






## Engaging Communities and Care Providers to Improve Perinatal Mental Health in NH

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 NH Perinatal Quality Collaborative, Dartmouth Hitchcock Population Health  
 Tuesday December 10, 2024

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## Plan of Day

- Introductions (5 minutes)
- AIM Bundle (15 minutes)
- Breakout Session (40 minutes)
- Coalitions (10 minutes)
- Recap (10 minutes)

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## What is the NHPQC?

- New Hampshire Perinatal Quality Collaborative aims to improve perinatal health in the state
- Creating a network of 13 perinatal coalitions across the state to support community driven improvement and collaboration
- The NHPQC team offers clinical resources and education, quality improvement support, and administrative support for coalition building

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## Coalition Member Composition

- Policy Influencers
- Community Services
- Clinical Providers
- Patient & Family Network

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## Critical Collaborations

**Alliance for Innovation on Maternal Health** moves established guidelines into practice with a standard approach to improve safety in care

**Maternal Mortality Review Committees** conduct detailed reviews for complete and comprehensive data on maternal deaths to prioritize statewide prevention efforts

**Perinatal Quality Collaboratives** mobilize state or multi-state networks to implement clinical quality improvement efforts and improve care for mothers and babies

Created from a Centers for Disease Control, Division of Reproductive Health source

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## AIM and Patient Safety Bundles

- AIM provides collections of evidence informed practices that address clinically specific conditions in pregnant and postpartum
- NH is currently implementing two Patient Safety Bundles – Substance Use Disorder and Perinatal Mental Health Conditions (PMHCs)

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## PMHC Patient Safety Bundle

- Goals for the PMHC:
  - Improve ability of providers and services along perinatal spectrum to screen, identify, respond and refer for perinatal mental health conditions
  - Collect, understand and improve the NH data on frequency, experience and outcomes
- Our AIM team provides:
  - Provider education hours on PMHCs, and respectful and equitable care
  - Patient education materials
  - Process improvement support for prenatal and community sites

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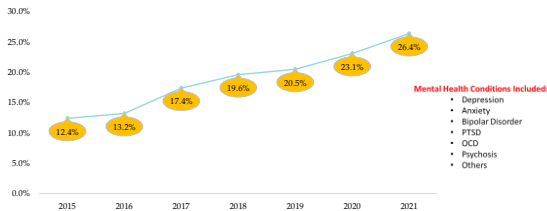
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## Perinatal Mental Health Conditions Data in New Hampshire

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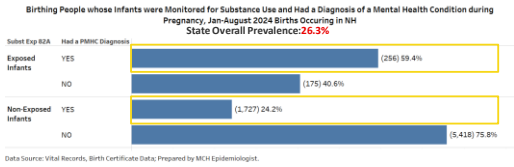
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Trend of Diagnosed Perinatal Mental Health Conditions Occurring in NH Birthing Hospitals (2015-2021 NH Delivery Hospitalization Data)



Data Source: NH Inpatient Hospital Discharge Data

# Prevalence of SUD and PMHC



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## What challenges do you foresee in implementing the PMHC safety bundle?

### Workflows

Getting providers to screen early

Coordinating effort/workflows across prenatal offices, hospital system, and outpatient arena

### Time

Competing demands on provider time

Time and resources to implement

### Resources

Unclear referral/resource availability

Access to referral support services

Connecting our patients with available resources in a timely manner

Need a frequently updated, accurate list of community resources

Data Source: Birthing Hospitals Baseline Survey

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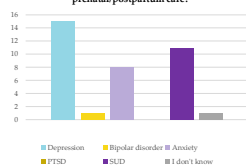
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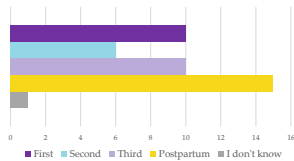
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## Baseline Survey of OB Hospitals

What types of mental health screenings do your patients receive during prenatal/postpartum care?



During which trimester(s) do you screen for these conditions?



