

Innovative approaches to tx of Maternal Mental Health

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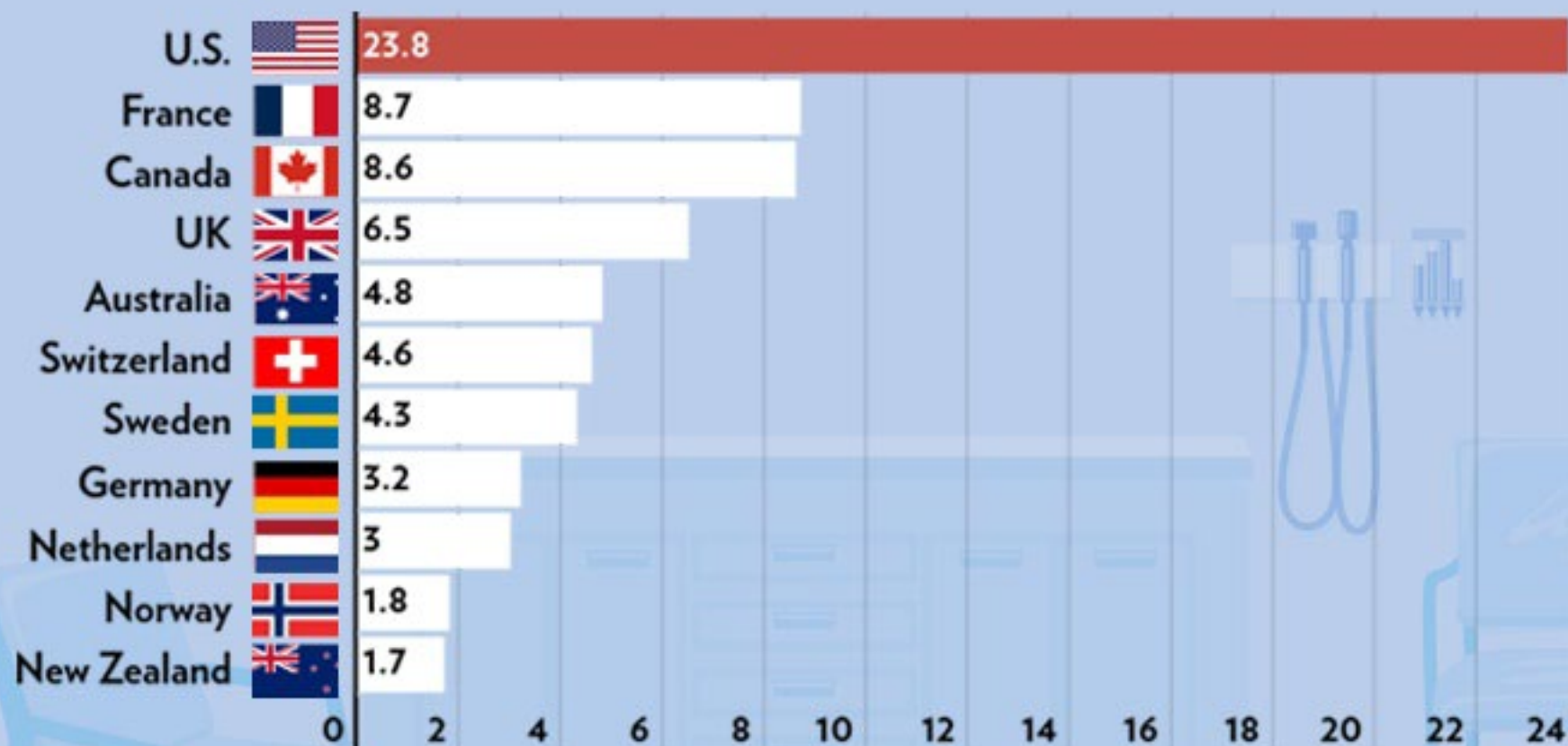
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**Arizona Perinatal
Psychiatry Access Line**

Disclosures

I have no financial disclosures

Maternal Mortality in the U.S. Far Outstrips That of Other Industrialized Nations



*Deaths per 100,000 live births

Source: <https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2020/maternal-mortality-rates-2020.htm>

The problem



- The most common complication of pregnancy
 - Occurs in 1:7 people (And this does NOT include substance use disorders or ADHD!)
 - Comparison- preeclampsia which pregnant people are screened for frequently occurs in 1:25
 - They are treatable and preventable causes of maternal morbidity and mortality

Perinatal depression affects 1 in 7 women.

