



**tchmb**

Texas Collaborative for  
Healthy Mothers & Babies

**2023 TCHMB Summit**

February 16-17

# How to Recognize the Needs of Mental Health and Link Families to Supports



**Friday, February 17**



**10:45 - 12:00PM**

**MODERATOR:** Luanne Southern, MSW, Executive  
Director, Texas Child Mental Health  
Care Consortium



**SARAH  
WAKEFIELD, M.D.**

Medical Director Associate  
Professor and Chair  
Psychiatry, School of  
Medicine, TTUHSC



**MELISSA BENTLEY,  
LPC, PMH-C**

Support Coordinator  
Program Manager for  
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International



**EMILY BRIGGS, M.D.,  
MPH, FAAFP**

TMA Representative,  
Family Physician with  
Obstetrics, New Braunfels

# LEARNING OBJECTIVES

- Describe one or more resources for integrating mental health services into their practice.
- Differentiate between when to access mental health consultative services and when to refer patients directly to needed mental health services or supports.



**tcmhcc**

Texas Child Mental  
Health Care Consortium

**PeriPAN**

Perinatal Psychiatry  
Access Network

# Addressing Maternal Mental Health in Texas

Sarah Mallard Wakefield, MD

Medical Director of PeriPAN

Associate Professor and Chair of Psychiatry

School of Medicine, TTUHSC

# Expansion of Child Psychiatry Access Network (CPAN)

CPAN provides telehealth-based consultation and training to primary care providers.

Established through Senate Bill 11 of the 86th Legislative, 2019.

1. Recommendation from Texas Collaborative for Healthy Mothers and Babies
2. Health and Human Services Commission-Maternal Depression Strategic Plan (2021)
3. Shortage of mental health professionals
4. 2020 Maternal Mortality and Morbidity Review Committee Report
5. CPAN expansion opportunity in the 3<sup>rd</sup> Special Session of the 87<sup>th</sup> Legislature (2021) – American Rescue Plan Act (ARPA)

# Purpose

- Support providers of maternal health care to identify and manage their patients' mental health
- Expand access to education about maternal mental health disease burden and effective treatments
- Improve the mental health care and systems of care for women who are pregnant, post-partum, suffering perinatal loss or planning pregnancy
- Improve the mental health care and systems of care for children and adolescents of Texas by supporting the women who care for them



# Why PeriPAN?

- Prevalence of AMI is higher among females (25.8%) than males (15.8%) (NIMH, 2020)
  - 58% higher for adults reporting 2 or more races, compared to white adults
- Mental health is the leading underlying cause of pregnancy-related death nationally (CDC, 2022)
- Maternal Mental Health Conditions (MMHCs) cost Texas \$2.2 billion in 2019 (Mathematica)
- Texas Health Communications Survey (2022)
  - 75 percent of Texas providers see pregnant patients that experience depression, anxiety, or stress
  - 75 percent of Texas providers have challenges providing or finding care for pregnant or recently pregnant patients who are experiencing depression, anxiety, or stress

## Untreated MMHCs are costly and have multigenerational consequences.



MMHCs account for an estimated **\$2.2 billion** in societal costs for all births in 2019, from conception through five years post-delivery.

## Nationally, half of perinatal women with a diagnosis of depression do not get the treatment they need.



\* Margiotta, C., Gao, J., Vohra, D., O'Neil, S., & Zivin, K. (2021). Untreated maternal mental health conditions in Texas: costs to society and to medicaid. Mathematica Progress Together. Mathematica.org.(March 23, 2021).

# Texas Maternal Mortality and Morbidity Review Committee and Department of State Health Services Joint Biennial Report 2022

- Mental health concerns are the second leading cause of maternal mortality in Texas (17%)
- 90 percent of reviewed cases cohort pregnancy-related deaths in 2019 were preventable
- MMMRC Recommendation #5
  - Improve integrated behavioral health care access from preconception throughout postpartum for women with mental health and substance use disorders





# Core Components

- Prompt, phone-based consultation
- Clinical guidance in assessment and treatment for presenting mental health symptoms
  - Including one-time direct consult if needed
- Resource navigation and vetted referral services for women with complex needs or substance use issues
- Training and education on reproductive mental health care

