*Contáctenos para obtener información, apoyo y recursos gratuitos. Puedes llamar, mandar un mensaje de texto o llenar el formulario en línea. Una voluntaria de PSI se comunicará contigo en un lapso de 48 horas.*

## En Español

Para Familias

- [Apoyo de PSI para las familias hispano parlantes](#)
- Grupos de Apoyo en Español
- Plan de posparto
- Recursos de Ayuda
- Conozca los Síntomas

# PSI Initiatives

## Fundraising & Initiatives

### Climb Out Of The Darkness

Every year, PSI hosts Climb Out Of The Darkness, a movement that invites people from all over the world to host local walks and events to spread awareness of mental health challenges of new families.

Join or Host a Climb

### Mind the Gap

Mind the Gap is a National Initiative led by Postpartum Support International and a broad-based stakeholder coalition comprised of leading experts from national professional and advocacy organizations.

Join the Movement

### Perinatal Mental Health Alliance for People of Color

The Perinatal Mental Health Alliance for People of Color (PMHA-POC) bridges the gap in perinatal mental health support services for birthing persons, providers, and communities of color.

Learn More

Source: <https://psichapters.com/al/#toggle-id-1>



**Thank you!**  
**hhoran@uabmc.edu**