— MATERNAL MENTAL HEALTH AWARENESS MONTH —

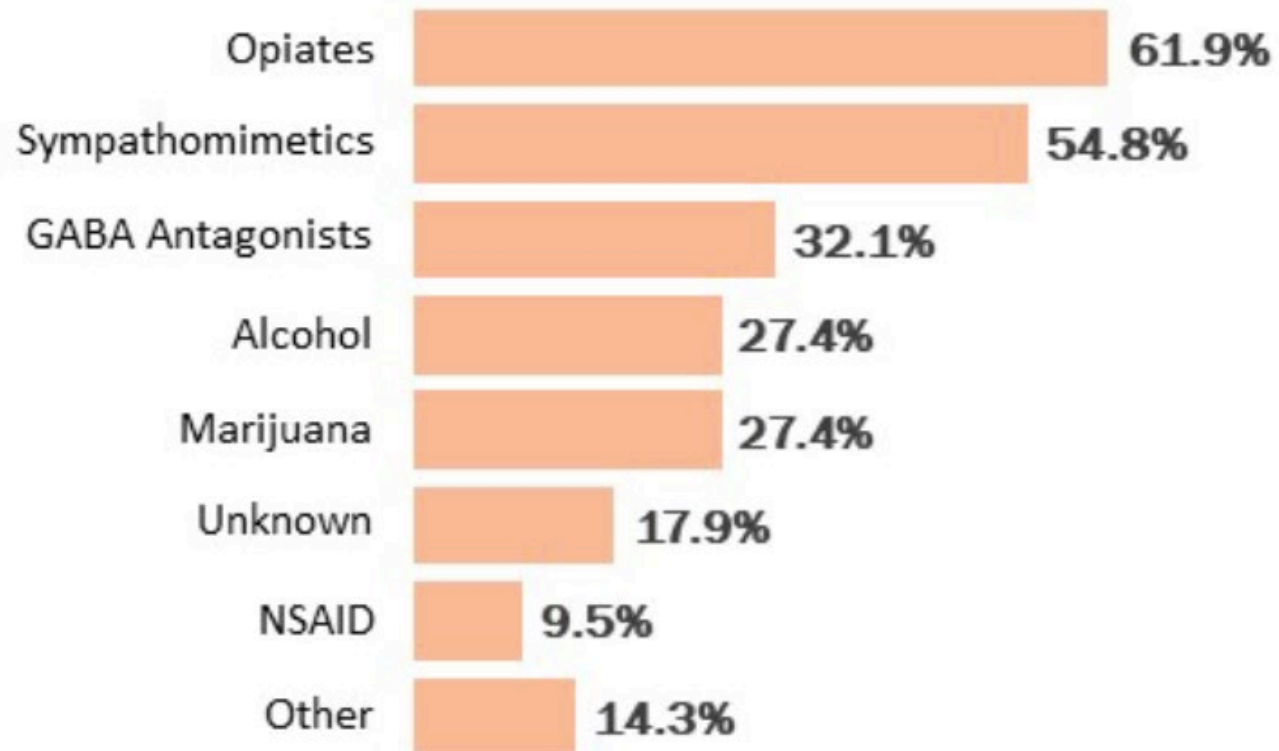
Almost Half of all Pregnancy-Associated Deaths in Arizona Were Related to Mental Health Conditions or Substance Use Disorder



98% of **Pregnancy-Associated** deaths related to Mental Health Conditions and or Substance Use Disorder were **preventable**.

AZDHS Data 2016-2018

Almost Two Thirds of Pregnancy Associated Deaths Related to Mental Health Conditions or Substance Use Disorder Involved Opiates



33%

Black and Latina Women are 33% times more times likely to experience a perinatal mental illness than White women.

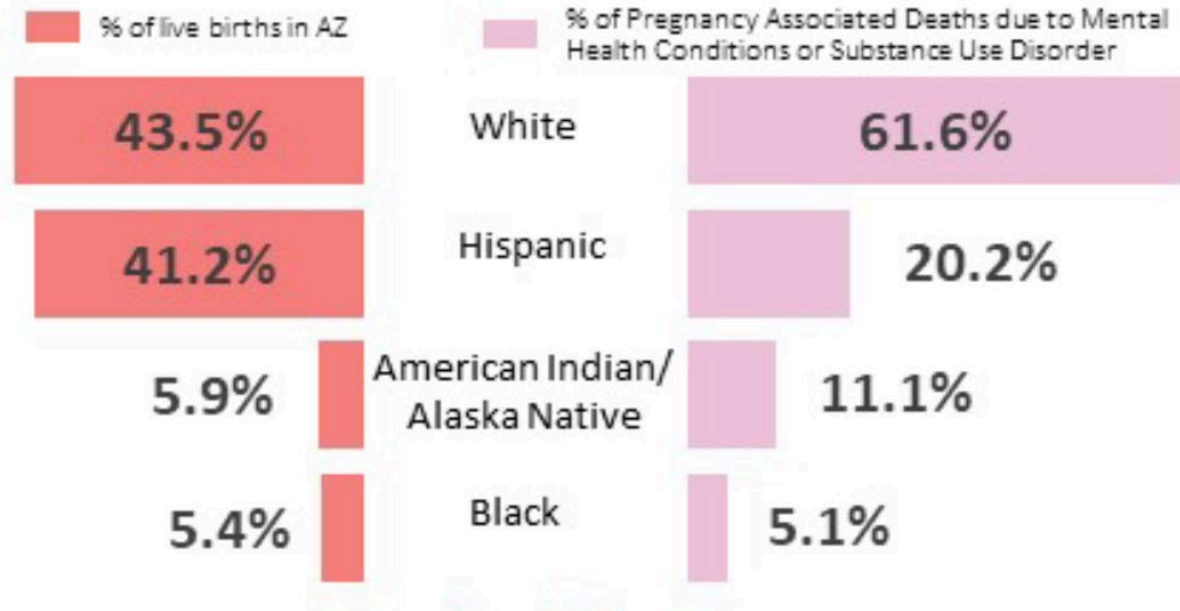
Robert H. Keefe, Carol Brownstein-Evans & Rebecca S. Rouland Polmanteer (2016) Having our say: African-American and Latina mothers provide recommendations to health and mental health providers working with new mothers living with postpartum depression, *Social Work in Mental Health*, 14:5, 497-508, DOI: 10.1080/15332985.2016.1140699