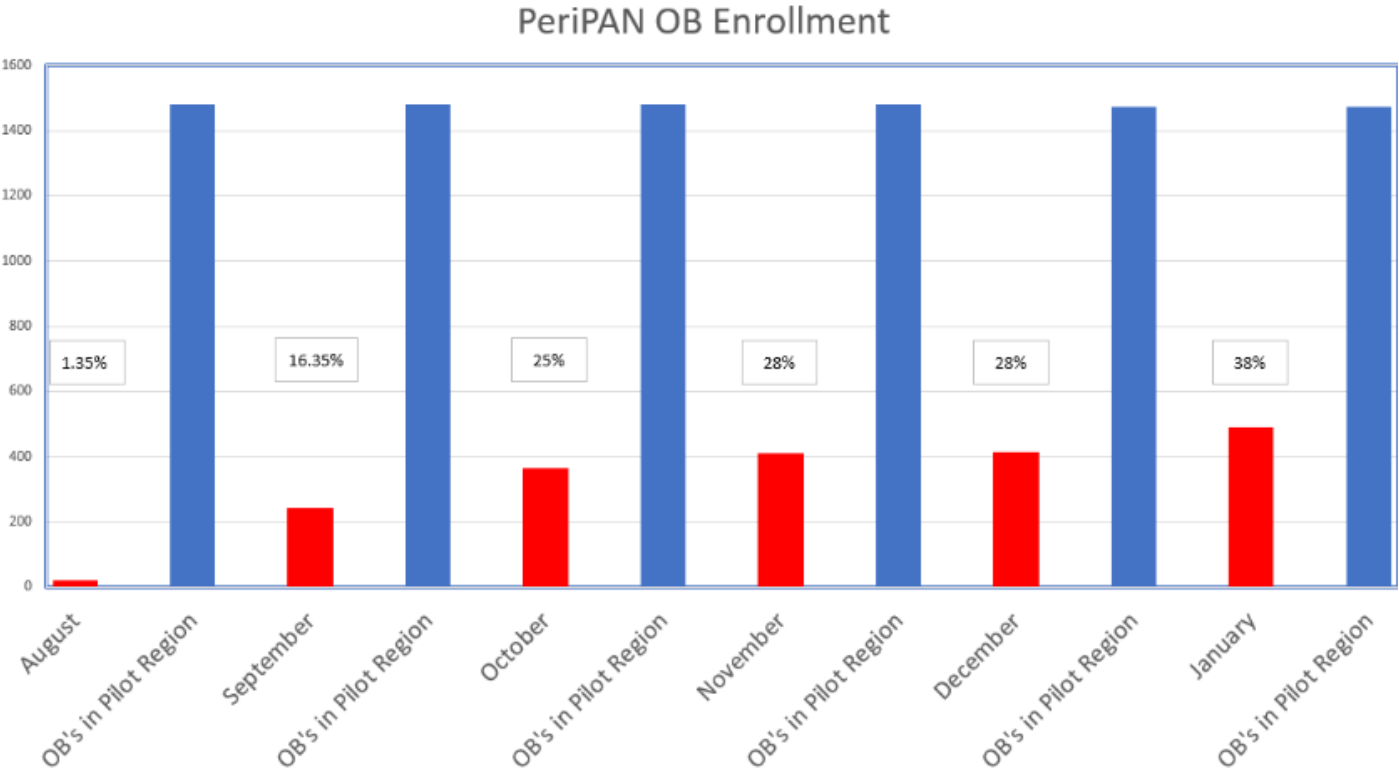


# How it Works

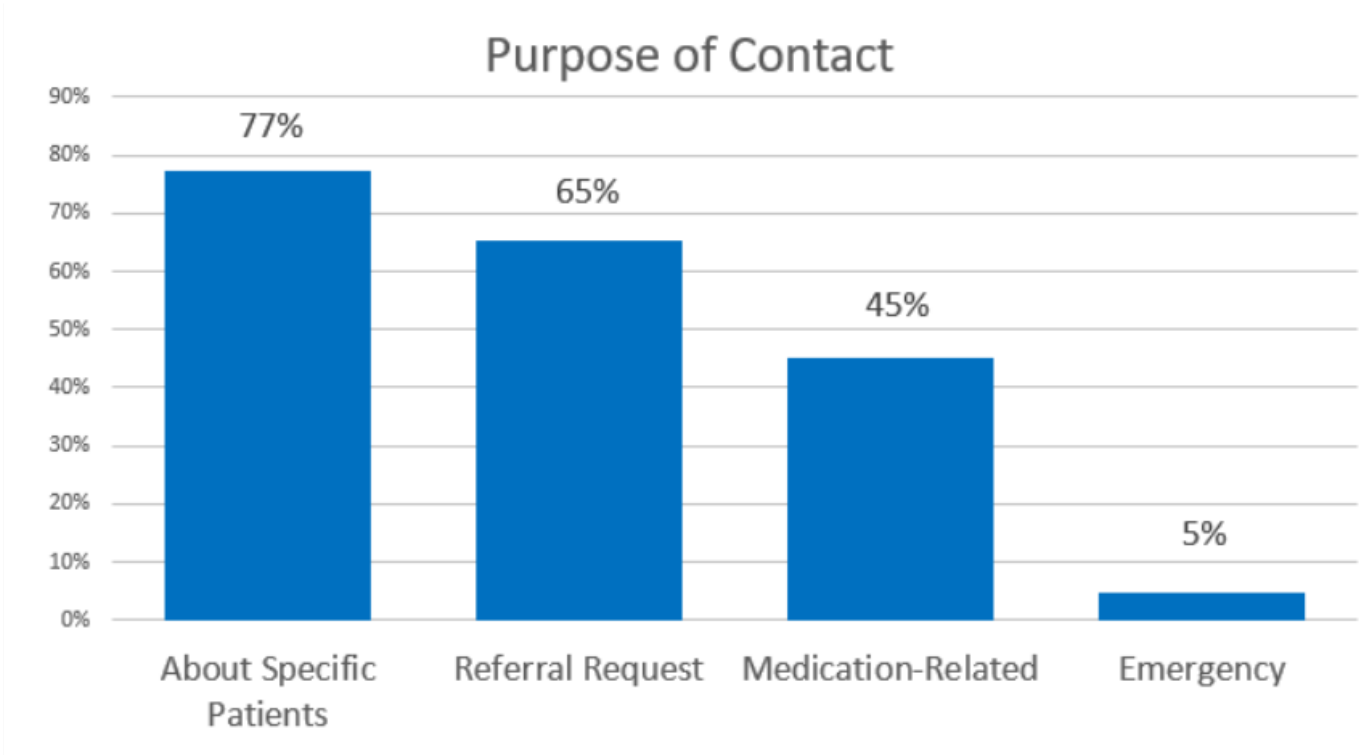
- Clinician-to-Clinician
  - OB/Gyns
  - Pediatricians
  - Family practitioners
  - Psychiatrists
  - Psychologists
  - Nurse Midwives
- One call to enroll and speak to regional hub
