Objectives for the day

• Understand why greater recognition of maternal depression is important;
• Describe screening tools and coordination processes utilized in our community involving physicians and social services;
• Understand the critical importance of referrals and connections to resources for women once diagnosed; and
• Learn about a community, multi-stakeholder quality improvement effort spearheaded by speakers and HCGC
Agenda

• Hear from behavioral health, Ob/gyn, and pediatric providers about how they are improving maternal depression screenings and connecting patients with resources.
• Learn about the Central Ohio Pathways HUB and its role in addressing depression.
• Participant Q&A and discussion
Our Vision

Optimal health for all people in Greater Columbus

Our Mission

is to improve the value of health care for all people in Greater Columbus by catalyzing collaboration among public and private partners: Providers, behavioral health, hospital systems, social service agencies, public and private payers, employers, government, public health and patients/consumers.

VALUE = (QUALITY + CONSUMER EXPERIENCE) ÷ COST
HCGC is also focused on work to improve health disparities and engage employers as key healthcare stakeholders.

**Health Disparities:** HCGC's mission is designed to serve “all people.” However, we are acutely aware that total population measures can hide wide-ranging disparities among different portions of our community. HCGC is committed to seeking opportunities to close health disparity gaps.

**Employers as Key Healthcare Stakeholders:** HCGC's focus on healthcare value requires consideration of the cost component of healthcare. Employers play a special role in funding our current healthcare system. HCGC has experienced that the wide variety in the Central Ohio’s self-insured and fully-insured employer market makes singular employer strategies impractical. HCGC seeks opportunities to address cost issues whenever possible.
Please chat in your answer to the following questions…

From your unique perspective, what gaps do you see in screening for and treating maternal depression?
Please chat in your answer to the following questions...

What do you hope to learn from this webinar?
Clinical Improvement Efforts to Recognize and Alleviate Maternal Depression
Featured presenters

• Tonya Fulwider, Associate Director, Mental Health America of Franklin County and Co-Founder of POEM

• Stephanie Costa, MD, Kingsdale Gynecologic Associates and Chair, Department of OB/GYN, Riverside Methodist Hospital

• Dhanu Sant, MD, and Tiffany Mindigo, APRN-CNP, WholeKids Pediatrics
Provider-led initiative

Aim: Improve the rate and timing of depression screenings for maternity patients and coordinate their care with support services when indicated.

Gather baseline data on:
- % of patients who are screened using a validated tool (i.e., EPDS, PHQ-9)
- % of patients with depression referred for services
- % of referrals accepted and completed
Processes and interventions

• Standardized screenings at specific points in a women’s pregnancy and after delivery (i.e., timing, tools)
• Coordinate care for patients who screen positive using warm handoffs that result in closed referral loops
• Train workforces on competencies to recognize and address depression - knowledge and communication
perinatal outreach & encouragement

poem (for moms)

A Program of Mental Health America of Franklin County

A comprehensive, free-of-charge mental health support program in Central Ohio for pregnant and parenting women
Maternal Mental Health Complications: Prevalence

• 20% and up to 50% in some populations
• 2x incidence WIC women

Considerations:
  • Stigma
  • Culture
  • Diagnostic Imprecision
  • Support System
  • Education Level

• #1 complication of pregnancy

“...while more common than gestational diabetes, pre-eclampsia, and preterm delivery, postpartum depression has received much less attention in contemporary medical literature, training, and clinical practice.” Kathryn A. Leopold, MD, Lauren B. Zoschnick, MD
Spectrum of Maternal Mental Health Complications

- Depression
- Anxiety/Panic Disorder
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder
- Bipolar Disorder
- Psychosis
Impact - Untreated Prenatal Mood/Anxiety Disorders

- 4x risk of preterm birth
- Low birth weight
- Relapse – MH complications
- Increased self-medication/substance abuse
- Increased risk of being a victim of violence
- Poor nutrition/weight gain
- Behavioral complications in children
Impact – Untreated Postpartum MH Complications

**Infant**
- Attachment difficulties
- Failure to thrive

**Child**
- Symptoms of depression - lack of pleasure
- Failure to meet milestones
- Behavioral difficulties & cognitive deficits
- Physical abuse, neglect
- Worsening health problems