AZDHS Data 2016-2018

Almost Two Thirds of Pregnancy Associated Deaths Related to Mental Health Conditions or Substance Use Disorder Occurred between 42 and 365 Days Postpartum



American Indian/Alaska Native Women Experience the Greatest Disparity in Pregnancy Associated Deaths Related to Mental Health Conditions or Substance Use Disorder



Untreated PMADs
in the U.S. **are costly** and have
multigenerational consequences



An estimated
\$14.2 billion
for all births in 2017

Half of **perinatal women** with a
diagnosis of depression do not
get the treatment they need



The Cost

- The cost of untreated depression per mother baby dyad is about \$32,000/year.
- This would apply to about 20% of births in Arizona (78000 births, 20% - 15,600).
- This averages to about a \$375 million cost per year in AZ. (assuming 20% get treatment)
- \$477 million if none treated

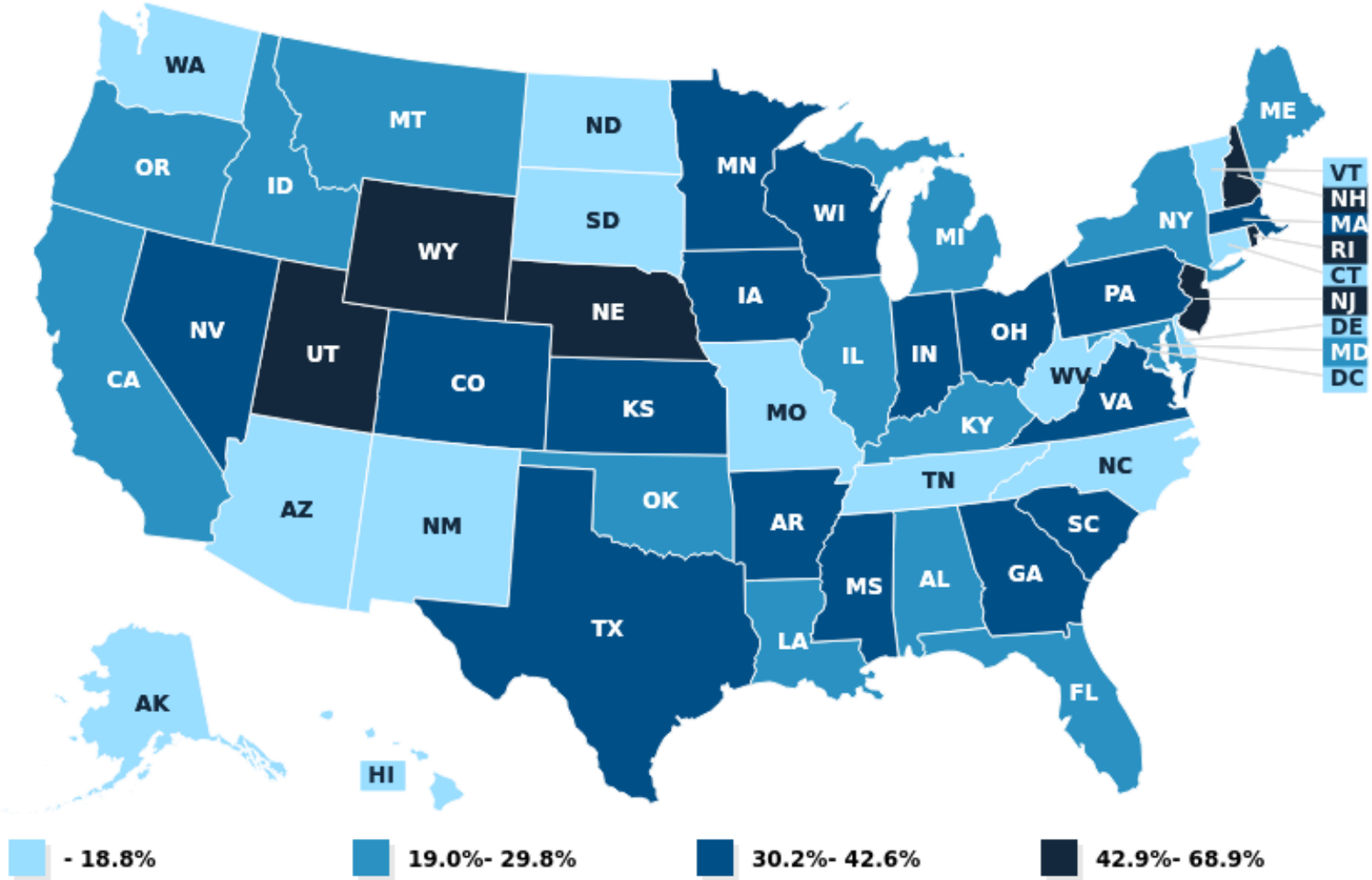
The Cost

- **TO MOTHER**: Increased risk of miscarriage, antepartum and post-partum hemorrhage, gestational hypertension, **suicide**, preeclampsia, poor attachment, placental abnormalities, poor maternal nutrition, breastfeeding difficulties, have poor nutrition, struggle to manage their own health
- **TO BABY**: Increased risk of preterm birth, NICU admission, low birth weight, neonatal hypoglycemia, microcephaly, increased risk of psychiatric illness in childhood and adolescence, poor attachment, cognitive and motor delays, emotional and behavioral problems in child