- Clinician will call back in 30 mins or less
  - average time is less than 10 mins
- Services are free to use; clinician's time to initiate consultation is billable for reimbursement
- No limit on number of calls



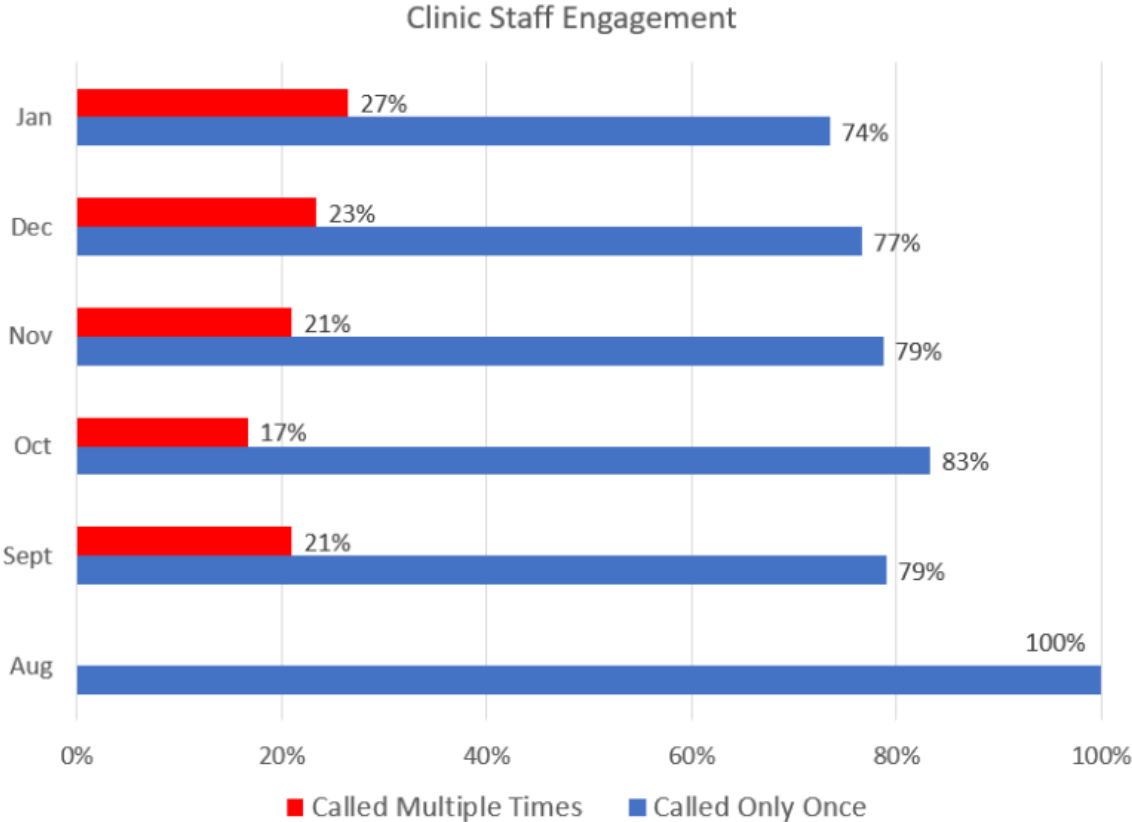
# PeriPAN Enrollment: 38 percent of OBs in Pilot Regions