**Father**
- Higher paternal parenting stress
- Higher paternal depression rates
Components of Recovery

- Medical Interventions
- Self-care & Social Support
- Behavioral Health Interventions
- Peer Support Interventions
Program Services - Support

- Support Line: voice & text
- Support groups: in person & online
- Mentor Program
- Follow-up
Program Services – Linkage

- Referral: Specialized BH interventions
- Referral: Community services
- “Get Connected” services
- Pro Bono Counseling Program
- Follow-up
Program Entry

Provider direct refer: secure web form/fax, phone, cloud-based tool

Self refer: talk/text, web, email

Family/friend
92% of responding participants reported improvement in two primary measures:

Reduction in score (symptom reduction) on a two-item subscale of the Edinburgh Postnatal Depression Scale

Positive increase in self-efficacy within the context of thinking patterns and coping skills (increased ability to deal with daily problems)
POEM participants with treatment

- Verified connections
- Cannot verify

Treatment rates - screening alone*

- Treated
- Untreated

*Byatt et al. Obstetrics and Gynecology, 2015
Provider Perspective

• Stephanie Costa, MD, Kingsdale Gynecologic Associates and Chair, Department of OB/GYN, Riverside Methodist Hospital

• Dhanu Sant, MD, and Tiffany Mindigo, APRN-CNP, WholeKids Pediatrics
Provider Perspective

• What are you doing to improve both screenings and referrals?
• What have you learned from this project and the changes you have made in processes?
• What has this meant for your patients?
• What are you focusing on next?
Progress and next steps

• Training resources for care teams
• Screening rates:
  • Baseline data; varies with visit types due to different workflows
  • For example: 21% on new OB visits, 98% on postpartum, 95-100% on baby check-ups
• Referrals:
  • 90 patients referred, 70% connected to services, 4% declined, 34 clients actively receiving services
• What’s next?
  • Sustain and further improvement
  • How can we reach more women?
  • Central Ohio Pathways HUB
Find. Treat. Measure.

Step 1: Find
Comprehensive Risk Assessment

Step 2: Treat
Assign Pathways

Step 3: Measure
Track and Measure Pathways Connections to Care
Eligibility

- Pregnant Women
- Maternal Women
  - Women between 14-44
- Adults
  - Women over age 45 or Men over age 18
  - Must meet income criteria (200% FPL or lower)
  - Must have two social and two medical risk factors
### Client Profile

**Language**
- What is the primary language you speak at home?

**Other**
- What forms of assistance do you and/or your children receive? Select all that apply:
  - Food Stamps
  - Medical
  - Housing Assistance
  - Unemployment
  - School meals
  - WIC
  - SNAP (specific assistance)
  - DHS government assistance
  - Child care subsidy
  - Utility assistance
  - SSI
  - Other

- On average, how many unpaid hours per week do you spend caring for a child or children on your work without another caregiver present? (does not include sleeping hours)

**Coordinator Central Notes**
- Add New Note:

**Supervisor Central Notes**
- Add New Note:
PHQ-2

Safety and Emotional Health
Are you using tobacco products?  Yes  No

Does anyone smoke in your home?  Yes  No

Are you drinking alcohol?  Yes  No

Are you using other substances?  Yes  No

Are you stressed?  Yes  No

Over the past month, have you often had little interest or pleasure in doing things?  Yes  No

Over the past month, have you often been bothered by feeling down, depressed, or hopeless?  Yes  No

Have you experienced emotional tension, anxiety, or feeling nervous?  Yes  No

Did you or someone in your family have a violent relationship or violent crime?  Yes  No

Are there any safety concerns in the home?  Yes  No

Is there a gun in the home?  Yes  No

Information Summary
List all other agencies that you are working with here.
PHQ-9

Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

2. Feeling down, depressed, or hopeless
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

3. Trouble falling or staying asleep, or sleeping too much
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

4. Feeling tired or having little energy
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

5. Poor appetite or overeating
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

7. Trouble concentrating on things, such as reading the newspaper or watching television
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

8. Moving or speaking so slowly that other people could have noticed, or the opposite — being so fidgety or restless that you have been moving around a lot more than usual
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

9. Thoughts that you would be better off dead or of hurting yourself in some way
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

How difficult have these problems made it for you to do your work or take care of things at home or get along with other people?
Participant Q&A and Discussion
To connect, search:
“Healthcare Collaborative of Greater Columbus”

www.hcgc.org