- **TO COMMUNITY**: Average cost per affected mother–child dyad is \$31, 800
- Loss of economic productivity, cost of pre-term birth, cost of other maternal health expenditure

Underdiagnosed Under treated

- Frequently undiagnosed and untreated
 - For depression alone, 60% of women nationally are never diagnosed and 50% never receive any treatment after diagnosis
 - Up to 80% of people with PMADs do not receive treatment

Mental Health Care Health Professional Shortage Areas (HPSAs): Percent of Need Met, as of September 30, 2021

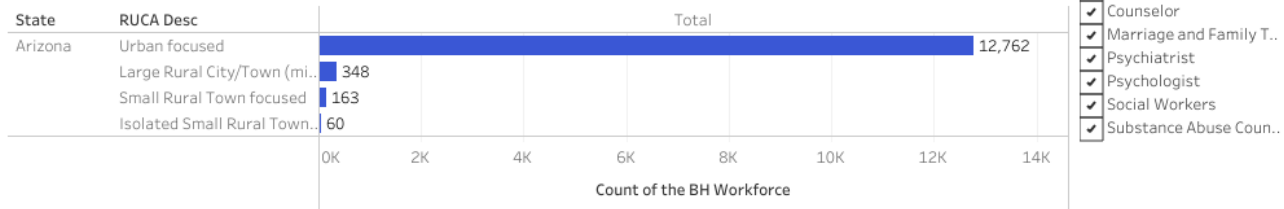


SOURCE: Kaiser Family Foundation's State Health Facts.

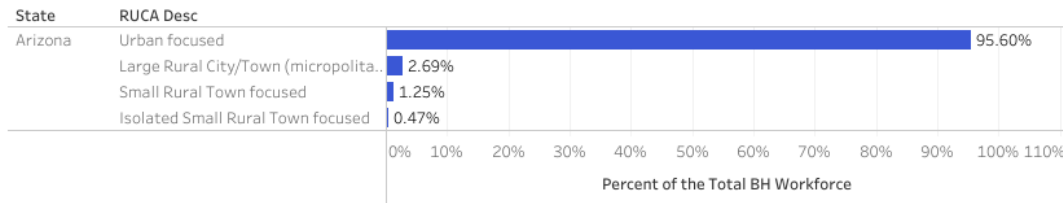
Arizona's Behavioral Health Workforce Report 2020

M a..	Map - Geographic Distribution by County	Behavioral Health Workforce by County	Behavioral Health Workforce By Profession and County	Behavioral Health Workforce by Rurality	Psychiatrists and Psychiatrist MAT providers by Rurality
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Behavioral Health Workforce by RUCA - Count



Behavioral Health Workforce By RUCA - Percent



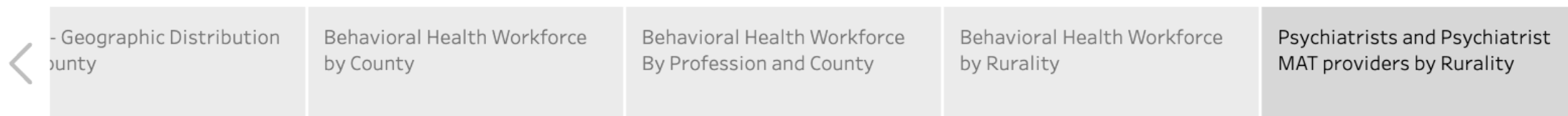
- **Access to care:**

- Total number of Psychiatrists in Arizona in 2023: 915
- Ratio: 1: 8000
- Huge variation in capacity, very few trained in perinatal psychiatry