# PeriPAN Consult Activity



# PeriPAN Consult Activity



# How to Enroll

To enroll with PeriPAN in your region, call

**1-888-901-2726**

- From the menu: select and confirm PeriPAN is available in your region
- If you are unsure of your region, please call the number above and select the Central Operations Support Hub option for further assistance
- Regional PeriPAN access centers will also contact offices to enroll directly

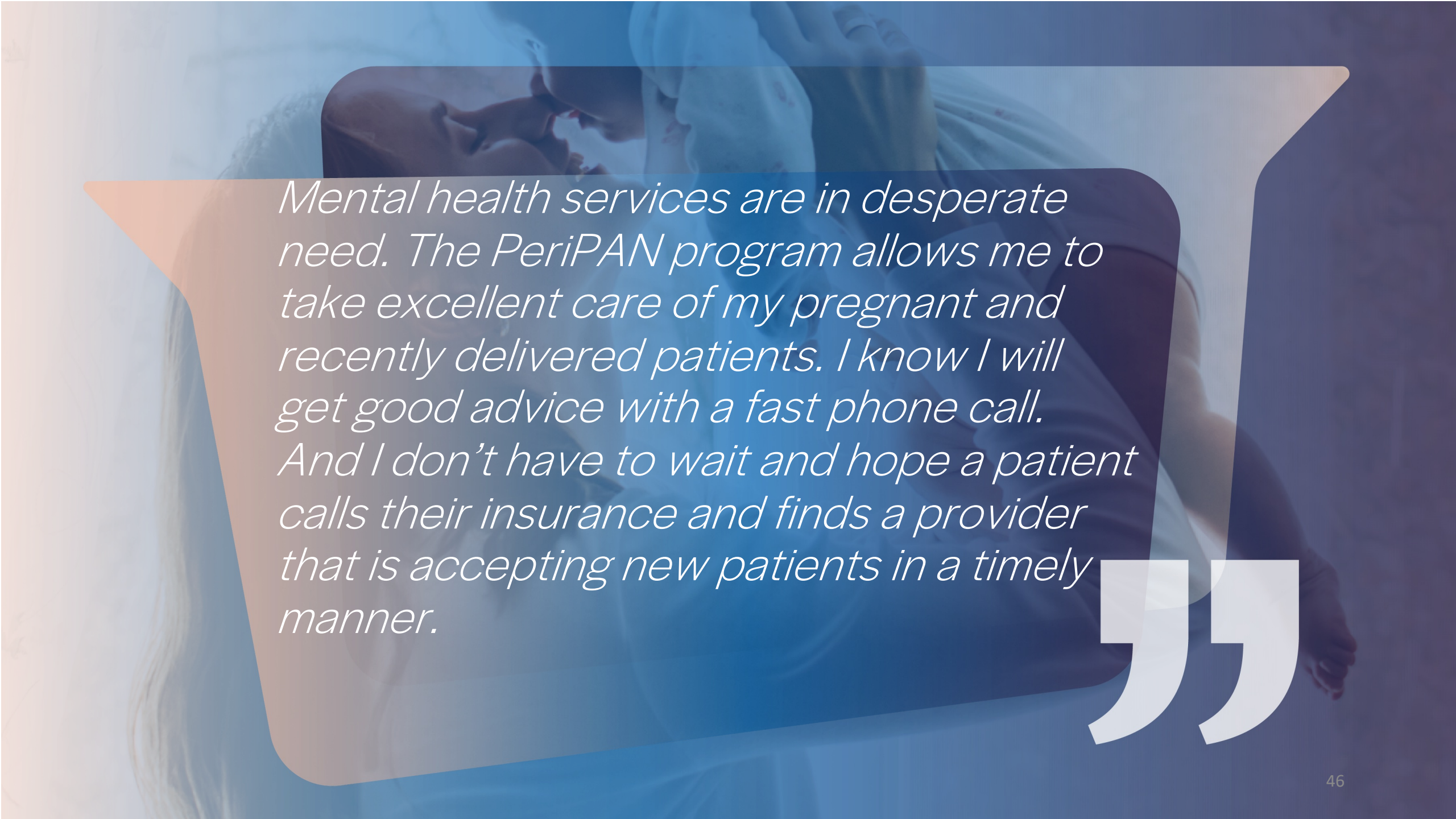


# PeriPAN Grand Rounds

<https://tcmhcc.utsystem.edu/peripan/>

Monthly | 3rd Tuesday | 12:00-1:00

2/21/2023	<i>Introduction to Perinatal Mood and Anxiety Disorders</i>
3/21/2023	<i>Screening and Diagnosis of Anxiety and Depression in Pregnancy and the Postpartum Period</i>
4/18/2023	<i>Screening and Diagnosis of Bipolar and Schizophrenia Spectrum in the Pregnancy and Postpartum Period</i>
5/16/2023	<i>Suicide Risk and Safety Assessment in Perinatal Mental Health</i>
6/20/2023	<i>Psychotropic Medication in Breastfeeding and Pregnancy</i>
7/18/2023	<i>Psychopharmacology and Perinatal Mood and Anxiety Disorders</i>
8/15/2023	<i>Substance Use in the Perinatal and Postpartum Periods</i>
