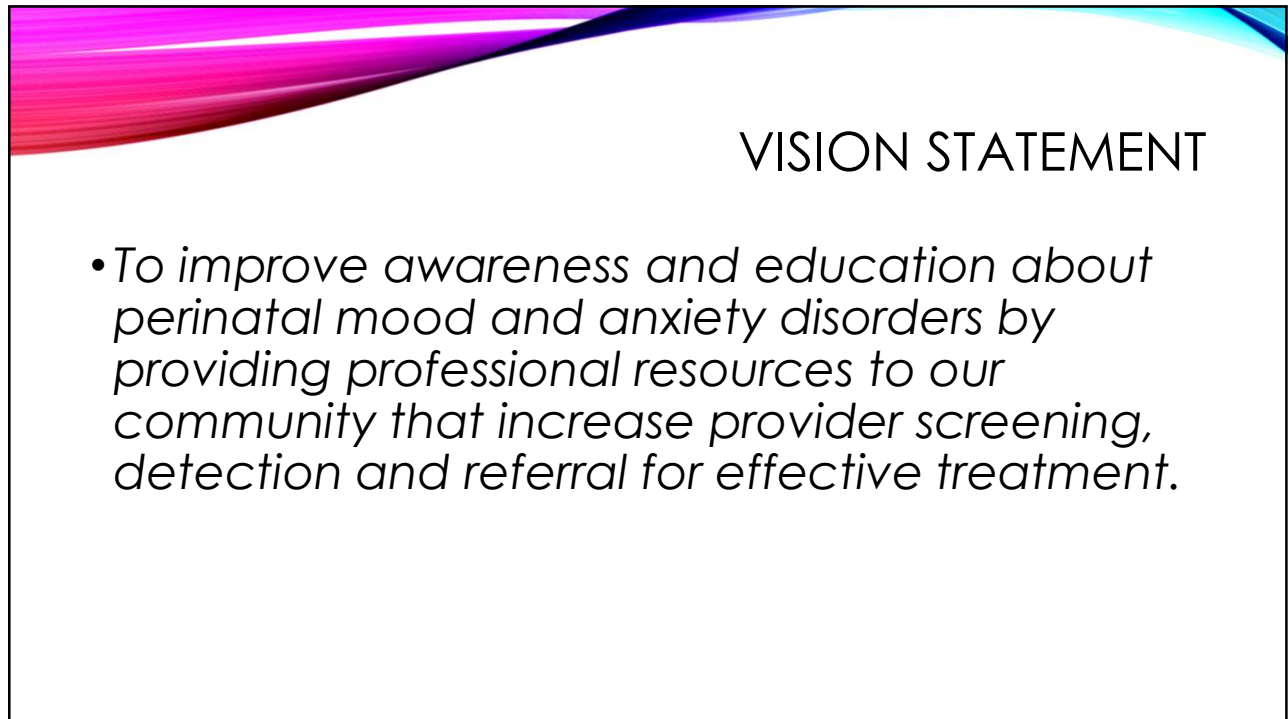




PERINATAL MENTAL HEALTH COALITION

1



VISION STATEMENT

- *To improve awareness and education about perinatal mood and anxiety disorders by providing professional resources to our community that increase provider screening, detection and referral for effective treatment.*

2

FOCUS

- Supporting professionals that serve women and families who may be impacted by perinatal mental health disorders in the Flathead area
- Professionals:
 - Counselors and other mental health professionals
 - Home visiting agencies
 - Medical providers (including OB, Pediatric and Family Practice)
 - Childcare providers
 - Doulas
 - Lactation specialists

3

LOCAL DATA (ESTIMATED)

- About 1200 births in Kalispell and Whitefish hospitals each year
- Depression
 - Affects 7% (84) of women during pregnancy and 15% (180) in the postpartum period
- Anxiety
 - Affects 6% (72) of pregnant women and 10% (120) of women postpartum
- OCD
 - Affects 3-5% (36-60) of new mothers and fathers
- PTSD (specifically related to birth trauma)
 - Affects 9% (108) of women postpartum
- Bipolar
 - Affects 2-8% (24-96) women during pregnancy and postpartum
 - Significantly at risk for postpartum psychosis
- Postpartum Psychosis
 - Affects .1-.2% of births (1-2)

*** percentages from Postpartum Support International

4

RISK FACTORS

- Personal or family history of depression, anxiety or PMAD
- Premenstrual dysphoric disorder (PMDD or PMS)
- Inadequate support in caring for the baby
- Financial stress
- Marital stress
- Complications in pregnancy, birth or breastfeeding
- Major recent life event: loss, move, job loss, etc.
- Multiple gestation pregnancies
- NICU stays
- Conception through fertility treatments
- Women with thyroid imbalances
- Women with diabetes (type 1 or 2 or gestational)

5

PMHC GOAL #1 – RESOURCE GUIDE

- Developed a vetted resource guide for providers to give to patients and for general community distribution
 - Special Thank you to Molly Neu who helped develop and vet this guide as part of her MPH practicum through U of M
 - [Resource Guide\FINAL FVPMHC Resource Guide - 1-17-2023 \(color\).pdf](#)

6

PMHC GOAL #2 – SCREENING IMPLEMENTATION

- Work with local medical providers who see children in the first year of life to try to increase the implementation of mental health screening for caregivers
- Calling or scheduling in-person meetings with 13 different medical providers throughout the valley to encourage and help implement mental health screening at well-child visits

7

MATERNAL MENTAL HEALTH MONTH

- In 2022, Montana designated May as Maternal Mental Health Month with the intention of bringing awareness to the importance of screening for and treating perinatal mental health conditions
- In 2023, we hope to continue this work through sharing social media content as far and wide as possible
- If you are willing to help us spread the word, please let us know and we will include you on communications around various options for content

8

HELPFUL WEBSITES

National Resources

- Postpartum Support International - <https://www.postpartum.net/>
 - Mind the Gap – collective impact initiative by PSI to ensure perinatal mental health is a national priority - <https://www.postpartum.net/mind-the-gap/>
- 2020 Mom - <https://www.2020mom.org/>
- Maternal Mental Health Now - <https://www.maternalmentalhealthnow.org/>

Montana Resources

- Healthy Mothers Healthy Babies - <https://www.hmhb-mt.org/>
- Meadowlark Initiative - <https://mthcf.org/priority/behavioral-health/the-meadowlark-initiative/>