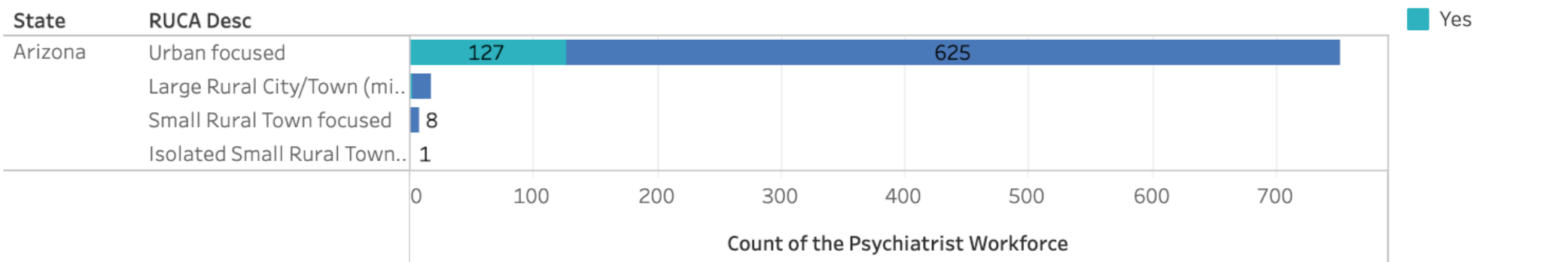
State of Psychiatry in AZ

Arizona's Behavioral Health Workforce Report 2020

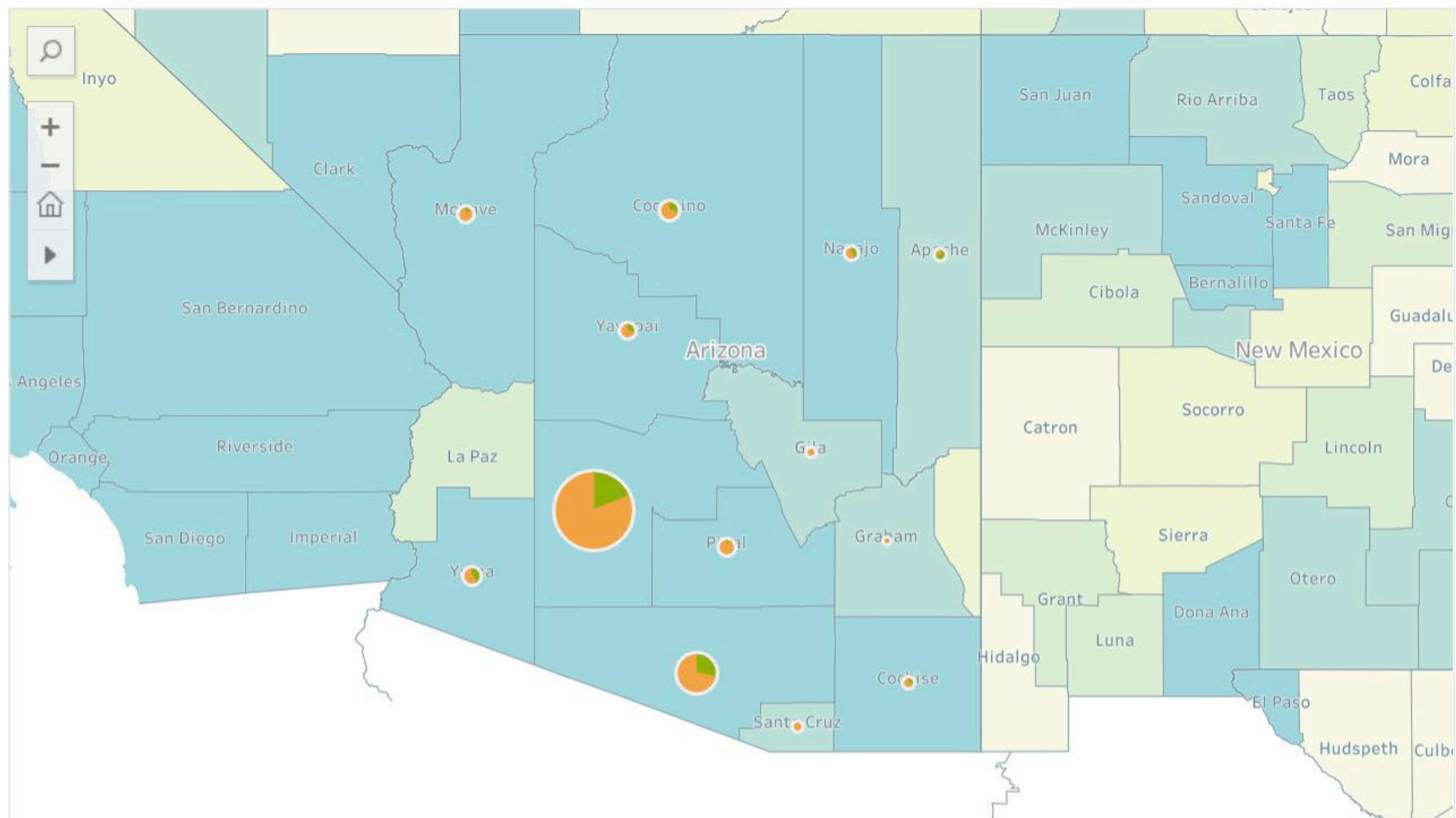
Arizona's Behavioral Health Workforce Report 2020



