Perinatal Mental Health Learning Community

Group Office Hours: March 19, 2020 12 – 1 p.m.
Housekeeping

- All lines are muted.
- Raise your hand to speak.
- Use “Chat” to make comments or ask questions.
Our Team

Julia Slininger
Program Manager,
PMH Learning Community
Hospital Quality Institute

Staci Grabill
Program Coordinator
PMH Learning Community
Hospital Quality Institute

Barbara Sheehy
System Director, Perinatal
Behavioral Health
CommonSpirit Health

Kelly O’Connor-Kay
Executive Director,
Maternal Mental Health NOW

Gabrielle Kaufman
Clinical Director,
Maternal Mental Health NOW

Anna King
Clinical Training Specialist,
Maternal Mental Health NOW

Boris Kalanj
Director of Programs,
Hospital Quality Institute
Perinatal Mental Health Learning Community

The Perinatal Mental Health (PMH) Learning Community provides California hospitals with education, technical assistance, and peer support to strengthen perinatal mental health. The program assists hospitals to comply with Assembly Bill 3032, the Maternal Mental Health Conditions law. The program is administered by HQI, funded by California HealthCare Foundation and delivered in collaboration with Maternal Mental Health NOW and CommonSpirit Health.

Webinar Series

- Upcoming Webinars
- Past Webinars
Timeline – *Perinatal Mental Health Learning Community*

**Education and Technical Assistance (Feb ’20 - Dec ‘21)**
- Group Office Hours (2020: Mar, May, Jul, Sept, Nov; 2021: Jan, Mar, May, Jul, Sept, Nov)
  - 1:1 Technical Assistance (on demand)
  - In-Person Regional Events (Nov ‘20)

**Training Tools and Resources (Apr ‘20 – Dec ‘21)**
- E-learning module and quick reference guide for staff
- E-learning module for patients
- Brochure template
AB-3032: Hospitals Maternal Mental Health Act

• It requires all birthing hospitals in California to provide education and information to postpartum people and their families about maternal mental health conditions, post-hospital treatment options, and community resources.

• All regular staff in labor and delivery departments (e.g. registered nurses and social workers) must receive education and information about maternal mental health disorders.

• Hospitals can offer additional services to ensure optimal care.

Law became effective on January 1, 2020.
Levels of PMH Programming

**PMH 101:** Deployment of training – online or other.

**PMH 102:** Documented policies and procedures regarding patient and provider education, including a list of referral resources.

**PMH 103:** Implementation of comprehensive education, screening and referral program for maternal mental health disorders, including data collection.
Webinar Objectives

Overall Objectives of Group Office Hours:
1. Explore webinar topics in greater depth
2. Receive practical implementation guidance
3. Peer-to-peer exchange

Agenda for today:
• Check in about how you all our doing in light of COVID-19.
• Review findings of the baseline hospital survey on the current state of perinatal mental health patient education, screening, and referral practices.
• Discuss gaps and promising improvement strategies.
COVID – 19: How are You Doing?
Baseline Hospital Survey – Key Results
Types of Patient Education Resources Hospitals Offer

- **Verbal Information**: 90%
- **Brochures**: 80%
- **Online Resources**: 42%
- **Posters/Displays**: 27%
- **Apps**: 16%
• 47% of respondents said their hospital reliably tracks which patients have received education about perinatal mental health disorders.

  53% do not reliably track

• Among those who track, 85% say that “most” or “all” patients receive some form of education.
Support Needed to Improve Patient Education

- Very Little Support: 12%
- Some Support: 68%
- Substantial Support: 19%

Hospital Quality Institute
Types of **Employee** Education Hospitals Offer

- **Signs and Symptoms of PMH Disorders**: 73%
- **How to Screen for PMH Disorders**: 71%
- **How to Refer, and Referral Resources**: 59%
- **How to Talk with Patients about PMH Disorders**: 36%
Support Needed to Improve Employee Education

- Very Little Support: 11%
- Some Support: 63%
- Substantial Support: 26%
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Hospital screens women in the perinatal period for mental health disorders?</td>
<td>83%</td>
<td>17%</td>
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<tr>
<td>Hospital has written procedures and protocols in place about screening and referrals?</td>
<td>32%</td>
<td>68%</td>
</tr>
<tr>
<td>Hospital reviews data on screening rates?</td>
<td>31%</td>
<td>69%</td>
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➢ Of those who review data, 80% screen all patients
<table>
<thead>
<tr>
<th>Tool</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>EPDS</td>
<td>76%</td>
</tr>
<tr>
<td>PHQ2</td>
<td>10%</td>
</tr>
<tr>
<td>PHQ9</td>
<td>22%</td>
</tr>
<tr>
<td>GAD7</td>
<td>4%</td>
</tr>
<tr>
<td>OTHER</td>
<td>17%</td>
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Support Needed to Improve Screening Practices

- Very Little or No Support: 17%
- Some Support: 63%
- Substantial Support: 19%
77% of hospitals offer information to patients about support groups, counselors, or other services.

How confident are you that this information for patients is up-to-date and accurate?

- Very Confident: 35%
- Somewhat Confident: 39%
- A Little Confident: 17%
- Not at All Confident: 9%
Hospital Provides Resources for **Staff** to Help with Referral

- **Lists of Support Groups**: 60%
- **Contact Info for In-House Providers & Resources**: 76%
- **Contact info for Community-Based Providers & Resources**: 70%
- **Lists of Community Organizations**: 77%
- **Other Resources**: 51%

**How confident are you that this information for staff is up-to-date and accurate?**

- **Very Confident**: 39%
- **Somewhat Confident**: 41%
- **A Little Confident**: 9%
- **Not at All Confident**: 11%
Next Steps

Next Webinar: April 16, Noon - 1 p.m.
  • *Topic: Staff Education & Review of New Online Resources Developed by Our Program*

Next Group Office Hours: May 15, 12 – 1 p.m.