

News from the COLLABORATIVE

Featured Topic

May is Mental Health Month

May is Mental Health Month and HCGC is working with partners across central Ohio to help connect community members with resources and services to address mental health concerns. Below are videos from two central Ohio partner organizations that are leaders in raising mental health awareness in the community.



Insights from the HCGC Blog

A Collaborative Approach to Connecting New Mothers to Mental Health Services

By: Stephanie Costa, M.D.

I have been a practicing physician in the Columbus area for over twenty



years. During that time I have enjoyed cultivating a deep relationship with patients, and I especially enjoy the partnership that develops over the course of one or more pregnancies with my patients. Understandably, it saddens me to see vibrant and loving young women affected by depression or anxiety. Because of the many changes that happen in the body during pregnancy and the postpartum period, women are at risk for developing mood disorders during this otherwise exciting time. Couple that with social expectations to be strong, multitasking superwomen, and many of my patients start to struggle during their pregnancy. This can become increasingly problematic during the postpartum time when sleep deprivation and uncertainties about parenting, not to mention any pre-existing life circumstances or stressors, also come into play.

When I had identified depression or anxiety in my patients in the past, I found that attempts to connect patients to resources for counseling/therapy were less than ideal. It was very difficult and time consuming to try to find an affordable and accessible therapist for patients. When I learned about the planned work between the Healthcare Collaborative of Greater Columbus (HCGC) and Perinatal Outreach and Encouragement for Moms (POEM), I felt I needed to become involved in this effort to improve women's access to quality mental health care.

[View the Entire Post](#)

May Monthly Webinar

HCGC MONTHLY WEBINAR

TOPIC: Clinical Improvement Efforts to Recognize and Alleviate Maternal Depression

**Thursday, May 9, 2019
10:00 AM - 11:30 AM**

Featuring:



Stephanie Costa, M.D., Kingsdale Gynecologic Associates

Chair, Department of OB/GYN, Riverside Methodist Hospital
Chair, Physician Wellness Committee, United States Women's Health Alliance



Dhanu Sant, M.D., WholeKids Pediatrics
Specialist in Pediatric Integrative Medicine



Tonya Fulwider, Associate Director, Mental Health America of Franklin County

Co-founder, Perinatal Outreach and Encouragement for Moms (POEM)

[Register for Webinar Details](#)

Upcoming Events from Our Partners

The National Institute for Health Care Management (NIHCM) Foundation presents:

Communities for Change: Preventing Suicide

The third part in the **Defying Despair** series will delve deeper into the data on suicides and explore a range of initiatives designed to prevent suicide in different communities.

[Details & Registration](#)

Network for Regional Healthcare Improvement (NHRI) presents:

From Burn Out to Buy In: Five Simple Tools to Re-Ignite Your Improvement Efforts

Featuring Sarah Horst, MA, Institute for Clinical Systems Improvement, this webinar will explore the psychology of engaging people in change and share five simple tools to help you change the conversation about improvement.

[Details & Registration](#)

Ohio Academy of Family Physicians (OAFP) presents:

2019 Annual Meeting: A Family Medicine Celebration

This year's meeting will feature AAFP's Physician Health First CME session, the first-ever comprehensive initiative devoted to improving the well-being and professional satisfaction of family physicians.

[Details & Registration](#)

Network for Regional Healthcare Improvement (NRHI) presents their annual

National Affordability Summit

Featuring Keynote Speaker: Christopher Koller, President of Milbank Memorial Fund and bringing together top thought leaders and change makers taking action and creating urgency for affordable healthcare.

[Details & Registration](#)

Articles of Interest

[HPIO Releases 2019 Health Value Dashboard](#)

[View the trailer for Emanuel, the Untold Story of the Victims and Survivors of the Charleston](#)



[Church Shooting](#)

[UnitedHealthcare and the AMA are developing new billing codes for social determinants of health](#)

[HHS NEWS: HHS To Deliver Value-Based Transformation in Primary Care](#)

[FAIR Health Moves Forward with Groundbreaking Pilot Pairing Clinical Decision Aids with Cost Information](#)

[An Education In Meeting Patients Where They Live](#)

[How the Maternal Health System Is Failing](#)

[Ohio Medicaid Basics 2019](#)

[CliniSync Connects to VA and DOD](#)

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