9/19/2023	<i>Eating Disorders and Perinatal Mental Health</i>
10/17/2023	<i>Perinatal and Postpartum Psychosis</i>
11/21/2023	<i>NICU Parent Supports and Considerations</i>
12/19/2023	<i>Paternal Mental Health and the Perinatal-Postpartum Periods</i>

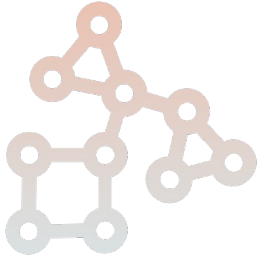


*Mental health services are in desperate need. The PeriPAN program allows me to take excellent care of my pregnant and recently delivered patients. I know I will get good advice with a fast phone call. And I don't have to wait and hope a patient calls their insurance and finds a provider that is accepting new patients in a timely manner.*

”



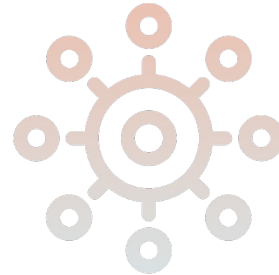
# PeriPAN Structure



## Health Related Institutions

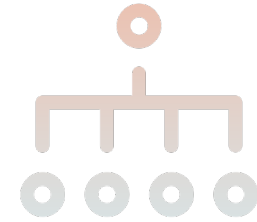
The 13 state-funded health related institutions of higher education in Texas make up the network for mental health professionals to support providers.

4 in PeriPAN pilot



## Centralized Operations Support Hub (COSH)

Centralizes communication and data systems to facilitate coordinated care, allowing providers to call one number.