Psychiatrists and Psychiatrists who can Offer Medication Assisted Treatment (MAT) by RUCA



County Map



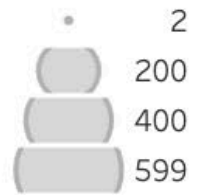
Worker Type

- (All)
- Certified Nurse Midw..
- Ob-Gyn Physicians

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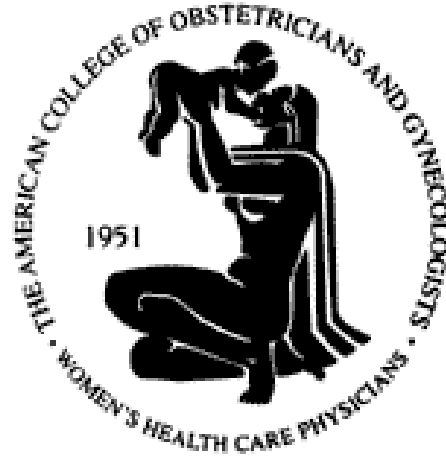
Count of Worker Type



2018 Population

- 75 to 9,060
- 9,060 to 19,100
- 19,100 to 36,800
- 36,800 to 91,000
- 91,000 to 10,100,000

Perinatal mental health is recognized as a major public health problem



Perinatal period is ideal for detection and treatment

- Most mental health conditions are treated by primary care
- A woman will see a healthcare provider an average of 25 times during the two-year timeframe from conception to baby's first birthday
- Regular opportunities to screen and treat



We need a solution

Build frontline provider capacity to
provide mental health care to
increase access to care

Psychiatry Access Programs

1

EDUCATION

Trainings and toolkits for providers and staff

on evidence-based guidelines for screening, triage, and referral; risks and benefits of treatment; and discussion of screening results and treatment options.

2

CONSULTATION

Real-time psychiatric consultation

for frontline providers caring for individuals during the perinatal time frame.

3

RESOURCE & REFERRAL

Linkages with community-based mental health resources

including individual and group therapy, support groups, and other resources to support perinatal health and wellness.

- Access programs are designed to address gaps in care of perinatal population by increasing capacity of frontline care workers to screen, treat and provide resources for perinatal psychiatric illness.
- First access program launched in 2014 with MCPAP for Moms out of Massachusetts
- Generally, multiple components including education, consultation and resources

Improving perinatal depression care: the Massachusetts Child Psychiatry Access Project for Moms

Nancy Byatt ¹, Kathleen Biebel ², Tiffany A Moore Simas ², Barry Sarvet ³, Marcy Ravech ⁴, Jeroan Allison ², John Straus ⁴

Massachusetts Child Psychiatry Access Program for Moms: Utilization and Quality Assessment

Nancy Byatt ¹, John Straus, Arielle Stopa, Kathleen Biebel, Leena Mittal, Tiffany A Moore Simas

> Arch Womens Ment Health. 2023 Jun;26(3):401-410. doi: 10.1007/s00737-023-01324-1.

