Perinatal Mental Health Learning Community
Webinar August 20, 2020  12 – 1 p.m.

Developing Referrals and Community Resources
Housekeeping

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

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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.

https://www.hqinstitution.org/post/perinatal-mental-health-learning-community
Timeline – *Perinatal Mental Health Learning Community*

**2020**

- **Jan**
- **Apr**
- **Jul**
- **Dec**

**2021**

- **Jan**
- **Jul**
- **Dec**

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**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)

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**Training Tools and Resources (Apr ‘20 – Dec ‘21)**

- E-learning module and quick reference guide for staff
- E-learning module for patients
- Brochure template

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**Case Studies Developed**

**Case Studies Available**
• 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.
Today’s Agenda

Postpartum Support International
- everything you always wanted to know about PSI, but didn’t know who to ask -

A Hospital System’s Approach to Resources and Referrals:
CommonSpirit Health

Barbara Sheehy, MS
System Director
Perinatal Behavioral Health
CommonSpirit Health

Melissa Bentley, LPC, PMH-C
Manager
PSI Support Coordinator Program
Postpartum Support International

Anna King, LCSW, PMH-C
Clinical Training Specialist
Maternal Mental Health NOW!

Quality Referrals with Underserved Patients
- tips and tricks of the trade -
You are not alone.
You are not to blame.
With help, you will be well.

www.postpartum.net
WHO ARE WE?

• PSI headquarters are in Portland, Oregon, most of the staff is spread out across the country.

• PSI volunteers have a passion for helping those impacted by Perinatal Mood and Anxiety Disorders (PMADs). Many have their own personal experience with PMADs, and some may have backgrounds in mental health professions; neither is a requirement to volunteer.
  • ~ 375 Coordinators across the US - 45 of them in the state of California!
  • ~ 70 Helpline volunteers, working in 3-hour shifts.

• 17 languages - the PSI volunteer network can assist callers in more than just English.
PSI BRIDGES THE GAP

Provides direct peer support to families

Trains professionals

Provides a bridge to connect them
DIRECT PEER SUPPORT

- PSI Coordinators: Support & Specialized
- PSI Helpline
- Free Online Support Groups
- Peer Mentor Program
- Smart Patients Forum
- Closed Facebook Group

www.postpartum.net
PROFESSIONAL RESOURCES

Provider Directory – vetted perinatal mental health professionals.
www.psidirectory.com

Perinatal Consultation Line – for prescribers to speak with experts in perinatal psychiatry, to discuss specific cases.

Professional Certification Trainings – for mental health providers, medical providers, community advocates
We can help you find resources and providers that are not yet on the directory, even if your search came up empty.

Please contact the PSI Help Line for assistance finding help near you. Call 1-800-944-4773 or text 503-894-9453

If you need more immediate help, CLICK HERE to find emergency services.

Results in California

Showing 10 of 302 results

Categories

- Accepting New Patients
- Additional Training/Certification

Gabrielle Kaufman, LPCC, BC-DMT, NCC, PMH-C

- Spanish
- Anxiety
- Depression
- Adolescents / Teenagers (14 to 19)
- Adults
- Cognitive-Behavioral (CBT)
- Playful, Fun, Joyful
- Accepting New Patients
- Parenting Group: Spanish

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VISIT WEBSITE
Person Reaches out
Call / Text / Email

PSI Helpline

PSI Support Coordinator

PSI Specialized Coordinator
• Not a crisis hotline - staffed by a team of volunteers daily 8am-2am Eastern, caller asked to leave a confidential message and a trained and caring volunteer will return her/his call or text.

• The PSI Helpline volunteer listens, and provides information, support, and online resources.

• Connects callers to Support Coordinators for local resources.
• **Information** – about Perinatal Mood and Anxiety Disorders, and treatment options

• **Support** – validation, nonjudgmental acceptance and understanding

• **Resources** – local resources: support groups, therapists, psychiatrists, support resources

• 16 languages other than English are spoken by Coordinators across the US and they can assist callers regardless of location.
Focused help for specific populations, diagnoses & experiences:

- Adoptive Parents
- Birth Parents
- Dads
- Grandparents
- Military
- Maternal Near Miss
- NICU – current and past
- Postpartum Psychosis

• The volunteer listens, provides knowledgeable information, support, and relevant online resources: support groups, websites, etc.