## Sarah Mallard Wakefield, MD

Serves as Medical Director for PeriPAN;  
Associate Professor, Chair  
Department of Psychiatry  
Texas Tech University  
Health Sciences Center  
Lubbock

# LIVE NOW!



**tcmhcc**  
Texas Child Mental  
Health Care Consortium

**PeriPAN**  
Perinatal Psychiatry  
Access Network

- PeriPAN live August 18, 2022
- Enrolling NOW!
- Currently covered by ARPA
- Targeting General Revenue funding to expand statewide by 2024

The screenshot shows the website for the National Maternal Mental Health Hotline. At the top, the HRSA logo is displayed in red and blue, with the text "Maternal & Child Health" below it. To the right of the logo is a search bar and the text "National Maternal Mental Health Hotline" and "Sitemap". Below the logo is a navigation menu with links for "Home", "Funding", "Programs & Impact", "Data & Research", "Capacity Building Resources", and "About Us". The main content area features the headline "1-833-9-HELP4MOMS – National Maternal Mental Health Hotline" in large blue text. Below the headline is a banner image showing a collage of photos of women and children, with a central graphic that reads "National Maternal Mental Health Hotline" and "HRSA". Below the banner is the text "24/7, Free, Confidential Hotline for Pregnant and New Moms in English and Spanish" in bold red text. At the bottom, a small line of text states: "The National Maternal Mental Health Hotline can help. Call or text 1-833-9-HELP4MOMS (1-833-943-5746). TTY users can".

# Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

- **Helpline** – *talk or text with volunteers in English and Spanish*
- **Local Coordinators**
  - *help connect with local providers, resources and programs*
  - *All US States, 36 countries*
- **Specialized Coordinators**
  - *Specific support for isolating conditions, roles or experiences*
- **Online Support Groups**
- **Peer Mentor Program**
- **Provider Directory** - [www.psidirectory.com](http://www.psidirectory.com)



# PSI Perinatal Support Groups

Adoptive & Foster Parents  
Bipolar Support for Perinatal Moms & Birthing People  
Birth Moms Support Group  
[Black Moms Connect](#)  
Birth Trauma Support  
Dad Support Group  
Military Moms – Perinatal Mood Support  
NICU Parents  
Mental Health Support for Special Needs & Medically Fragile Parenting  
Perinatal Mood Support for Moms  
Perinatal Mood Support for Parents  
Perinatal OCD Support for Moms  
[Perinatal Support for Latinx Moms and Birthing People](#)  
[Perinatal Support for South Asian Moms](#)  
Postpartum Psychosis Support for Moms  
Pregnancy Mood Support  
Pregnant and Postpartum Parents of Multiples  
[Queer & Trans Parent Support Group](#)  
Support for Parents of 1-4 Year-Old Children  
  
Support for Families Touched by Postpartum Psychosis

## Loss:

[Black Moms in Loss Support](#)  
Early Pregnancy Loss Support  
Fertility Challenges  
Parenting After Loss  
Pregnancy After Stillbirth and Early Infant Loss  
Pregnancy and Infant Loss Support for Moms  
Pregnancy and Infant Loss Support for Parents  
Stillbirth and Infant Loss Support for Parents  
Termination for Medical Reasons  
Post-Abortion Support

## En Español:

[Grupo de Apoyo gratuito para papás](#)  
[Grupo de Apoyo para el Embarazo](#)  
[Grupo de Apoyo para el Posparto](#)  
[Grupo de Apoyo para Padres con Niños con Necesidades Especiales](#)  
[Grupo de Apoyo “Pérdida y Duelo”](#)  
[Grupo de Apoyo Perinatal](#)  
[Grupo de Apoyo “Retos de la Crianza”](#)  
[Grupo de Apoyo “Retos de la Fertilidad”](#)  
[Grupo para Madres Independientes](#)



# PSI Resources for Providers

[www.postpartum.net](http://www.postpartum.net)

- **Discussion Tool** – *talk or text with volunteers in English and Spanish*
- **Specialized Support Resources**
  - *Helpful links and information for wide range of conditions, experiences and roles that known as increased risk factors for PMADs*
- **Specialized Coordinators**
  - *Local Coordinators can help patients connect to resources*
  - *Specialized Coordinators support for conditions, roles or experiences*
- **Trainings on Identifying and Treating PMADs**
- **Materials for Patients**