E Archives of women's mental health

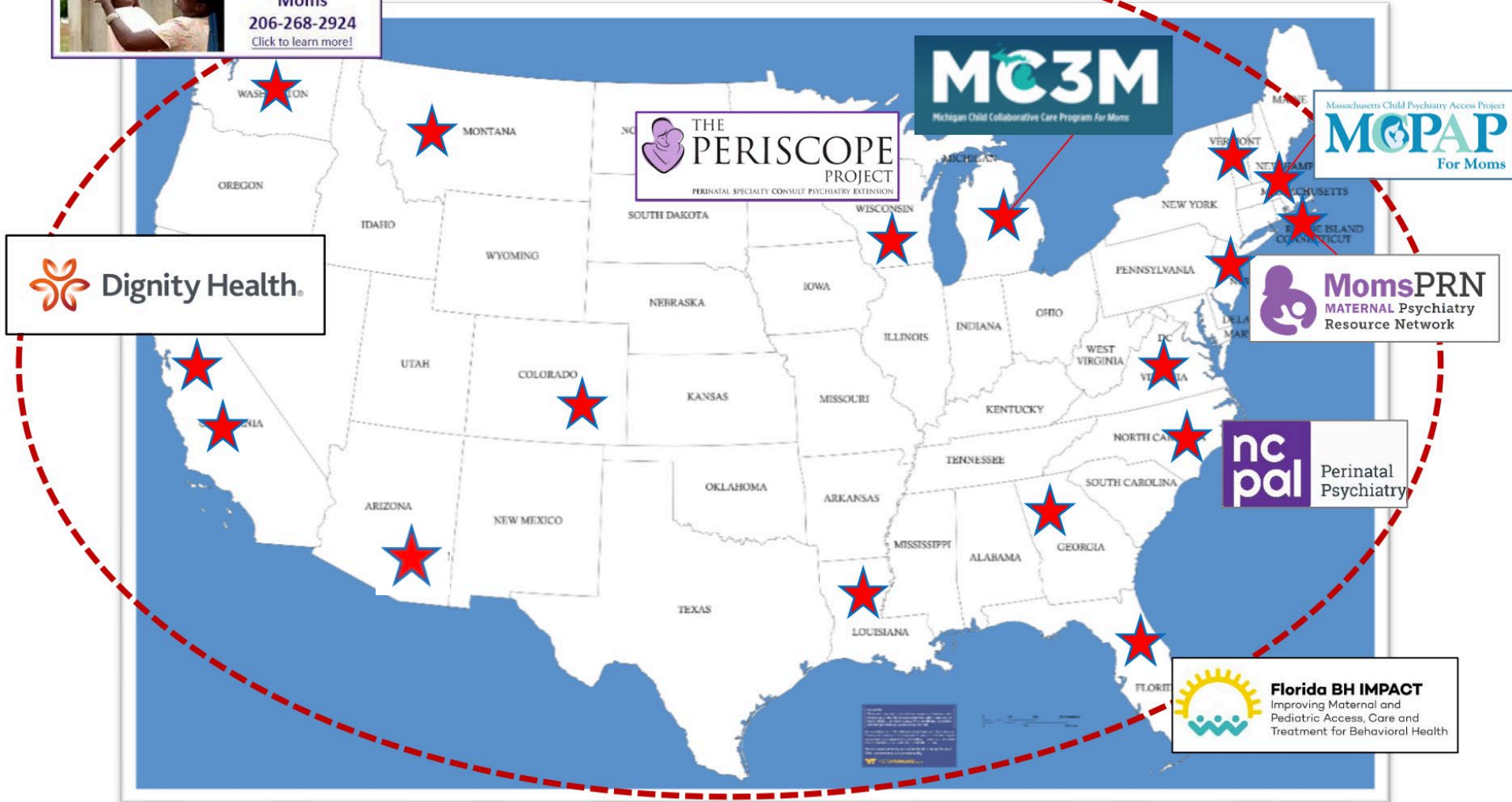
Improving front-line clinician capacity to address depression and bipolar disorder among perinatal individuals: a longitudinal analysis of the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms

Grace A Masters ¹, Yiyang Yuan ², Nien Chen Li ³, John Straus ⁴, Tiffany A Moore Simas ² ⁵, Nancy Byatt ² ⁵

Perinatal Psychiatry Access Programs are being implemented and funded in various ways



Partnership Access Line (PAL) For Moms
206-268-2924
[Click to learn more!](#)



Call us!

Request APAL Trainings

Type of Training Requested (All trainings are 1.5 hours unless otherwise noted)

- Psychotropic medication management in the perinatal time period
- Addressing substance use disorders in pregnancy
- The perinatal time period and its associated physiological and psychological considerations
- Approach to assessment of psychiatric concerns in the perinatal time period
- ADHD management in pregnancy and postpartum
- Other

Phone line

888-290-1336

When you call, you are connected with a perinatal psychiatrist who can help evaluate patients, provide consultation on treatment, and provide a framework for discussing psychiatric treatment in pregnancy and lactation.