• Connects callers to Support Coordinators for local resources.
WHEN TO CALL PSI

You Encounter a Parent who:

• has risk factors for development of a Perinatal Mood or Anxiety Disorder (PMAD).

• exhibits signs of a PMAD.

Want/Have Information:

• share information about new local programs or support groups for parents.

• seeking a current local resources: support groups, therapists, psychiatrists.
That's me finding out that you exist!
FIND YOUR PSI SUPPORT COORDINATOR:
HTTPS://PSICAPITERS.COM/CA
Perinatal Mental Health Resource and Referral

August 20, 2020

CommonSpirit
Resource & referral list – generic

- Postpartum Support International
- Insurance – “mental health benefits”
- Suicide Prevention/Crisis Line/911
Example – generic list

Maternal Mental Health Community Resources
French Hospital Medical Center

Postpartum Support International (PSI) Helpline, Text and Website

- The PSI Helpline (1-800-944-4773) is a toll-free telephone number anyone can call to get basic information, support and resources. Dial extension #1 for Spanish and extension #2 for English. The helpline messages are returned every day of the week. You may leave a confidential message any time and a volunteer will return your call as soon as possible.
  TEXT: English (603-894-9453) Spanish (971-420-0294)
  www.postpartum.net

Counseling Services

- To access individual or family counseling using your health insurance benefits, call the “mental health benefits” number on your insurance card for referral to providers who accept your insurance. You can also access the website for your behavioral health insurance carrier to search for providers in your area and with the specialties you require.
- If you are covered by Medicaid call your County Medicaid Mental Health Services Access line:
  - Santa Barbara County: (888-868-1649)
  - San Luis Obispo County: (800-838-1381)

In an Emergency

- National Suicide Prevention Lifeline, CHAT and Website
  The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255
  CHAT with Lifeline at https://suicidepreventionlifeline.org

- County Crisis Lines:
  - Santa Barbara County: (800-860-1649)
  - San Luis Obispo County: (800-783-0607)
Outreach, networking, identifying services

- Local, county and/or regional perinatal health collaboratives
- Behavioral health centers
- Mental health clinicians with perinatal expertise
- Public health nursing
- WIC (Special Supplemental Nutrition Program for Women, Infants and Children)
- First 5
- Support groups
County 211
Thank you.

Questions?
Special Considerations: Referrals for underserved patients

How do we care for and refer those with decreased access to services and/or a requirement to access limited services funded by state and local government?

Some things to consider:

• Psychoeducation
  Explore readiness/willingness
  Provide options

• Consider barriers to care
  Comprehensive referral packet
  Cultural humility
• Make use of county mental health referral lines
  Medi-Cal

• Connect with local PSI coordinator(s)

• Help make initial phone calls

• Warm hand-off can still be accomplished
  Tangible f/u details (i.e. date, time, location, name of referral)

• Safety plan
  Coping skills
  Other referrals to supplement
Special Considerations (continued)

• Empowerment
  Follow-up on referrals

  Self-advocacy: if therapist not trained in perinatal mental health, encourage them to seek consultation as part of their ethical responsibility and get better equipped to serve the specialized needs

More on this topic at a future webinar and office hour pair!
Comments & Questions
Wrap-up

• Examples

• Options

• Opportunities

• Assignment
Request:

• Contribute to peer-sharing of materials & resources on the website!
Coming Up

Group Office Hours: September 17, Noon - 1 p.m.
Registration now open on HQI website

https://www.hqinstitute.org/post/perinatal-mental-health-learning-community

Webinar: October 20, 12 – 1 p.m.
Polling questions:

1) Today’s webinar was a good use of my time (agree-disagree-unsure)
2) Today’s webinar increased my confidence in connecting with community resources for patient referral (agree-disagree-unsure)

Open Text feedback – type into “Questions”:
What could have been done better or differently?