Data Source: Birthing Hospitals Baseline

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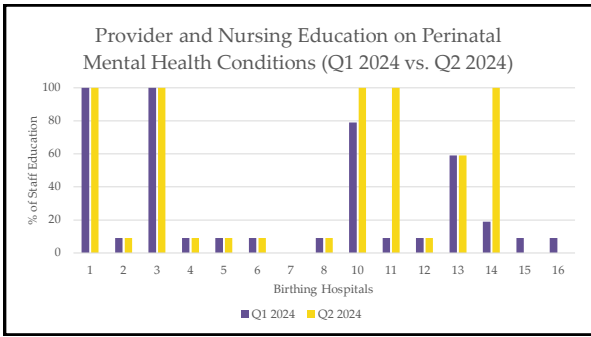
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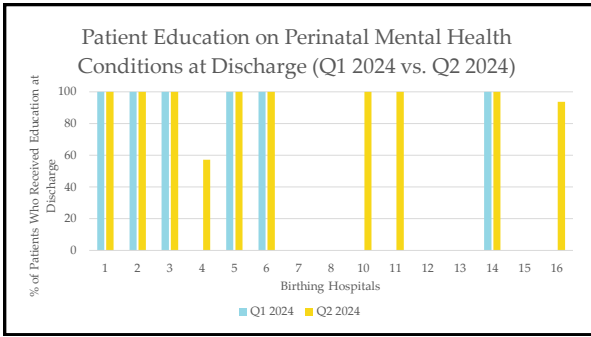
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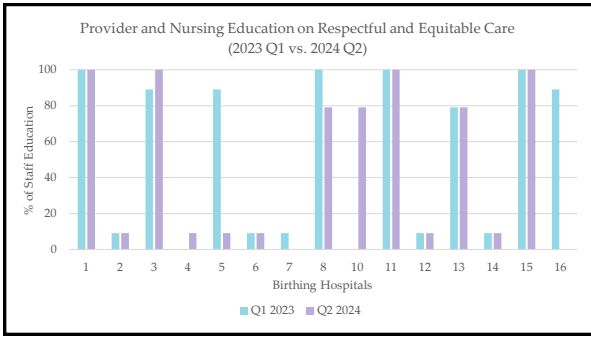
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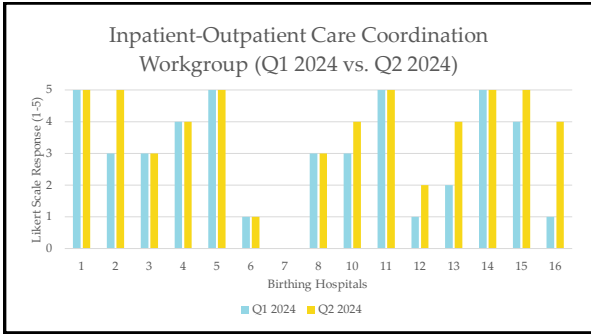
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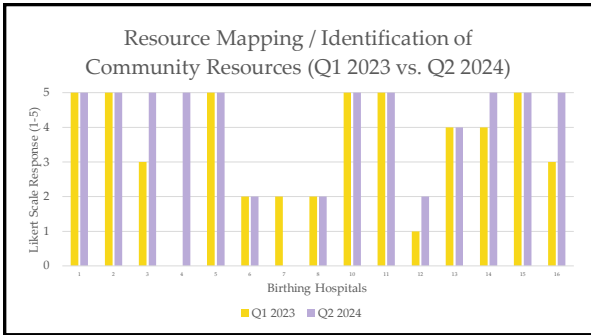
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## Working at the Community Level to Improve Perinatal Mental Health



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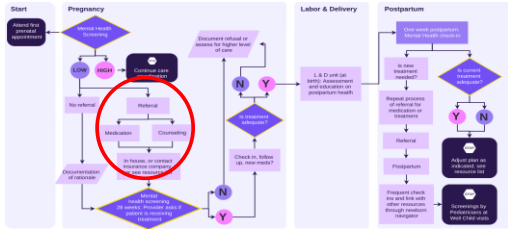
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# Big Picture of Community-Level Perinatal Mental Health Pathway