Available Monday – Friday 1230pm-430pm

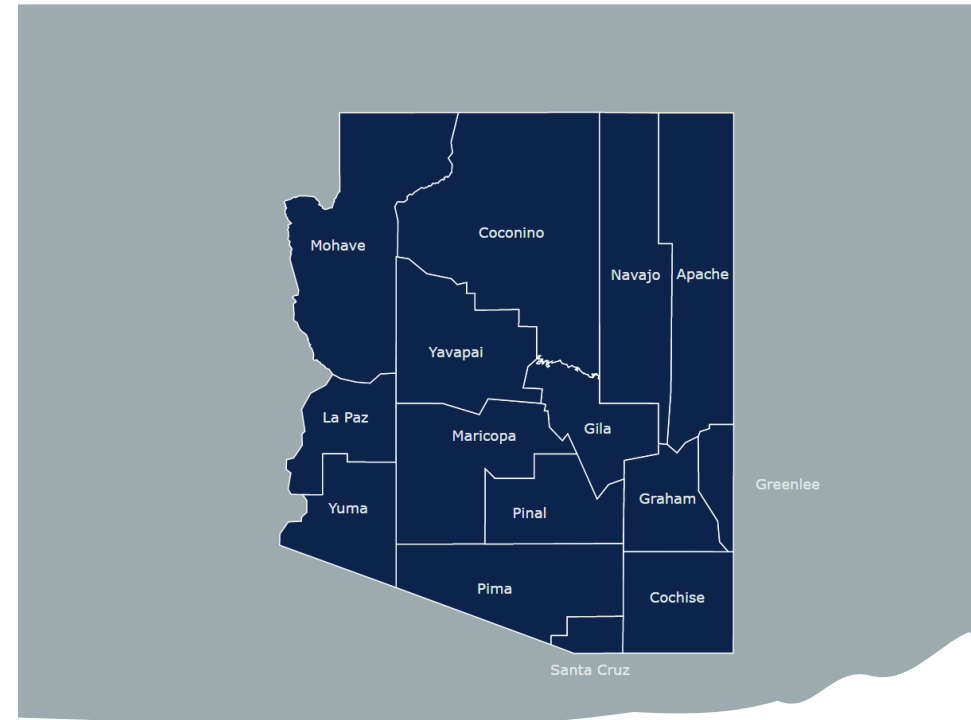


For Moms & Families



Explore excellent resources across Arizona for you, your family, and newborn.

You are not alone. These resources are here to help you navigate the challenges that come with parenting during the postpartum period. If you are in a mental health crisis, call the [Suicide & Crisis Lifeline](#) at 988. If you are experiencing a medical emergency, call 911.



- [Arizona Department of Health Breastfeeding Hotline \(multilingual\)](#)
- [Arizona Health Start Program](#)
- [Child and Family Resources, Inc.](#)
- [Healthy Families](#)
- [Postpartum Support International](#)

RESOURCES



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Arizona Perinatal Psychiatry Access Line



Arizona Perinatal Psychiatry Access Line

APAL is a free, statewide perinatal psychiatry access line. We assist **medical providers** in caring for their pregnant and postpartum patients with mental health and substance use disorders.

When you call, you are connected with a perinatal psychiatrist who can help evaluate patients, provide consultation on treatment, and provide a framework for discussing psychiatric treatment in pregnancy and lactation.

888-290-1336

Patient consultations are
available Monday-Friday,
from 12:30 p.m. to 4:30 p.m.

APAL.arizona.edu

THANK YOU

Dr. Saira Kalia

team@APAL.Arizona.edu



Visit our Website

To request an APAL training, download the toolkits, and access other resources, scan the QR code to visit our website.

Post Partum Support International (PSI)



POSTPARTUM SUPPORT
INTERNATIONAL

- Patient resources options
 - Online Support Groups **Over 14 specialty groups available 5 days a week**
 - Chat with an Expert – for e.g Chat with Dad is the first Monday of every month
- PSI Help line – toll free number that anyone can call to get basic information, support and resources.
- **Call** [1-800-944-4773](tel:1-800-944-4773) (4PPD)
#1 En Espanol or #2 English
- **Text** in English: 800-944-4773
- **Text** en Español: 971-203-7773

PSI Online Support Groups

- Support for families after Maternal Death
- Perinatal OCD Support group for Moms
- Pregnancy after Loss
- Support for families touched by Postpartum Psychosis Group
- Apoyo Perinatal
- Black Moms connect
- Dad Support Group
- NICU parents
- Queer and Trans Parent Support Group
- Termination for Medical Reasons

In Home Family Support



Nurse-Family Partnership is a community healthcare program that will connect families with a nurse home visitor.

(For prenatal first-time mothers) starting from pregnancy to second birthday

Serving Maricopa and Pima



In Home Family Support

- FREE home visitation program that works with pregnant women, mothers of young children and their families.
- Pregnant women and families with children enrolled in the program receive additional supports such as navigating access to prenatal care; family medical care; and assistance in applying for AHCCCS, WIC and other program that help you and your family thrive..
- They have translation services that allow them to work with a variety of women, including many refugees. (***Pregnant Women or mothers with children up to 24 months old.***)



Pima County Parent Coalition

This is a great web page. It works as a triage for both information and referrals for both in-home and community based parent education programs

The referral is on the page, they have an easy to use link and form.
The resources offered are:

- In Home Class
- Community Class
- Educational Development for Children
- Learning how to Improve Parenting Skills
- Getting Children Ready for School
- Learning how to Keep Children Healthy
- Learning how to Better Manage Stress
- Behavior Management
- Healthy Pregnancy and Childbirth





BIRTH TO FIVE HELPLINE™

Call 877-705-KIDS (5437) for Free Child Development Support



Starting out right

- *SOR provides* health education and supportive services to pregnant and parenting adolescents ages 21 and younger, regardless of their financial situation.
- Several classes including pregnancy health education classes, parenting education classes, healthy relationship classes.
- Supportive services such as case management, support groups, free pregnancy classes, a scholarship program
- [Jensen's Corner](#)— a boutique of gently used baby and maternity items to purchase with *SOR* incentive dollars.



a program of Arizona Youth Partnership



2-1-1
Arizona

Provides contact information for a wide range of services including:

- Food and meal services
- Housing and Shelter
- Income and Expenses
- Rent and Utility Expenses
- Employment services
- Pets and animals

The site is accessible by county

Others

Southern Arizona Diaper
Bank

Care Resource and Referral
is a FREE statewide
program in Arizona that
helps families find childcare
to fit their needs.

Addiction/Recovery



The Haven

Citations

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