# National Maternal Mental Health Hotline



**Call or text 1-833-943-5746 (1-833-9-HELP4MOMS)**

**TTY users can use a preferred relay service or dial 711 and then**

**1-833-943-5746**

*provides 24/7, free, confidential support before, during, and after pregnancy*



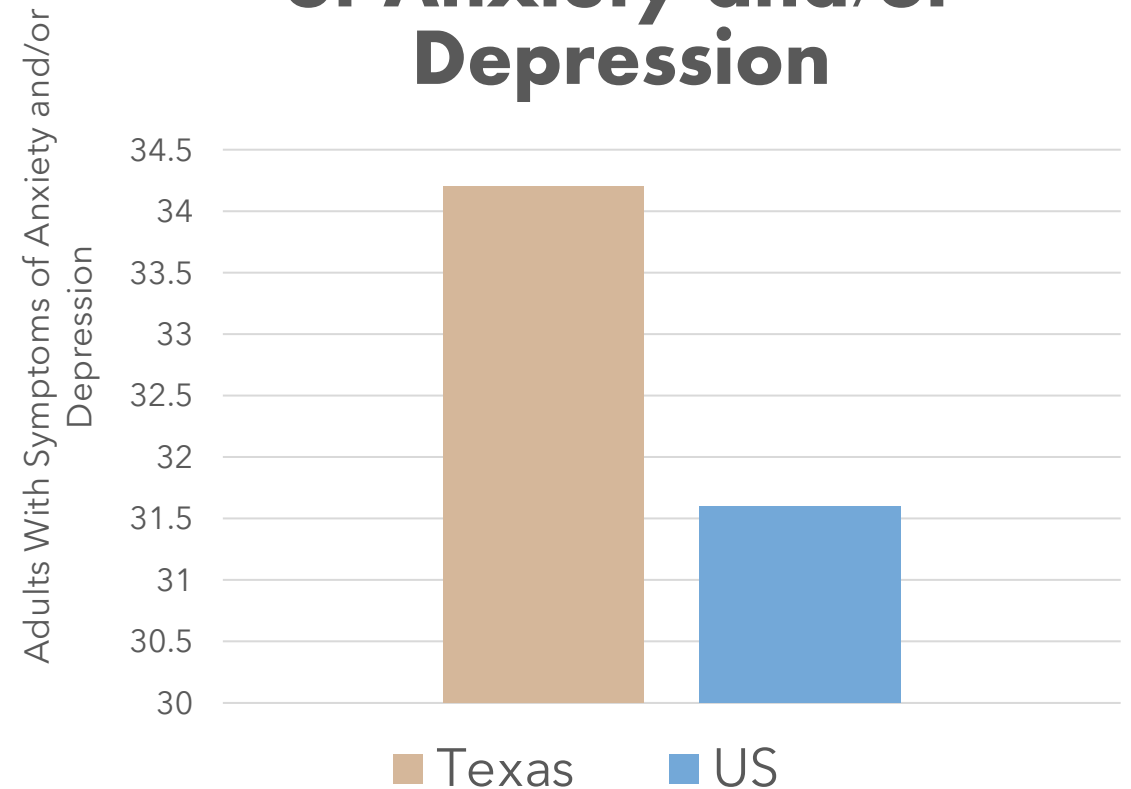
# **How To Recognize the Needs of Mental Health and Link Families to Support**

Emily Briggs, MD, MPH, FAAFP

# The State of Mental Health in Texas

Suicide rates are increasing, and suicide is among the top five causes of death in Texas.

## State & National Rates of Anxiety and/or Depression





# Adverse Childhood Experiences (ACEs)

- + ACEs have a profound, direct effect on health
- + In the United States, more than **20% of adults** report experiencing 3 ACEs during their youth
- + Primary/NICU care serves as an important resource for pediatric/infant patients and families

# Legislative Agenda

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12-month post-partum coverage: substance use/perinatal care

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Post-partum depression is not *only* happening during first 6 months

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Need an increase in frequency of visits

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Need adequate network for this care

# Primary Care Physicians (PCP)

Need access to counseling services



Need structured algorithms for PCPs to use from psychiatrists



Developing collaborative models of care → addressing PCPs management of post-partum care

# **Perinatal Psychiatry Access Network (PeriPAN)**

A pilot expansion of the Child Psychiatry Access Network (CPAN)

PeriPAN is a hotline for clinician-to-clinician consultation for providers serving pregnant women and new mothers experiencing mental health distress

PeriPAN's network of psychiatrists assists providers in addressing maternal mental health conditions (MMHC)



# **Q&A**

Emily Briggs, MD, MPH, FAAFP



**2023 TCHMB Summit**

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**LUNCH**

12:00 – 01:00 pm

Check in for **Day 2**  
by scanning this QR code:





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# 10th Anniversary of TCHMB

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**Thursday, February 16**



**1:00 - 1:30PM**