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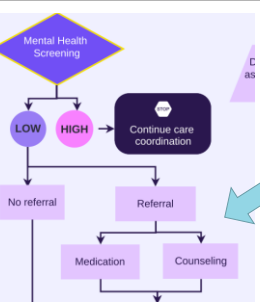
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What we are going to be focusing on



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## State Level Resource Examples

- Phone lines: 211, 988, Postpartum Support International – New Hampshire WarmLine
- PsychologyToday
- Postpartum Support International – New Hampshire therapist list
- The Doorways
- Peer Support Agencies
- Archways NH

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## Breakout Session

- Instructions: Break into workgroups, introduce yourselves
- Question: How does an individual access perinatal mental health care services in your area?
- First referral step could be local resources, second step could be state-wide providers
- Mapping out barriers and solutions
- Materials Provided: Sticky notes, Sharpies, blank process map

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## Process Map Questions to Consider

- What is currently happening at your practice and / or in your community?
- How are you receiving referrals?
- What are the challenges you are encountering?
- Consider the patient's perspective: How can a pregnant or postpartum patient experiencing mental health challenges find a therapist in the State of New Hampshire?

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## Opportunities for Change

What are the underlying causes related to barriers to accessing perinatal mental health resources?

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## Barriers

No response to referral	No one to refer to	Stigma		
<ul style="list-style-type: none"> <li>Provider not accepting new patients</li> <li>List all factors:</li> </ul>				

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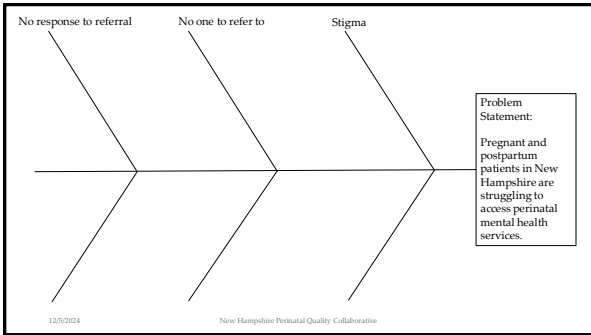
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## Process Map Solutions

- How can we make this better?
- One person from each group - Please share solutions that your group was able to come up with.

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# NHPQC Regional Coalitions

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## Status of NH Coalitions

**Formed:** Coalition has had at least one meeting

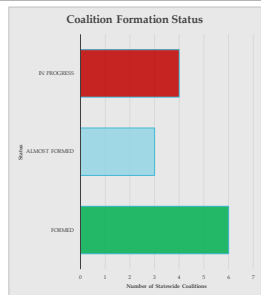
- Claremont, Littleton, Manchester, Plymouth, Monadnock, Lebanon

**Almost Formed:** Has some partners, maybe pursuing champions and first meeting date

- Concord/Lakes, Exeter, Nashua

**In Progress:** Seeking partners to form coalition

- Cheshire, Dover, Conway, Portsmouth



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## Coalition Projects

- Editable LOCAL perinatal resource list publicly available that is maintained regularly by a coalition member
- Assessment of regional priorities and which ones are actionable
- Maintain a list of improvements implemented or actions taken
- Coalition membership includes community members and local moms
- Coalition meets regularly (TBD by coalition members)
- Action on coalition-led improvement projects

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## Example of Local Resource List

- Icons are hyperlinked to resource website section specific to perinatal needs
- Includes perinatal services and wider SDOH services



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## Ways to Get Involved

- Websites:
  - AIM: [Saferbirth.org](http://Saferbirth.org)
  - [NHPQC.org](http://NHPQC.org)
- Contact Stephanie ([Stephanie.E.Langlois@hitchcock.org](mailto:Stephanie.E.Langlois@hitchcock.org))
  - Join a local maternal health coalition
  - Receive the NHPQC newsletter
  - Join the Community Conversations webinar series
- Contact Maddie ([Madalynne.M.Bridge@hitchcock.org](mailto:Madalynne.M.Bridge@hitchcock.org))
  - Attend an AIM / ERASE monthly webinar
  - Learn more about AIM Patient Safety Bundles, and the support and education we can provide

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Any Questions?

• Thank you so much!

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